

NANNY BUBBY'S

HAPPY SPICE CABINET

*19 Essential Herbs & Spices To
Make Every Meal Special*



I want to help bring families home to themselves

Home Is The Center Of Our World

It's where we discover who we are and what we need to be happy

Home is where we're nourished and cared for, it's where love takes root and grows. I learned to cook later in life, so I see the miracle of it with fresh eyes and an open heart. The amazing beauty of taking raw vegetables and herbs – grown in my own garden - and making them into my family's meal has inspired me to share this passion with all of you.

— “ —

As soon as I learned to cook, I learned to grow in more ways than one



— ” —

I built a backyard “Victory Garden” where I tend to my herbs and vegetables. It's a bounty of abundance and makes me so happy.

There are some facts that you need to keep in mind as you begin to grow your cooking knowledge and we are starting with herbs and spices.

Herbs and spices change your food immediately!

You could take cauliflower, the same old cauliflower and cook it every day as a side dish, changing out the herbs and spices on each different day and it becomes a whole new appetizing adventure.

I'm excited to share with you my **19 Essential Herbs and Spices** - tried and tested with the amazing 'Gatherers' in my Facebook community ([Gather With Nanny Bubby](#)) But first, let's get to grips with the basics....



So, what exactly are herbs and spices?

“an aromatic or pungent vegetable substance to flavor food.”

The difference in broad terms between herbs and spices is that while they both come from plants, herbs are the fresh part of the plant while spice is the dried root, dried stalk, seed or dried fruit of the plant and is almost always dried not fresh.

What unites this diverse group of ingredients? They must be very flavorful, are often used in small quantities, and can be very expensive. For information on the specific herbs and spices I am recommending for your **Happy Spice Cabinet**, see the individual descriptions on the following pages of this guide.

MY 3 TOP SPICE TIPS:

Read on for my list of essential herbs and spices that every household needs so you can be creative in the kitchen. They are all easy to access in your local grocery store, and will bring magic to any dish!

Lots of love went into preparing this for you. I hope it helps you begin a wonderful cooking journey in your own kitchen, where you can.....

“Spread Love Like Butter”.



SPICE GRINDING

If you purchase whole spices you can use a coffee grinder to grind them down. I use one frequently to grind my black peppercorns. Using whole spices gives you a more vibrant flavor since it has a fresher taste right after grinding.



REPLACE REGULARLY

When purchasing ground spices, use or replace them at least every year, if not every 6 months as they lose strength rapidly.



STORE WELL

When buying ground spices, buy only those in glass, metal or a tight tin and once home, store them in as dark and cool an area as your own kitchen offers, yet keeping them close and handy for meal preparation time.





HAPPY SPICE CABINET

HERBS

Basil
Dill
Herbs de Provence
Italian seasonings
Oregano
Rosemary
Thyme



SPICES

Cayenne pepper
Celery salt
Chili powder
Cinnamon
Cloves
Garlic
Ginger
Kosher Salt
Paprika
Pepper
Smoked paprika
Turmeric

“ Both herbs and spices come from plants.

Herbs are the fresh part of the plant while **spices** are the dried root, dried stalk, seed or dried fruit of the plant and are almost always dried not fresh.



HAPPY SPICE CABINET ESSENTIALS

HERBS....

Basil is a culinary herb which is part of the mint family and has a strong, pungent often sweet smell. The type frequently used as a flavor is either sweet basil or Genovese basil. Basil is considered an annually grown herb though in some area of the country will grow year-round.

Dill is a fresh herb which is part of the celery family and is grown widely in Eurasia where its seeds and leaves are used primarily to season soups and vegetables. Dill is a great complement to salmon and gravlax and should be used fresh as it loses its flavor rapidly if dried. It is frequently used as a topping on boiled potatoes or potato salad. Mixed with sour cream or yogurt it becomes the basis for dressings. Of course, its seeds are the primary ingredient in "dill" pickles.



MY FAMILY FAVORITE Salmon with Six Herbs

CLICK HERE TO JUMP TO THE
RECIPE ON MY WEBSITE!

Herbs de Provence actually does originate from Provence, France. Herbs de Provence includes most of the ingredients found in Italian spice mixes (with the exception of Basil), it also includes lavender flowers and has a strong lavender taste. It is used primarily in Provençal cuisine. When it comes to cooking, these herbs are typically chosen as a way to infuse a savory flavor in grilled meat, fish and vegetables. The herbs are used during the cooking process and are never added after the cooking is complete.

HERBS (CONT.)

Italian seasoning is a blend of ground herbs used to flavor many Italian cuisine dishes. The common herbs are basil, oregano, rosemary, thyme, garlic powder, sage or coriander. It is frequently used in sauces, soups and most Italian meat and vegetable dishes. Italian seasoning is actually an American creation as a take off of Herbs de Provence.

Oregano is savory in nature and it originates from the mountains of Greece. This herb, more than any other, has long been a hallmark of cooking in Mediterranean cuisine. The herb itself belongs to the mint family as does basil. Oregano is known for its earthy flavor and has become one of the most popular herbs in the world featured prominently in Italian, Turkish, Mexican and Greek cuisine. It is most commonly sold and used in its dry form.

Rosemary is also a member of the mint family surprisingly. The name Rosemary is a derivative of a Latin word which means “dew of the sea”. Rosemary is an aromatic evergreen shrub with leaves similar to hemlock needles. It is native to the Mediterranean and Asia but is reasonably hardy in cool climates and can withstand droughts. It is used to flavor, stuffing, roast lamb, chicken and turkey. Fresh or dried leaves are used in traditional Mediterranean cuisine.

When roasted with meats or vegetables the leaves are pungent and impart a mustard-like aroma with an additional fragrance of charred wood that goes well with barbecued foods.



HERBS (CONT.)

Thyme is an evergreen herb and is part of the mint family as so many other herbs listed above are. Thyme is used in combination with other herbs very frequently. It has medicinal properties for limiting swelling, and inflammation and is frequently used in soups and other aromatic drinks to take advantage of its both flavorful and medicinal uses. There are dozens of varieties but the best for culinary uses is English, French, lemon or winter thyme. Thyme adds layers of flavor without being overwhelming, and commonly used to season soups, sauces and braises. Potatoes, rice dishes, vegetables and even fresh bread are made better with thyme. It pairs well with rosemary, oregano, marjoram and sage.



SPICES

Cayenne pepper is a moderately hot chili pepper used to flavor dishes. Cayenne pepper means pepper-pepper. The Cayenne Pepper powder is used on seafood, egg dishes meats and stews, casseroles, cheese dishes and curries. Cayenne is known to be good for boosting your metabolism, reduce hunger, lower blood pressure, and Aid digestive health among others.

Celery salt is a mixture of ground celery seeds or celery leaves and salt, 2:1 ratio. It is used as a primary seasoning in Bloody Mary's and surprisingly is a main ingredient in Chicago Style Hot Dog's (who knew!) and the primary ingredient in Old Bay brand seasoning which is primary used on seafood. It is also common in potato salad, salad dressings and the secret ingredient in Chex party mix.

Chili powder is the dried pulverized fruit of one or more varieties of chili peppers but most commonly red chili peppers. They can sometimes be combined with other spices depending on the brand like cumin, onion garlic powder and sometimes salt. The origin of chili pepper spice mix was from Texas and the key ingredient of the chilis are native to Mesoamerica.



SPICES (CONT.)

Cinnamon is a spice obtained from the inner bark of several tree species. It is used mainly as an aromatic condiment in both sweet and savory dishes, snack foods, breakfast cereals, teas and Moroccan traditional foods.



Consumed in high amounts it has been linked to kidney damage, however, in moderate amounts it is considered a good item to consume to stabilize blood sugar especially if it is Ceylon cinnamon which is loaded with antioxidants.

Cloves are the flower buds of the evergreen tree also known as clove and originates from Indonesia. It is used to season pot roasts, flavor hot beverages and bring a spicy warmth to cookies and cakes, pumpkin pie spice and is one of the key spices used in making bechamel sauce. It is also used frequently in religious ceremonies.

Garlic is part of the onion species. Its close relatives include shallot, leek, chives and scallion. It is native to Central Asia and northeastern Iran. Since the days of ancient Egypt, it has been used as both a food flavoring and traditional medicine. It is a primary flavor and inexpensive seasoning for most Southeast Asian cuisine. Garlic can be used to flavor breads, eggs, sauces, stews, salads and much more. It is primarily paired with tomatoes and/or ginger. Garlic is as universal to the world's cuisine as most any spice known to our worldwide population.



SPICES (CONT.)

Ginger is a flowering plant whose root is actually the most widely used spice. Ginger is also part of the turmeric and cardamom family. It was one of the first spices to be exported from Asia arriving in Europe during the spice trade. India is now the largest producer of ginger in the world. The juice from ginger roots is often used as a seasoning in Indian recipes and is a common ingredient of Chinese, Korean, Japanese and Vietnamese dishes. Fresh ginger can be substituted for ground ginger at a ratio of six to one. Ground ginger is commonly used for gingerbread, cookies, crackers, cakes, ginger ale and ginger beer.

Kosher Salt In the kitchen there is no more important ingredient than salt. Kosher salt is my recommended salt for seasoning foods. It gives most everything it touches a blast of flavor. The salt itself is actually not kosher, but it is used in the process of making meats kosher which is why it is called Kosher Salt. Over time the verb *Koshering* was shortened to the noun, "kosher" salt. Regardless, this salt brings out the flavors in all it touches. It does not contain iodine as iodized table salt does and is less salty than table salt and sea salt.



Paprika is a ground spice made from red fruits of sweeter varieties of chili peppers which are sweeter and have thinner skins. The seasoning is used to primarily add color to many types of dishes in diverse cuisines. The peppers for paprika originated in Central Mexico where they were cultivated for many centuries. They made their way to the Iberian Peninsula in the 16th century and infiltrated the Ottoman Empire and hence became a common ingredient in most Hungarian dishes.

SPICES (CONT.)

Pepper is a spice that absolutely packs heat and freshly ground is also fruity and brightens flavors to most any dish. When pepper is freshly ground it is significantly full of more flavor than pre-ground pepper. I put my peppercorns into my coffee grinder dedicated to herbs and spices and only grind what I need for a few days.



When I am cooking to entertain guests, no matter how much I have leftover from previous days, I always dump the old ground pepper and grind the pepper freshly to do my cooking. Peppercorns are actually a tiny fruit with a single seed in the middle of a flowering vine grown in tropical regions native to Southeast Asia. Some of the best peppercorns in the world come from the Malabar Coast.

Smoked paprika is made from those sweeter chili peppers that are smoked and dried over oak fires. This process gives the red powder a rich, smoky flavor. The flavor is still sweet and cool without adding any heat to the dish. Smoked paprika is much sweeter and cooler than regular paprika.

Turmeric is a flowering plant and is part of the ginger family. It is the roots of these plants that is used for cooking in both fresh root and dried form. Turmeric is usually used in Asian food and is the main spice in curry (curry is not one spice but a combination of spices). It has a warm bitter taste and is frequently used to flavor or color curry powders, mustards, butters and cheeses.

Turmeric is well known as being an anti-inflammatory asset and is used in teas and medicinal drinks to reduce pain and inflammation.



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*We're having so
much fun!*

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CHEF DOLL FACE