

Herbs and spices bring magic to mealtime

If you want to make the new year a really happy one, add a little magic to your meals.

Resolve to familiarize yourself with these 22 common herbs and spices. Learn their traditional witchcraft purposes and effects.

Enter them in your own grimoire (witch's recipe book), and use them in your everyday cooking.

Practice adding them to every can of tomato soup you open. Drop them into cookies and cakes. Hide them in pizzas, tacos, hamburgers and salads that seem so unwitch-like.

The results will amaze you.

(Important note: Because a little is good, it does not necessarily follow that a lot is better. Always remember that seasoning should enhance, not overpower. Don't use so much garlic that you can't taste the shrimp.)

ANISE

Purpose and effect: 1. To ward off evil; 2. To encourage a marriage proposal.

How to use in cooking: Try anise seeds in cookies, cakes, breads and cottage or cream cheese. Add a few fresh stalks or roots of anise to soups or stews. Do this at the last minute, since they cook very fast.

You can even use them with

canned or instant soups. Experiment. Add chopped fresh anise leaves to the water when boiling shrimp, lobster or crab. Try steeping one teaspoon of anise seed in one pint of brandy for an interesting and useful liquor.

BALM

Purpose and effect: 1. To renew youth, vim and vigor; 2. To relieve the doldrums.

How to use in cooking: Balm may be used in soups or stews, with fish, or in salads. It's also good in poultry stuffing. Use it as a tea or as a garnish for white wine.

BAV LEAF

Purpose and effect: To sharpen wit and to help those seeking knowledge.

How to use in cooking: Good with tomato juice, soups, stews, beef, chicken and duck. Also used in dressings or sauces for greens or potatoes.

BASIL

Purpose and effect: 1. To clear the head; 2. To settle the nerves.

How to use in cooking: Basil is very good used with tomatoes, eggs, cheese and curries.

BORAGE

Purpose and effect: 1. To give one



kitchen witch

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courage; 2. To forget worries.

How to use in cooking: Use the raw leaves in a salad or crush them and use a jigger of orange juice to a glass of orange juice, lemonade or wine. Add the juice when cooking grapes, apples or strawberries or homemade jelly.

CARAWAY

Purpose and effect: To keep lovers from straying.

How to use in cooking: Use the seeds with vegetables — especially potatoes and cabbage. Bake caraway in bread or add to baked apples.

CORIANDER

Purpose and effect: 1. To promote romance; 2. To encourage thrift.

How to use in cooking: Add fresh coriander to green vegetables when cooking. Use the ground seeds in breads, rolls, gingerbread and cookies. Try using to season roast pork.

CARDAMON

Purpose and effect: To inspire romance and passion.

How to use in cooking: Add cardamom to curries or use with apples in pies and sauces.

CELERY SEED

Purpose and effect: 1. To inspire energy; 2. To encourage restlessness.

How to use in cooking: Celery seed is good in salads with vegetables and is used in making pickles.

CUMIN

Purpose and effect: To discourage intimacy.

How to use in cooking: Cumin is used with lamb, veal or other meats. It's also good with kidney beans or in Mexican foods.

CINNAMON

Purpose and effect: 1. To promote domesticity; 2. To inspire a marriage proposal.

How to use in cooking: Use cinnamon in breads, rolls, cookies, cakes or anything with apples. Cinnamon sticks are great for stirring hot tea or hot cider. Powdered cinnamon and sugar are a marvelous coating for any kind of toast or hot cake.

DILL

Purpose and effect: 1. To calm and domesticate unsettled husbands; 2. To inspire a home-loving attitude often conducive to a marriage proposal.

How to use in cooking: Use dill on apple crisp or try it in breads, soups or salads. It's great in sauces and excellent with boiled new potatoes and peas. And, of course, there's always the pickle.

FENNEL

Purpose and effect: To inspire passion.

How to use in cooking: Use fennel in Italian sauces and in sausage. Add

fennel seeds to salad dressing or use with eggs and cheese dishes.

MARJORAM

Purpose and effect: To inspire passion.

How to use in cooking: Use marjoram in biscuits, jelly, dumplings and soups. It's also good with pork chops and meat loaf and with rice and green beans.

NUTMEG

Purpose and effect: 1. To inspire affection; 2. To promote generosity.

How to use in cooking: Nutmeg is very good on vegetables and fruits. Used sparingly, it's very tasty on green vegetables — especially string or wax beans. This spice is fine in apple pie, rice or bread pudding with raisins, and, of course, it's always used in eggnog.

OREGANO

Purpose and effect: To inspire passion.

How to use in cooking: Oregano goes well with any tomato dish.

NASTURTIUM

(Yes, the flower)

Purpose and effect: To promote love and romance.

How to use in cooking: The stems of the plant are terrific in cream cheese, and the leaves are used as greens in a salad. The whole plant — flowers, stems and leaves — can be chopped and used in soups and stews. It is particularly good in vegetable soup, whether homemade or canned.

ROSEMARY

Purpose and effect: 1. To promote love; 2. To get your own way; 3. To promote generosity.

How to use in cooking: You should

always bake some rosemary in a wedding cake. It can also be used in stuffings and sauces for poultry, fish, pork, beef and lamb.

SAGE

Purpose and effect: To renew sexual vigor and inspire passion.

How to use in cooking: Serve sage as a tea, with sugar, lemon juice and lemon rind after a big dinner. Use it with rosemary and mint as a marinade for meats. Try it in salads and sauces for fish. It's also good in dips.

SAVORY

Purpose and effect: 1. To quicken dull spirits; 2. To renew interest in life in general.

How to use in cooking: Use with beans, soups, salads and white vegetables.

TARRAGON

Purpose and effect: 1. To promote forgetfulness of past offenses; 2. To encourage forgiveness; 3. To inspire generosity.

How to use in cooking: Use it with eggs, fish, chicken, tomatoes and green s. It's good in such sauces as bearnaise.

THYME

Purpose and effect: 1. To encourage friendships, sharing and goodwill; 2. To help overcome shyness.

How to use in cooking: Try it with cottage or cream cheese. Add it to vegetables, salads, eggs and poultry stuffing. Use it in chowders and with mushrooms and potatoes.

If you have any questions about these herbs, or about cooking in general, you may contact Gundella directly. Call her at 422-1072 or write her at: Box 434, Garden City 48135.

Chili peppers spice up meal

AP — Planning on heating up your winter meals with chili peppers? Here are some tips on handling them.

WHAT'S HOT AND WHAT'S NOT
From mild to hot, here's how peppers rate:

- Mild: Anaheim (fresh), or California green chili peppers.
- Mild to medium-hot: poblanos (fresh) and ancho (dried).
- Medium-hot to hot: cascabel and mulato (dried).
- Hot to very hot: jalapeno (fresh).
- Very hot: serrano (fresh), chipotle, guajillo, pasilla, de arbol and cayenne (dried).
- Very, very hot: piquin (fresh and dried).

WHERE'S THE FIRE?

It's a common fallacy that the seeds are the hottest part of a pepper. Most of the heat is in the membranes and ribs. For milder flavor, remove membranes, ribs and seeds before using.

FIRES ALERT

Because chili peppers contain oils that burn, improper handling can start a four-alarm fire in your eyes or skin. Avoid direct contact with peppers as much as possible. When working with dried or fresh chili peppers, wear plastic or rubber gloves. If your bare hands touch the peppers, wash your hands and nails well with soap and water. Do not touch your eyes with your hands.

DRIED CHILI PEPPERS

For most recipes, dried chili peppers must be soaked until soft, then pureed. To soften, rinse dried peppers in water. Cut open and discard stems and seeds. Cut pepper into small pieces with a knife or scissors and soak in boiling water for 45 to 60 minutes or until they're pliable. Drain well and continue as the recipe directs.

Stored in a cool, dry place. Dried chili peppers will keep for up to a year.

PREPARING FRESH CHILI PEPPERS

• Peel: It's often best to peel the skin from fresh peppers before using them. (This is not necessary when chopping or slicing small amounts of fresh jalapeno or serrano peppers.) To loosen the skin, place peppers on a broiler pan 4 inches from the heat. Broil, turning often, until peppers are charred on all sides. Place broiled peppers in a paper bag. Close bag tightly and let stand 10 minutes. The skin will peel away easily.

• Cut off the stems. Slice the peppers open and place seed side up on a flat surface. Use a knife to scrape seeds and ribs from the flesh. Slice or chop as directed in the recipe.

Store fresh peppers in paper bags in the refrigerator for up to one week.

USING CANNED CHILI PEPPERS

Rinse both plain and pickled canned chili peppers before using to remove salty packing liquid.

To remove the seeds from whole chili peppers, slit them open and use a knife to scrape out seeds and ribs.

Chop or slice as directed in the recipe.

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