

A Study on Global Spice Blends

Aditi K Desai

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

Abstract: *Global spice blends are mixtures of various herbs, spices, and seasonings that are used to enhance the flavour of dishes worldwide. These blends often reflect the culinary traditions and preferences of different regions and can vary greatly in their composition and intensity. Spices are an important group of food products of great importance in nutrition and food technology. They are mainly used to shape the sensory properties of food in gastronomy, in home cooking, and in industry. Whether it's mild and fragrant or bold and spicy combinations, exploring different spice blends can add excitement and depth to your culinary creations.*

Keywords: Culinary tradition, Global spice blends, culinary preferences, sensory properties of food, Gastronomy.

Objectives:

1. To know the history of spices and understand the various spice blends around the world with its medical benefits

REFERENCES

- [1]. Anuradha, P. (2020, January). Role of Spices Beyond a Flavouring Agent: The Antioxidant and Medicinal Properties. Research Gate, 5-35. doi:DOI:10.4018/978-1-7998-2524-1.ch002
- [2]. Dubey, S. (2017, september Monday). doi:DOI:10.5530/ijper.51.3s.41
- [3]. Kumar, V. (2020, June 19). RETRACTED ARTICLE: Seven spices of India—from kitchen to clinic. Journal of Ethnic Foods, 7. doi:https://doi.org/10.1186/s42779-020-00058-0
- [4]. Manning, I. (2021, March). Retrieved from <https://www.cleaneatingmag.com>
- [5]. Ravikumar, M. (2018, jULY 25). Mallika Ravikumar. Retrieved from mallikaravikumar.com: <https://mallikaravikumar.com/2018/07/how-indias-spices-changed-world-history/>