

SPICES & HERBS

Spice/Herb	When To Start	How Much To Add
Asafoetida	8 Months	A pinch
Bayleaf	8 Months	A small portion of the leaf (Remove after cooking)
Cardamom	8 Months	A pinch- 1/4 tsp depending on the dish
Carom Seeds	8 Months	1/4 tsp
Cinnamon	8 Months	A pinch
Cloves	8 Months	1-2 (Remove after cooking)
Cocum	After 1 year	1/2 a piece (Remove after cooking)
Coriander	8 Months	1/2 tsp
Coriander Leaves	8 Months	A few leaves, finely chopped
Cumin	8 Months	A pinch- 1/4 tsp depending on the dish
Curry Leaves	8 Months	3-4 leaves (Remove after cooking)
Fennel	8 Months	A few seeds
Fenugreek Seeds	8 Months	A few seeds/ a pinch
Fenugreek Leaves	8 Months	Half a small bunch
Gambooge	After 1 year	1/2 a piece (Remove after cooking)
Ginger	10-11 Months	A small pinch (Grated)
Dry Ginger	10-11 Months	A small pinch (Powdered)
Mint	8 Months	A few leaves (Finely chopped/ pureed)
Mustard	8 Months	Less than 1/4 tsp
Nutmeg	8 Months	A pinch of grated nutmeg
Pepper	10-11 Months	Less than a pinch
Red Chillies	After 1 Year	Less than 1/4 tsp
Green Chillies	After 1 Year	A small piece (Remove after cooking)
Saffron	8 Months	A few strands (Dissolve and add)
Sesame Seeds	8 Months	1/4 tsp
Tamarind	After 1 year	1/4 tsp (Pulp)
Turmeric	8 Months	A pinch - 1/4 tsp
Garam Masala	After 1 Year	1/4 tsp
Oregano	8 Months	A pinch
Rosemary	8 Months	A pinch
Basil	8 Months	A few leaves (If fresh)/ A pinch
Thyme	8 Months	A pinch
Garlic	8 Months	1-2 cloves