



Red Goose Spice Company

Established 2002
PO Box 605
Sterling Heights, MI 48311
Phone: 586-446-6154





Peppers

BLACK PEPPER (*Piper Nigrum*) Berries (fruit)

Black Pepper; White Pepper; Green Peppercorns

- Berry (fruit) of a climbing vine native to the Malabar (west) coast of India; also grown in Indonesia (Lampung), Malaysia (Sarawak), Vietnam and Brazil
- Immature green berries are sun dried on mats; they blacken and wrinkle to produce black peppercorns. Some are pickled and freeze dried as green peppercorns. Pungent and hot taste characteristic aroma.
- Fully ripen berries consist of a white seed covered by a red-orange membrane which is washed off, yielding a white peppercorn. Milder than black pepper with a less complex aroma.

FACTOIDS:

- Telicherry Black Pepper is the crème de la crème of Malabar Black Peppers. Highly aromatic, hence in worldwide demand and very expensive.
- Black Pepper is an excellent rat repellent.
- White Pepper is used as table pepper in most upscale British and European restaurants.
- Decorticated Black Pepper (where the outer hull is removed by a machine) is sometimes sold as White Pepper.

PEPPER, RED (*Capsicum annum* or *Capsicum frutescens*) Seed Pods

Ancho Powder; Cayenne; Chipotle Powder; Crushed Red; Habanero Powder

- Fruit of a low bush-like plant originally native to Mexico. Now grown in many parts of the world.
- The Capsicum family is to the plant kingdom which dogs are to the animal kingdom. We have cultivated a single ancestral species into a bewildering variety of shapes, sizes and colors.
- There is well over 100 varieties of Red Peppers, ranging in heat from 0 (sweet bell peppers) to 300,000 Scoville heat units (habaneros). Much of the heat is in the placenta, which is the white flesh inside the pod.
- Green types are immature fruit; ripe Capsicums are red, yellow, orange, purple, dark brown or black.

FACTOIDS:

- Cayenne, originally from the Cayenne region of French Guyana is ground whole peppers of a *Capsicum frutescens* variety, now grown in several regions. We buy 40,000 Scoville unit materials, adequate heat, but also good in flavor.
- Chipotle is the smoked version of the jalapeno pepper.
- Ancho is the smoked version of the poblano pepper.



PEPPER, PAPRIKA (*Capsicum annuum*) Seed Pods

Domestic Paprika; Spanish Paprika; Hungarian Paprika; Smoked Paprika

- Hungarian Paprika is grown mainly for color garnish
- Spain, United States, Hungary, South Africa and recently Brazil are the major producers of Paprika.

FACTOIDS:

- Paprika that is a brownish red is old, even if purchased the prior week. But paprika can fade in direct sunlight.
- It is also the fourth most consumed spice in the world.

SZECHUAN PEPPER (*Zanthoxylum piperitum*) Husks of a Berry

Szechuan Pepper; Anise Pepper, Japanese Pepper; Sichuan Pepper

- Husks of prickly ash berries, grown in China and Southeast Asia.
- Bitter black seeds are usually removed and not used.

FACTOIDS:

- One of the few spices used in Japanese cuisine (Sansho).

PINK PEPPERCORNS (*Schinus terebinthifolius*) Small Pink Berry

Pink Peppercorn; Mexican Peppertree; Christmas Berry

- Shrub grown on the island of Reunion in the Indian Ocean.
- They have a sweet, only slightly peppery flavor
- They have a delicate flavor and are cooked out quickly. Pink Peppercorns should be added to sauces just before serving.

ALLSPICE (*Pimenta officinalis*) Seed (berry)

Allspice Ground; Allspice Whole; Pimento; Jamaican Pepper

- Brown berry of an evergreen tree that is indigenous to the West Indies and Central America.
- It has a pungent clove, nutmeg and cinnamon flavor.

FACTOIDS:

- Allspice is the most important ingredient in Pickling Spice.
- Used extensively in German, Scandinavian and Middle Eastern cuisine.
- It was also used as a natural preservative by the Mayans for embalming.

ANISE (*Pimpinella anisum*) Seed

Anise Ground; Anise Whole

- Tiny seeds of a plant grown widely throughout the eastern Mediterranean and Canada.
- It has an aromatic bouquet with a distinctive licorice flavor.

FACTOIDS:

- Classic Italian biscotti are flavored with anise.



ARROWROOT (Maranta arundinacea) Root Starch

Arrowroot Flour

- A natural thickener which has always been handled by spice traders moving products out of its' native West Indies.
- It is a starch extract from the roots of a large perennial native to the West Indies. The best material is from St. Vincent's island.
- The root is washed and pounded into a pulp. A milky liquid is expressed and then dried into the silky white powder we know as Arrowroot.

FACTOIDS:

- Arrowroot thickens at lower temperatures than cornstarch or a wheat roux.
- Its appearance is clear with a bit of a sparkle to it.
- Mostly used in recipes with relatively short cooking times. Also when a clear finish is required.
- Arrowroot is an exceptionally digestible starch.
- It has a disadvantage of being relatively expensive. Also causing an uneven result in recipes with milk or cream.

BASIL (Ocimum basilicum) Leaf

Basil Leaf; Sweet Basil

- Egypt, France and the United States are major producers.
- Basils are prolific. Many exist of various colors and leaf sizes. Lemon, cinnamon and anise basil are examples.

BAY LEAF (Laurus nobilis) Leaf

Bay Leaf Ground, Bay Leaf Whole, Bay Laurel, Wreath Laurel

- Bay is native to the land bridge between Asian and Europe, cultivated around the Mediterranean since ancient times.

FACTOIDS:

- The aroma of ground bay leaf is so intense most chefs don't recognize it by the smell and often mistake it for sage.
- Bay leaf is always part of a bouquet garni and seasoning for court bouillon.
- California bay laurel has a narrower, more elongated leaf. It is related but not actually the same species and has a much stronger harsher flavor.

CARAWAY (Carum Carvi) Seed

Caraway Ground; Caraway Whole; Roman Cumin

- Shrub of the parsley family and one of the oldest culinary species. It was founded by archeologist in remains of food dating back at least 5,000 years.
- Grown principally in Holland, Russia, India, and Canada.
- It is the distinctive flavor in rye breads and many semi-soft cheeses.
- Extensive use in Eastern European, North African, German and Austrian cooking.
- Ancient Egyptians placed caraway in tombs to ward off evil spirits.



CARDAMOM (*Elettaria caramomum*) Seeds and Seed Pods

Cardamom Ground; Green Cardamom; White Cardamom

- Highly aromatic seed pod of a perennial bush in the ginger family.
- 80% of the world's production is in India.
- Hand picking is required and production is very labor intensive making it the second most expensive spice to saffron.
- Green Cardamom pods are used for most cooking
- The ripe black pods have a stronger flavor and are used to make ground cardamom.
- White Cardamom is bleached green pods used in Indian dessert recipes

FACTOIDS:

- Used in the perfume industry.
- It is also the distinctive spicy flavor in Turkish and Arabic coffee.

CELERY SEED (*Apium graveolens*) Seed

Celery Seed Ground; Celery Seed Whole

- Tiny seed with a strong celery flavor.
- Principal production is in Punjab in Northwest India.

CHIVES (*Allium schienoprasum*) Tubular Leaves

Chive Rings, Freeze Dried Chives, Onion Grass, Garlic Chives

- Air dried chives are much more cost effective and still pack a lot of flavor

CILANTRO & CORIANDER (*Coriandrum sativum*) Seeds and Leaf Herbs

Cilantro; Coriander Ground; Coriander Whole

- This important herb yields two products. Coriander seeds and cilantro herbs.
- Grown in Canada, Morocco, Eastern Europe and Central America.
- The flavors are distinctive enough that most customers and some chefs do not realize they are from the same plant.
- Fresh cilantro is inexpensive and available.

FACTOIDS

- The round ball of the original Jawbreaker candy was formed around a coriander seed.
- Ground coriander seed is probably the most unexpected ingredient in Col. Sander's "original recipe".
- Ground coriander is delicate and has a short shelf life of 3-6 months.

CINNAMON (*Cinnamomum Zeylancium* & *Cinnamomum Cassia*) Tree Bark

Cinnamon Ground; Cinnamon Sticks

- Cinnamon is the dried inner bark of a bushy evergreen tree. Harvesting takes place in the rainy season when high humidity makes the bark easier to peel.
- Cinnamon *Zeylancium*, native to Sri Lanka, is sweet and has a delicate fragrance. It is often called "true cinnamon".



- Most ground cinnamon sold in the United States is actually C. Cassia, a close relative often called Saigon Cinnamon. Stronger Flavors, perhaps less subtle than Zeylancium.
- Mostly grown in Indonesia and Vietnam.
- Cassia bark is thinner and more brittle than Zeylancium. Oil content varies from .8% to over 5%, which accounts for the huge range of quality. We have seen materials which taste like ground wood with only the slightest hint of cinnamon aroma. Higher oil content product is highly aromatic and flavorful.

CLOVES (*Eugenia caryophyllus*) Unopened Flower Buds

Cloves Ground; Cloves Whole

- Buds that are slowly sun dried, changing from pale red to dark brown as they dry. Native to Moluccan Island in Indonesia. Now most are grown on the island of Madagascar, Pemba, and Zanzibar off the east African coast.
- Clove trees do not grow well inland. The clove trees flourish within sight of the sea; all major producing areas are on islands.

CUMIN (*Cuminum cyminum*) Seed

Cumin Ground; Cumin Whole; Comino

- This plant is native to the Eastern Mediterranean, now grown in many areas.
- An essential ingredient in chili powder, widely used in Middle Eastern, Indian, North African, and Mexican cooking.
- Often paired with coriander in Indian cooking.
- Used in veterinary medicine to relieve digestive tract problems in large animals.

DILL (*Anethum graveolens*) Seeds and Feathery Leaves

Dill Seeds; Dill Weeds

- Native to Southern Europe and Western Asia, grown commercially in Egypt, Israel, and the United State.

FENNEL SEED (*Foeniculum vulgare*) Seed

Fennel Seed Ground; Fennel Seed Whole; Fennel Pollen

- Mildly anise flavored green seeds of a tall, aromatic perennial which grows everywhere in the Mediterranean basin. Most commercial quantities are grown in Egypt and India.
- It is the distinctive flavor that makes Italian sausage instantly recognizable.
- Fennel pollen is almost as costly as saffron.



GARLIC (*Allium Sativum*) Bulbs

Garlic Granulated; Garlic Powder; Garlic Salt

- The most potent member of the *Allium* family, grown in many countries.

FACTOIDS

- One of the best growing areas is around Gilroy, 20 miles SE of San Jose.
- Roman centurions' daily routine of wine, cured meat and bread always included a head of garlic.

GINGER (*Zingiber officinal*) Root

Ground Ginger; Crystallized Ginger

- Peeled root native to China, now grown widely in tropical areas. Most commercial product comes from China, India, Jamaica, or Nigeria.

GUMBO FILE' (*Sassafras albidu*) Leaves of a Tree

Gumbo File'; Sassafras

- The trees grow throughout the Southern United States and Mexico. These powdered leaves are a dense, olive green material with an aroma reminiscent of green tea. Almost exclusively used in Cajun and Creole recipes.

FACTOIDS

- File' powder has significant thickening power, which becomes increasingly evident with long cooking times.
- The bark of the same tree yields the main flavor element in Root Beer.

JUNIPER (*Juniperus communis*) Berry

Juniper Berries

- Waxy, bluish berries of a shrub native to Southern Europe. Commercial production in Italy, Turkey and Slovenia. It has a very pungent, piney aroma.
- Juniper's flavor tames the gamey character of wild game. Also widely used in game marinades and rubs.

MACE and NUTMEG (*Myristica fragrens*) Nut (seed) and Seed Husks

Nutmeg Ground; Nutmeg Whole; Mace

- Nutmeg trees are native to the Banda Island of Indonesia.
- Nutmeg fruit looks like a small peach, and is bitter and somewhat toxic.
- Flesh is pulled away and reveals leathery red blades of mace wrapped around the shell of the nutmeg. The mace is cut away, and the shell is allowed to dry, then cracked and discarded to reveal what is known as whole nutmeg.
- The nuts are graded by size.
- The tree is finicky and grows well only in a narrow band of latitude just south of the equator.



MARJORAM (*Origanum marjorana*) Leafy Herb

Marjoram Ground; Marjoram Leaf

- Described as a delicate cousin or oregano. This herb is grown widely in Europe.
- Marjoram grows low to the ground and the harvest is labor intensive, making it relatively expensive.

MINT (*Mentha spicata*) Leafy Herb

Mint Leaf

- Major production in the Pacific Northwest and now Idaho, primarily for high quality flavoring oils; rarely available dried.

MUSTARD (*Brassica hirta* (yellow/white); *Brassica juncea* (black/brown) Seed

Mustard Ground; Mustard Whole (yellow, brown and black)

- Mustard is widely grown, but the yellow mustard favored in the U.S. is grown in this country and Canada.
- Mustard plants are prolific, producing about a ton of seeds per acre, thus making it a relatively inexpensive item.
- Mustard is the only spice which has no characteristic aroma. The flavor and aroma activates after the product is moistened.

OREGANO (*Origanum vulgare*) Leafy Herb

Oregano Leaf; Oregano Ground; Wild Marjoram

- A close relative of marjoram, but not intense. Oregano is grown across the Eastern Mediterranean, with Greece, Turkey, and Egypt as principal producers.
- Mexican Oregano is a completely separate species (*Lippa graveolens*), relative of Lemon Verbena with a distinct citrus twist.

PARSLEY (*Petroselinum crispum*) Leafy Herb

Parsley Flakes

- Grown worldwide, used principally as a garnish,
- Patriarch of a clan: Anise, Caraway, Celery, Chervil, Cilantro, Cumin, Dill and Fennel are all in the parsley family. (Umbelliferae)

POPPY SEEDS (*Papaver somniferum*) Seed

Poppy Seed

- Native to Western Asia, grown in India, Turkey, Holland, North Africa, and Eastern Europe. Dutch Blue is the “world class” standard in poppy seeds.
- The flower grown for poppy seed production is not the variety grown to produce opium.



ROSEMARY (*Rosemarinus officinalis*) Leafy Herb

Rosemary ground; Rosemary Leaf

- Hardy, pungent, piney herb that is grown worldwide. Major production is in Albania, Morocco, Tunisia, and on the Iberian Peninsula (Spain/ Portugal).
- Dried rosemary leaves will make a better oil or vinegar infusion than fresh. Moisture in the fresh can create a rancidity.

SAFFRON (*Crocus sativus*) Flower Stigma

Saffron Threads

- The world's most expensive spice. Iran, India (Kashmir) and Spain are the principal growers of the Blue Crocus flower which it is produced from.
- Each flower yields three stigmas, and roughly 50,000 flowers must be harvest to yield one pound of saffron threads. Threads are plucked by hand, lightly dry roasted, and packed in air tight containers.

SAGE (*Salvia officinalis*) Leafy Herb

Sage Rubbed

- Major production of this intense herb is along the Dalmatian coast of the Adriatic Sea in Albania, Croatia and in Turkey.
- The soft, fluffy texture of rubbed sage is unique among leafy herbs.
- Sage dries well, and the dried product is perhaps better than fresh in most applications.

SESAME (*Sesamum indicum*) Seeds

Sesame Hulled (white); Sesame Black; Sesame Natural

- Native to North Africa; today India and Central America are primary sources.
- "Natural" is the familiar white sesame with the brown hull intact.
- Black sesame is virtually identical in taste to hulled.

STAR ANISE (*Illicium verum*) Seed Pods, Seeds

Star Anise; Chinese Anise

- An eight armed dark brown star shaped seed pod with polished tan sees, is cultivated in China, Laos, and Vietnam

TARRAGON (*Aremesia dracunculus*) Leafy Herb

Tarragon Leaf

- Originally native to the Baltic area of Northern Europe. It found its' natural home in France.
- Good dried tarragon leaf should be bright green, with mostly unbroken whole leaves. Pale or grayish green color with the leaves in small pieces is signs of old age and weak flavor.



THYME (*Thymus vulgaris*, *Thymus piperella*) Leafy Herb

Thyme Ground; Thyme Leaf

- Thyme is probably the most widely used leafy herb by cooks in many countries, and grown worldwide. France and Spain are the major producers.
- Dried Thyme leaves are the smallest of the leafy herbs

FACTOIDS

- Essential ingredient in Cajun, Creole, and Caribbean Jerk Spice blends
- Always a part of Herbs de Provence and Bouquet Garni.

TURMERIC (*Curcuma domestica*) Root

Ground Turmeric

- India is the native home of this plant of the Ginger family, and easily accounts for 80% of the worlds production.
- When dried, Turmeric root is extremely hard and can only be ground with industrial grinders, making whole root a rarity.

FACTOIDS

- Most Americans have never heard of Turmeric, although they have consumed substantial amounts. It provides the color and a significant part of the bulk of prepared yellow mustard.
- The “saffron yellow” of robes of Buddhist monks was dyed with Turmeric, not saffron.
- Turmeric is a base material in Madras-style Curry Powder. This style of curry is most familiar to westerners.