

# *Note from the President*



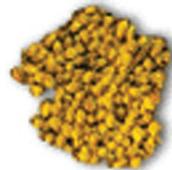
**S**pices work magic in the kitchen, transforming a meal from undistinguished to unforgettable. Small amounts of these spices can unlock

subtle flavors in food, decrease the need for salt and please the palate.

Imagine pasta without an oregano and Indian curry without pepper or clove.

Besides savory or aromatic qualities, spices are also valued for their medicinal qualities. Cardamom, pepper, and ginger boiled in tea relieve your sore throat.

While they do not really add nutritional value to food, they add color, flavor, aroma, and interest. Yes, the romance of spices will continue forever.



# The long history of spices

## *Introduction*

**Y**ou already know that having a well-stocked spice rack or cabinet is essential to preparing a good meal, and you probably have rescued more than one dish by having just the right spice on hand. But did you know that spices have been used for thousands of years for everything from embalming Egyptian pharaohs to warding off evil spirits? Spices also have been used to treat a host of illnesses, they have led to wars, and they have motivated dozens of explorers to seek and discover new lands.

In the pages that follow, you will discover more about the fascinating history of spices. Although we don't typically employ spices in as many ways as did our predecessors, you'll find that Outlander Spices will add a taste of adventure to your dishes and will help you explore new ways to prepare your favorite dishes. And they might even cure an ailing recipe or two.

## *Spices as ancient medicine*

The people who first used spices likely were not looking to flavor their food. Instead, the enticing aromas of bay, cinnamon, clove, and nutmeg trees probably first drew them, curious to know the taste of a plant with such an intriguing smell. Out of this curiosity came different theories about the use of the spices derived from fragrant trees and plants. For if it was made with such an enticing smell, might not it follow that they had been lured to it for this reason?

In terms of medicine, two main theories dominated the use of spices. The first held that the physical appearance or nature of the vegetation provided a suggestion as to what medical condition it ought to cure. For example, an herb that produces a red juice when squeezed ought to indicate its use in healing wounds. Likewise, an herb or plant that grows on stony ground would be used to treat kidney stones.

Another theory held that herbs with physical properties opposite of those indicated by a patient's physical symptoms ought to be used to restore a sort of natural balance. Therefore, if a patient suffered from a fever, then cool, moist herbs would be used to counteract the effects on the body a

nd restore equilibrium.

## *Spices as modern medicine*

While medical theories such as these seem quaint to use today, many don't realize that spices and herbs are still used extensively in medicine. More than 40 percent of today's medicines originate in nature, rather than in the laboratory. For example, star anise is a critical component of the drug FluRid, used to reduce the severity of flu symptoms. The plant, from which we also get one of Outlander Spices' most popular products, contains a necessary ingredient of the flu medicine.

## *The spice trade*

The spice trade has driven a good deal of history, leading to wars, sustaining economies, and compelling a slew of explorers to set out into uncharted waters in search of a more direct route to the "Spice Lands." Among the most famous of explorers to sail in search of such a route was Christopher Columbus. Of course, he never made it to those spice-producing countries, but his original quest colored his interpretation of what he did discover.

On October 19, 1492, Columbus wrote in his journal, "It is true that in the event of finding places where there is gold or spices in quantity I should remain until I had collected as much as I could." While he didn't find the source of those valuable spices that he was searching for, he did manage to bring a previously unknown continent to the attention of European explorers. Meanwhile, however, Columbus wasn't ready to concede defeat so easily. He christened the native peoples he found "Indians" and called the spicy chilies he ate "peppers," believing he had discovered the source of that coveted spice.

## Spicy Buzzard Wings

*Category: Appetizer*

*Yield: 6 servings*

2 tbsp. paprika  
1 tbsp. caraway seeds, crushed  
1 tbsp. dried onion flakes, crushed  
1 tbsp. dry mustard  
1 ½ tsp. dried thyme leaves  
1 ½ tsp. salt  
¾ tsp. ground red pepper  
3 lb. chicken wings (about 18)

1. Preheat oven to 425°.
2. In a bowl, mix paprika, caraway seeds, onion flakes, dry mustard, thyme leaves, salt, and ground red pepper.
3. With hands, lightly pat paprika mixture on chicken wings.
4. Brush chicken wings with Buzzard's Best® Hot Wing Sauce.
5. Place chicken wings in a large baking dish.
6. Bake 30 minutes or until chicken wings are fork-tender.
7. Place chicken wings on platter. Garnish with celery.