

Add spice to your life : your guide to healthy eating with herbs and spices / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, [1992]

Persistent URL

<https://wellcomecollection.org/works/qwqq4776>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

TESCO

ADD SPICE TO YOUR LIFE



YOUR GUIDE TO
HEALTHY EATING
WITH HERBS
AND SPICES



For centuries, people the world over have been using herbs and spices for cooking.

These flavoursome ingredients are no more than the leaves, roots, bark or berries of plants, but a little can transform a simple dish into a delicious treat.

So, for a healthier option, instead of adding salt to boost the flavour, use herbs and spices, as part of a healthy balanced diet which overall is low in fat.

As most dried herbs are more concentrated than fresh, you will only need to add about half the quantity.

The flavoursome tips below and the table opposite can be used as a guide to start adding spice to your life:



- Add garlic powder to roast chicken for extra flavour.
- Enhance pork and lamb dishes with the addition of rosemary or thyme.
- Sprinkle freshly ground black pepper on fish.
- Spice up seafood with a little chilli powder.
- A pinch of mint adds a refreshing flavour to potatoes.
- Give sandwich fillings a new life by adding mixed herbs.
- Top your favourite cheese dish with oregano for a truly Italian taste.
- Sweet desserts get that extra bit of spice with a pinch of cinnamon, ginger or nutmeg.

Tesco has a range of over 30 herbs and spices in attractive tamper evident glass jars. All the most commonly used spices and herbs are there as well as a range of peppers: ground black and white pepper and whole black peppercorns, a perfect addition to almost every savoury dish.



The table below shows some of the most commonly used herbs and spices and their usage:

BAY LEAVES	Chicken dishes, beef and pork curries and casseroles, soups and pasta dishes. Remove before serving.
OREGANO	Omelettes, Italian dishes and pasta, quiches, stuffings, soups and plât.
PARSLEY	All soups, fish and seafoods, casseroles, egg and cheese dishes, meats, salads, pasta, sauces and vegetable dishes.
BASIL	Fish soups and fish dishes, tomato sauces and salads. Meat casseroles, pasta and stuffings for poultry.
ITALIAN HERBS	Pasta, poultry and pork dishes, tomato sauces, salads, stuffings and soups.
HERBES DE PROVENCE	Fish dishes and seafood. Omelettes, salads, stuffings and soups. Poultry dishes.
GROUND GINGER	Pickles, baked ham, marinades, rice dishes. Spiced drinks, stewed fruit.
GARLIC POWDER	Dips, soups, marinades, casseroles, meat and poultry dishes. Salad dressings and sauté dishes.
PAPRIKA	Dips, seafood and soups. Beef curries, pork, pulses and rice dishes. Spiced meat, veal and white fish.
CHILLI POWDER	Hot spiced soups, fish and seafood, dips. Curries, egg dishes, pulses, salads. Barbecue sauce, poultry and creole dishes.
GROUND CINNAMON	Drinks, marinades, pickles and casseroles. Fruit compotes, milk puddings, biscuits and cakes.
TURMERIC	Curries, chicken tikka, fish kedgerree. Rice, pickles and relishes.



COD AND PRAWN RISOTTO WITH ITALIAN HERBS

Serves: 4

Ingredients:

2 x 15 ml sp (2 tbsp) Sunflower Oil
2 sticks Celery, finely chopped
1 small Onion, finely chopped
1 Red Pepper, de-seeded and finely chopped
450 g (1lb) Boneless, Skinless Cod Fillet, cut into small pieces
175 g (6oz) Easy Cook Long Grain Rice, cooked for 5 minutes
170 g can Chopped Tomatoes
125 g (4oz) cooked and peeled Prawns
1 x 5 ml sp (1 tsp) Tesco Garlic Powder
2 x 5 ml sp (2 tsp) Tesco Italian Herbs
Tesco Ground Black Pepper

Method:

1. Heat the oil in a large non-stick frying pan. Add the celery, onion and red pepper. Cook for 3-4 minutes, stirring frequently.
2. Add the fish and cook gently for a further 2-3 minutes.
3. Add the remaining ingredients and simmer covered for 5 minutes. Stir occasionally taking care not to break up the fish.

Nutrition information per serving

Energy	Fat	Protein	Carbohydrate	Fibre
383 Calories	11g	29g	42g	1g



BEEF WITH MILD GINGER SAUCE

Cooking Time: 1½-1¾ hours. Cooking temperature: 180°C/350°F/Gas Mark 4. Serves: 3-4

Ingredients:

450 g (1lb) Healthy Eating Braising Steak
2 x 15 ml sp (2 x tbsp) Vegetable Oil
2 Onions, thickly sliced
225 g (8 oz) Carrots, peeled and thickly sliced
300 ml (½ pt) Beef Stock
1 x 5 ml sp (1 tsp) Tesco Garlic Powder
Tesco Ground Black Pepper
1 x 5 ml sp (1 tsp) Tesco Ground Ginger
175 g (6 oz) Button Mushrooms, sliced
1 x 5 ml sp (1 tsp) Cornflour, blended with a little cold water
1 x 5 ml sp (1 tsp) Tesco Chopped Parsley

Nutrition information per serving

Energy	Fat	Protein	Carbohydrate	Fibre
442 Calories	14g	31g	48g	6g

Method:

1. Place the beef between 2 sheets of grease proof paper. Using a steak hammer or rolling pin, bash the steak to flatten out.
2. Heat the oil in a flameproof casserole dish. Brown the meat on both sides, remove from the casserole dish.
3. Add the onions and carrots and cook for 3-4 minutes until lightly browned. Replace the meat.
4. Add the stock, garlic, black pepper and ginger. Bring to the boil. Cover and cook in the centre of a pre-heated oven for 1 hour 30 minutes or until the meat is tender.
5. Drain the juices into a saucepan, add the mushrooms, simmer for 4-5 minutes. Stir in the cornflour until thickened. Sprinkle with the parsley before serving.

Served with mixed tagliatelle and whole green beans or broccoli.

The carrots and onions can also be served as a side vegetable.

