



Dishes with spices and herbs

A close-up photograph of fresh basil leaves. The leaves are vibrant green, glossy, and have a slightly serrated edge. They are piled in a rustic wooden bowl. The background is a warm, brownish-orange color, possibly a wooden surface or a backdrop. The lighting is soft, highlighting the texture of the leaves.

## BASIL

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Basil is better to used fresh or freezed. In the kitchen, basil is excellent for sauces, in the top of the pizza, pasta with tomatoes and especially to make pesto.

It has got anti-inflammatory and anti-oxidant effects.

A photograph of dried oregano leaves. In the foreground, a wooden mortar and pestle contains a pile of dried, crushed oregano leaves. To the right, a clear glass jar is tipped over, spilling more dried oregano onto a wooden surface. The background shows a wooden surface and a woven basket. A dark grey diagonal overlay covers the left side of the image, containing text.

# OREGANO

Oregano is a culinary and medicinal herb from the mint. It is used on pizza, in tomato salad, on roasted and baked food.

It has got anti-inflammatory and antibacterial properties and it protects from cancer.

# ROSEMARY

Rosemary is an aromatic herb. It is used on baked potatoes, on chicken and it fits with barbecued foods.

It might have anti-inflammatory, anti-oxidant effects and it is a painkiller .



A close-up photograph of a dark brown ceramic bowl filled with bright orange turmeric powder. The powder is piled high, with some spilling onto a dark surface in the foreground. In the foreground, there are several pieces of fresh turmeric root and a sprig of fresh green basil leaves. The background is slightly blurred, showing a person's arm and a white plate with more turmeric powder.

## Turmeric

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Turmeric is a flowering plant. Is used in powder and is one of the main ingredients in many Asian dishes for example cake sfouf. Most turmeric is used in many products such as baked products ice cream, yogurt and biscuits. It helps blood circulation.

# CINNAMON

Cinnamon is used mainly as an aromatic dressing in a wide variety of sweet, breakfast cereals, snackfoods and tea.

It is used in the preparation of chocolate, especially in Mexico



# CURRY

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Curry is a blend of spices originating in the Indian subcontinent. Is generally prepared in a sauce.

Dishes called «curry» may contain fish or meat in combination with vegetables.





**-Eliana Costa**

**-Gabriele Di Giorgio**

**-Simone Mirabile**

**-Rossana Motta**

**-Simona Pruiti**

