



A Spicy Romance

Hi everyone

It's not every day that we commence our salt free spice note to Anne Elias with the advice of Love and Romance.

Moving on, we should quickly explain that the spice is Cumin and the Love and Romance is from the Middle Ages. Cumin at that time was held as a symbol of fidelity and romance.

You can imagine this vital piece of information will be important to readers when considering Cumin for salt free flavour and health in a favourite recipe!

The Flavour

Warm and Nutty as you would expect from a spice with such romantic origins. Lovely full flavours when part of a casserole, curry, roast chicken, vegetable bake.

When building your own salt free seasoning (a lovely thing to do) you will find that Cumin pairs nicely with Coriander, Turmeric, Oregano, Allspice, Ginger and Mint.

Your Health

Staying with romance and matters of the heart, Cumin is excellent for heart health and settling blood pressure. Cumin's strong antioxidants play a critical role removing free radicals that can cause you great harm.

And for essential vitamins, Cumin is rich in Calcium, Iron and Magnesium together with vitamins A, K, C and B6. Not much romance in that lot I'm afraid but important.

Salt Free and Low Salt

For almost 2000 years, Cumin has been used as a base for a seasoning.

Try making your own seasoning as a salt replacement using ground Cumin, Sweet Paprika, Ground Coriander, Sumac, Cinnamon and Chilli Flakes. You may need to experiment a little to get your preferred flavour but you will have your own unique, salt free seasoning.

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