

Chapter - IV

Commodities - Dry

HERBS

These are leaves of certain plants that usually grow in temperate climates. They also mean "grass". They are leaves and stems of soft stemmed non woody plants.

Name	Description	Uses
Coriander	This is a native to southern Europe and the middle east.	Indian cooking
Tarragon	Commonly used in France, flavouring sauces.	Continental cooking
Basil	An annual plant of India, used for flavouring dishes	Italian and Indian cooking
Mint	Native of meditterian area and western Asia. The leaves used are both fresh &dries.	Indian and continental cooking.
Bay leaf	A native tree of Asia, these leaves are usually dried and used.	Indian and continental cooking.
Thyme	This is a perennial herb, native of southern Europe. It has a strong taste with a lemon tang.	Continental cooking.
Rosemary	An Aromatic herb native of Mediterranean They can be used fresh or dried.	Continental cooking.
Oregano	Native of Asia, Europe and north Africa.	Italian cooking.
Fenugreek	Native of western Asia. It has a bitter taste.	Indian cooking.
Curry leaves	Native of south west Asia, This is a basic curry ingredient.	Indian cooking.
Fennel	A perennial plant, native of southern England, used in salads and other dishes.	Indian and continental cooking.





NAME	DESCRIPTION	USES
All Spice	It is a combination of cinnamon, nutmegs, and cloves. It is from West Indies.	Bakery products eg: Cakes & Cookies.
Anise	This is tiny oval seeds. it comes from Spain.	Indian cooking
Caraway	Tiny oval seed found throughout the world, gives a sweetish taste.	Bakery products
Cinnamon	Oldest spice used. it is the bark of the tree. That grows in Indonesia, India & china	Indian cooking and bakery products
Cloves	They are dried flower buds of a tropical tree of the myrte family.	Indian cooking.
Ginger	Dried root of a tropical plant native of India. It adds excellent flavour.	Indian cooking.
Mace	The husk of nutmeg used in many dishes to impart flavour.	Indian cooking & Continental desserts.
Nutmeg	The aromatic seed of a plant from east Africa used in the preparations of desserts & Indian sweets.	Indian cooking.
Poppy seeds	This is a tiny, round, blue black seed of the poppy plant.	Indian cooking.
Sesame seeds	These are small white seeds taken from the pods of a plant which is usually grown in middle east	Indian cooking.
Chilly powder	A type of red pepper made from dried ground chilli peppers and can vary from mild to very hot.	Indian cooking.

CONDIMENTS

A condiment is a agent used to give taste to the food and to stimulate the appetite.





It is usually a blend of spices combined with other foods such as acetic acid or vinegar and with the addition of a preservative.

NAME	DESCRIPTION	USES
Tomato ketchup	It consists of a strained tomato puree to which vinegar, spices and sugar is added.	Continental and Chinese cooking
Chilly sauce	It is an extraction of the pulp of cooked chillies added along with a small amount of tomato pulp; spices and sugar are also added to lower the sauce from tasting very hot.	Chinese cooking.
Worcestershire sauce	It is prepared from vinegar, Soya sauce; tamarind pulp, capsicum, Cloves, garlic, onions, black pepper and lime are all added in proper proportions and allowed to cook for some time. It is stored under proper conditions for two months after which it is sold	Continental Chinese, Italian Cooking
Chop suey sauces	It is made by boiling Soya beans with equal quantity of roasted barley or wheat. This is allowed to ferment and after a period of time, the sauce is collected and sold. this is also known as Soya sauce Imitation Soya sauces can be prepared by combining dark molasses with salt & spice .	Chinese cooking
Tabasco sauce	This is made from the pulp of a type of red chillies known as Tabasco peppers it is mixed with salt & peppers.	Continental & Chinese Cooking
Mustard sauce	It is made by grinding mustard seeds with vinegar.	Italian Cooking
H.P sauce	The name denoting the company of preparation vinegar and spices	Continental Cooking





Hindi equivalents of English names of Food Items

ENGLISH	HINDI
Spices/Herbs	
Turmeric	Haldi
Coriander seeds, Coriander powder	Dhania
Cloves	Lavang
Fennel	Saunf
Cinnamon	Tuj/Dalchini
Cardamom	Elaichi
Cilantro, Coriander leaves	Dhania
Caraway Seed	Shahi Jeera
Ginger	Adrak
Garlic	Lahsun
Pepper corns	Kali mirchi
Fenugreek seeds	Methi
Red chili pepper	Lal Mirchi
Poppy seeds	Khuskhus
Asafetida	Hing
Saffron	Kesar
Aniseed	Sauf
Bay leaf	Tej patta
Cumin seeds	Jeera
Mustard seeds	Rai/Sarson
Mint leaves	Pudina





Nuts/Dried fruit	
Peanuts, Groundnuts	Moongphali
Cashew nut	Kaju
Almonds	Badam
Pistachio	Pista
Walnut	Akroot
Dates	Kajhoor
Dried Apricot	Khumani
Raisin	Kishmish
Grains/Flours	
Gram flour	Besan
All purpose flour	Maida
Whole Wheat flour	Atta
Par-boiled rice	Sela Chawal
Rice	Chawal
Semolina	Suji
Lentils	Dal
Vermicelli	Sevian
Yellow split peas	Arhar/Thoor dal
Bengal gram	Channa dal
Black gram	Urad dal
Green gram	Moong dal
Pink Gram	Malka Masoor dal
Seasonings	
Tamarind	Imli
Jaggery	Gur



Sesame seeds	Til
Green hot chili	Hari Mirchi
Capsicum	Shimla mirch
Curry leaves	Kari Patta
Vegetables	
Egg plant, Brinjal	Biangan
Okra, Ladies Finger	Bhindi
Tindla	Tinda
Drumstick	Sahjan ki phali
Bottle Guard/ Squash	Doodhi/Lauki
Serrated Guard	Taroi
Amaranth	Chauli
Ash gourd	Petha
Avocado	Makhanphal
Bell Pepper	Simla Mirch
Bitter gourd	Karela
Bottle gourd	Lauki,doodhi
Cabbage	Patha gobi
Carrot	Gajar
Cauliflower	Phool gobi
Chilli	Mirchi
Cluster Beans	Gowaar Phali
Colocasia	Arbi
Coriander Cilantro	Dhania
Corn cobs, maize	Bhutta, makka
Corn kernel	Makai





Cowpea	Lobia
Cucumber	Kheera/Kakdi
French Beans	Flas Beans
Gherkins	Kunthroo, Tindli
Green chilli	Hari mirch
Indian sorrel	Khatti bhaji
Lettuce	Kasmisaag
Lime or Lemon	Nimbu
Lotus Stem	Kamal Kakadior, Bhien
Mushrooms	Goochi
Olives	Zaitoon
Onion	Pyaz
Peas	Matar
Potato	Aloo
Pumpkin	Kadhu
Radish	Mooli
Spinach	Palak
Sweet potato	Shakarkand
Tomato	Tamatar
Vegetables	Sabji
Water Chestnuts	Shingara
FRUIT	Phal
Apple	Saeb
Bael, Stone apple, Bengal quince	Bel, siriphall
Banana	Kela
Chin fruit, litchie	Lichee





Figs	Amjeer
Grapes	Angoor
Guavas	Amrood
Jackfruit	Kathal
Jambul fruit java plum	Jamun
Mango	Aam
Mashmelon	Kharbooja
Mulberry	Shehtooth
Muskmelon Cantalope	Kharbooja
Orange	Santra
Papaya	Papeeta
Pear	Nashpati
Pineapple	Ananas
Plum	Aloobukara
Pomegranate	Anar
Sweet lime	Mosambi
Watermelon	Tarbooj, Kalingad
Zizyphus	Ber, bor

