



TOP 10 SPICES TO KEEP IN YOUR KITCHEN



Basil

Use in soups, stews & chillis



Chilli Powder

Add heat to any dish



Cinnamon

Essential baking spice



Cumin

Toast whole seeds or use ground in savoury dishes



Ginger

Used in Asian dishes & baked goods



Garlic

Add to almost anything savoury



Nutmeg

Grate whole seeds into baked goods & bechamel sauce



Oregano

Sprinkle on salads, pasta or soup



Pepper

Freshly grind for optimal taste



Crushed red pepper flakes

Use in soups, stews & chillis