

Consumption of spices and seasonings in North America is at an all-time high. In fact, spice consumption in North America has increased by 50 percent in the past decade. We are not only using spices more frequently and in greater volume, but in a much wider variety; approximately 28 spices are used in the average North American home.

Watkins was a pioneer in spices and seasonings in the late 1800s, and by the turn of the century had acquired a national reputation for quality. Today, our spice line has grown and diversified to accommodate a growing appetite for spices, while retaining the same high quality.

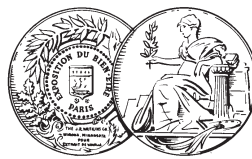
- **Quality raw materials:** We buy the pick of the world's herb and spice crop—each selected from the best growing region.
- **Skillful preparation:** All spices contain volatile flavoring oils. If care is not exercised during grinding or granulation, it is possible for enough heat to be generated to evaporate these oils and result in an inferior product.
- **Strict quality control:** We select our spices for taste, color, and appearance; then more thorough tests are performed to further determine the quality. One of these tests involves oil content. This oil, known as the “essential oil,” is a good measure of flavor and quality. Our cinnamon, for example, has a minimum of 2% essential oil; many others on the market have 1 to 2%, and inferior brands have as low as .5%. Further quality control checks are made to insure that none of the raw material quality has been lost. After the spices are processed, they are bottled in glass or tins to preserve quality (many of the spices' essential oils are not compatible with plastic).
- **Trademark gold medal tin:** Packed in our custom tin.
- **Certified Kosher**

Product Listing

Basil

Article No. 00572 (16 g/0.56 oz.)
(California)

Basil's light licorice/clove/mint-like taste is important in most areas of the Mediterranean, but it is also highly prized in Thailand, where a similar variety is called “holy basil.” Blends well with all other herbs. Use in all Italian and tomato dishes, scrambled eggs, soufflés, omelets, Welsh rarebits, roast beef, pork or veal, meat pies, casseroles, and stews, herb stuffings, vegetable juices, seafood cocktails, tomato, orange, or butter sauces, French and Russian dressings.



Originally introduced in 1895, Watkins ground spices were awarded the Grand Prize with Gold Medal for Highest Quality at the International Exposition, Paris in 1928.



Beef Seasoning

Article No. 00517 (90 g/3.2 oz.)
(blend)

A complex blend of spices for one of the simplest foods. Use in all beef dishes, soups, stews, gravies. Great for seasoning meat before grilling, broiling or sautéing.

Chicken Seasoning

Article No. 00518 (65 g/2.3 oz.)
(blend)

This blend is perfectly balanced to complement chicken prepared any way you like it.

Chili Powder

Article No. 00583 (48 g/1.4 oz.)
(blend)

Although many associate this product with Mexican cooking, chili powder originated in Texas for use in chile con carne. A salt-free, balanced blend of ground mild chile peppers, cumin, garlic and oregano.

Use in chili, Mexican dishes, eggs, omelets, sauces, soups, cottage cheese, rice, meat, fish, cocktail sauce, gravies, stews, vegetables.

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Chili Powder (cont'd)

Southwestern Tomato Sauce

1 can (14.5 oz/411 g) diced tomatoes, undrained
1/2 cup/125 mL chopped green pepper
1/2 cup/125 mL chopped onion
1 tbsp/15 mL fresh lime juice
1 tbsp/15 mL **Watkins Chili Powder**
2 tsp/10 mL cilantro
1-1/2 tsp/7.5 mL **Watkins Garlic Liquid Spice**
3/4 to 1 tsp/4 to 5 mL hot pepper sauce
Freshly ground, to taste **Watkins Sea Salt**

Combine all ingredients in medium saucepan; bring to a boil. Reduce heat and simmer 10 to 15 minutes. Serve over hot cooked pasta. Makes 4 servings.

Cinnamon (Korintje)

Article No. 60397 (56 g/2.0 oz.)

(Indonesia)

Cinnamomum cassia, grown primarily in China and southeast Asia, has a characteristically intense aroma and much more flavor than Ceylon cinnamon, which is why it is greatly preferred here. The best cassia available today is Korintje, from the Indonesian island of Sumatra.

Use in all types of baked goods, such as pies, cakes, rolls and cookies. Excellent with fruit desserts, especially apples and peaches. Use sparingly in meat, poultry and game dishes, lamb or beef stew, Mexican dishes and mashed sweet potatoes. Also excellent in many savory foods, such as tomato sauce, beef stew, chili and Mexican dishes, and curries.

Cloves (Ground)

Article No. 00573 (58 g/2.0 oz.)

(Madagascar, Zanzibar, Indonesia)

The name for this spice comes from the Latin *clavus*, meaning "nail," which is what the whole spice resembles. One of the world's most aromatic and important spices, cloves originated in the Moluccas, or Spice Islands, and now grow in many tropical maritime locations.

Use in baked goods, confections, liqueurs, pickles, chili sauce, catsup, meats, vegetables, mincemeat, beverages, sauces, marinades, pork roast, green or yellow vegetables, jams, jellies, fruit cakes, pumpkin or fruit pies, marmalades, chutney, and puddings.

Whole cloves add flavor and visual appeal when stuck in a whole ham for roasting; they are also excellent stuck in an onion half for simmering in a pot of soup.

Pepparkakor

1/2 cup/125 mL unsalted butter
1/2 cup/125 mL brown sugar
1/4 cup/60 mL light molasses
2 tsp/10 mL **Watkins Cinnamon**
2 tsp/10 mL **Watkins Ginger**
1 tsp/5 mL **Watkins Cloves (Ground)**
1 tsp/5 mL **Watkins Black Pepper**
1 tsp/5 mL baking soda
2 tbsp/30 mL cream or milk
2 cups/500 mL all-purpose flour

In a large bowl, beat butter and next seven ingredients until blended. Beat in cream, then flour, just until blended. Chill 30 minutes or until firm enough to handle.

Shape dough into 3/4-inch/2-cm balls. Press down lightly with a floured or sugared glass. Bake at 350°F/175°C for 8 to 10 minutes or until lightly browned. Cool on baking sheet 1 minute, then transfer to wire rack to cool completely. If desired, cookies can be drizzled with melted vanilla chips. Makes about 6 dozen, 1 per serving.

Cumin

Article No. 00584 (48 g/1.6 oz.)

(Mexico, Turkey, India)

Known in Mexico as *comino*, cumin is indispensable to Mexican and Southwestern cooking, and is widely used in Indian, Middle Eastern, and North African cuisines. It is a primary ingredient of chili powder and curry powder.

Excellent in cheese dishes, with rice and corn dishes such as curries or tamales; use in soups, stews, salad dressings, barbecue sauces, ground meat dishes; also good with sauerkraut, lentils, potatoes, cabbage, and dried beans of all kinds.

Curry Powder

Article No. 00574 (50 g/1.8 oz.)

(blend)

A ground blend of as many as 20 spices, Curry Powder is one of the world's oldest spice blends. It originated in England and was designed to give the characteristic flavor of Indian curry cookery, which became popular during the British colonization of India. It has grown to be used as a single spice in Western kitchens, and is very popular in the Caribbean as well.

Use generously in Indian and Caribbean curries, and sparingly in Western dishes such as eggs, deviled eggs, fish, shrimp, parsley, meats, vegetables, rice, French dressing, white sauce, fish chowders, soups, salted nuts, and sweet pickles.

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Curry Powder (cont'd)

Curried Carrot Soup

1/2 cup/125 mL chopped onion
1/2 tsp/2.5 mL **Watkins Thyme**
1 bay leaf
2 tsp/10 mL **Watkins Original Grapeseed Oil**
6 carrots, scraped and thinly sliced or diced
5 cups/1.25 litres water
1/4 cup/60 mL **Watkins Chicken Soup Base**
1-1/2 tsp/7.5 mL **Watkins Curry Powder**
1 package (3 oz/85 g) cream cheese
2-1/2 tbsp/37.5 mL all-purpose flour
Watkins Parsley for garnish

In a medium saucepan or Dutch oven, sauté onion, thyme and bay leaf in oil until onion is tender. Add carrots, water, soup base and curry powder. Cover and cook over medium heat 25 minutes or until carrots are tender. Remove bay leaf and discard. Combine half of the carrot mixture with the cream cheese and flour in container of a blender or food processor. Process until smooth; return processed mixture to saucepan. Return to heat and cook, stirring constantly, until mixture is heated through and thickens slightly. Makes 6 servings.

Dill

Article No. 00576 (20 g/0.70 oz.)
(United States)

The bright green leaf of an annual plant related to anise, fennel, cumin and caraway. Like fennel, dill has a great reputation as a digestive herb, and is most popular in the cuisines of Scandinavia, Germany, and Central and Eastern Europe.

Excellent with fish and seafood, in salads, dressings and sandwich fillings; marries well with mustard and lemon.

Dill Dressing

1/2 cup/125 mL undiluted evaporated skim milk
3 tbsp/45 mL **Watkins Original Grapeseed Oil**
1/4 cup/60 mL non-fat mayonnaise
3 tbsp/45 mL white vinegar
1 tbsp/15 mL **Watkins Chicken Soup Base**
1 tsp/5 mL **Watkins Onion Powder**
1 tsp/5 mL **Watkins Garlic Powder**
3/4 tsp/4 mL **Watkins Dill**
3/4 tsp/4 mL **Watkins Dry Mustard**
1/4 tsp/1.2 mL **Watkins Basil**
1/8 tsp/0.6 mL **Watkins Black Pepper**

Combine all ingredients in a covered jar; shake well to mix. Refrigerate until serving time.

Garlic Powder

Article No. 00577 (80 g/2.8 oz.)
(California)

Garlic has long been credited with numerous medicinal qualities, such as boosting the immune system. Its reputation for providing strength was the reason it was fed to the Egyptian slaves who built the pyramids.

In the kitchen, it is used in nearly every world cuisine for enhancing most savory dishes, including meat, fowl and seafood, salad dressings, soups, sauces and appetizers.

Garlic Butter: Add 1/2 tsp/2.5 mL **Watkins Garlic Powder** to 1/2 cup/125 mL (1 stick) softened butter. Use for garlic bread as well as for hero sandwiches, fish, pasta, grilled meats, spinach, zucchini, egg rolls, cabbage, lima beans.

Ginger

Article No. 00587 (56 g/2.0 oz.)
(China, India, Jamaica)

The root of a tuberous perennial which flourishes in the tropics. One of the first true Oriental spices to make its way westward from its native southern Asia.

Used primarily for baking in the West and for savory dishes in the East. Gingerbread, cookies, cakes, pumpkin pie, orange/yellow vegetables, baked, stewed and preserved fruits, applesauce, custard, meats, pickles and preserves, baked beans, Asian stir-fries. Many people put powdered ginger in capsules as a natural remedy for motion sickness.

Mustard (Dry)

Article No. 00588 (54 g/1.9 oz.)
(Canada, United States)

The ground seed of a plant grown extensively in Canada and the northern U.S. Pale yellow, with a flavor ranging from mildly sharp to pungently hot.

Use in white sauces for macaroni, corn, seafood, potato or egg dishes, salad dressings, butter sauces, omelets, soufflés, meats, gravies, cheese sauces, creamed and stewed oysters, dips, most protein and starchy foods, hot English mustard, Chinese hot mustard sauce, deviled eggs, and pickles.

Hot English Mustard: Mix **Watkins Dry Mustard** with enough cold water to make a paste. Let stand 10-30 minutes before using.

Japanese or Chinese Mustard: As above, but use boiling water, cover and allow to stand.

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Nutmeg

Article No. 60398 (56 g/2.0 oz.)

(Indonesia, Trinidad)

The hard seed of the peach-like fruit of an evergreen tree native to the Moluccas, or Spice Islands. Watkins selects the seeds from Penang and Singapore because they are the richest in oils and impart an exotic nut-like flavor.

Use in baked goods, eggnogs, custards, cheese, egg, fish and poultry dishes, whipped cream toppings, doughnuts, fruits, spinach and boiled vegetables, cream soups, fruit soups, ice cream, sweet potatoes, hot milk drinks, hot alcoholic drinks, sweet doughs, muffins, coffee cakes, cakes and fruit cakes, frostings, applesauce, crêpes, stewed fruits, beef, ham, and sausages.

Nutmeg Cake

This classic layer cake really showcases the superior flavor of Watkins Nutmeg.

3/4 cup/180 mL butter or margarine, softened
2 cups/500 mL sugar
4 eggs
3 cups/750 mL all-purpose flour
2 tsp/10 mL **Watkins Nutmeg**
1-1/2 tsp/7.5 mL **Watkins Baking Powder**
1-1/2 tsp/7.5 mL baking soda
3/4 tsp/4 mL salt
1-1/2 cups/375 mL buttermilk
1 tsp/5 mL **Watkins Double-Strength Vanilla**

Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Sift together dry ingredients; add to creamed mixture alternately with buttermilk, beginning and ending with flour and beating well after each addition. Stir in vanilla. Pour into 3 greased and floured 9-inch round cake pans. Bake at 350°F/175°C for 25 to 30 minutes or until cakes test done. Cool in pans on rack 10 minutes. Turn out of pans onto rack and cool completely.

Nutmeg Cake Frosting

3 egg whites
2-1/4 cups/560 mL sugar
2-1/4 tsp/11.2 mL light corn syrup
1/2 cup/125 mL cold water
1/4 tsp/1.2 mL cream of tartar
Dash salt
1-1/2 tsp/7.5 mL **Watkins Clear Vanilla Extract**
1 cup/250 mL finely-chopped walnuts

Place egg whites and next 5 ingredients in top of double boiler (not over heat). Beat 1 minute with electric mixer to blend. Place over boiling water and cook, beating constantly, until frosting forms soft peaks, about 7 minutes. Remove from boiling water. Add vanilla flavor and beat until frosting forms stiff peaks. Remove 2 cups of frosting to a separate bowl. Add walnuts to this mixture; mix well. Spread between layers of cake. Frost top and sides of cake with remaining frosting; decorate as desired.

Onion Powder

Article No. 00578 (55 g/1.9 oz.)

(United States)

A favorite flavoring vegetable for centuries; used in every cuisine in the world. Onions grown for dehydration have been specially developed for high solids and low moisture. Use easily-blended powder in almost any savory dish.

Use with meats, poultry, seafood, salads, vegetables, soups, sauces, omelets, and egg dishes.

Oregano

Article No. 00586 (18 g/0.63 oz.)

(Greece, Italy)

A wild variety of marjoram, although a bit stronger and with a pleasant bitter undertone. Widely used in Greece and Italy, with a stronger, cruder version grown in Mexico.

Best known for its use on pizza; also excellent in pasta sauces, pork, veal, fish, vegetables, dressings, gravies, seafood, poultry, grilled tomatoes and all tomato dishes, white sauces, ground beef and pork, Greek, Italian and Mexican dishes, chili, egg dishes, and salads.

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Paprika

Article No. 00585 (55 g/1.9 oz.)

(Spain)

The word paprika is Hungarian for “pepper.” Paprika, like cayenne pepper, is ground from dried red chiles; however, the peppers used for paprika are the mild, sweet pimiento. Watkins uses the legendary *pimentón* of Spain, brilliant red and sweeter than its Hungarian cousin.

Use as a garnish and flavor for creamed foods, such as deviled eggs, mayonnaise dressings, white potatoes, cauliflower, salads, dips, canapes, and chowders. Also used as a main ingredient in Hungarian dishes, such as *paprikás* (paprikash) and *gulyás* (goulash).

Chicken Paprikash

1 tbsp/15 mL **Watkins Original Grapeseed Oil**
2 green peppers, cut into 1-inch/2.5-cm chunks
1 red pepper, cut into 1-inch/2.5-cm chunks
1 large onion, sliced
12 ounces/340 g uncooked extra-wide curly egg noodles (no-yolk variety if desired)
2 tbsp/30 mL all-purpose flour
2-1/2 tbsp/37.5 mL **Watkins Paprika**
1/2 tsp/2.5 mL **Watkins Garlic Powder**
1 pound/454 g skinless, boneless chicken breasts, cut into 2-inch/5-cm chunks
1 cup/250 mL water
2-1/2 tbsp/37.5 mL **Watkins Chicken Soup Base**
1/2 tsp/2.5 mL **Watkins Black Pepper**
1/2 to 3/4 cup/125 to 180 mL reduced-fat sour cream

Sauté peppers and onion in Grapeseed Oil until crisp-tender, stirring occasionally. Remove to a bowl. Prepare noodles according to package directions.

In zip-top bag, combine flour, paprika, and garlic powder. Add chicken chunks and shake to coat. In same skillet, add chicken and any remaining flour mixture. Cook chicken 1 to 2 minutes per side or until just beginning to brown. Add water, soup base and pepper; mix well. Heat to boiling; reduce heat and simmer 8 to 10 minutes. Stir in sour cream and reserved pepper mixture. Drain noodles and put on serving platter. Spoon paprikash mixture over noodles.

Makes 6 servings.

Parsley

Article No. 00579 (7 g/0.25 oz.)

(United States)

This delicious, nutritious herb has a refreshing taste that goes extremely well with garlic, onion, lemon, and any herb. Although dried parsley has often been called flavorless, you'll find ours to be a pleasant surprise.

Add to butter sauces for meats, poultry, fish and vegetables, scrambled eggs, stuffings, soups, chowders, salads, and dressings.

Rosemary

Article No. 00567 (22 g/0.78 oz.)

(France, Spain, North Africa)

The name “rosemary,” derived from Latin, means “dew of the sea”—appropriate because the herb thrives in the dry climate and salty sea spray of the Mediterranean shores. Its pungent minty/evergreen flavor is a favorite in Italy and Provence, especially in dishes simmered with wine, olive oil and garlic.

At its best with roasted or grilled lamb, pork, poultry and game; also excellent with potatoes and vegetables, stews, marinades and breads. Lends a surprising twist to apple jelly and poached pears.

Sage

Article No. 00568 (22 g/0.78 oz.)

(Albania, Croatia, Greece, Italy)

This Mediterranean herb got its name because of the ancient belief that it strengthened the memory and imparted wisdom. Dalmatian sage, the world's best variety, comes from the area that is now Albania and Croatia.

Excellent in poultry stuffing, especially with onion; its flavor and digestive properties make it perfect for pork, sausages, goose and other rich meats; also enhances risotto, chowders and tomato sauces.

Thyme

Article No. 00569 (28 g/0.99 oz.)

(France, Spain)

One of the great European culinary herbs, and perhaps our most versatile. Closely related to oregano, with a stronger, more balsam-like flavor that has made it a favorite far beyond its Mediterranean origins—from the British Isles to North America to the Caribbean.

Excellent with meat, fish and poultry, tomato dishes, stuffings, stews and sauces, vegetable juice, clam juice, seafood cocktails, cream and cottage cheese spreads, clam and fish chowders, marinades, gravies, vegetables.