# SPICES

The right kick to your dishes

# Contents


| | | |
|---|---|---|
| - CRAFTSMANSHIP - | DRIED HERBS storage ✓ | 1 |
| - CRAFTSMANSHIP - | Basil ✓ | 2 |
| - CRAFTSMANSHIP - | Bay leaves ✓ | 3 |
| - CRAFTSMANSHIP - | Chili ✓ | 4 |
| - CRAFTSMANSHIP - | Cinnamon ✓ | 6 |
| - CRAFTSMANSHIP - | Coriander ✓ | 7 |
| - CRAFTSMANSHIP - | Cumin ✓ | 8 |
| - CRAFTSMANSHIP - | Garlic ✓ | 9 |
| - CRAFTSMANSHIP - | Ginger ✓ | 10 |
| - CRAFTSMANSHIP - | Marjoram ✓ | 11 |
| - CRAFTSMANSHIP - | Nutmeg ✓ | 12 |
| - CRAFTSMANSHIP - | Oregano ✓ | 13 |
| - CRAFTSMANSHIP - | Paprika - hot noble sweet ✓ | 15 |
| - CRAFTSMANSHIP - | Paprika - hot ✓ | 16 |
| - CRAFTSMANSHIP - | Paprika - smoked (Merkén) ✓ | 17 |
| - CRAFTSMANSHIP - | Red pepper flakes ✓ | 18 |
| - CRAFTSMANSHIP - | Rosemary ✓ | 19 |
| - CRAFTSMANSHIP - | Thyme ✓ | 20 |
| - CRAFTSMANSHIP - | Turmeric ✓ | 21 |

# - CRAFTSMANSHIP - DRIED HERBS storage ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

**Optimal storage of your raw spices, spice blends, and dried herbs is also crucial:**

Spices should be stored individually, in a **cool, dry place**, and **protected from light** as much as possible.

Spice jars or containers **with airtight lids** are recommended.

It is very important that, in the case of loose packaging, the necessary information is noted in writing.

- Name of the spice:
- Date of purchase:
- Expiration date: 365 days after date of purchase

**It is worth taking regular inventory, especially of ground products. It should be noted that the printed expiration date only applies to unopened packages.**

## Directions

**Shelf life and storage of spices & herbs**

All, spices are aromatic natural products whose shelf life is usually long, but not unlimited.

Spices can be stored for years because the flavouring components are naturally enclosed in the plant cells.

In ground products, however, the plant cells are often mechanically destroyed and the flavouring substances can escape freely from the ground material.

In this case, various factors influence storage and determine the quality of the product, such as the **fineness of the grind**, **the temperature**, or the **humidity of the storage** room.

- However, the packaging is the most important factor in determining shelf life and storage duration.

Handy containers with shaker lids have been developed for household use.

Special aroma-tight packaging such as plastic-coated foil bags also meet all the requirements for optimal storage.

This also applies to spice mixtures, spice preparations, spice blends, and other seasonings produced by companies in the spice industry.

NOTES

**Therefore, do not buy spices in large quantities.**

A supply that would last for many years would have lost its flavour before it was finally used up.

Whole spices have the longest shelf life.

The essential oil, which is important for the taste and smell of a spice, decreases as a result of grinding.

Dried herbs should not be stored for longer than one year.

# - CRAFTSMANSHIP - Basil ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Basil (Ocimum basilicum) is an aromatic herb with a sweet, spicy flavour. It enhances tomato dishes, pesto, pasta, and salads. It is used in Mediterranean, Asian, and international cuisine.

## Directions

**What does basil taste like?**

Basil has an intense, slightly sweet aroma with a spicy, slightly peppery, & fresh note. Depending on the variety, it can also have citrus nuances.

How to use it:

Cook early: Dried basil develops its aroma best when cooked – ideal for sauces, soups, and stews.

Combine with liquid: Adding a little oil, broth, or water intensifies the aroma.

Combine with other spices: Goes particularly well with oregano, thyme, rosemary, garlic, or chili.

Best paired with:

Tomato dishes:

Perfect for pasta sauces, pizza, and bruschetta.

Soups and stews:

Especially in minestrone or Mediterranean stews.

Meat and fish:

Ideal for poultry, minced meat dishes, or fish fillets.

Marinades & dressings:

With olive oil and vinegar for vinaigrettes

Spice mixes:

A great ingredient for Italian herb mixes

Tip:

To release the full aroma, rub the dried basil between your fingers before adding it to the dish.

# - CRAFTSMANSHIP - Bay leaves ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Bay leaves give dishes a spicy, tart aroma with slightly balsamic notes.

They are ideal for soups, stews, sauces, and meat dishes.

They release their full aroma during cooking and should be removed before serving.

Bay leaves add depth to dishes and round off the flavour, but should not be used in excessive quantities, as they can otherwise become overpowering or bitter.

## Directions

**What do bay leaves taste like?**

They contain essential oils that release an intense, warm, and slightly peppery aroma when cooked.

How to use them:

They are usually cooked whole and removed before serving. Crushed leaves release their aroma quickly.

Slow aroma development:

Cooking them for longer allows the flavour to develop optimally, making them ideal for stews.

Dried vs. fresh leaves:

Dried leaves are more intense than fresh ones and should be used sparingly.

Best paired with:

Bay leaves are a versatile spice that goes particularly well with savoury dishes:

Soups & stews:

Lentil, bean, and potato soups

Meat dishes:

Braised dishes with beef, lamb, or game

Sauces & stocks:

Base for gravy and broths

Pickles & marinades:

Pickled gherkins, sauerkraut, fish marinades

Mediterranean cuisine:

In tomato sauces, ragouts, and risottos

# - CRAFTSMANSHIP - Chili ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Chili (Capsicum) is a hot spice made from dried and ground chili peppers. It gives dishes an intense heat and, depending on the variety, fruity, smoky, or sweet flavours. Chili is used in many cuisines around the world, especially Mexican, Indian, and Asian, and goes well with meat, sauces, curries, stews, and even chocolate.

## Directions

**What does chili taste like?**

Ground chilies have an intense, spicy flavour that can range from slightly fruity to very hot, depending on the variety. They add a pleasant spiciness to dishes and often a certain smoky note.

How to use them:

Seasoning sauces and dips:

A little ground chili can be used in tomato sauces, salsas, or dips such as guacamole.

Meat and fish dishes:

It goes well with grilled or roasted meat, such as beef, pork, or chicken, as well as fish.

Stews and curries:

It adds the necessary heat to hearty stews, chili con carne, or curries.

Baked dishes:

Combined with other spices, ground chili is ideal for pizza sauces or casseroles.

Goes particularly well with:

Tomatoes:

Chili and tomatoes go very well together, for example in salsas or pasta sauces.

Chocolate:

In Mexican cuisine, ground chili is often combined with chocolate, for example in chocolate sauces or desserts.

Cheese:

Chili goes well with many types of cheese, especially full-fat cheeses such as cheddar or creamy cream cheeses.

**Interesting facts:**

Variety of types:

There are many different types of chili peppers that can be ground, such as cayenne, paprika, jalapeño, habanero, and smoked chipotle. Each type has its own flavour and level of heat.

Heat level (Scoville scale):

The heat level of chilies is measured on the Scoville scale, which indicates how much capsaicin (the substance that causes the heat) is contained in a chili. For example, a jalapeño has about 3,000 Scoville units, while a habanero can reach up to 100,000 Scoville units.

Storage:

Ground chili should be stored in a cool, dry, dark place to preserve its flavour and heat. Too much light and moisture can destroy the essential oils and aromas.

Color and flavour differences:

The colour and flavour of ground chili peppers vary depending on the variety. While paprika is rather mild and sweet, cayenne can be very hot and spicy. Some chili varieties also have fruity or smoky notes, such as chipotle.

Mild the heat:

If a dish has been seasoned with too much chili, you can mild the heat with a little sugar, cream, or yogurt. Acidic ingredients such as lemon juice or tomatoes can also balance out the heat somewhat.

# - CRAFTSMANSHIP - Cinnamon ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Aromatic, spicy, and slightly sweet - ground cinnamon adds a warm, distinctive flavour to sweet dishes, pastries, beverages, and oriental dishes.

Ideal for cakes, desserts, rice pudding, or even savoury curries.

## Directions

**What does cinnamon taste like?**

Ground cinnamon tastes warm, sweet, and slightly woody with a subtle spiciness.

How to use it:

Cinnamon is usually used sparingly in cooking and either stirred directly into the dish or sprinkled on top at the end. It develops its full aroma particularly well in warm dishes and drinks. It is also a classic ingredient in spice mixtures, e.g. for chai, curry, or gingerbread.

Goes particularly well with:

Desserts such as rice pudding, semolina pudding, apple compote, pancakes, or baked apples

Pastries and cakes, e.g., cinnamon rolls, gingerbread, apple pie

Hot drinks such as coffee, cocoa, mulled wine, or chai tea

Savoury dishes such as oriental stews, pumpkin soup, or lamb curry

# - CRAFTSMANSHIP - Coriander ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Coriander (Coriandrum sativum) is an aromatic herb whose leaves and seeds are used in cooking. The leaves have a fresh, citrus-like flavour, while the seeds have a warm, slightly sweet aroma with a spicy, nutty note. Coriander is used in many international cuisines, including Asian, Middle Eastern, and Latin American.

## Directions

**What does coriander taste like?**

Coriander fruit, also known as coriander seeds, has a mild, slightly sweet taste with hints of citrus and spice. Unlike fresh coriander, whose taste is often described as intense and lemony, the fruit offers a warmer and spicier note. The seeds also have a slight pungency reminiscent of pepper, but without being as intense.

How to use it:

Coriander seeds are often used whole and lightly toasted in a pan before use to intensify their aroma. They can then be ground into powder using a grinder or mortar. Coriander fruit powder is mainly used in spice mixtures or for soups, sauces & stews.

Best suited to the following dishes:

Coriander seeds are a main ingredient in many curries and other spice mixtures such as garam masala.

Meat dishes:

They go very well with lamb, chicken, or beef.

Vegetables:

Particularly suitable for vegetable curries or as an addition to roasted or grilled vegetables.

Sweet dishes:

Coriander also goes well in sweet dishes, such as fruit salads or pastries, especially when combined with cinnamon or cloves.

Beverages:

Coriander seeds can also be used in some beverages, such as spiced wines or certain cocktails.

# - CRAFTSMANSHIP - Cumin ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Whole caraway is an aromatic spice that is used in many traditional dishes thanks to its intense, spicy, and slightly bitter flavour. It is ideal for making bread, stews, sauerkraut, or meat dishes. Whole caraway retains its intense flavour longer than ground caraway and develops its full aroma when cooked or roasted.

## Directions

**What does caraway taste like?**

Whole caraway has an intense, spicy, and slightly bitter taste with a subtle, warm spiciness. It also has a slightly sweet note and is reminiscent of anise or fennel, but with a stronger, earthier bitterness.

How to use it:

Whole caraway seeds are usually roasted or used whole in stews, sauces, or doughs. They develop their full aroma when cooked. You can also lightly crush them to intensify the flavor or sprinkle them directly into dishes. Caraway seeds are often used in baked goods without being roasted first.

Best paired with:

Cabbage dishes:

Sauerkraut, cabbage rolls, or stews.

Meat:

Particularly good with pork, lamb, and poultry.

Bread and pasta: in rye bread or savoury rolls.

Potatoes and legumes:

In curries or when preparing potato dishes.

Cheese:

Especially in strong cheeses such as Emmental or goat cheese.

It also goes well with dishes from Indian, Oriental, and Eastern European cuisine.

# - CRAFTSMANSHIP - Garlic ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Ground garlic – Intensely spicy with a mild, slightly sweet note. Versatile for use in marinades, sauces, dips, meat dishes, and Mediterranean cuisine. Ideal for evenly distributing flavour without having to use fresh garlic cloves. Perfect for quick and easy seasoning!

## Directions

**What does garlic taste like?**

Ground garlic has an intense, slightly sweet, but also spicy and pungent aroma. It is milder than fresh garlic, but develops a slightly nutty note when dried. When cooked, it loses some of its pungency and takes on a more rounded, aromatic flavour.

How to use it:

In spice mixes:
Perfect for rubs, marinades, and ready-made seasonings.
For seasoning sauces and soups:
Dissolves well and distributes the aroma evenly.
For dressings and dips:
Gives aioli or herb quark, for example, a subtle garlic note.
For baking and frying:
Ideal for bread, garlic butter, or grilled vegetables.

Best suited to the following dishes:
Mediterranean dishes (pasta, pizza, bruschetta)
Asian cuisine (curries, wok dishes)
Meat & fish (marinades, barbecue spices)
Potato dishes (fried potatoes, French fries, mashed potatoes)
Stews & soups (chili con carne, lentil soup)
Bread & pastries (garlic bread, focaccia)

# - CRAFTSMANSHIP - Ginger ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

**Ground ginger**

Aromatic, slightly spicy,

and warm with a hint of lemon.

Perfect for curries, soups, baked goods,

tea, and spice blends.

Versatile in both savoury and sweet dishes!

## Directions

**How does ginger taste?**

Ginger has a spicy, slightly lemony, and fresh taste. Depending on how fresh it is, it can be milder or more intense. Dried ginger often tastes spicier and earthier than fresh ginger.

**How to use it:**

Ground ginger is a versatile spice that is used in both savoury and sweet dishes. It has an intense, slightly spicy and lemony-warm aroma.

**For cooking & baking:**

In soups, stews, and curries for a pleasant spiciness.

In marinades for meat and fish (e.g., Asian or Oriental cuisine). In baked goods such as ginger-bread, cookies, or spice cakes. In muesli or granola.

**Goes best with the following dishes:**

Asian cuisine:

Curries, wok dishes, ramen.

Oriental cuisine:

Lamb dishes, chickpea stews

Winter dishes:

Pumpkin soup, baked apples, punch

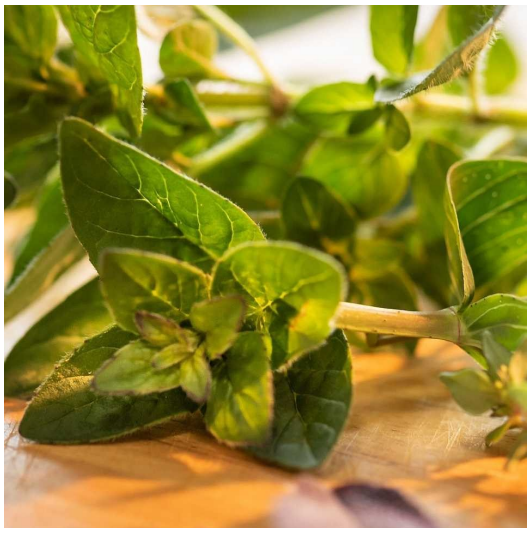
Pastries & desserts:

Gingerbread, cookies, spice cake

**Tip:** Ground ginger is more intense than fresh ginger. A pinch is often enough!

# - CRAFTSMANSHIP - Marjoram ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany



## Ingredients

Marjoram (Origanum majorana) is an aromatic herb from the mint family. It has a mildly spicy, slightly sweet taste with a subtle hint of bitterness. Marjoram is particularly popular in Mediterranean and German cuisine, where it is often used in meat dishes, sausages, potato dishes, and stews.

## Directions

**What does marjoram taste like?**

Marjoram has a spicy, slightly sweet aroma with a mild bitter note and a hint of citrus. Its flavour is somewhat more delicate and less intense than that of oregano.

**How to use it:**

Dried marjoram has a more concentrated aroma. It should only be added towards the end of the cooking time to preserve its full flavour.

**Best served with:**

Meat dishes:

Especially good with bratwurst, minced meat, goulash, and poultry.

Potato dishes:

Potato soup, fried potatoes, mashed potatoes, or potato casserole.

Stews & soups:

Lentil soup, bean stew, or hearty vegetable dishes.

Mediterranean cuisine:

Goes well with tomatoes, zucchini, peppers, and eggplant.

Sauces & marinades:

Adds a pleasant spiciness to sauces and marinades.

Marjoram goes particularly well with thyme, oregano, rosemary, and bay leaves.

# - CRAFTSMANSHIP - Nutmeg ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Nutmeg is the seed of the nutmeg tree (Myristica fragrans) and has a warm, spicy aroma with slightly sweet and earthy notes. It is often used in savory and sweet dishes, such as mashed potatoes, sauces, pastries, and mulled wine. Due to its intensity, it should be used sparingly.

## Directions

**What does nutmeg taste like?**

Nutmeg has a warm, spicy, slightly sweet aroma with earthy and nutty notes.

Its flavour is intense and has a subtle spiciness.

How to use it:

Nutmeg should be freshly grated to release its full aroma. It should be used sparingly as it is very intense.

Best paired with:

Savoury dishes:

Mashed potatoes, spinach, cauliflower, pumpkin, soups, ragouts, béchamel sauce

Meat & fish:

Minced meat dishes, lamb, game, fish marinades

Nutmeg enhances the flavour of other spices and gives dishes an aromatic depth.

Sweet dishes:

Christmas cookies, rice pudding, pudding

# - CRAFTSMANSHIP - Oregano ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Oregano (Origanum vulgare) is an aromatic herb from the Lamiaceae family. It has a spicy, slightly tart, and warm flavour with a subtle hint of bitterness. Oregano is particularly well known as a typical spice in Mediterranean cuisine, where it is used in pizza, pasta, meat, and tomato dishes.

## Directions

**What does oregano taste like?**

Oregano has a strong, spicy, tart aroma with slightly bitter and peppery notes. It has an intense, aromatic flavour with warm, earthy, and slightly sweet nuances. Compared to marjoram, oregano is stronger and more tart.

How to use it:

Dried oregano has a more intense flavour than fresh oregano and is very versatile. Here are the best ways to use it:

Cook with it:

Oregano develops its aroma particularly well when cooked or braised. Ideal for tomato sauces, soups, stews, or braised dishes.

As a topping for finished dishes:

Dried oregano can be sprinkled directly over pizza, pasta, or salads. Combined with olive oil as a finishing touch for Mediterranean dishes.

In marinades:

Perfect for barbecue marinades with olive oil, garlic, and lemon juice.

In herb oils and butter:

Combined with olive oil to create an aromatic seasoning oil. In herb butter for bread or grilled meat.

Tip:

Since dried oregano is very intense, a small amount is often sufficient (1 teaspoon is equivalent to about 1 tablespoon of fresh oregano).

Best paired with:

Mediterranean cuisine:

Particularly typical for Italian, Greek, and Spanish dishes.

Pizza & pasta:

A must for classic pizza sauces and pasta dishes.

Tomato dishes:

Goes well with tomato sauces, bruschetta, and gazpacho.

Meat & fish:

Season lamb, poultry, beef, minced meat, and grilled fish.

Potato & vegetable dishes:

Ideal for baked potatoes, zucchini, eggplant, and bell peppers.

Dips & dressings:

Adds a spicy aroma to salad dressings, yogurt dips, and herb butter.

Oregano goes particularly well with thyme, basil, rosemary, and garlic.

# - CRAFTSMANSHIP -
# Paprika - hot noble sweet ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Sweet paprika is a finely ground powder made from high-quality, mild peppers. It has a mildly sweet flavour and a bright red colour. Ideal for seasoning meat, vegetables, stews, and sauces.

## Directions

**What does sweet paprika taste like?**

Sweet paprika has a mildly spicy aroma with a slightly sweet note and subtle fruitiness.

It is less hot than other types of paprika and adds a pleasant depth to dishes.

How to use it:

The powder develops its full aroma when lightly sautéed in oil or butter – but not for too long, otherwise it can become bitter. It can be used both during cooking and for seasoning.

Best paired with:

Goulash, paprika chicken, and other stews

Stews and soups
Rice and pasta dishes
Dips and spreads (e.g., cream cheese or hummus)
Meat, poultry, and fish
Potato dishes such as fried potatoes or baked potatoes
Or as a decorative spice to add visual accents to dishes

# - CRAFTSMANSHIP - Paprika - hot ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Hot paprika is an intensely spicy seasoning with a strong heat and a deep red colour. It is made from dried and ground hot peppers and adds a spicy note to dishes such as goulash, stews, marinades, and sauces. Ideal for those who like it hot!

## Directions

**How does hot paprika taste:**

Hot paprika powder has an intense, spicy heat with a slightly smoky and fruity note. It is significantly stronger than sweet paprika powder and adds a pleasant heat to dishes.

How to use it:

The powder should ideally be roasted in fat or liquid to release its full aroma – but only briefly, otherwise it can become bitter.

It can be stirred directly into sauces, soups, marinades, or spice mixtures.

Best paired with:

Hearty stews & goulash – adds a spicy depth

Meat dishes – ideal for barbecue marinades or stews

Chili & BBQ sauces – adds a fiery note

Vegetarian dishes – e.g., in lentil stews or roasted vegetables

Dips & spreads – for a spicy kick in hummus or aioli

**Perfect for anyone who likes it hot and aromatic!**

# - CRAFTSMANSHIP -
# Paprika - smoked (Merkén) ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Smoked paprika – Intensely spicy with a delicate smoky flavour! This exquisite paprika variety adds aromatic depth and a distinctive, slightly sweet smoky flavour to dishes. Perfect for barbecues, stews, marinades, and Mediterranean dishes.

## Directions

**What does smoked paprika taste like?**

Smoked paprika has an intense, spicy aroma with a pleasant smoky note. It gives dishes a deep, warm flavour with a hint of wood smoke.

**How to use it:**

When cooking: Best dissolved in liquid or oil to release its full aroma.

**For seasoning:**

Sprinkled over finished dishes for a smoky finish.

**When grilling:**

Ideal for marinades + rubs for meat & vegetables.

**In sauces & stews:**

Adds a hearty depth, especially in braised dishes.

Beef, pork, chicken, especially in BBQ marinades.

Grilled vegetables, legumes, potatoes.

Perfect for paella, chorizo dishes, and gazpacho.

Enhances scrambled eggs, omelets, or shakshuka.

Dips & sauces:

Adds a smoky note to aioli, mayonnaise, or tomato sauces.

**A truly versatile spice for anyone who wants to add a special depth to their dishes!**

# - CRAFTSMANSHIP -
# Red pepper flakes ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Red pepper flakes are a real highlight in the galley. They are gently harvested and processed with care to preserve their full colour intensity and wonderfully fruity notes.

The flakes add a special touch to any dish.

Unlike paprika powder, they do not discolour the dish, but remain visible and tastable.

## Directions

**Important facts about red pepper flakes:**

Composition:

Often consist of a mixture of different chili varieties (frequently cayenne pepper) that are dried and crushed, including the seeds, which provide an intense kick.

Taste & heat:

They deliver a direct, rather one-dimensional heat, not much sweetness. They are ideal for adding “fire” to dishes (such as pizza, chili con carne, pasta).

Use:

When cooking:

Add at the beginning to distribute the heat throughout the dish.

As a topping:

Sprinkle over pizza, pasta, or vegetables at the end for a direct kick of heat.

Pickled:

Commonly used in pickling mixtures.

Quality characteristics:

High-quality flakes have a bright red colour (not brown) and exude an intense, fruity aroma.

Storage:

Store in a dry, dark place. If the flakes look dull and no longer smell, they should be replaced.

Production:

peppers are usually dried & then crushed.

# - CRAFTSMANSHIP - Rosemary ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Rosemary is an aromatic Mediterranean herb with an intense, slightly resinous flavour and fine, needle-like leaves. It adds a spicy note to meat, fish, potatoes, and Mediterranean dishes and goes well with grilled and oven-baked dishes.

## Directions

**What does rosemary taste like?**

Rosemary has an intensely spicy aroma with slightly resinous, woody, and slightly bitter notes.

How to use it:

Dried rosemary has a more intense aroma than fresh rosemary, as the flavours become concentrated during drying. To unlock its full flavour potential, dried rosemary should usually be added to dishes at the beginning of the cooking process to allow time for its aroma to develop. It can also be infused in oil or vinegar to create an aromatic vinegar or herb oil.

Best paired with:

Especially good with lamb, beef, pork, or poultry.

Potatoes:

Ideal for baked potatoes or fried potatoes – either mix it into the potatoes or toss the potatoes with olive oil and rosemary before baking.

Mediterranean vegetables:

Perfect with tomatoes, zucchini, eggplant, and bell peppers. Here, too, dried rosemary can be mixed directly with the veggies and roasted in the oven.

Pasta and sauces:

Rosemary goes very well with tomato sauces.

Bread:

It can also be incorporated into bread dough, for example in focaccia or as part of a herb bread.

Soups and stews:

Rosemary is an excellent spice, especially in Mediterranean stews.

# - CRAFTSMANSHIP - Thyme ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

Aromatic, spicy, and slightly tart in flavour, dried thyme adds a strong, distinctive note to Mediterranean dishes, meat, stews, and vegetables. Ideal for cooking, as it releases its full aroma when heated.

## Directions

**What does thyme taste like?**

Dried thyme has an intense, spicy-tart aroma with slightly earthy, peppery, and slightly bitter notes. It tastes stronger than fresh thyme and is reminiscent of Mediterranean herb meadows.

How to use it:

Dried thyme is best added early in the cooking process, as its full aroma develops when heated. It is suitable for cooking, braising, or frying and can also be used in marinades, herb butter, or spice mixtures.

Best paired with:

Meat dishes such as lamb, beef, or poultry
Braised dishes and stews
Mediterranean vegetables such as zucchini, eggplant, and tomatoes
Potato dishes, e.g., fried potatoes or baked potatoes
Pizza, pasta, and casseroles
Legumes and mushrooms

# - CRAFTSMANSHIP - Turmeric ✓

**Courses:** Herbs
**Collections:** Spice of life
**Source:** OCTOPUS OCEAN - Germany

## Ingredients

**Turmeric – Effects, Uses, and Health Benefits**

Discover the health benefits of turmeric - curcumin has anti-inflammatory and antioxidant properties and strengthens the immune system.

▢ From a culinary perspective, turmeric adds a warm spiciness and a vivid hue to food.

▢ On the health front, turmeric's big claim to fame is its anti-inflammatory properties.

▢ The flavour of fresh turmeric is brighter, more aromatic, and a bit less bitter than the powdered form.

▢ Try combining turmeric with other warm spices like ginger, cardamom, and cinnamon.

▢ You can take it in a more savoury direction by combining with cumin, coriander, mustard, and black pepper.

## Directions

**How does turmeric taste?**

Turmeric (or curcuma) has a warm, slightly bitter flavour with earthy and slightly peppery notes. It can also have a slightly woody or slightly sweet flavour, making it a versatile spice.

**Interesting Facts About "Turmeric"**

Turmeric is a yellow spice derived from the root of the Curcuma longa plant. It belongs to the ginger family and is used in both cooking and natural medicine.

**Main active ingredient** in **turmeric is curcumin**,

a powerful antioxidant that possesses anti-inflammatory, antimicrobial, and possibly even anticarcinogenic properties.

**Curcumin** is responsible for the root's intense colour and plays a central role in the **spice's health-promoting effects**.

In naturopathy, turmeric is traditionally used to relieve inflammation, aid digestion, and promote liver health. In addition, turmeric can strengthen the immune system, support joint function, and promote cell regeneration. In modern research, curcumin is being intensively studied for its effects on chronic conditions such as **arthritis, Alzheimer's disease, cardiovascular disease & type 2 diabetes.** Curcumin is also attracting increasing scientific interest for its role in combating oxidative stress and as a potential aid in cancer prevention.