

Contribution of Indian spices in culinary history

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Abstract. India's cuisine and its tastes are known everywhere in the world, and the delicious fragrance of the food is understood throughout the world, with a robust taste and distinctive color. Throughout Indian food, the first function of the spices is to reinforce the dish's taste. In a number of house remedies, spices play a really important role. Each spice may be a preservative in making a curry. The therapeutic value of spices is documented and may be utilized in a whole or in pieces for various dishes like Pulao, Biryani, etc. To enhance the flavor and flavor of the food spices. Thanks to various new techniques, most spices like Onion, garlic are present in powder form. The now marketable liquid spices are straight liquid spices like red chilies, green chilies, etc. India is one among the world's largest spice exporters. Masala may be a quite common word utilized in Indian cuisine and is just a Hindi spice word. The cumin seeds, coriander seeds, turmeric, powdery chilies, asafetida, garam masala, fennel seeds, fenugreek, nigella seeds, carom seeds, black cardamom, green cardamom, mace, saffron, etc. Since early human history, spices are intimately associated with healing, preservation and medicine. Spices were also a key component of China, Egypt and Arabians foreign trade with India. Cloves are found to be mentioned within the Ramayana also as in Roman Empire writings.

Keywords: Cuisines; Spices; Foods; Aromatic; culinary

1 Introduction

Every one of the flavors of India is firmly associated with the way of life, conventions and safeguarding since early Mankind's History. For India's, outside exchange flavors were a key part, for example, Egypt, Arabic and China.

The clove discovers a notice in the Ramayana one of the renowned Sacred books of Hindus just as in the works going back to first Century Advertisement of the Roman Realm. In the antiquated occasion's troops of Camels, all the time moved from Calicut, Goa to ship the stockpile of flavors to Goals, for example, Rome, Alexandra and so forth. In the present time these flavors are effectively accessible while in prior time individuals took a chance with their lives to have access to Indian Flavors.

Early documentation recommends that Trackers used to enclosed meat by the leaves of the shrubberies, incidentally it was found that this procedure has given a taste to the meat as it is given the seeds, berries. This acquired the flavors use for the cooking at an enormous scale.

Over a long time, flavors and herbs are utilized for therapeutic purposes likewise to keep the nourishment new. Flavors were likewise important as things of trade and exchange; the hints of flavors are additionally found in the Book of scriptures. Sovereign Sheban in 1000 BC visited Lord Solomon in Jerusalem and offered him 120 proportions of gold, numerous flavors and valuable stone.

2 The Indian spices are categorized into three main groups.

1. The Basic Spices
2. Complimentary Spices
3. Aromatic or Secondary Spices

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a. The Basic Spices:

There are a few basic spices in Indian Cuisine that go into most dishes. This Includes:

S. No	Spices & Herbs	Other Name	Uses
1.	Cumin Seed	Jeera	Used mainly in North Indian food.
2.	Coriander Seed	Dhaniya	Used as a whole spice in powdered form.
3.	Black Mustard Seed	Rai, mohri	Used as a tempering.
4.	Turmeric	Haldi	Used for medicinal properties.
5.	Chilli Powder	Lal Mirch	It gives pungent hot aroma with strong bite.
6.	Asafoetida	Hing	Used as a digestive.
7.	Garam Masala	Mixed Spice Powder	Used as a mix of all Spices.

b. Complimentary Spices

These are the spices used in the combination with the basic spices and aromatics they are:

S. No	Spices & Herbs	Another Name	Uses
1.	Fennel Seed	Saunf	Used in North Indian Cuisine and possess digestive qualities.
2.	Fenugreek Seed	Methi	Used for its Healthful properties.
3.	Nigella Seed	Kalongi	It adds flavor to bread or curry dishes.
4.	Carom Seed	Ajwain	Carom seeds are used for tempering sabzis and curries.

c. Aromatics or Secondary Spices

To the above spices we add chopped onions, tomatoes, herbs and any of the following Secondary

S. No	Spices & Herbs	Another Name	Uses
1.	Green Cardamom	Elaichi	Used to flavour curry, rice, dessert and ever famous Masala Chai.
2.	Black Cardamom	Kali Elaichi	Used to flavour meat, poultry, pulao & biryani.
3.	Cinnamon Stick	Dalchini	Used in curries, pulaos to give a dish a rich flavor.
4.	Cloves	Laung	Used in marinades pickles, meat dishes and in many garam masalas.
5.	Nutmeg	Jaiphal	Used to flavour Indian sweets, may be used in some savoury dishes.
6.	Mace	Jaivitri	It is better to use whole of the blade and remove them after cooking, used to flavour curries.
7.	Saffron	Kesar	Most expensive used in the preparation of dessert which are milk- based.
8.	Bay leave	Tejpat	Used for the flavouring of the dish.

spices and create a curry. It is brought in small quantities.

3 Objectives

- To find the origin of the different spices
- To find the role of spices for medicinal uses
- To find the role of spices in Indian cuisine
- To find the cultivation of spices in a different region of India

4 Review of literature

The primary function of spices in Indian food is to improve the flavor of the dish. Besides enhancing the flavor and aroma of food spices have a physiological action beneficial to our system (Modern cookery volume-1 for Teaching & Trade). Some flavor elements in spices are soluble in water many are soluble in oil or fat.

As a general rule, the flavors from a spice take time to infuse into the food so spices are added early in preparation. (Host: Alton Brown January 14, 2004 Spice Capades good vats Season 7 episode). Spices and herbs (i.e black pepper, cinnamon, turmeric, and cardamom) have been used by Indians for thousands of years for purposes like Health, Culinary etc (Sinha 2003 Tapsell, 2006).

According to Plated's Head Chef Elana karp, the key to successful Indian dishes is using the right spices and the most important step is to blooming them. She says that home cooks shouldn't be intimidated by that process, 'Blooming' just means cooking them in some oil or butter.

5 Therapeutic role of spices

In our society we don't wait for too much if we are suffering from stomach, muscles or headache and immediately go for drugs to get relief from it but there are plenty of things in them that thin lining of the gut adds a burden to the liver or kidneys. Instead of all this, we should go for natural relief. Within our kitchen, we possess all that is needed to calm, soothe and relax whatever minor ailment may arise.

a. Cinnamon

Half teaspoon can reduce blood glucose level in patients with type 2 diabetes. It also reduces triglycerides, LDL and total cholesterol. Both cinnamon and Ceylon have anti- blood clot property.

b. Cloves

Clove is famous for its anti- fungal and anti- microbial properties. While it has a fantastic taste when used in chai/tea we can also use it for dental pain or add it to a foot bath to get rid of athlete's foot.

c. Cardamom

The most valued spices in the world and also known as the "King of Spices". In the ancient Ayurvedic tradition, the cardamoms seeds are chewed sweeten the breath and simultaneously cut acid effects of caffeine in coffee.

d. Cumin

Cumin is high in minerals like Iron, Copper, Calcium, Potassium and Zinc and contains the high amount of B complex. Cumin is also used to help with sleeplessness and has many anti-septic properties.

e. Ginger

The root of ginger has a stellar reputation for controlling nausea of all types. It is effective in curbing motion sickness post-operative and chemotherapy. Ginger is an excellent digestive, aiding in the absorption of food and elimination of gas. It is also good for cold hand and feet.

f. Turmeric

There is one example of the longest living people in the world in Japan (Okinawa) who gives the credit of his long life to turmeric tea daily for his good health. It is fantastic source of indirect antioxidants, which boosts and stimulates the body, owns production of antioxidants for hours after consumption

6 Role of spices in Indian dishes

Spices are known as one of the most remarkable ingredients of the Indian Cuisine. In the absence of spices, the exotic flavors of the Indian food don't come out as such. The Indian food is getting so much popularity these days because of the remarkable taste of the Indian Spices so in short it can be concluded that Indian Spices and cuisine go hand in hand as the traditional food items of India are seasoned with a wide array of Spices.

The cooks of India use lodes of seasoning in different types of shapes and colors. The common spices which are used to cook the Indian dishes are Golden turmeric, Ginger root, and cardamom. The spices are added during the cooking times depending upon the types of dish like vegetables, chicken, fish or red meat.

7 Most basic Spices used to prepare Indian dishes

Cloves: - It comes with warm and strong flavors. It is cooked in the Ghee or oil to prepare spicy dishes.

Mustard: - Three main mustards used in the Indian cuisine are black mustard, yellow mustard and white mustard, which gives a strong flavor to the dish.

Carom Seeds: - These are mainly used for tampering in oil before seasoning any dish.

Cumin: - It is popular because of its earthy aroma. Popularly it is also known as Jeera. These are few spices used in the Indian Cuisine. The usage of these popular spices and herbs are as follows:

Curry: - In this process different types of spices are mixed together with the vegetables and then cooked together.

Bhuna: - This is popularly known method of using Indian Spices where the spices are cooked in the hot oil while preserving and releasing their authentic flavors.

Tadka: - This method is quite similar to Bhuna. The only difference is that in Tadka, whole spices are used to extract the flavors.

8 Cultivation of Spices

India has a glorious past, pleasant present and a bright future with respect to production and export of Spices. Pepper, Cardamom, Chilies, turmeric and Ginger are some of the important spices produced in India. India is a great exporter of Spices, the annual growth rate in area and production of Spices is estimated to be 3.6 and 5.6 % respectively.

Some Spices like Ginger & Turmeric can also be grown at home like:

1. Pepper Kerala- Karnataka Tamil Nadu.
2. Cardamom (Small) - Kerala, Karnataka, Tamil Nadu.
3. Cardamom (Large) - Sikkim, West Bengal.
4. Ginger- Andhra Pradesh, Madhya Pradesh, Meghalaya, Odisha, West Bengal Arunachal, Pradesh Himachal Pradesh Mizoram.
5. Turmeric- Kerala, Tripura, Uttar Pradesh, Andhra Pradesh, Meghalaya, Orissa, West Bengal, Maharashtra, Bihar, Assam, Arunachal Pradesh, Tamil Nadu.

6. Chili- Andhra Pradesh, Gujrat, Maharashtra, Orissa, Rajasthan, TamilNadu, Uttar, Pradesh, West Bengal, Uttarakhand.
7. Coriander- Rajasthan, Uttar Pradesh, Uttarakhand.
8. Cumin- Gujarat, Rajasthan, Uttar Pradesh.
9. Nutmeg & Mace- Kerala, TamilNadu, Karnataka.
10. Garlic- Haryana, Bihar, Rajasthan, Orissa, Madhya Pradesh.
12. Bay leaf - Sikkim, Arunachal Pradesh.
13. Aniseed - Punjab, Uttar Pradesh, Assam, Arunachal Pradesh.
15. Cinnamon- Kerala, Tamilnadu.

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