

# PERSIAN SPICES

## for cooking

**1 SAFFRON**  
*Saffron is commonly used in Persian cooking in recipes from basmati rice to desserts!*

**2 TURMERIC**  
*Turmeric comes from a root in the ginger family and is bright yellow, used to add vibrancy to dishes. The flavor is distinctive and mustard-y.*

**3 CARDAMOM**  
*Cardamom is another versatile spice that can be used in savory or sweet dishes. A little goes a long way with this premium spice!*

**4 CINNAMON**  
*A versatile Persian spice! It can be used in dessert recipes and for seasoning meat*

**5 DRIED LIME (LIMOO OMANI)**  
*Dried limes can add a smoky sour taste to savory dishes and cut through the richness of some dishes!*

**6 SUMAC**  
*Sumac is often used where lemon juice might be used - meats, salads and soups. Great for garnishing hummus, too!*

**7 ROSE**  
*Persian recipes often use flavors from rose petals, rose buds and rose water.*

**8 GARLIC**  
*Fresh garlic and ground garlic powder are both used in many Persian dips and appetizers.*

**FRESH HERBS**  
*mint, taragon, cilantro, parsley, dill, and basil*  
*These fresh herbs are often used in Persian cooking as ingredients or garnishes.*

**10 KASHK**  
*Persian seasoning made from whey with a savory umami flavor used in yogurt, dips, and soups*

**11 CUMIN**  
*An essential ingredient in many Persian spice blends!*

**12 CORIANDER**  
*Coriander is a citrusy seed of cilantro plants. The ground seeds are used as a spice in some Persian stews and meat dishes.*

