**Herbs and Spices Research Project**

Choose 2 herbs and 2 spices from the “Herb and Spices List”. Research the following information:

1. History (how long has it been around, first uses, origin)
2. Medical uses (healing properties, alleviating ailments, unusual uses)
3. Culinary uses (typical pairings/popular dishes it is used in)
4. Current trends ( new, creative or unusual uses in cooking)
5. A recipe highlighting each herb and spices flavor

Present in power point style. Each slide must contain a great picture of the natural herb or spice and the information above presented in bullet point format.

Each herb and spice must be accompanied by a recipe that emphasizes and or highlights that particular flavor.

Your findings will be presented to the class. Each slide shown must contain a picture or graphic. Keep knowledge presented to bullet point format. Do NOT cut and paste from online sources.

This project will count as a summative grade. Each member should be responsible for creating and presenting the project for full credit.

Presentations will be on Friday October 25th 2019. Email complete project to Chef Boccaccio: [wanjikungumba3@gmail.com](mailto:wanjikungumba3@gmail.com)

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| **HERBS** | **SPICES** |
| Chervil | Allspice |
|  |  |
| Chives | Cardamom |
|  |  |
| Cilantro | Cloves |
|  |  |
| Bay Leaf | Caraway Seeds |
|  |  |
| Parsley | Cinnamon |
|  |  |
| Mint | Cumin |
|  |  |
| Lemongrass | Fennel, ground |
|  |  |
| Rosemary | Mustard, ground |
|  |  |
| Thyme | Ginger |
|  |  |
| Oregano | Nutmeg or Mace |
|  |  |
| Tarragon | Saffron |
|  |  |
| Sage | Black ground Pepper |
|  |  |
| Marjoram | Paprika |
|  |  |
| Herbes de Provence | Garlic |
|  |  |
| Hyssop Herb | Ground Sumac |
|  |  |
| Lemon Verbena Leaves | Savory, ground |
|  |  |
| Lavender leaves | Ajowan seed, ( bishop's weed or carom) |
|  |  |
| Basil | Galanga (or Thai Ginger) |
|  |  |
| Fenugreek | Curry Powder |
|  |  |
| Lovage | Onion Powder |
|  |  |
| Summer Savory | Poppy Seeds |
|  |  |
| Shiso | Sassafras Root |