



THE WILDER SPICE ENCLYCLOPEDIA

Originally published by Ann D. Wilder

SPICES AND HERBS

ADOBO - This is an all purpose seasoning used in Caribbean cooking. Usually added to oil and either lemon juice or vinegar to make a marinade.

AFRICAN BIRD PEPPER - This is a wild, very hot, North African chili. It derives its name from the fact that the plant seeds are dispersed through the intestinal track of birds. Use sparingly, as a substitute for cayenne pepper.

AJOWAN - A native to southern India, ajowan is also grown in Afghanistan, Pakistan, Iran and Egypt and is related to caraway and cumin, even though its taste is quite different. Referred to sometimes as "lovage", "ajwain" or "carom" in India. Use in recipes for savory dishes; goes especially well with fish. The seeds are also added to curries and breads.

ALEPPO PEPPER - The City of Aleppo, located in Northern Syria, is considered by many as the Mecca of Middle Eastern cooking. The ground red pepper from Aleppo is coarse, gritty, dark red, earthy, and robust, with a mild, rich heat. This pepper is used in most Syrian dishes, especially soups, salads, and fish.

ALLSPICE - is the only spice originating in the New World and probably introduced to Europe by Columbus, has a flavor suggesting a blend of cloves, cinnamon and nutmeg. Wilder Foods allspice comes from Jamaica known for its superior quality and plentiful crop. Although the spice is smaller than others grown in different parts of the world, the flavor is richer. Allspice now grows in many parts of the world, and we occasionally buy it from Indonesia, where it grows big and round, but is less flavorful. We use it only when the look is as important as flavor. Allspice is used in soups, stews, pot roasts, meat marinades, and pickling. It gives a warm flavor to cakes, cookies, jams and fruit pies.

ANGELICA - This sweet "herb of the angels" is a member of the parsley family. Grown primarily in Europe, its pale green celery-like stems are candied and used as decorations for cakes and other desserts. The leaves, both fresh and dried, can be used in vegetable salads, custards, jams and jellies. Angelica leaves are not readily available in the United States.

ANISE or ANISEED - a native of the Middle East, this sweet spice is a favorite in Europe, especially Germany and the Scandinavian countries. Wilder Foods buys anise primarily from Spain, where the flavor is superior and volatile oil content higher. Anise, with its sweet, aromatic, licorice-like flavor, is commonly used to flavor cookies, cakes, bread and soups. It is often found in sausages and salad dressings.

AMCHUR POWDER - Amchur is made from tart, unripe mangoes, which are sliced and sun-dried, then ground to a powder and used as a souring agent. Most commonly used in Northern Indian vegetarian cooking and gives a tangy, sour taste to stir fried vegetables, stuffing's for breads and pastries, and soups.



ANCHO CHILI - is a dark smoky chili with a deep rich flavor and mild to medium heat.

ANNATTO - grows throughout Central and South America, Mexico, and the Caribbean. It is used primarily as a coloring, as well as a gentle flavoring in such items as butter and margarine. It is also used in Europe in many cheeses. Annatto is used with legumes, grains, rice, poultry, fish, pork, beef and lamb stews, soups, okra, pumpkin, bell peppers, curries, chili sauces and sweet potatoes.

ARROWROOT - is used as a thickening agent in puddings and sauces. It has about twice the thickening power of flour and is tasteless and clear when cooked.

ASAFETIDA - Native to south-western Asia, i.e., Iran, Afghanistan, India and Pakistan, asafetida is a dried resin-like substance obtained from the rhizomes of several species of ferula, or giant fennel. The entire plant emits a distinctive smell.

In powder form, asafetida has a strong, unpleasant smell, similar to pickled garlic, but is used in Indian and Arab cuisines to enhance the flavor of some dishes.

BASIL - should have a rich sweet taste with a fragrant aroma. Usually we buy from Egypt, however, a better crop can sometimes be found in other parts of the Mediterranean and we always buy the best. Like grapes, the climate affects basil's taste and aroma. It is amazing to me that the same variety of basil will have different flavors, depending upon which part of the world it is grown. I grow basil in my backyard, but when dried it has no flavor.

There are over 40 different types of basil from which to choose. Sweet basil is the main variety used for culinary purposes and has the finest flavor. Basil is a natural accompaniment to tomato recipes, and in preparing soups, vegetables, eggs, cheese, sauces, meats, fish and pizzas. It is the primary ingredient in pesto sauce, and a must for all cooking enthusiasts.

BAY LEAVES - is a product which separates Wilder Foods from other spice companies. U.S. spice companies have switched to an American Bay Laurel, which has a prettier, slimmer leaf and is easier to bottle. However, it has a marked phenolic odor and little flavor. Wilder Foods buys genuine Turkish bay which is fragrantly sweet with a lemon clove like taste. To obtain that deep rich flavor found in European food, our bay leaves are a must.

Bay is used in soups, stews, pickles, seafood, pot roasts, game, and in water when cooking vegetables. The flavor is strengthened with the length of cooking time.

CARAWAY - a biennial plant of the parsley family, has been used for at least 5,000 years, and cultivated in Europe since medieval times. Caraway is grown in Holland and Egypt. The small tan brown seeds have a pungent aroma, a flavor that's sharp but faintly sweet, with an astringent aftertaste.

Caraway gives rye bread its distinctive flavor. It is particularly good as a flavoring for pork. I use it in all cabbage dishes, and it really makes a difference in coleslaw. I also use it in cheeses, cakes and fruit dishes.



CARDAMOM - is one of the most ancient spices, highly valued and expensive. Wilder Foods is among the few spice companies that continue to sell cardamom, as it is not a large volume seller. Wilder Foods extra fancy green cardamom is considered the best. White cardamom is simply bleached green pods. We also carry decorticated cardamom. Cardamom grows wild in the rain forests of Southern India and Sri Lanka, but is also cultivated in other similar climates. Loose seeds and ground cardamom lose their flavor quickly.

Cardamom can enhance both sweet and savory tastes. The flavor is in the small hard seeds, protected by the pods. In Indian cuisine, the whole pod is used in curries and garam masalas. In other cuisines it is used in puddings, pastries and ice creams. In various parts of the Mid and Far East, it is used in tea and coffee. The Vikings went to Constantinople to buy cardamom from traders and, to this day, it is an important ingredient in Scandinavian cakes, pastries, and breads.

CARDAMOM, WHITE - One of the most ancient spices in the world and the third most expensive after saffron and vanilla. In India when the green cardamom pods have faded, they are further treated and bleached to white. They are thought to be more aesthetically appealing by some. For best results, highly aromatic seeds should be taken from pods only just before use.

CASSIA - Cassia is native to Assam and northern Burma. The dried bark of a tree in the laurel family, cassia is sometimes known as Chinese cinnamon. Cassia and cinnamon are used interchangeably in many countries. Cassia is thicker and coarser and its taste is less delicate, slightly sweet, with a bitter, astringent edge. This spice seems better suited to savory rather than sweet dishes. It is used in curries and pilafs in India; flavoring chocolate in Germany and Russia; in stewed fruits in many countries. Great with couscous and pearl barley and with split peas and lentils.

CASSIA BUDS - The dry unripe fruit of the cassia tree. It is used in pickles. The flavor is musky sweet and similar to cinnamon.

CAYENNE - a finely ground spice, made from a long, thin, and very hot type of capsicum (red pepper). Purchased from North Africa, we call it Nigerian cayenne to warn customers that it is very hot. Some cooks may know this very hot cayenne as African Bird Pepper. Though very hot, it still retains a clean taste, unlike many hot products that seem to be muddled as they grow hotter. Nigerian cayenne, only, meets our criteria for superior quality and taste.

Cayenne is used in barbecues, marinades, curries, pickling spices, and sausages. Cayenne, and other chilies are used to enhance the bland flavor of staple foods (e.g., rice, beans, corn, cassava).

CELERY SEED AND CELERY SALT. - Celery is a member of the parsley family and is derived from a wild variety called smallage. India and China produce excellent celery seed, but it is also cultivated in Europe and the U.S. The flavor and aroma might be described as a combination of celery, fennel and anise. The root is called celeriac which is a mild vegetable popular in Europe.

Celery salt is a salt base flavored with the essential oil of celery seed. It can be used in place of celery seed and salt, but has a much shorter shelf life. A delightful seasoning for sauces, salads, vegetables, and many other dishes. An absolute must in potato salad. Used carefully, celery seed becomes the secret ingredient in many dishes. It mysteriously improves the flavor without calling attention to itself. Celery seed, used with tarragon, actually enhances the flavor of tarragon.



CHERVIL - is a green leafy herb, strangely neglected outside of France. It is native to SW Russia and S. Asia, but is widely cultivated in Europe. It is a great favorite in French kitchens where it is often called the "gourmet parsley". It is used in sauces, soups, and salads, (particularly potato salad), and is one of the four Fines Herbes used in classic French cooking (e.g., omelettes, sauce ravigote).

CHIVES - are of the onion family, with a similar but more delicate flavor. They are cultivated in temperate regions worldwide, and are best fresh, or, as Wilder Foods are, freeze dried. We buy chives from California and Oregon, from growers who are often small but provide a premium product. An advantage of Wilder Foods small size is that we can buy excellent products from growers too small to be of interest to large spice companies. Chives are used chopped in sauces, salads, vegetables, eggs, and are a classic component to Fines Herbes.

CILANTRO or CHINESE PARSLEY - refers to the parsley-like leaves of the coriander plant. Wilder Foods cilantro is purchased in California where we have found growers who manage to dry it and retain its fine green color.

Cilantro has an interesting flavor, sort of a combination of parsley and citrus. It is widely used in Mexican, Pacific Rim and Mideastern cuisines. I predict it will have an important future in the U.S.

CINNAMON - Our Korintji AA cinnamon tastes less harsh and has more fragrance than the Indonesian cinnamon familiar to most cooks. These sticks are carefully selected from the upper branches of trees growing in southwest Sumatra. Some cinnamon is mixed with cassia. Cassia is similar, but redder and has a harsher taste and a shorter shelf life.

The history of cinnamon is intertwined with the history of transportation, with battles lost and won, and with the Old Testament. For example, Exodus, Chapter 30 contains a description of how to mix holy anointing oil, using cinnamon, cassia and myrrh. Cinnamon is used in thousands of ways. Its appeal is universal.

CINNAMON, SAIGON - This is true cinnamon from Sri Lanka but shipped from Saigon. It is at once delicate and intense. The aroma is sweeter than cassia and the flavor is less biting. Use in desserts, with meat stews, especially lamb. It is good in stuffing for duck and any stuffing with fruit. Great in rice dishes.

CLOVES - are young, unopened dried flower buds of the clove tree, native to the Moluccas Islands in East Indonesia where Wilder Foods buys first-quality, hand-picked cloves.

Cloves, whole or ground, are the most pungent and fragrant of spices and are extremely aromatic. Take care and use with discretion lest its flavor overpower others!

Cloves are used as garnishes as well as for flavor in the widest possible variety of dishes - with fruit, many sweet dishes, pickles, ham, pot roasts, stews, and vegetables such as beets, carrots, squash, pumpkin and sweet potatoes. The addition of cloves to a casserole of lamb and beans is magical.



CORIANDER - is the dried seeds of the coriander plant. It is an annual plant of the parsley family, also known for its leaves, the herb, cilantro (see above). **CORIANDER (continued)** - Coriander was named in an Egyptian papyrus of 1550 B.C. and in the Old Testament in Exodus 16 - "Manna was like coriander seed, white."

Wilder Foods sells both whole and ground coriander. We advise buying only a few months' supply or buying it whole and grinding it as you use it. I find that stale coriander has an unpleasant musty smell, while the freshly ground, has a fantastic sweet fragrance. It could be a perfume.

The flavor of coriander and the aroma reminds us of bolognas and frankfurters, because it is a principal flavoring ingredient. It is an essential ingredient of chilies, curries, and pickles, and is used to flavor breads, cheese, fish, meats, baked goods, and alcoholic and non-alcoholic beverages.

CUBEB BERRIES - These small berries, which are native to Java and other Indonesian islands, are the unripe fruits of a plant belonging to the pepper family. They have a warm, turpentine-like aroma, and a aromatic -- hot and glowing -- and somewhat bitter taste. Cubebs are used in Indonesian cuisine and in spice mixtures such as raz el hanout. Can be added in place of allspice in any dish and are well suited to vegetable and meat dishes.

CUMIN - The aroma is strong, somewhat like a musty caraway. Like coriander, it is a difficult spice to keep because it deteriorates quickly after grinding. Wilder Foods sells cumin ground and whole. Our method of grinding, bottling, sealing and delivering in a timely fashion contributes to the freshness of this product.

Cumin seed comes from an annual plant indigenous to Egypt, and was - and is - used by the civilizations of Greece, Rome, early Egypt and that of the Indus River. It is a necessity in Indian, Mideastern and Mexican cuisines. In the U.S., cumin was once reserved for ethnic and exotic dishes. It is now often used every day in vegetables, rice and potato dishes as well as soups, meat loaf and even scrambled eggs.

DILL SEED AND DILLWEED - Dill is an universal favorite. The word "dill" comes from the Norwegian "dilla" meaning "to sooth," as medicinal powers were attributed to it. Almost everybody likes dill, and it appears in nearly every cuisine in the world. It is a delicious addition to sour cream, vegetables, potato salad or casseroles. It is wonderful with fish.

Dill seed is aromatic, slightly pungent, light brown with a strong but pleasing flavor. We find that dill grown in the northern part of India produces larger seeds which have a higher oil content.

Egyptian dill weed has a cleaner taste and is our first choice. Dillweed is used to garnish as well as to flavor.

EPAZOTE - is popular in Mexican dishes, especially bean dishes as it is said to help control flatulence. It has a strong pungent taste. Start with 1 teaspoon per pot of beans.

FENUGREEK - has grown in the Mediterranean region and Western and Southern Asia from earliest times to the present. The name comes from the Latin -meaning "Greek hay." The seeds have a faint curry flavor and a bitter, peppery aftertaste. Fenugreek is used in Indian curries. Curries for lamb and beef absolutely require fenugreek for balance. In the Middle East, it is ground to a paste for vegetable dishes, and used in sweet, halvah.



GALANGAL - A ginger-like rhizome that has its origins in Southern Asia and Indonesia. Use the dried galangal in fried rices and stews. They can be reconstituted in water.

GINGER - it would seem is the newest fad in food. New products recently introduced include ginger tea, ginger sauces of several varieties, ginger jelly and ginger mustard. It is strange to call ginger a fad when it has been in constant use in India and China since early history. Jamaica is the best source of premium ginger. The spice part is the fat, irregular shaped rhizomes of the ginger plant. It is both pungent and lemony with earthy notes.

Fresh ginger is used extensively in Pacific Rim cuisines. It is the principal supplier of the heat so loved in these cuisines. Dried ginger is used in Mideastern and Western cooking. Besides the well known gingerbread, it is a great addition to cheese dishes because it balances the egg and cheese flavors. Ginger is especially good with vegetables such as carrots, squash and sweet potatoes.

GRAINS OF PARADISE - is indigenous to the coast of West Africa and is also known as Melegueta pepper, and is related to cardamom. These tiny grains have a hot and peppery taste but have the aroma of cardamom.

They were used in the past to spice wine and beer. Today grains of paradise appear almost exclusively in West African cooking. They are one of the components of raz el hanout and are also excellent in mulled wine, with potatoes and eggplants, and in braised lamb recipes.

JALAPENO PEPPERS - A green chili pepper with mid-level heat. Very popular in many Mexican dishes.

JUNIPER BERRIES - from the evergreen shrub, juniper, found throughout the Northern hemisphere are new to U.S. cooking but have long been a staple of European dishes. The flavor of juniper marries well with sauces for game and pork. It is often used in sausages and in sauerkraut. The berries should be crushed to bring out the flavor. Juniper also flavors gin as well as other spirits such as schnapps and some beers.

KAFFIR LIME (Leaves) - The rind of the fruit and the leaves are used in Indonesian and Thai cuisines. The leaves have a clean, floral aroma and give a distinctive taste to fish and chicken dishes.

LEMON GRASS - Narrow, fibrous, pale green leaves grown from the bulbous base of this tropical grass and has a clear smell and taste of lemon. The base and lower shoots of the plant are used in Southeast Asian cooking and give a fresh, aromatic taste to many Thai, Malay, and Indonesian dishes. Combines well with garlic, shallots and chilies, and with fresh coriander to flavor fish, shellfish, chicken, and pork.

LOVAGE - Perennial herb with hollow stems and serrated green leaves that resemble celery. Stands up well to long cooking, so smaller quantities are needed for slow-simmering stew or soup recipes. Also used in stuffing, salads, and meat dishes.



MACE - is the lacy growth surrounding the kernel of a nutmeg seed. This evergreen tree, which is unique in that it produces two distinct spices, is native to the Moluccas, also known as the Spice Islands. Today, one-third of the world's supply comes from Grenada, W.I.

Mace was used heavily from the Middle Ages to this century. Sadly its popularity has declined. Mace and nutmeg have similar rich, warm aromas and a highly aromatic taste. Mace is milder and more subtle. It is also more expensive (partially due to the time consuming production process). Beware, mace is sometimes mixed with nutmeg and sold as pure mace.

Mace is particularly helpful in savory dishes. If used wisely, it can enhance flavor without adding flavor of its own. In oyster stew for example, it seems to intensify the oyster flavor. It gives a lift to béchamel sauce, soufflés, and cream cheese desserts. I prefer mace to nutmeg with sweet potatoes.

MAHLAB - In Turkey and the Middle East, the small, beige-colored oval kernels of the black cherry tree are dried and ground to flavor breads and pastries. They are soft, have a nutty chew and a bitter, rather sour, taste when sampled on their own. It is best to buy mahlab whole and grind as needed.

MANGO POWDER (See also AMCHHOOR POWDER - Amchoor is made from tart, unripe mangoes, which are sliced and sun-dried, then ground to a powder and used as a souring agent.

Most commonly used in Northern Indian vegetarian cooking and gives a tangy, sour taste to stir fried vegetables, stuffing's for breads and pastries, and soups.

MARJORAM - has long been one of the most prized herbs. It is less robust, more sweetly scented and delicate than its cousin oregano. It can be substituted for oregano to achieve a more subtle flavor. Egypt is the principal source of marjoram. We select marjoram which has a pleasantly aromatic and minty-sweet flavor with slight background bitterness. In modern kitchens, it is the herb with 1,000 uses. I especially like it with beans, peas and spinach. It is also good in salads and stuffing's.

MUSTARD SEED - All of Wilder Foods' mustard seeds, brown, yellow, and black either grow in North Dakota or Alberta. Each variety produces a significantly different flavor. The yellow seed has a fresh clean aroma and a pungent biting flavor. The brown seed is closer to Oriental mustard, hot with horseradish tones and aroma. The black mustard seed, most pungent of the three, is difficult to harvest commercially, and the brown seed has largely replaced it except in peasant economies, though the names are often used interchangeably. The amount of volatile oil in mustard seed determines the intensity of flavor. Brown mustard seed is becoming very popular in the U.S. Restaurants are using it in European and American dishes. Mustard adds zest to a wide variety of dishes; meat, potato salad, vegetables, and sauces.

NEW MEXICAN CHILI - There are four chili's in this family, yellow, orange, and brown -- used for decorative purposes -- and red which is used either whole, or powdered. The red is a mild to medium hot pepper that has been roasted about 4-8 hours so it has a very mild roasted flavor. Red New Mexican chili can be used whole or powdered and is excellent for traditional sauces and salsas.



NIGELLA - The culinary nigella plant is native to Western Asia, the Middle East, and Southern Europe. It is grown primarily in India, where it is used extensively in the cuisine of all regions. It is used in many spice mixtures of the area. The nigella seeds are very small, black in color, with a lightly aromatic, peppery flavor. It can be used as a pepper substitute.

Add to buttered vegetables (cabbage or zucchini) to give them an exotic flavor and crunchy texture. Rub seeds into steak before grilling. Also used to season bread in the Middle East.

NUTMEG (Also see MACE) - has been in continuous use for countless thousands of years. It may be the earliest used spice. In the past if people could only afford one spice, the choice was always nutmeg.

In the Middle Ages, nutmeg was used in almost every dish. I find I put it in dishes as diverse as apple pie and spinach. Nutmeg blends well with other spices and is good, not only in sweet foods such as pies and cakes, but in savory dishes as well.

OREGANO - marjoram's robust relative, may be the most popular herb in the world; there's probably not a cook who does not use it. Wilder Foods sells two kinds of oregano. Primarily, we sell Greek or Turkish (Mediterranean) oregano. Mediterranean oregano has a nice pleasant flavor, related to marjoram but more pungent. The Italians add this to all manner of dishes. It is most often used in its dried form. We also provide Mexican oregano, which has a harsher flavor, but holds up well in spicy Mexican cooking. Restaurants often prefer the Mexican.

PAPRIKA - is a Hungarian word for the dried and ground red bell pepper in its ripest form. I find it interesting that the same type of pepper plant will taste very different when grown in different parts of the world - in some places sweeter, or hotter, or milder.

Paprika is the national spice of Hungary and it is essential to many Balkan dishes. There are at least six varieties with flavor ranges from sweet to pungent with a faint bitter aftertaste. The pungency depends on the proportion of flesh to seeds and veins.

Spanish paprika has a particularly fine color, but little flavor. That flavor seems to dissipate further with cooking. We sell Spanish paprika to restaurants for color. Everyone is familiar with its use on hard boiled eggs and salads. Paprika has more vitamin C than oranges.

PARSLEY - is the ubiquitous herb, the most popular and the most versatile. It brings out the flavor of other herbs and so is always in Fines Herbes and Bouquet Garni. Dried parsley does not have the distinct flavor of fresh, but it is easier to use and is often a necessity.

American drying processes are improving, and the color and flavor of our California parsley is closest to fresh - far superior to most other sources. Parsley is rich in vitamins, calcium and iron.



PASILLA - This dried chili pepper in its fresh form is called a chilaca. After it is dried, the dark brown chilaca's hue changes to a blackish-brown. The pasilla is generally ground and used for sauces. It has a rich, hot flavor and is somewhat hotter than the ancho chili and milder than the guajillo chili.

PEPPERMINT - A pungent mint used for both sweet and savory dishes, as well as in drinks such as the famous mint julep.

PEPPERS, POD (CAPSICUM) - are indigenous to the New World, but spread worldwide with Columbus. They are variously classified as a vegetable, or berry and, when dried, a spice.

The seeds, veins, and skin contain the pungent hotness in chili peppers. There is little aroma but taste varies from mild to fiery hot. There are perhaps hundreds of varieties. The amount of heat produced is measured by Scoville units. For example bell peppers measure at zero and the very hottest (habaneras) at 200,000 units. The small Chinese peppers we bottle have a Scoville rating of 20,000 units. They are useful in Mexican as well as Chinese cooking, and in pickling and preserving.

PINE NUTS OR PIGNOLAS - grow in many parts of the world. American Indians have harvested them in the West for thousands of years. We buy Chinese pine nuts for their crisp texture and uniform size.

The nutty flavor and crunch of pine nuts enhance many dishes. They give a special touch to a tossed salad, and Pesto wouldn't be Pesto without pine nuts! They are often used in Spanish and Italian cuisines, both in savory dishes and desserts.

POMEGRANATE - They were native to southwest Asia, but now grow throughout the tropics and subtropics. The large beige to red skinned fruits may be sweet, sweet-sour, or sour, depending on the variety, but all have a rather astringent juice.

In northern India, the dried seeds are ground and used as a souring agent in chutneys and curries, in fillings for breads and savory pastries, and with braised vegetables.

POPPY SEEDS - are the ripe seed of the opium poppy. The plant's well known narcotic properties come from the unripe seed pods, and are not present in the ripe seeds. The poppy seeds most common in Europe and America have the distinction of being the only blue spice. Those common in India are creamy yellow, and in Turkey they are brown and often made into a paste for Turkish sweets.

Poppy seeds are most often used to flavor breads and desserts, but poppy seed butter is superb over fish and noodles. It lends a nut-like flavor to green beans, potatoes, spinach, carrots, zucchini and other types of squash.



ROSEMARY - which grows wild around the Mediterranean coast means "dews of the sea." Wilder Foods rosemary grows in France or Spain, depending on the quality of the crop for that year.

We require rosemary to have a lovely, pungent, bittersweet flavor and a delicious piney fragrance. Rosemary leaves are a little leathery and are best finely chopped for culinary use or else sprinkled on meats before grilling or roasting over coals when barbecuing.

SAFFRON - is composed of the dried stigmas of a fall blooming crocus and has the distinction of being the most expensive spice in the world because it must be hand picked, over 5,000 to equal an ounce. Wilder Foods sells only top-of-the-line Spanish branched saffron. The color is deep red and the fragrance superior. We've tried others - Israeli, Indian, etc. - but none compare. It is important to buy the saffron threads, not ground saffron, which is easily and often adulterated. These threads should be broken up and infused in hot liquid giving even color and flavor to the recipe. Turmeric is no substitute for saffron! Saffron is widely known as the necessary ingredient in paella, bouillabaisse, and rice dishes.

SAGE - needs rocky areas for good growing conditions in order to achieve a special pleasing mellowness. We sell Dalmatian sage which is grown along the Yugoslavian coast. The flavor is pungent and the aroma powerful but fragrant and never harsh. Sage is the perfect seasoning for pork, chicken and stuffing. It is especially appreciated by the Italians, where it is used in many meat and pasta dishes.

SAMBAR POWDER – This very hot powder is widely used in southern Indian Brahmin cooking, to flavor braised and stewed vegetables and sauces. The (yellow splits and white gram beans) in the blend gives it a nutty taste and also serves as a thickening agent. Best used within 3-4 months.

SARRIETTE - is winter savory. Summer savory is slightly milder than sarriette, but both are strongly flavored and should be used with discretion. All beans and peas are greatly enhanced by this herb with which they have a particular affinity. Summer savory is used with fresh beans, and sarriette with dried beans. Sausages, stuffing's, and herb mixtures such as Herbes de Provence, and those used on meats, often contain savory.

SAVORY - has an aromatic piquant flavor and fragrant aroma somewhat like thyme, however, more peppery with minty overtones. Europe calls savory the bean herb because it adds such a delicious aroma to both green and dried beans. It is also an important ingredient in poultry seasoning. It is clearly an excellent addition to meats, chicken and chicken soup, salads, sauces and eggs.

SESAME SEEDS - are one of the world's oldest spices and one of the most versatile grown for food use. Mexican sesame has a mild almond-like flavor which is intensified when toasted. Since they are delicately flavored, they can be used in more or less unmeasured amounts in any dish where chopped nutmeats would be used. They can be used as is on breads. I especially like them as an addition to crumb toppings for casseroles. Creamy colored sesame seeds are 50% oil and are a source of valuable cooking oil. The seed's sweet nut-like flavor is intensified when toasted and good on breads, cakes, vegetables, etc. In the Middle East the ground seeds are made into halvah, a sweetmeat and into tahini, a creamy paste used as a sauce base.

Black sesame seeds are used primarily in Japanese and Chinese cooking. The oil is darker and stronger and is added to flavor dishes at the end of cooking.



SHALLOTS - are related to garlic and onions, but are more delicate in flavor than garlic and more aromatic than the onion. The name is derived from the Greek Ascalon, a city of the Philistines, in what is now Syria. They were considered a culinary delicacy then and still are today.

Traditionally shallots are associated with French cuisine, and blend well with the two foundation ingredients in cooking, tarragon and wine. Before making gravies, curries or cream sauces, the shallot bulbs are peeled and sautéed lightly in butter. Used raw, their delicate flavor goes well in various kinds of salads. I am happy to say that shallots are becoming more and more popular in the U.S. We have even had chefs tell us they prefer Wilder Foods shallots over fresh!

SUMAC - Sumac is a nonpoisonous red berry that gives a distinctive tangy lemon flavor to chicken, grilled meat, yogurt sauces and Middle Eastern bread salad. The berries were used by the Romans before lemons reached Europe.

The Lebanese and Syrians sprinkle sumac on fish; the Iraqis and Turks add it to salads; and the Iranians and Georgians season kebabs with it.

TARRAGON - French and Russian are two types of Tarragon. We select French tarragon because it has a deep green color. Russian tarragon is often grayer with somewhat brownish leaves. In addition, French tarragon has a wonderful aroma which is slightly licorice. When used in cooking, it absolutely perfumes the house.

Tarragon is used to flavor egg dishes and omelets, is an essential in Fines Herbes and Sauce Béarnaise. It is good with roasted meats, fish and especially good with chicken. One of the easiest and most elegant of recipes is Tarragon Chicken. This classic dish calls for stuffing the cavity with handfuls of tarragon and basting with lemon and butter.

THYME - is one of the oldest and most popular herbs and is used in almost every cuisine. It is greenish gray in color with tiny leaves. It is a powerfully aromatic herb, with a strong, slightly minty, bitter flavor. We purchase thyme from Spain. It is harvested from March to September. In this season, it produces higher volatile oil content and is more attractive than the winter harvest.

Thyme is one of the essential herbs in Bouquet Garni and is used for flavoring soups, stews and stuffing's. It goes well with potatoes, beans, fish, meat and poultry.

TURMERIC - is a member of the ginger family. Like ginger, the rhizomes comprise the spice. Wilder Foods turmeric comes from India, the main producer. I have in the past bought turmeric from Indian importers. To me it had a musty smell and poor color. Indians prefer the mustiness. However, it is not the preference of most Americans, including me. A less popular Indian turmeric is Alli Peppi. At Wilder Foods we prefer its mild earthy flavor. It is slightly peppery, slightly bitter and very aromatic.

Turmeric is essential to many S. Asian dishes - curries, vegetarian dishes and lentils. It is also a traditional textile dye, e.g., the "saffron" robes of the Buddhist monks.

Turmeric is the secret ingredient in commercial mustards, barbecue sauces, mayonnaise and soups. I use it with chicken and fish.



VANILLA BEANS -Vanilla is derived from the dried, cured beans or fruit pods of the large, green-stemmed climbing perennial, *Vanilla planifolia*, which is a member of the orchid family. Although Vanilla beans are sometimes used in their whole form, they are most commonly used for producing extracts and flavors. Vanilla originated in Mexico, but today Wilder Foods buys Vanilla beans only from Madagascar, Indonesia, Uganda and Tonga. Most of the world's high-quality beans come from Madagascar, an island off the coast of Africa.

For vanilla sugar, keep 1 bean in 2 lbs. sugar, replacing sugar as you use it.

WASABI - A root with a fierce aroma and biting taste. Grated or a wasabi paste (tepid water and wasabi) mixed with a soy dipping sauce is used with Sashimi, a Japanese raw fish dish. When used with sushi, wasabi paste is used for flavor and to help the fish adhere to the rice filling. It is also used with meat dishes. Useful for stimulating the palate, which makes them ideal for hors d'oeuvres.

SEASONINGS - SPICE BLENDS

BARBECUE BLEND - Wilder Foods has created a barbecue spice you will find interesting. Actually we do several barbecue blends. Depending upon what part of the country the customer is from, the blend may be slightly different. For example, in North Carolina, we sell one blend and in South Carolina a different one. For most of the U.S., we created a chili based barbecue blend with onion, garlic and other spices. This blend is easy to use as a dry marinade or as the base for a sauce. Your customers will find this useful and good.

BERBERE SPICE - This exotic blend of paprika, salt (optional) garlic, onion, chili pepper and other spices was inspired by the aromatic and fiery cuisine of the nomadic Berberes of Morocco. This blend can be used at the table or in cooking on anything from eggs, potatoes, pasta, to sandwiches, soups, stews, and dressings. Great for grilling or broiling.

BLACKENED SEASONING - We sold Blackened Seasoning several years before any other spice company. It was one of Wilder Foods original blends introduced in 1982. This blend is similar to a recipe in Paul Prudhomme's book who made Blackened Seasoning popular. Blackened Seasoning was originally used on cheaper fish to make a wonderfully hot flavorful coating. It also helps to retain the moisture. Blackened Seasoning is equally good on lamb chops, steaks, and pork.

BOUQUET GARNI - A classic blend of herbs used in stews, soups and stocks. You'll like Wilder Foods' own recipe.

CAJUN CRAB BOIL - Cajun Crab Boil is similar to recipes available in Louisiana cookbooks. It's a pretty product, and also very hot and very popular. Besides being used to flavor crabs, shrimp and other seafood, Cajun Crab Boil works well as a pickling spice.



CALIFORNIA SALAD SEASONING - California pioneered the fast, fresh, light cuisine which has become an American trademark. Our California Salad Seasoning is typical of the kind of salad dressing mix made popular by that state. A nice blend of fresh, fragrant, mild herbs, to be shaken into either a vinaigrette or creamy based salad dressing. It makes a great dip added to sour cream, yogurt, and/or cream cheese.

CHESAPEAKE BAY SEAFOOD BLEND - A regional favorite which is popular in seafood casseroles, soup and crab cakes. Chesapeake Bay Seafood Blend is a superb seasoning that will enhance any dish.

CHILI SEASONING - Our Chili Seasoning base is Ancho Chili peppers which have the dark, smoky flavor I love. We developed our Chili Seasoning originally for Arizona Restaurant in New York. Brendan Walsh, the chef, needed a particularly fine, distinctive chili seasoning and ours fit the bill. The New York Times food critics raved about it. Our blend utilizes both dark and light chilies for color and flavor, as well as oregano and cumin. Most spice companies add salt. We do not. We believe that cooks can add their own salt.

Legend has it that Chili Seasoning was originally developed by a cook trying to duplicate curry by using American spices. Thus was created Chili Seasoning - if you believe this!

CHINESE FIVE SPICE - A few years ago, Wilder Foods was the only company that offered Chinese Five Spice. The Washington Post, among other sources, has said that Wilder Foods has the best Chinese Five Spice powder. One reason ours is so well accepted is we are very careful of the amount of star anise we that we use. Anise is not a favorite flavor of Americans, but without it the Chinese Five Spice blend is unbalanced and less authentic. I have deviated from the classic tradition when blending Chinese Five Spice. I use less star anise than other spice suppliers. The result is a blend which Americans like better.

CREOLE SEASONING - Our Creole Seasoning, a bit usual is actually a blend from Atchafalaya, the last Cajun stronghold in Louisiana. It is a result of an intermingling of the French and Indian cultures before the Louisiana Purchase. I find it very useful. It's one of our many salt-free products, and its spicy flavor makes it popular with those on salt restricted diets. It is good in dishes calling for a Creole Seasoning and in other dishes where a sophisticated spicy blend is needed. A favorite use of mine is to add it to my dredging flour before sautéing fish.

CURRY - We are very proud of our curry blend. Wilder Foods is the only spice company in the U.S. selling a curry without salt. Curry, because of turmeric and cumin, is difficult to keep fresh and hot. We grind, blend and ship it in a timely manner, and thus are able to keep our curry fresher than that of larger companies who have less flexibility in that area. We know that our curry has a fresh, clean flavor one and one-half years after bottling. - I believe that most people, my mother for example, who claim that they dislike curry probably have only tasted a stale musty Curry. Mother ate curry in my house for 35 years and loved it.

FAJITAS SEASONING: Seasoned salts with southwestern flavors.

FINES HERBES - Fines Herbes is the culinary term for a finely chopped herb mixture, consisting of parsley, chervil, tarragon, and chives.

Fines Herbes is a flavor blend used for soups, sauces, omelets and grilled or broiled fish.



FRENCH SEAFOOD BLEND - An interesting blend, and a particularly good choice for people on salt-free diets. The inspiration came from a similar blend popular with the Dupont Family, who primarily used it in seafood casseroles. I find it great in crab cakes and fish soups, and a welcome addition to many dishes. Indeed, it is Wilder Foods version of Seasonal and a great salt substitute.

When the Heart Association met in Washington, D.C., the chef at Phillips Crab House asked me to make up the Heart Association mix to use for a luncheon during the meeting. When he tasted it he found it was not to his liking, my feeling too. He substituted our Chesapeake Bay Seafood Blend on crabs and in a seafood casserole. Everyone was pleased with the results.

GARAM MASALA - Garam Masala adds the finishing touch to curries. In India and Pakistan a curry is made by first cooking the curry blend with the meat and other ingredients. Curry has turmeric and other spices which need longer cooking in order not to impart a bitter taste. Then very near the end, the Garam Masala is added because the masala contains sweet, mellow spices - cinnamon, cardamom, cloves, mace - which are more delicate.

GRILLING HERBS - Our Grilling Herbs is a balanced herb blend with a touch of lemon. This blend is particularly good on chicken, fish and other meats. In our health conscious society, grilling has become a way of life and thus finding a new flavor for chicken or fish is important.

GUMBO FILE - Wilder Foods Gumbo File is a mixture of sassafras and thyme. Often Gumbo File is only sassafras, which is used as a thickening agent and has very little flavor. We add thyme for flavor because it is traditionally Cajun. This is a product much in demand because of the popularity of Louisiana cooking. We're one of the few spice houses offering this product.

HERBES DE PROVENCE - Wilder Foods blend uses the traditional herbs and spices that flavor the dishes from that area of Southern France - thyme, basil, savory, rosemary, etc. But Wilder Foods' Herbes de Provence stands out among American blends in that we add a touch of lavender for a piquant flavor that is distinctly and authentically French.

Enhances soups, stews and pot roasts, omelets, and sauces.

HERBS FOR FISH - Wilder Foods Herbs for Fish is a blend based on one used for several hundred of years by fishermen around Lake Como in Italy. They add it to oil and use it to baste fish while cooking over coals by the lake front. I have always enjoyed this blend and am surprised at its popularity. It is one of our best selling products. Our timing was excellent. We began to market Herbs for Fish at the time cooks, for health reasons, were beginning to turn from beef to fish. It seems to be a universally appreciated flavor and is useful in many dishes.

This is really a ubiquitous blend. I probably need to change the name from Herbs for Fish to Herbs for Everything. It's good in tomato soup, on chicken, in tomato casserole dishes, and in pasta salads. Chefs find new uses constantly.

ITALIAN SEASONING - Our Italian Seasoning has received rave reviews. The Washington Magazine called it "just excellent." They used it in a white pizza - so called because it is made with white sauce instead of red sauce - and found it particularly pleasing. It is a typical pizza and pasta seasoning. We feel that because our herbs and spices are so fresh and fragrant, the cook will be pleased as well. If one is going to the trouble of making one's own pizza or spaghetti sauce, surely the spice mix must be the best.



LEMON AND DILL - I was not interested in developing this blend because several companies were marketing combinations of lemon and dill. When I realized that other companies were using chemicals as a substitute for lemon flavor (and in one case lemonade mix), I developed this very simple product. It is very popular, very useful, and very simple.

I use it in potato salad, with fish in many variations, on chicken, and even on lamb. It makes a good, easy dip with sour cream, yogurt and/or cream cheese.

MEXICAN BLAST - This blend of chipotle flakes, Mexican oregano and other chili flakes has a hot smoky flavor. It is great as a sprinkle for pasta, pizza and salads. Enlivens southwestern dishes, especially salsas and tomato sauces. Try it in a marinade for shrimp with olive oil and lime juice or vodka.

ORIENTAL MUSTARD - This mustard has a distinctive horseradish flavor and is used in Chinese cooking. It is a nice addition to potato salad, macaroni and cheese, or other egg and cheese dishes.

PANCH PHORAN - This mix of whole spices comes from Bengal in the east of India where it is used to flavor vegetable dishes. Can be put into hot oil to perfume it before other ingredients are added.

PESTO SEASONING - Our Pesto Seasoning is the best on the market. We use a very fresh basil and we use minced garlic rather than garlic powder. Ours also contains pine nuts. A cook can take this product, add cheese and oil and presto - pesto! Of course it certainly is not as good as making your own fresh Pesto from basil, but it is so much better than any other dried product that we are particularly proud of it.

It makes an especially good Pesto salad, and enables you to make a passable Pesto even when fresh basil is unavailable.

PICKLING SPICE - English mixture of whole spices. Blend is used for pickled fruits and vegetables and for spicing vinegar. There are many versions of this blend.

QUATRE EPICE - This spice mixture appears in all sorts of food. It was used so often by the French that it is called Quatre Epice in every language; it is QUATRE EPICE always the same ingredients, i.e., cinnamon, nutmeg, allspice, and cloves. The cinnamon, nutmeg, and allspice are always used in equal proportions; the cloves are in one-half the amount of any of the others.

The French use it in pates, with squash and fruit dishes. We use it in pumpkin pie and fruit cake recipes.

CANADIAN STEAK SEASONING - A peppery rub for grilled steaks. without any added MSG, is a robust blend of gourmet spices and seasonings that captures the bold, savory flavor of steaks served in Quebec. Our Canadian Steak Seasoning contains far less salt the major brands.

RAZ EL HANOUT - Raz el Hanout is an interesting blend of sweet spices essential to Moroccan cooking. I find that this blend brings together fruit and meat wonderfully.

Besides couscous and other Moroccan dishes, there are classic European recipes for fruit and meat. A recipe, Pork and Prunes, appears often in old cookbooks. I had tried it once and found it only fairly interesting. When I developed Raz el Hanout, I made it again and it was absolutely terrific. It took what I considered to be a mundane dish and lifted it to new heights.



SONOMA SEASONING - California style chili seasoning.

SAGE SAUSAGE SEASONING - Our special seasoning for making your own sausage.

SPICE PARISIENNE - Slightly different version of Quatre Epice, with several additions. Thyme can be added and/or white pepper, and in this case, it is always used in savory dishes.

TACO SEASONING - As you know, Mexican food has been the rage for the past several years. Taco Seasoning sells well both in bottle and in bulk for food service businesses. Of course we are proud of the fact that we use only the freshest ingredients. Most cooks find our Taco Seasoning typical and a nicely balanced blend.

TANDOORI - Tandoori is one of our most popular products and is my favorite. I have been making Tandoori chicken for thirty years. I learned with Tandoori about blending spices and the convenience of having them on hand. I originally bought Tandoori in an Indian shop in Georgetown, D.C. I took it home, tried it, and it was wonderful! The recipe was simple: mix a tablespoon of spice with a tablespoon of yogurt, slather it on the chicken and bake or grill. The result tastes as if you've been in the kitchen for days.

I hurried to Georgetown to buy more, but the shop was out of business. I searched New York, Boston and Philadelphia for Tandoori, all in vain. A friend and I, using what was left in the original bottles, began the attempt to copy it. We talked with Indian cooks, we read recipes and finally matched the product to our satisfaction. I make Tandoori chicken frequently at home, and still use it when I wish to impress someone.

TUNISIAN FIVE SPICE - This unique blend combines the pungent tones of pepper and grains of paradise with the rich scent of cinnamon, nutmeg and cloves. Moderately hot, very well suited for Arabic stews, vegetable dishes and couscous. Also use as a rub on duck or lamb.

VINDALOO - As you know by now, my favorite cuisine is Indian, and I love curries. Vindaloo is a sour curry, a mix Indians use on strong-flavored meats such as goat, lamb and game. Surprisingly, it's also wonderful on bluefish. The spices cut the oil leaving a fine-flavored fish. Many cooks in Maryland, especially restaurateurs, use Vindaloo on venison.

ZAHTAR - An aromatic mixture from North Africa and Turkey. Can be sprinkled on meatballs or vegetables and also used as a dip. It can be mixed to a paste with olive oil and spread on bread before baking. Best used within 3-4 months.



RUBS AND DRY MARINADES

At Wilder Foods we have directed some of our creative energies toward dry marinades. For too long, fat has been the favorite flavor in diets. As we reverse this, it is necessary to replace that lost flavor. Dry marinades seem to be an easy, tasty, and healthy substitute. We have created literally a world of flavor.

BEIJING RUB - My personal favorite marinade. It's wonderful on chicken and pork. It looks wonderful too, since it creates its own glaze. It can also be added to sherry and soy sauce to create teriyaki, to soy sauce and vinegar to create the flavors found in Korean food, and Hoisin sauce for grand Chinese barbecue. The blend contains the spice most often found in Chinese seasonings - Sichuan pepper, star anise, and sweet spices.

CANCUN RUB - This wonderful Mexican seasoning can be used as a dry marinade to pat on fish, beef, pork or chicken. It may also be used as the starter of a fine salsa or in other Mexican dishes and condiments. It is the necessary seasoning for Fajitas.

MEDITERRANEAN RUB - Wilder Foods has created the essence of the Mediterranean with this sun dried tomato, orange, garlic, fennel rub. Use generously as you would any rub. Rub it by the handful on pork, chicken, fish or beef and then grill the meat. Otherwise use as the seasoning mix for a marinade or the seasoning for a great sauce. It has no salt.

RUB CARIBBE - With this blend, we have reproduced the spicy and fruity flavor of the Islands, using lime and coconut as well as spices of the region. You will find this well-balanced seasoning great on fish, chicken and pork as well as vegetables and salads.

THAI RUB - A typical Thai seasoning with cilantro and lemon flavors, hot and sweet background flavors. Can be used as a flavoring in soups or as a dry rub or in wet marinades with chicken, fish, and pork. Essential ingredients in satay. Excellent in cold noodle salad.

SALTS

CELTIC SEA SALT - A flavorful, naturally produced gray salt that is hand harvested in Northern France. It contains more calcium and less sodium than other salts. There are also many trace minerals.

CRYSTAL ROCK SALT - Rock salt is high in minerals giving a richer, tangier, flavor. Commonly used on pretzels and breadsticks where whole grain of salt is used. Grind in salt mill or use a mortar and pestle for the finishing touch on all foods.

FLEUR de SEL - The ultimate salt. This is a creamy salt of exquisitely delicate, complex flavors. It has a clean salt taste. This salt is the delicate film formed on the water where the Celtic Gray Salt is harvested. Try it on freshly harvested tomatoes - you'll never go back.

KOSHER SALT - Clean, Crisp salt flavor. Naturally iodized.

ITALIAN SEA SALT - Our fine sea salt is obtained naturally from ponds on the Italian sea shore. It contains only 34% sodium chloride and is rich in trace elements. Excellent choice for cooking or condiment mills.



PEPPERCORNS

BLACK PEPPERCORNS

TELLICHERRY - Grown on the east coast of India, near the harbor of Tellicherry. Tellicherry pepper is the best of the black peppers. It is bigger, bolder in color, finer in flavor and aroma. Tellicherry is a newcomer to the pepper market; it has only been available for the past 20 years. It is a close relative to Malabar, and grows in the same region of India.

MALABAR - Malabar is a good pepper that is easily available. It is not as strong, less black and certainly less aromatic than Tellicherry. It is available in specialty food stores and for many years was the best pepper available in the U.S. Gives a clean pepper taste.

LAMPONG - A lower grade, but still a good pepper. Though closely related to Malabar, it is less fragrant. It has the same intensity of color, but less uniformity. One can easily recognize Lampong peppercorns because of this lack of uniformity, a mixture of tiny peppercorns and regular sized ones.

One of the properties of Lampong of interest to cooks is the fact that it cracks easily and so is useful in recipes, such as steak au poivre, which calls for cracked pepper.

SARAWAK - A pepper I like is Sarawak which grows in Malaysia. This is the pepper of choice for the British, but there has been none imported into the U.S. for some years. Sarawak is a very mild, less pungent pepper, thus it is preferred in some dishes where a subtle pepper flavor is required.

BRAZILIAN BLACK PEPPERCORNS - The lowest grade of pepper is Brazilian black. It grows most prolifically, and is the pepper most often sold in the U.S. Wilder Foods refuses to buy or offer this inferior pepper to our customers!

GREEN PEPPERCORNS

Green peppercorns are the mildest of the peppers. Wilder Foods buys these peppercorns in France, where the freeze-dried process preserves the original flavor and the clear green color.

Green peppercorns are useful not only for color but also for the mellowness that is preferable in dishes such as steak au-poivre or with mild flavored fish. Green peppercorns seem to have an affinity for fruit and I use them in salad dressings made with raspberry vinegar and, on occasion, as the secret ingredient in sorbets.

PINK PEPPERCORNS

Pink peppers, grown in Madagascar, aren't really peppers. They are berries with a sweet peppery flavor. The French have used pink peppercorns for hundreds of years in desserts such as Floating Island Custards, as well as in pasta's, sausage seasonings and savory dishes. Now we all use them in various fish, meat, vegetable, and salad dishes. Pink peppercorns are useful for color as well as taste.



SICHUAN PEPPERCORNS

Sichuan pepper is the Chinese pepper. It is actually the dried flower of the prickly ash tree native to China but now also grown in Japan. It adds a more pungent than hot flavor with citrus overtones. It is also one spice that delineates Sichuan cuisine. This pepper is not the spice that creates the heat in Sichuan food. The hot that also is typically Sichuan comes from Chinese chili peppers. Sichuan pepper is necessary in Sichuan cuisine and is often used in other Chinese cuisines as well.

WHITE PEPPERCORNS (Muntok) - The whole subject of peppers is complicated. White pepper, grown in Indonesia, is the final version of pepper. It's the ripest of the peppers with a distinct flavor but little aroma. White pepper is processed by soaking the peppercorn in water for up to a week. The outer black covering is washed off leaving the white inner core.

White pepper is preferred by a number of countries, the British for example. Most cuisines use white pepper in dishes where specks would be unattractive, e.g., white sauce.

There are several types of white peppers. Muntok is most often sold in the U.S.

Wilder Foods is now able to get a milder white pepper from Sarawak which has a fine flavor.

SPECIALTY PEPPER BLENDS

BOURBON PEPPER - Bourbon pepper is a variation of Wilder Foods' Brandied Pepper. It is a mix of cracked black and green peppercorns, shallots and garlic that is laced with bourbon to make a fairly dry paste. The use of the green peppercorns adds a mellowness not found in black and white pepper blends. Use it as a rub on steaks, roasts, salmon and tuna; add it when boiling vegetables such as green beans, and try it as an ingredient in a vinaigrette for salads.

BRANDIED PEPPER - Brandied Pepper is one of our most in-demand products. Years ago, Tavern on the Green wanted something different, and for them I created my version of Brandied Pepper. Green peppercorns, always available in Europe, were now available here, and it occurred to me that these might add more mellowness to the blend, so I added them. On a roll, I also added shallots and garlic to create this useful and fine product.

Most cooks originally used Brandied Pepper on steaks and standing rib roasts and in salad dressings. It is great on salmon and other fish. I even use it in string beans or in almost any dish that needs a lift.

GARLIC PEPPER - Garlic Pepper is exactly that - a nice balanced mixture of garlic and pepper. In the many places where you want just a hint of garlic, Wilder Foods Garlic Pepper is perfect.

HERBED PEPPER - Our most popular ground pepper blend is Herbed Pepper, an Italian blend of oregano and other herbs. It is an easy product to use. You get fine flavor with very little effort and, for these reasons I recommend it highly.

LEMON PEPPER - I am most proud, and justly so even if I do say so myself, of our Lemon Pepper. We use a white pepper with nothing added but lemon - real lemon. There is no salt, no sugar, no preservatives, no garlic, nothing else.



LEMON PEPPER

The difference between our Lemon Pepper and others is so pronounced that it is easy for anyone to understand the quality of what we are producing at Wilder Foods.

I once asked my favorite chef how best to demonstrate lemon pepper. She said she didn't know since she used it on everything. I know that it makes a decided difference in potato salad. It's a marvel on fish and chicken, great on fresh sliced tomatoes, and particularly pleasant with vegetables.

PEPPER AND SPICE - Pepper and Spice is a blend that has been used in this country since the 1700's. There was a recipe in a Philadelphia cookbook, or actually just a pamphlet, that was printed in 1710 with this recipe for pepper. It was called Kitchen Pepper.

Pepper and Spice is very popular in Europe. It was available in Paris as early as 1600. It was popular in this country until the turn of the century when it began to be sold in a ground form. Once ground, peppers and spices begin to lose flavor, each at a different rate, so that the blend becomes unbalanced and thus unpleasant. For this reason it fell out of favor.

It's a fine blend of peppers, coriander and mustard seed. You know that time of year when the only thing you can get fresh is carrots? Well, Pepper and Spice is just wonderful on carrots. There are many restaurateurs who use this blend with great success. Yellow Brick Bank, for example, has made its reputation on veal.

RAINBOW PEPPER - Rainbow Pepper was one of our first products. Indeed, I was the first person in the U.S. to sell this mix. It is a blend similar to ones used in France for many years. Maxim's Restaurant claims they were using this pepper blend in 1920. It has pink and green peppercorns plus four other peppers. We use Tellicherry black, two kinds of white, and a tiny bit of Sichuan, which produces a very flavorful blend. Every pepper used is there for a purpose, some because they're more aromatic, some because they are more flavorful, or mellow, or hotter.

Use it any place you would use pepper.

RANGE PEPPER - Cowboys used this pepper to flavor steaks that were cooked over the fire while they watched their cattle on the open range in Texas and other southwestern states. It has both black pepper and chili peppers with other flavorings for a spicy steak rub.

MISCELLANEOUS

CREAM OF TARTAR - Fine, white powder derived from a crystalline acid. It is added to candy and frosting mixtures for a creamier consistency and to egg whites before beating to improve stability and volume.

WORCESTERHIRE POWDER - Use as a tangy seasoning for sauces and dry marinades.