



THE SPICE HOUSE

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Premium Export Quality Spices, Spices Blends and Flavor Enhancements.



100% Natural

No Preservatives

No Added Artificial Colors or Flavorings



All Rounder Seasoning powder is a versatile and convenient spice blend that is designed to enhance the flavors of a variety of dishes. It is often used as a go-to seasoning for adding a savory and well-rounded taste to recipes, providing a quick and easy way to elevate the flavor profile of your cooking.

The exact composition of all rounder seasoning powder includes coriander, cumin, fennel, cinnamon, cardamom, cloves, onion powder, garlic powder, ginger powder, cane sugar, mustard, nutmeg, sesame, salt, turmeric and curry leaves.

The purpose of all rounder seasoning powder is to provide a convenient blend of flavors that can be used in a wide range of dishes. The combination of herbs and spices creates a balanced and harmonious taste profile that adds depth and complexity to your cooking. The presence of salt in the blend helps enhance the overall flavor.

All rounder seasoning powder can be used in various ways in the kitchen. It can be used as a general seasoning for meats, poultry, fish, and vegetables before cooking, helping to infuse them with flavor. It can also be added during the cooking process to enhance the taste of soups, stews, sauces, and marinades. Additionally, it can be sprinkled over popcorn, roasted nuts, or even used as a seasoning for homemade salad dressings.

The convenience of all-purpose seasoning powder lies in its ability to provide a quick and reliable way to add flavor to your dishes without having to measure out individual spices and herbs. It serves as a time-saving option for busy cooks or those who want to streamline their seasoning process.



Eastern Asian seasoning powder encompasses a variety of spice blends and seasonings used in the cuisines of countries such as China, Japan, Korea, and Thailand. This seasoning powder is known for their unique flavors and ability to enhance the taste of Eastern Asian dishes.

This aromatic blend includes a combination of star anise, cloves, cinnamon, coriander, bay leaves, Nutmeg, mace, sesame, star anis, sugar, chilies powder, salt, garlic powder, onion powder, and ginger powder. It offers a balance of sweet, savory, and slightly spicy flavors, making it suitable for marinades, roasted meats, stir-fries, and braised dishes. It provides a zesty and mildly spicy flavor, often sprinkled over noodles, rice dishes, grilled meats, or even tempura.

Eastern Asian seasoning powder consists of coarsely ground red chili flakes, offering a vibrant red color and medium level of heat. It is also used to add spiciness and depth to stews, stir-fries, marinades, and dipping sauces. The distinct flavors are used in curries, soups, and stir-fried dishes.

Eastern Asian seasoning powder can be used in a variety of ways. They can be added directly to dishes during cooking or used as rubs or marinades for meats and seafood. They are often incorporated into sauces, dressings, or sprinkled as a finishing touch to add a burst of flavor. The specific amount used depends on personal taste preferences and desired spice levels.

These seasoning powders play a significant role in Eastern Asian cuisine, adding depth, complexity, and distinct flavors to a wide range of dishes. They provide an opportunity to explore and enjoy the unique taste profiles that define the culinary traditions of Eastern Asia.





Spicy BBQ dry rub is a flavorful seasoning blend typically used to add a burst of heat and smoky flavor to various grilled, baked or smoked meats. It consists of a mixture of dry ingredients which are combined to create a robust and zesty coating for meats.

The key component of a spicy BBQ dry rub is the combination of spices and herbs that contribute to its distinctive flavor profile. The ingredients include Coriander, cumin, fennel, chili powder, black pepper, garlic powder, onion powder, ginger powder, Sesame and salt. These spices work together to create a complex and fiery taste that adds depth to the meat.

The texture of the dry rub is allowing for a more robust and textured coating on the meat. This texture helps the rub adhere to the surface of the meat and creates a desirable crust when grilled or smoked.

To use the spicy BBQ dry rub, simply apply it generously to the meat, ensuring that it is evenly coated on all sides. Gently massage the rub into the meat to help it adhere better. Let the seasoned meat sit for a while to allow the flavors to penetrate the surface, ideally for at least 30 minutes or up to overnight in the refrigerator.

Once the meat is marinated with the dry rub, it can be cooked using your preferred method, such as grilling, smoking, or baking. The high heat of the cooking process will intensify the flavors of the rub, creating a delicious and aromatic crust on the meat. The spicy BBQ dry rub can be used on various meats, including chicken, pork, beef, and even vegetables, imparting a fiery and smoky taste to each bite.



Sweet BBQ dry rub is a delightful seasoning blend designed to add a touch of sweetness and smoky flavor to grilled or smoked meats. It consists of a mixture of dry ingredients, which work together to create a deliciously sweet and savory coating for your favorite meats.

The defining characteristic of the sweet BBQ dry rub is the incorporation of sugar, which provide a caramelized sweetness and help to create a desirable crust on the meat.

The sweet BBQ dry rub contains a variety of spices and herbs to create a well-rounded flavor profile. The ingredients found in sweet BBQ dry rub include chili powder, garlic powder, onion powder, Ginger powder, black pepper, cumin, Fennel, coriander, salt, and cane sugar. These spices contribute depth, warmth, and a touch of heat to the blend, enhancing the overall taste of the meat.

The texture of the sweet BBQ dry rub is coarse, with the spices and sugars ground but not completely powdered. This texture allows the rub to adhere to the surface of the meat, forming a flavorful crust when grilled or smoked.

To use a sweet BBQ dry rub, generously apply it to the meat, ensuring that all sides are coated evenly. Gently massage the rub into the meat to help it adhere better. Let the seasoned meat sit for some time, allowing the flavors to penetrate the surface. The recommended marinating time is at least 30 minutes or up to overnight in the refrigerator is ideal.

Once the meat is marinated with the sweet BBQ dry rub, it can be cooked using your preferred method, such as grilling, smoking, or baking. The high heat of the cooking process will caramelize the sugars in the rub, creating a delectable and flavorful crust on the meat. Sweet BBQ dry rub is commonly used on various meats like chicken, pork, ribs, and even beef, infusing them with a tantalizing combination of sweetness and smokiness.



Chicken curry mix is a spice blend specifically formulated to enhance the flavor of chicken-based curries. It is a combination of carefully selected spices and herbs that work together to create a delicious and aromatic seasoning for chicken dishes.

The exact composition of chicken curry mix includes **coriander, cumin, fennel, cinnamon, cardamom, cloves, Black pepper, curry leaves, sesame, Roasted rice, Cane sugar, turmeric and Fenugreek**.

Coriander and cumin contribute earthy and nutty flavors, while turmeric adds a vibrant yellow color and a slightly bitter undertone. Black peppers provide subtle earthy heat, allowing you to customize the spiciness of your chicken curry.

Additional spices and herbs may also be included to enhance the overall flavor profile. These can include ingredients like cardamom, cloves, cinnamon, fenugreek, ginger, garlic powder, and black pepper. Each of these spices brings its unique notes and aromas, contributing to the complexity and depth of the curry powder.

Chicken curry powder is designed to infuse the chicken with its flavors during the cooking process. It can be added directly to the curry sauce or marinade, ensuring that the spices permeate the meat and create a rich and flavorful dish. The spice blend can be used with various chicken cuts, including bone-in pieces, boneless chicken breasts, or even ground chicken. You can mix the powder directly into the sauce or marinade, allowing it to blend with other flavors as the dish cooks.



Meat curry mix is a specialized spice blend specifically designed to enhance the flavor of meat-based curries. It is a combination of various spices and herbs carefully selected to complement and bring out the natural richness of meat.

The exact composition of meat curry mix includes a base of roasted **coriander, cumin, fennel, turmeric, and chili powder**. These spices form the foundation of the blend, providing depth, warmth, and a subtle heat to the curry. The base spices are incorporated with other aromatic ingredients to enhance the flavor profile including **cardamom, cloves, cinnamon, mustard seeds, black pepper, curry leaves, sesame, roasted rice, cane sugar and Nutmeg**. These complementary spices add complexity and a hint of sweetness or spiciness to the blend, creating a well-rounded taste.

The inclusion of turmeric in meat curry mix gives it a vibrant yellow color, while chili powder or ground chili peppers contribute subtle levels of heat. The overall balance of flavors is not overpowering the taste of the meat but rather enhance and harmonize with it.

Meat curry mix is typically used in the preparation of meat-based curries, stews, and braised dishes. It can be applied to various types of meat, including chicken, beef, lamb, pork, and even game meats. The spice blend is often added during the cooking process to infuse the flavors into the meat and create a delicious, aromatic dish.



Garam masala powder is a widely used spice blend in Indian cuisine, known for its warm, aromatic, and complex flavor profile. The term "garam masala" translates to "hot spice" in Hindi, but it refers more to the warmth and intensity of the spices rather than the spiciness.

The exact composition of garam masala includes a combination of ground spices such as **cardamom, cinnamon, cloves, cumin, coriander, fennel, black peppercorns, dry ginger powder, bay leaves and nutmeg**.

The spices in garam masala are carefully chosen to create a balanced blend that enhances the flavors of various dishes. Cardamom pods, provide a floral and slightly sweet aroma. Cinnamon adds a warm and slightly sweet taste, while cloves bring a pungent and intense flavor. Cumin, fennel and coriander seeds contribute earthy and citrusy notes, respectively. Black peppercorns offer a mild heat, and nutmeg adds a subtle sweetness and depth to the blend.

The preparation of garam masala involves roasting the whole spices to release their essential oils and maximize their flavors. Once cooled, the spices are ground into a fine powder. This process helps create a harmonious blend of flavors and aromas.

Garam masala is a versatile spice blend that can be used in a wide range of dishes. It is often added towards the end of cooking or sprinkled as a finishing touch to enhance the flavors of soups, stews, curries, and rice dishes. It can also be used as a seasoning for roasted vegetables, meat, fish, or even sprinkled over snacks like samosas or pakoras.

The distinct flavor profile of garam masala adds depth and complexity to dishes, creating a well-rounded taste. It provides a warm and comforting essence, making it a popular spice blend during colder seasons. The exact amount of garam masala used can vary depending on personal taste and the desired level of intensity in the dish.



Tandoori powder is a popular spice blend that is commonly used in Indian cuisine. It is known for its distinctive red color and robust flavor profile, which adds a unique and aromatic touch to various dishes.

The composition of tandoori powder includes a combination of spices such as **ground coriander, cumin, fennel, turmeric, cinnamon, cardamom, cloves, black pepper, star anis, mace and red chilies** which contribute to the complexity of flavors.

The key ingredient in tandoori powder is usually chili powder, which gives it the characteristic red hue. This vibrant color is visually appealing and is often associated with the traditional tandoori cooking style.

The spices used in tandoori powder offer a range of flavors that come together to create a well-balanced and robust taste profile. Coriander and cumin seeds provide earthy and citrusy notes, while paprika adds a mild smokiness and a subtle level of heat. Cinnamon, cardamom, and cloves provide a hint of sweetness and warmth, while black pepper adds a touch of spiciness.

Tandoori powder is primarily used as a marinade or seasoning for meat, particularly chicken, which is then baked or grilled. The spices in the powder help tenderize the meat and infuse it with a rich and aromatic flavor. The vibrant red color of the powder gives the meat an appetizing appearance.

Apart from marinating meat, tandoori powder can also be used in vegetarian dishes, such as roasted vegetables or tofu. It can be added to yogurt-based sauces, like raita, to create a flavorful dip or dressing. Additionally, tandoori powder can be used as a seasoning for rice dishes, lentils, or as a spice rub for grilled or roasted meats.





Authentic and traditional Sri Lankan Curry powder is a versatile spice blend commonly used in various cuisines, particularly in Southeast Asian, and Caribbean cooking. It is known for its vibrant color, aromatic fragrance, and rich, complex flavor profile. Curry powder is a combination of several ground spices, herbs, and dried peppers, carefully blended to create a distinctive and well-balanced seasoning.

the core ingredients typically include **turmeric, coriander, cumin, fennel, cinnamon, cardamom, cloves and curry leaves**. These spices work together to create a harmonious earthy and warm blend of flavors.

Coriander and turmeric are the primary ingredients in curry powder, responsible for its golden hue. It adds a slightly bitter and peppery flavor to the blend, along with its characteristic yellow color. Fennel and cumin contribute a warm and nutty flavor while cinnamon bring the sweetness. cardamom and cloves bring the aromatic fragrance. These ingredients help to enhance the complexity and depth of flavor, creating a well-rounded and aromatic spice blend.

Curry powder is incredibly versatile and can be used in a wide range of dishes. It serves as the foundation for many curries, stews, and sauces, adding depth and complexity to the overall flavor profile. It can be used to season meats, poultry, seafood, and vegetables, and it pairs well with rice, lentils, and legumes.

Alternatively, it can be added directly to the cooking process or mixed with other ingredients like yogurt or oil to create a marinade or curry paste.



Roasted curry powder is a flavorful and aromatic spice blend that is widely used in South Asian cuisine, particularly in dishes from Sri Lanka and southern India. It is a key ingredient in many curry recipes and adds depth, richness, and complexity to the flavors.

The process of making roasted curry powder involves dry roasting various spices and then grinding them into a fine powder. The exact composition of roasted curry powder includes a combination of **turmeric, coriander, cumin, fennel, cinnamon, cardamom, cloves and curry leaves**.

Each spice used in roasted curry powder contributes its unique flavors and aromas. Coriander seeds add a citrusy, slightly sweet flavor, while cumin seeds bring a warm and earthy taste. Fennel seeds offer a subtle hint of licorice-like flavor. Cinnamon and cloves add warmth and depth.

The roasting process is crucial as it enhances the flavors of the individual spices and brings out their essential oils. It also adds a smoky and toasty note to the overall blend. Typically, the spices are dry-roasted in a pan or skillet until they turn slightly darker in color and release a fragrant aroma. After cooling, they are ground into a fine powder.

Roasted curry powder is versatile and can be used in a variety of dishes. It forms the base of many curries, stews, and marinades, providing a robust and well-rounded flavor profile. It can also be used as a seasoning for roasted vegetables, soups, and even in spice rubs for meats. The amount of roasted curry powder used can vary depending on personal taste and the desired level of spiciness.



Shrimp chili paste is a spicy and flavorful condiment made with a base combination of shrimp and chili peppers. It is a popular ingredient in various Asian cuisines, particularly in Southeast Asian and Chinese cooking, where it is used to add a burst of heat and umami to dishes.

The main components of shrimp chili paste are **shrimp and chili peppers**. Then include garlic powder, shallots powder or piece, ginger powder, fried curry leaves, soy sauce, tomatoe sauce, sugar and salt. These additional ingredients add depth, aroma, and a balance of flavors to the paste. The shrimp base adds a unique and savory umami flavor to the paste. Chili peppers are the primary source of heat and spiciness in shrimp chili paste.

Shrimp chili paste is used in a variety of dishes, such as stir-fries, soups, noodles, and seafood preparations. It can be added during the cooking process to infuse the dish with its spicy and savory notes or used as a condiment at the table for individual heat customization. It pairs particularly well with seafood, adding a zesty kick that complements the natural sweetness of shrimp and other seafood ingredients.

Shrimp chili paste is a versatile and bold condiment that brings a fiery and umami-rich flavor to dishes. Its combination of shrimp, chili peppers, and other seasonings creates a unique taste that is cherished in Asian cuisine. Whether used as an ingredient in cooking or as a condiment, shrimp chili paste adds a delicious heat and complexity to your culinary creations.



Bake master seasoning powder is a specially formulated blend of herbs, spices, and seasonings designed to enhance the flavor of roasted or grilled chicken or/and turkey. This seasoning powder is often used to add a savory and aromatic profile to the white meat, making it more delicious and appealing.

The composition of Bake master seasoning powder includes herbs and spices such as black pepper, garlic powder, onion powder, Ginger powder, oregano, fennel, cinnamon, cardamom, cloves, salt and sugar.

The spices in the blend complement the herbs and add a savory and aromatic touch to the seasoning. Black pepper provides a mild heat and adds depth to the flavor profile. Garlic and onion powder bring pungent and savory notes, enhancing the overall taste.

Bake master seasoning powder is typically used as a dry rub or mixed with oil or melted butter to create a paste that is spread over the surface of the turkey or chicken before cooking. This allows the flavors to penetrate the meat during the roasting or grilling process, resulting in a flavorful and succulent meat and/ or vegetables



Sri Lankan embul thiyal mix is a traditional spice blend used to prepare a popular dish called "embul thiyal" in Sri Lankan cuisine. Embul thiyal is a tangy and spicy dry curry made with fish or meat that is cooked in a flavorful paste of spices and ingredients.

The embul thiyal mix typically consists of a combination of flavorful components that are key to creating the unique taste of this dish. The embul thiyal mix include:

Garcinia paste: Garcinia is a sour fruit that is an essential ingredient in embul thiyal. It is dried and ground to a paste, giving the dish its characteristic tangy flavor.

Black pepper: ground black peppercorns are included in the mix to provide a pronounced spicy and pungent taste.

Curry leaves and pandan leaves: Curry leaves and pandan leaves are commonly included for their distinct aroma and subtle bitterness, which enhances the overall taste of the dish.

Other ingredients: **cinnamon, cloves, and cardamom for added complexity and salt.**

This paste is then used to marinate the fish or meat before it is cooked. The dish is typically simmered until the flavors meld together and the sauce thickens, resulting in a rich and tangy dry curry. 500g of fish or meat only need 50g of the paste and 5 table spoons of water.

Embul thiyal is a popular dish in Sri Lanka, known for its bold flavors and unique combination of sourness, spiciness, and savory notes. It is often enjoyed with steamed rice or traditional Sri Lankan bread known as roti.



Sri Lankan Roasted Red Chili Powder is a key ingredient in Sri Lankan cuisine. It is a vibrant and fiery spice that adds both heat and flavor to a wide range of dishes. Sri Lankan roasted chili powder typically has a rich, deep red color. When you open a container of Sri Lankan roasted chili powder, you'll be greeted by a pungent and aromatic scent. The aroma is a combination of smoky, earthy, and fruity notes, which is a result of the roasting process.

Roasted chili powder offers a robust and complex flavor profile. It is notably spicy, with a slow-building heat. Additionally, the roasting process imparts a smoky depth to the flavor, and there are often subtle fruity undertones.

Sri Lankan roasted chili powder is typically finely ground, resulting in a smooth and powdery texture that disperses easily when added to dishes.

The primary ingredients in roasted chili powder are dried red chili peppers, coriander seeds, cumin seeds, fenugreek seeds, and curry leaves.

Usage: Sri Lankan roasted chili powder is a fundamental ingredient in many Sri Lankan dishes, including curries, sambols, and various spice blends. It is used to add heat, color, and flavor to these preparations. The amount used can be adjusted to control the level of spiciness in a dish. Sri Lankan roasted chili powder is used in a wide range of dishes, including chicken curry, fish curry, dhal (lentil curry), and various vegetable curries.



Vegetarian chili paste is a spicy condiment that is made without the use of animal products. It is a versatile and flavorful addition to many vegetarian and vegan dishes.

Vegetarian chili paste is primarily made from plant-based ingredients. The core ingredient is chili peppers, which provide the heat and flavor. Other common ingredients can include garlic, onions, tomatoes, curry leaves, soy sauce, cumin, fennel, coriander, salt and cane sugar.

Vegetarian chili paste typically has a rich red depending on the chili peppers used. Its texture is chunky. When you open a container of vegetarian chili paste, you'll be met with a strong and pungent aroma of chili peppers, garlic, and other seasonings. The smell can be quite intense, with hints of spiciness and smokiness.

Vegetarian chili paste offers a bold and spicy flavor profile. In addition to spiciness, you may also detect smoky, savory, and sometimes slightly sweet undertones.

Culinary Applications: Vegetarian chili paste is a versatile condiment used in vegetarian and vegan cooking. It adds heat and depth of flavor to a wide range of dishes, including soups, stews, curries, stir-fries, noodles, and rice dishes. It can also be used as a marinade for tofu, tempeh, or vegetables, as well as a dipping sauce for snacks and appetizers.

To maintain its freshness and spiciness, store vegetarian chili paste in an airtight container in the refrigerator. Proper storage helps preserve its flavor and prevents spoilage.

Whether you're a vegetarian or just looking to add some spice and flavor to your meals without using animal products, vegetarian chili paste is a fantastic condiment that can elevate your dishes with its bold and fiery characteristics. Its versatility makes it a valuable addition to your culinary repertoire.



Sri Lankan Pork Curry Seasoning Mix is a blend of spices and seasonings specifically crafted to prepare a flavorful and aromatic pork curry, a beloved dish in Sri Lankan cuisine. This curry is known for its rich, dark color and intense, complex flavors.

Many of the spices used in this seasoning mix are first roasted to enhance their flavor. These roasted spices include **coriander seeds**, **cumin seeds**, **fennel seeds**, and **black peppercorns**. Roasting deepens their aroma and adds smoky notes. **Curry leaves** are a staple in Sri Lankan cuisine and provide a distinctive citrusy, herbal flavor to the curry. They are dried and included in the seasoning mix.

Black mustard seeds add a pungent, slightly bitter flavor to the curry. **Cinnamon** are used to impart a warm, sweet-spicy element to the mix. **Cloves** contribute a strong, aromatic, and slightly sweet flavor to the curry. **Cardamom** provides a floral, citrusy note to the seasoning mix. **Fenugreek** seeds offer a mildly bitter and nutty flavor to balance the other spices. **Turmeric** powder is included for its color and earthy flavor. It's also a common ingredient in Sri Lankan cuisine.

The Sri Lankan pork curry seasoning mix is characterized by its bold and aromatic combination of spices, which come together to create a deeply flavorful and aromatic curry. The dark color of the curry is achieved through the use of roasted spices and the inclusion of black mustard seeds.

When preparing the dish, the mix is typically combined with pork pieces, and the flavors are allowed to meld together while simmering. Adjust the quantities of spices and seasonings to suit your personal taste preferences, as the spiciness and intensity can be customized to your liking.

Mutton Or/And Beef Curry Seasoning Mix

is a blend of aromatic spices and seasonings that is specifically designed to enhance the flavor of mutton or beef curry dishes in Sri Lankan/ South Asian cuisine. This seasoning mix is a convenient way to achieve the traditional and complex flavors associated with Sri Lankan curries.

Sri Lankan curry seasoning mix include a combination of aromatic spices that contribute to the depth of flavor in the curry. Main Spices include coriander, cumin, fennel seeds, cardamom, cloves, cinnamon, Black pepper, curry leaves, sesame, Turmeric, Mustard seeds and other. These spices provide a rich and warm flavor profile.

Sri Lankan cuisine is known for its spiciness, and chili peppers are a key component in curry seasoning mixes.

Turmeric is a staple spice in Sri Lankan cooking. It adds a vibrant yellow color to the curry and contributes to its earthy flavor.

Dried curry leaves impart a distinctive citrusy and herbal flavor to the curry. Aromatic seeds such as mustard seeds and fenugreek seeds add depth and complexity to the curry's flavor.

Using this pre-made seasoning mix can save time and effort in preparing a traditional Sri Lankan mutton or beef curry. It ensures that the necessary spices and seasonings are conveniently combined in one package. The result is a hearty and flavorful curry that is a hallmark of Sri Lankan cuisine.



Sri Lankan fish curry seasoning powder is a key ingredient in the preparation of one of Sri Lanka's most beloved and iconic dishes: fish curry. This seasoning powder is a blend of various spices and herbs carefully selected to create a harmonious and flavorful profile that enhances the natural taste of fish while adding a delightful depth of flavor.

The base of this seasoning powder typically includes spices such as cumin, coriander, fennel seeds, mustard seeds, turmeric, Garcinia powder and curry leaves. These spices contribute to the curry's complex and aromatic flavor profile.

Sri Lankan cuisine is known for its spicy dishes, and the curry powder usually contains dried red chili peppers or chili powder. The level of heat imparts a pleasant, warming spiciness to the curry. Garcinia Powder included in the seasoning mix to provide a tangy and sour flavor component. It adds a refreshing acidity that complements the richness of the fish.

Sri Lankan fish curry seasoning include additional ingredients like fenugreek seeds, cinnamon, cloves, and cardamom. These spices contribute to the complexity of flavors.

To use Sri Lankan fish curry seasoning powder, you would typically mix it with coconut milk, water, or a tomato-based sauce to create the curry sauce. The fish is then simmered in this sauce until it's cooked through, absorbing the rich flavors of the spices and herbs.

Sri Lankan fish curry seasoning powder encapsulates the essence of Sri Lankan cuisine, offering a tantalizing blend of spices and flavors that can transform a simple piece of fish into a fragrant and mouthwatering culinary experience.

Sri Lankan crab and Prawns curry seasoning powder

Sri Lankan crab and Prawns curry seasoning powder is a flavorful blend of spices and herbs specifically crafted to enhance the taste of crab and / or prawns curry, a popular and beloved dish in Sri Lankan cuisine. This seasoning powder is essential for creating the complex and aromatic flavors that characterize this dish.

The base of this seasoning powder typically includes a variety of aromatic spices like cumin, coriander, fennel seeds, mustard seeds and coconut milk powder. These spices work together to create a rich and fragrant profile for the curry.

Sri Lankan cuisine is known for its spicy dishes, and crab or prawn curry is no exception. The seasoning powder usually contains dried red chili peppers or chili powder, adding a significant level of spiciness. The heat can be adjusted to suit individual preferences.

Turmeric is a staple ingredient in Sri Lankan cuisine, and it gives the curry a beautiful golden hue. It also imparts a slightly earthy and bitter flavor, balancing the overall taste.

Curry leaves are a fundamental component of Sri Lankan crab and prawn curry seasoning. These leaves are aromatic and contribute a unique citrusy and herbal note to the dish.

To prepare Sri Lankan crab or / and prawn curry, you would typically mix the seasoning powder with coconut milk, water, or a tomato-based sauce to create the curry sauce. The crab is then simmered in this sauce until it's fully cooked, allowing it to absorb the rich and aromatic flavors of the spices and herbs.

Sri Lankan crab and prawn curry seasoning powder captures the essence of Sri Lankan culinary traditions, offering a tantalizing blend of spices and flavors that transform fresh crab and prawns into a mouthwatering and unforgettable dish. The combination of spices, heat, and tanginess makes it a true culinary delight for seafood lovers.



Sri Lankan Jaffna curry powder is a specialized spice blend that hails from the Jaffna region in the northern part of Sri Lanka. It is renowned for its distinctive and fiery flavor, making it a key ingredient in many traditional Jaffna-style dishes.

Jaffna curry powder is a carefully balanced mixture of various spices and herbs. The ingredients include coriander seeds, cumin seeds, fennel seeds, fenugreek seeds, cardamom pods, cloves, cinnamon, and dried red chili peppers.

One of the defining characteristics of Jaffna curry powder is its intense spiciness. It is known for its heat and is significantly hotter than many other Sri Lankan curry powders. The use of dried red chili peppers, often in substantial quantities, is responsible for this fiery kick. In addition to its heat, Jaffna curry powder boasts a complex aroma. The combination of spices and herbs in this blend creates a layered and aromatic flavor profile with hints of earthiness, citrus, and warmth.

Jaffna curry powder is primarily used to season and flavor a wide range of dishes, including meat, seafood, and vegetable curries. It can also be used to spice up soups, stews, and rice dishes. The spice blend imparts a robust and aromatic taste to the food it's added to.

Due to its intense heat, Jaffna curry powder is often used sparingly, and the amount added to a dish can be adjusted according to individual preferences. Some may prefer a milder flavor and reduce the quantity of curry powder used.

Jaffna curry powder is a cherished component of Sri Lankan culinary heritage, offering a unique and spicy taste experience that is a hallmark of Jaffna cuisine. Whether you're a spice enthusiast seeking a fiery kick or someone looking to explore the vibrant flavors of Sri Lankan Tamil cuisine, Jaffna curry powder adds depth and character to a variety of dishes.

Hathmaluwa curry (7 veggies curry mix) is a wholesome and flavorful dish that celebrates the abundance of fresh vegetables and leafy greens found in the Sabaragamuwa Province of Sri Lanka. With its creamy coconut milk base and aromatic spices, it offers a delightful culinary experience that reflects the region's rich agricultural heritage and cultural practices.

The flavor profile of Sri Lanka is characterized by its balance of spices, emphasis on freshness and seasonality, and the subtle sweetness of coconut-infused dishes, offering a delightful culinary experience that reflects the region's rich cultural and agricultural traditions.

The Hath maluwa curry spices mix is based on the ingredients such as Coriander, Fennel, Cumin, Cardamom, Cloves, Cinnamon, Curry Leaves, Fenugreek, Turmeric, Roasted Rice, Mustard, Black Pepper, Ground Coconut Powder

Choose 7 veggies such as manioc, pumpkin, green beans, mushrooms, moringa sticks, eggplants, cashew nuts, potatoes, carrots, spinach. etc. and cut them in to bite size pieces. Heat oil in a pot. Add mustard seeds and let them splutter. Add chopped onion, minced garlic, minced ginger and green chilies. Sauté well. Add Hathmaluwa curry mix. Add the vegetables and Stir well. Pour in the thin coconut simmer and cook until the vegetables are partially tender, about 10-15 minutes. add the chopped leafy greens to the pot. Pour in the thick coconut milk and season with salt to taste. Stir gently and simmer on low heat for another 10-15 minutes, Taste and adjust the seasoning if necessary.



Polos (Baby Jack fruit) curry is a beloved Sri Lankan dish made with tender young jackfruit ("polos" in Sinhala). This vegetarian dish is rich, flavorful, and typically spiced with a medley of traditional Sri Lankan spices.

The ingredients of the polos curry spices mix are including a base of roasted **coriander, cumin, fennel, turmeric, chili powder, cardamom, cloves, cinnamon, mustard seeds, black pepper, curry leaves, roasted rice, roasted coconut, garcinia and Nutmeg**.

To make a perfect Polos curry, Marinate Baby Jackfruit cubes with the spices mix, leave for 15 mins. Heat the oil and add mustard seeds and curry leaves. Let them splutter. Add chopped onions, garlic, ginger and green chilies, sauté well, add turmeric powder, chili powder and marinated cubes and stir well with enough water to cover the pieces. Season with salt to taste. Cover the pot and let it simmer for 30 mins on low heat. Stir occasionally and add water if necessary to prevent sticking. Once cooked pour in some thick coconut milk. Let the curry simmer for another 10 – 15 mins, allowing the flavors to meld together.



"Pahalos Rasa Musuwa" (15 aromatic spices mix)

includes a wide variety of spices, many of which are roasted before grinding to enhance their flavors.

The Northwestern Province of Sri Lanka, boasts a diverse culinary landscape with its own unique food tastes. the cuisine of the Northwestern Province reflects a blend of coastal influences, agricultural abundance, and traditional cooking techniques, resulting in a diverse and flavorful culinary experience. Creating a spice blend with 15 spices offers a rich and complex flavor profile that can enhance various dishes.

This blend can be used to season meats, vegetables, stews, curries, and rice dishes, adding depth and complexity to your culinary creations.

Ingredients for this aromatic mix of spices are coriander, cumin, fennel, cardamom, cloves, cinnamon, nutmeg, mace, black pepper, red chilies, Turmeric, mustard, fenugreek, curry leaves, star anise.

To cook an aromatic flavor full curry, Heat the oil in a large skillet or pot. Add the chopped onion and sauté. Add the minced garlic and grated ginger. Sauté until fragrant. Stir in the chopped tomatoes and cook until they begin to soften, forming a thick paste. Add 2 tbs of the "Pahalos Rasa Musuwa" (15 spices mix). Stir well. Add cooked chickpeas and/or mixed vegetables and/or meat and/or Fish to the skillet. Stir to combine with the spice mixture. Pour in the coconut milk and Bring the mixture to a simmer. Let simmer for 15-20 minutes, Add salt to taste. garnish the curry with fresh cilantro leaves. Serve with cooked rice or naan bread.



"Sri Lankan Authentic Curry Aroma Mix" is a collection of spice mixture used in Sri Lankan cuisine to season and flavor various curry dishes. This aroma Mix is created by combining a selection of spices and seasonings, typically in traditional proportions, to capture the authentic and distinctive flavors of Sri Lankan curries.

Sri Lankan curry aroma mix typically include a combination of aromatic spices like cardamom, cinnamon, cloves, fenugreek, mustard seeds, curry leaves and pandan leaves. These spices create a rich and warm flavor base for the curry. Fresh or dried curry leaves are often included in Sri Lankan curry mixes. They impart a distinct citrusy and herbal flavor to the curry.

This pre-made seasoning mix save time and effort in preparing traditional Sri Lankan curries. They ensure that the necessary spices and seasonings are conveniently combined in one package. The "authentic" label indicates that these mixes are formulated to capture the genuine taste of Sri Lankan curry, making it easier for both Sri Lankan cooks and those seeking to enjoy traditional Sri Lankan dishes.

To use Sri Lankan Authentic Curry Aroma Mix, you would typically marinate meat, vegetables, or other ingredients with the mix and cook them with coconut milk and onions to create a flavorful curry.

These mixes are a convenient way to enjoy the rich and diverse flavors of Sri Lankan cuisine, particularly its renowned curry dishes, which are a significant part of the country's culinary heritage.



Sinhala pickle, also known as "Sinhala achcharu" in Sri Lanka, is a spicy and tangy condiment or side dish that is an integral part of Sri Lankan cuisine. This pickle is made by combining a variety of vegetables and fruits with a mixture of spices and vinegar, resulting in a flavorful and mouthwatering accompaniment to many Sri Lankan meals.

Sinhala pickle features a medley of ingredients, including vegetables, fruits, and spices. including carrots, green chili peppers, shallots, green papaya, mustard seeds, fenugreek seeds, cumin seeds, fennel seeds, turmeric powder, and dried red chili peppers. These spices infuse the pickle with a complex and aromatic profile. Vinegar is an essential component of Sinhala pickle. It provides the necessary acidity to balance the flavors and acts as a preservative. Sinhala pickle includes sugar, which adds a hint of sweetness to counterbalance the spiciness and acidity of the pickle. The sweetness can be adjusted to suit personal taste.

To prepare Sinhala pickle, the vegetables and fruits are usually chopped or thinly sliced into bite-sized pieces. The spices are toasted or dry-roasted to release their flavors and then mixed with the chopped vegetables and fruits. Vinegar and sugar are added to the mixture, and everything is thoroughly combined. Sinhala pickle is allowed to mature for a period of time, 3 months. During this maturation process, the flavors meld together, and the pickle develops its distinct taste.

Sinhala pickle is often served as a condiment or side dish alongside rice and curry, hoppers, or other Sri Lankan dishes. It adds a burst of flavor and a delightful crunch to the meal.

Sinhala pickle is a delicious and versatile condiment that adds a burst of flavor and complexity to Sri Lankan cuisine. Its balance of spicy, sweet, and tangy flavors makes it a beloved accompaniment that enhances the overall dining experience. It is not only a favorite in Sri Lankan households but also a popular street food and snack throughout the country.



Sinhala Malay pickle, also known as

"Malay achcharu" in Sri Lanka, is a delicious and spicy pickle that combines a mix of vegetables and fruits with an assortment of spices. This pickle has a unique flavor profile, reflecting the cultural fusion of Sinhalese and Malay influences in Sri Lankan cuisine.

Sinhala Malay pickle includes a variety of vegetables and fruits including carrots, green beans, shallots, cucumber, green chili peppers, and unripe mangoes and capsicums. Sinhala Malay pickle is characterized by its bold and spicy flavor. It is made with a blend of spices, which includes mustard seeds, fenugreek seeds, cumin seeds, fennel seeds, turmeric powder, and dried red chili peppers. These spices add complexity and heat to the pickle.

Vinegar is a key ingredient that provides acidity to the pickle. It not only contributes to the pickle's tangy flavor but also acts as a preservative, allowing the pickle to be stored for extended periods. Sugar is added to Sinhala Malay pickle to provide a balance of sweetness against the spiciness and acidity of the pickle. The amount of sugar can be adjusted to achieve the desired level of sweetness. To make Sinhala Malay pickle, the vegetables and fruits are typically chopped into small, bite-sized pieces or thinly sliced. The spices are toasted to intensify their flavors before being mixed with the chopped ingredients. Vinegar and sugar are added, and everything is thoroughly combined.

Sinhala Malay pickle is allowed to mature for a week of time. During this maturation process, the flavors meld together, and the pickle develops its distinct taste.

Sinhala Malay pickle is typically served as a condiment or side dish alongside Sri Lankan meals. It pairs well with rice and curry, hoppers, or roti. The pickle adds a spicy and tangy kick to the meal and enhances the overall dining experience.

Sinhala Malay pickle is known for its bold and spicy flavor profile, and it is a popular and beloved condiment in Sri Lankan cuisine. It showcases the rich and diverse culinary heritage of the island nation, reflecting the influence of different cultures in the creation of this delicious pickle.



Sri Lankan fried sprats are a popular and delicious seafood snack or side dish in Sri Lankan cuisine. They are made from small, young fish known as sprats, which are typically deep-fried until crispy and seasoned with a blend of spices and vegetables to create a flavorful and savory treat.

Sprats are tiny fish often used for this dish. They are usually cleaned, gutted, and sometimes even partially deboned before being prepared for frying. Their small size allows for quick and even cooking.

Sri Lankan fried sprats are known for their crispy and crunchy texture. Sri Lankan cuisine is famous for its use of spices, and fried sprats are no exception. The fish are typically seasoned with a mixture of spices, which may include chili powder, turmeric, black pepper, and sometimes curry leaves and pandan leaves. These spices add a burst of flavor and a bit of heat to the dish. Fried sprats also include aromatic ingredients like chopped onions, garlic, ginger and eggplant. These ingredients add depth and complexity to the flavor of the dish.

Sri Lankan fried sprats are commonly enjoyed as a snack or appetizer or part of a larger meal, accompanying rice and other Sri Lankan dishes.

Sprats are a good source of essential nutrients such as omega-3 fatty acids, protein, and calcium. They are also relatively low in mercury compared to larger fish species, making them a healthier seafood option. Sri Lankan fried sprats are a flavorful and satisfying treat that showcases the rich and diverse flavors of Sri Lankan cuisine. Whether enjoyed as a snack or part of a meal, their crispy texture and spicy seasoning make them a beloved choice among seafood enthusiasts in Sri Lanka and beyond.

Sri Lankan biryani seasoning mix is a blend of aromatic spices and herbs that is used to infuse flavor into biryani, a popular and beloved rice dish in Sri Lankan cuisine. Biryani is known for its fragrant and complex flavors, and this seasoning mix plays a crucial role in achieving its signature taste.

The foundation of the seasoning mix includes a mix of aromatic spices such as cumin, coriander, cardamom, cloves, cinnamon, and bay leaves. These spices work together to create a rich and fragrant flavor profile for the biryani. Sri Lankan cuisine is known for its spiciness, and biryani seasoning mix includes dried red chili peppers or chili powder. Turmeric is providing a golden color and a mild earthy flavor. It contributes to the overall appearance of the dish.

To use the mix, it is typically sautéed in oil or ghee to release the flavors of the spices and create a fragrant base for cooking rice and meat (usually chicken, mutton, or beef). The seasoned rice and meat are then layered and cooked together, allowing them to absorb the rich and aromatic flavors of the seasoning mix.

Sri Lankan biryani seasoning mix is an essential component of this cherished Sri Lankan dish, and its carefully balanced blend of spices and herbs creates a delightful culinary experience that combines the flavors of the island nation with the traditions of South Asian cuisine.



Sri Lankan fried katta karawala, also known as "fried dried fish," is a popular and savory snack or side dish in Sri Lankan cuisine. This dish is made from small, dried fish, often referred to as "katta karawala," which are deep-fried to perfection, resulting in a crispy and flavorful treat.

The key ingredient in this dish is katta karawala, which are small fish that have been thoroughly dried. These dried fish are readily available in Sri Lankan markets and are a common ingredient in many Sri Lankan recipes.

Sri Lankan fried katta karawala is known for its crispy and crunchy texture. The fish are deep-fried until they become golden brown and crisp, making them an ideal snack for those who enjoy crispy, savory treats.

To enhance the flavor of the dried fish, various spices and seasonings are used. Common spices include chili powder, turmeric, black pepper, and sometimes curry leaves or pandan leaves, depending on the recipe. These spices add a combination of heat and aromatic depth to the dish. Fried katta karawala also incorporate aromatic ingredients like chopped onions, garlic, and ginger. These ingredients infuse the fish with additional layers of flavor and fragrance.

The dried fish are deep-fried in hot oil until they become crispy and golden brown. This cooking method not only adds texture but also intensifies the flavor of the fish.

Sri Lankan fried katta karawala is commonly enjoyed as a snack or appetizer, often served with a side of spicy dipping sauce or chutney. It's a favorite choice among Sri Lankans for tea-time snacks and street food.

One of the advantages of using dried fish in this dish is that they have a long shelf life, making them a convenient pantry staple. Dried fish can be stored for an extended period without refrigeration.

Katta karawala, like other small dried fish, is a good source of protein, calcium, and omega-3 fatty acids. It provides essential nutrients and is a valuable addition to the Sri Lankan diet.

Sri Lankan fried katta karawala is a flavorful and satisfying snack that showcases the diverse flavors of Sri Lankan cuisine. Its crispy texture and spicy seasoning make it a beloved choice among those who appreciate the bold and savory flavors of this South Asian culinary tradition.

Sri Lankan yellow rice seasoning mix is a blend of spices and herbs specifically crafted to flavor and color rice, giving it a vibrant yellow hue and a delightful aroma. This seasoning mix is a key component in preparing Sri Lankan yellow rice, which is a popular dish in Sri Lankan cuisine, often served at special occasions and festivals.

Turmeric is the primary ingredient responsible for the vibrant yellow color of Sri Lankan yellow rice. It also imparts a mildly earthy and bitter flavor to the rice, balancing the overall taste.

The seasoning mix includes aromatic spices such as cinnamon, cloves, cardamom, and sometimes black peppercorns. These spices contribute to the rich and fragrant flavor profile of the rice. Curry leaves are a quintessential component of Sri Lankan cuisine, and they are often added to the seasoning mix to infuse a unique citrusy and herbal note into the rice. Pandan leaves are another crucial ingredient in Sri Lankan yellow rice seasoning. They add a sweet, nutty aroma and flavor, enhancing the overall taste and fragrance of the dish.

Sri Lankan yellow rice seasoning mix is used to flavor and color rice in a way that creates a fragrant and visually appealing dish. To prepare Sri Lankan yellow rice, the seasoning mix is typically sautéed with onions and garlic in oil or ghee until aromatic. Then, rice is added and stirred to coat it with the spice-infused mixture. Water or coconut milk is added, and the rice is cooked until it is tender and has absorbed all the flavors.

Sri Lankan yellow rice is often served as a side dish, particularly at festive occasions and celebrations. Its vibrant yellow color and aromatic flavor make it a delightful accompaniment to a variety of Sri Lankan curries and other dishes.



Dried whole red chili, chili flakes, and chili powder are three common forms of chili peppers used in cooking to add heat, flavor, and spice to a wide range of dishes.

1. Dried Whole Red Chili:

Dried whole red chilies are whole chili peppers that have been air-dried or sun-dried until they become hard and brittle. They maintain their original shape and color, often appearing deep red. Dried whole red chilies have a strong and intense heat with a robust chili flavor. The heat level varies depending on the type of chili pepper used. Whole dried red chilies are often used to infuse dishes with chili flavor and heat. They can be added to oil, broths, or sauces to impart a spicy kick. They are also used in many Indian, Mexican, and Thai recipes.

2. Chili Flakes:

Chili flakes, also known as crushed red pepper flakes, are made by crushing dried red chili peppers into small pieces. They are typically bright red and have a flaky texture. Chili flakes offer a fiery and zesty flavor with a moderate to high level of heat. The intensity can vary based on the type of chili pepper used. Chili flakes are a versatile seasoning and are sprinkled on a variety of dishes. They are commonly used to add heat to pizza, pasta, stir-fries, and roasted vegetables, and they are often found on dining tables as a condiment.

3. Chili Powder:

Chili powder is a finely ground spice made from dried red chili peppers. It is typically a reddish-brown color. Chili powder has a well-balanced flavor that combines heat with earthy and smoky notes. The heat level can vary depending on the type of chili pepper and the processing method. Chili powder is widely used as a seasoning and spice blend. It is a primary ingredient in chili con carne, taco seasoning, and various curry powders. It's used to season meats, vegetables, and a variety of dishes to add both heat and flavor.

It's important to note that the heat level of these chili products can vary widely based on the specific type of chili pepper used, as well as personal preferences. When working with chili products, there are several types and specifications varies with the type of chili and the quality of the product. Please inquire with the specific verifications and the quality. The particle size of the powder and flakes can be varied according to the type and the quality of chili.



Turmeric powder is a spice made from the dried and ground rhizomes of the turmeric plant (*Curcuma longa*). Turmeric is a vibrant yellow spice with a warm and earthy flavor profile.

Turmeric powder is known for its bright yellow to golden color. It is this vivid hue that imparts a vibrant color to dishes and makes it a prized ingredient in many cuisines.

Turmeric powder has a warm, earthy, and slightly bitter flavor with subtle hints of citrus and ginger. The flavor profile is distinctive and adds depth to a variety of dishes.

Turmeric powder is a staple spice in Sri Lankan cuisine and is used in curries, stews, rice dishes, and marinades. It is also used in many South Asian and Southeast Asian dishes, including Indian curries and Thai and Indonesian recipes.

Turmeric is known for its potential health benefits, primarily due to its active compound, curcumin, which has anti-inflammatory and antioxidant properties. It is used in traditional medicine for its supposed healing properties. When added to dishes, Turmeric powder releases a subtle, aromatic fragrance that enhances the overall sensory experience of the food.

Turmeric is a key ingredient in spice blends like curry powder and curry masala. It contributes to the flavor, color, and overall character of these blends. Turmeric has been used for centuries as a natural dye, and it can be used to color fabrics, food, and even cosmetics.

To maintain its flavor and color, Turmeric powder should be stored in a cool, dark place in an airtight container. Exposure to light can cause the spice to lose its vibrancy over time.

Turmeric powder is a versatile and beloved spice that not only adds flavor and color to dishes but is also valued for its potential health benefits. Whether used in traditional curries or modern fusion cuisine, it is a fundamental spice in many culinary traditions around the world.



Sri Lankan garcinia pieces and paste, also known as "Goraka pieces" or paste " are a traditional culinary ingredient originating from Sri Lanka and other South Asian countries. These pieces are made from the *Garcinia cambogia* fruit, which is native to South Asia and is well-known for its sour taste.

Garcinia pieces and paste are primarily used as a souring agent in Sri Lankan and South Asian cuisine. They provide a tangy and acidic flavor that is both unique and distinctive. This sourness is similar to that of tamarind but with its own distinct taste profile.

Garcinia pieces and paste are commonly used in traditional Sri Lankan dishes, particularly in seafood and meat curries. They can also be incorporated into vegetable and lentil preparations. The sourness they provide adds depth and complexity to the flavor of these dishes.

In addition to their flavor-enhancing properties, garcinia pieces also act as a natural preservative. They help extend the shelf life of certain dishes, especially pickles and chutneys prepared with them.

Garcinia pieces and paste are highly concentrated, so they should be used sparingly. A small amount of Garcinia pieces and paste sufficient to achieve the desired level of sourness in a dish.

While they are most commonly associated with savory dishes, some Sri Lankan recipes also use garcinia pieces in desserts and beverages to impart a unique tartness.

Garcinia cambogia has been studied for its potential health benefits, including its role in appetite suppression and weight management. However, these benefits are more often associated with dietary supplements rather than the pieces used in cooking.

Sri Lankan Garcinia pieces and paste are an essential ingredient in traditional Sri Lankan cuisine, adding a distinctive sour flavor that is integral to many dishes. Their versatility and ability to preserve and enhance flavors make them a valuable component of Sri Lankan culinary heritage. Whether you're preparing a spicy curry or a tangy pickle, garcinia pieces contribute a unique and delicious sour note to your culinary creations.

Ceylon black pepper, also known as Sri Lankan black pepper

black pepper, is a variety of black pepper that is cultivated and produced in Sri Lanka (formerly known as Ceylon). It is highly regarded for its quality, distinct flavor, and aroma.

Ceylon black pepper shares its appearance with other black peppercorns. It is small, round, and typically dark brown to black in color. The outer surface is wrinkled and textured.

Ceylon black pepper is prized for its unique and complex flavor profile. It is characterized by a sharp, biting heat and pungency, but it also has subtle citrusy and floral notes that set it apart from other black pepper varieties.

Ceylon black pepper is known for its enticing and aromatic fragrance. It releases a spicy, woody, and slightly citrusy scent when crushed or ground, which enhances the overall sensory experience of dishes.

Ceylon black pepper is an essential spice in Sri Lankan cuisine and is used to season a wide range of dishes. It pairs well with meats, seafood, vegetables, and grains. It can be used whole, cracked, or ground into a powder.

Ceylon black pepper is a common ingredient in various spice blends, including curry powders, garam masala, and other regional spice mixes. It adds depth and heat to these mixtures.

Sri Lanka is home to several pepper varieties, including the more mild "Muntok" variety and the more pungent "Tellicherry" variety.

Ceylon black pepper is known for its balance of heat and flavor. Ceylon black pepper is not only used for its flavor but also for its digestive properties. It is often incorporated into dishes as a digestive aid and is sometimes consumed after meals. Ceylon black pepper contains piperine, a compound that may aid in digestion and have antioxidant properties.

Ceylon black pepper is celebrated for its unique and well-balanced flavor profile, making it a sought-after spice both in Sri Lankan cuisine and on the global culinary stage. Its aromatic qualities and ability to elevate the taste of various dishes have earned it a special place in the world of spices.

Commercially Ceylon black pepper varies gradually in to GL 500, GL 520, GL 540, GL 550, GL 565 and above. The price per KG increases with the value of GL.



Cardamom, often referred to as the "Queen of Spices," is a highly aromatic and flavorful spice known for its warm, slightly sweet, and pungent taste. It is native to the Indian subcontinent but is now grown in various tropical regions around the world, including Guatemala, Sri Lanka, and Indonesia. Cardamom is an essential ingredient in many culinary traditions and is highly valued for its culinary and medicinal properties.

Cardamom comes in the form of small, elongated, green or black pods. Green cardamom pods are the most common and are preferred for culinary uses. The pods contain small, aromatic seeds that are the primary source of cardamom's flavor.

Cardamom has a complex flavor profile. It is characterized by a combination of citrusy, minty, and herbal notes, along with hints of pine and eucalyptus. The aroma is sweet and spicy, making it a versatile spice in both savory and sweet dishes.

Cardamom is used in a wide range of dishes, including curries, rice dishes, stews, desserts, and beverages. It's a key ingredient in Indian and Middle Eastern cuisines and often used to flavor chai tea. Ground cardamom is also used in baking, adding a delightful fragrance to cakes, cookies, and bread.

In addition to its culinary uses, cardamom has been traditionally used for its medicinal properties. It is believed to aid digestion, alleviate symptoms of nausea, and freshen the breath. Some cultures also use cardamom as a natural remedy for various ailments.

To use cardamom, the pods are typically crushed or lightly bruised to release the small black seeds. The seeds are what hold the intense flavor and aroma.

Cardamom is a prized spice known for its unique taste and versatility in a wide range of dishes. Whether you're spicing up a curry, adding depth to a dessert, or brewing a fragrant cup of tea, cardamom is a delightful ingredient that enhances the flavors of your culinary creations.

Commercially cardamom is graded as ground, blended, Local green, Local Yellow, King fisher 8 – 6.5 mm and 8 mm super. The price varies according to the grade.

Cloves are a highly aromatic and pungent spice that comes from the flower buds of the clove tree (*Syzygium aromaticum*).

Cloves are small, dark-brown, dried flower buds with a distinctive nail-like shape. They are usually about 1.5 to 2 centimeters in length and have a rough texture. Cloves have a powerful, warm, and sweet flavor with a hint of bitterness. They also have a rich, intensely aromatic and slightly fruity aroma. The strong taste of cloves makes them a key ingredient in many dishes.

Cloves are a versatile spice and are used in both sweet and savory dishes. They are commonly used in spice blends like garam masala and pumpkin pie spice. Cloves are often added to soups, stews, and rice dishes and are a key component of mulled wine and apple cider. They are also used to stud hams, roasts, and onions in many traditional recipes.

Cloves have been used for centuries in traditional medicine for their potential health benefits. They contain compounds like eugenol, which has analgesic and antiseptic properties. Cloves have been used to alleviate dental pain, aid in digestion, and provide relief from respiratory conditions. They are also used in some cultures as a natural remedy for coughs and colds.

Clove essential oil is extracted from cloves and is used in aromatherapy and traditional medicine. It is believed to have antimicrobial, antioxidant, and anti-inflammatory properties. In addition to culinary and medicinal uses, cloves are sometimes used for their fragrance. They are used in potpourri, perfumes, and air fresheners due to their strong and appealing aroma.

Cloves are a valuable spice that adds depth and complexity to a wide range of dishes. Whether you're using them to flavor a curry, a dessert, or a warm beverage, cloves are an essential ingredient for adding warmth and a distinct, aromatic profile to your cooking.

Commercially cloves are being marketed as whole and ground, there are mainly 3 types of export quality cloves. The value of them increases as grade 1, 2 and Lal peri.



Ceylon cinnamon, also known as "true cinnamon" or "Cinnamomum verum," is a sought-after spice derived from the bark of the Ceylon cinnamon tree. It is native to Sri Lanka, formerly known as Ceylon, and is known for its delicate, sweet flavor and numerous culinary and medicinal applications.

Ceylon cinnamon has a thin and delicate bark that is light tan to light brown in color. The layers of the bark are papery and can be easily crumbled or rolled into quills. Ceylon cinnamon is renowned for its mild, sweet, and citrusy flavor. Ceylon cinnamon is used in a wide range of sweet and savory dishes. It is a key ingredient in many desserts, including cinnamon rolls, apple pie, and rice puddings. Ceylon cinnamon is also used in curries, rice dishes, and beverages like tea and hot chocolate.

Ceylon cinnamon has been used for its potential health benefits. It contains compounds like cinnamaldehyde, which is believed to have antioxidant and anti-inflammatory properties. It is sometimes used to help manage blood sugar levels and may have antibacterial and antifungal properties. Ceylon cinnamon essential oil is extracted from the bark and is used in aromatherapy and traditional medicine. It has a delightful fragrance and potential health benefits.

When purchasing Ceylon cinnamon, it's essential to ensure that you are getting the authentic product, as it is sometimes adulterated or confused with cassia cinnamon. Look for products labeled "Ceylon cinnamon" or "true cinnamon." Ceylon cinnamon is less common and can be more expensive than cassia cinnamon due to its unique flavor and limited geographic production. Ceylon cinnamon can be found in two main forms: as quills (sticks) and as a ground powder. The quills can be crumbled or grated for use in cooking, while the powder is convenient for mixing into recipes or sprinkling on top of dishes. Commercially The quality level varies as the grades of C4, C5 and Elba. As Elba the most expensive.

Cumin, scientifically known as Cuminum cyminum, is a popular spice with a warm, earthy flavor and a distinct aroma. It is widely used in various cuisines around the world, particularly in Indian, Middle Eastern, Mexican, and North African dishes.

Cumin seeds are small, elongated, and oblong in shape. They are typically brown in color, but there are variations with slightly different shades, including a lighter amber. Cumin has a warm, earthy, and slightly nutty flavor with a hint of citrus. It is known for its robust and aromatic qualities. When roasted, cumin seeds release a rich, smoky aroma that enhances the depth of the spice's flavor.

Cumin is a versatile spice used in both whole seed and ground form. It is a common ingredient in many spice blends, including curry powder and garam masala. Cumin is used to season a wide range of dishes, such as curries, stews, soups, rice, and beans. It is also a key spice in Mexican and Tex-Mex cuisines, often found in chili, tacos, and salsas.

Cumin has been traditionally used for its potential health benefits. It is believed to aid digestion, relieve indigestion and gas, and may have anti-inflammatory properties. In some cultures, cumin tea is consumed as a digestive aid.

Dry roasting cumin seeds before use is a common practice in many recipes. This process enhances the flavor and aroma of the spice, making it even more aromatic and smoky. Cumin pairs well with other spices and herbs, such as coriander, chili powder, turmeric, and cilantro. It is a vital component of many spice blends, adding depth and complexity to dishes. Cumin essential oil is extracted from cumin seeds and is used in aromatherapy and traditional medicine. It has a warm, spicy fragrance.

Cumin is readily available in both whole and ground forms. It is an essential spice in many kitchens due to its widespread use in global cuisine.



Fennel seeds are small, oval-shaped seeds derived from the fennel plant, scientifically known as *Foeniculum vulgare*. These seeds are widely used in cooking and herbal medicine due to their distinct flavor and potential health benefits.

Fennel seeds are tiny and elongated, resembling sesame seeds. They are typically greenish-brown to pale yellow in color and have a slightly curved shape.

Fennel seeds have a sweet and aromatic flavor with a hint of licorice or anise. This unique taste profile makes them a versatile ingredient in various cuisines. Fennel seeds are a common spice in Mediterranean, Indian, Middle Eastern, and Italian cuisines. They can be used whole or ground into a powder. Fennel seeds are often included in spice blends and herb mixes. In Indian cuisine, they are part of the panch phoron spice blend, and in Italian cuisine, they are used in sausages and spice blends like Italian sausage seasoning. Fennel seeds have a fragrant and warm aroma, which is released when they are crushed or ground. This aroma enhances the overall sensory experience of dishes.

Fennel seeds are known for their digestive properties and are often consumed as an after-meal breath freshener and digestive aid. They can help alleviate bloating, indigestion, and gas. **Culinary Pairings:** Fennel seeds complement a wide range of ingredients, including vegetables, seafood, poultry, and pork. They are commonly used in soups, stews, sauces, and marinades to add depth of flavor. **Herbal Remedies:** Fennel seeds have been used in traditional herbal medicine for their potential health benefits. They are believed to have antioxidant and anti-inflammatory properties and are used in various herbal remedies and teas.

Fennel seeds are a good source of dietary fiber, vitamins (such as vitamin C), and minerals (including potassium). They are also low in calories.

Fennel seeds are prized for their sweet and aromatic flavor, making them a versatile ingredient in the kitchen.

Mustard seeds are small, round seeds that come from the mustard plant (genus *Brassica*) and are commonly used as a spice and condiment in cooking. These seeds have been cultivated for thousands of years and are known for their distinct flavor and culinary versatility.

Mustard seeds are small, typically about 1-2 millimeters in diameter. Black mustard seeds are dark brown to black in color.

Mustard seeds have a distinctive flavor that is pungent, spicy, and slightly nutty. The intensity of the flavor can vary depending on the type of mustard seed and how they are prepared. Black mustard seeds are the spiciest, while white or yellow seeds are milder.

Mustard seeds are used in various forms in cooking. They can be used whole, crushed, ground into a powder, or turned into prepared mustard sauces or pastes. Whole mustard seeds are often used in pickles, relishes, and spice blends. Ground mustard seeds are a primary ingredient in traditional mustard condiments.

Mustard seeds are not only flavorful but also nutritious. They are a good source of minerals like selenium and magnesium and contain antioxidants. Mustard seeds are low in calories and can be a healthy addition to various dishes.

Mustard seeds pair well with meats, vegetables, salads, and sandwiches. They are also used to make salad dressings, marinades, and dipping sauces. Mustard seeds can add a spicy and zesty kick to a wide range of culinary creations. Mustard seeds are a versatile and essential spice that adds both flavor and complexity to dishes. Whether used as whole seeds, ground into a powder, or transformed into mustard sauce, their distinctive pungency and heat make them a valued ingredient in the culinary world.



Fenugreek seeds, scientifically known as *Trigonella foenum-graecum*, are small, amber-colored seeds derived from the fenugreek plant, which is native to the Mediterranean region and parts of Asia.

Fenugreek seeds are small and roughly rectangular in shape, typically measuring about 3-5 millimeters in length. They have a hard and smooth surface and are often described as amber or light yellow in color.

Fenugreek seeds have a unique and pungent flavor profile. They are known for their slightly bitter taste with sweet undertones and a hint of nuttiness. The flavor intensifies when the seeds are toasted or roasted.

Fenugreek seeds are a popular spice in Indian, Middle Eastern, and North African cuisines. They are used whole or ground into a powder. The seeds are a key ingredient in curry powders, spice blends, and pickling mixes.

Fenugreek seeds are often found in spice blends like garam masala (Indian spice mix), berbere (Ethiopian spice mix), and panch phoron (Bengali spice blend). They contribute to the complex and layered flavors of these blends.

When toasted or heated, fenugreek seeds release a pleasant and aromatic scent that enhances the overall sensory experience of dishes. The aroma is earthy and somewhat reminiscent of maple syrup. **Culinary Pairings:** Fenugreek seeds are used to flavor a wide range of dishes, including curries, soups, stews, bread, and pickles. They are often used in combination with other spices to create well-balanced and savory flavors.

Fenugreek seeds are believed to offer various health benefits. They are a source of dietary fiber, protein, vitamins (such as B vitamins), and minerals (including iron and magnesium). They are also used in traditional herbal medicine for their potential role in aiding digestion, reducing inflammation, and regulating blood sugar.

Coriander seeds, scientifically known as *Coriandrum sativum*, are small, round seeds that come from the coriander plant, a member of the parsley family. These seeds are widely used in cooking and are known for their distinct flavor and culinary versatility.

Coriander seeds are small and spherical, typically measuring about 3-5 millimeters in diameter. They have a smooth surface and vary in color from pale beige to light brown, depending on their maturity and processing.

Coriander seeds have a complex flavor profile that includes citrusy, earthy, and slightly sweet notes. They have a mild and slightly nutty undertone that adds depth to dishes.

Coriander seeds are a fundamental spice in many global cuisines, including Indian, Middle Eastern, Mediterranean, and Southeast Asian. They can be used whole or ground into a powder.

Coriander seeds are a key ingredient in numerous spice blends and mixtures. They are a component of curry powders, garam masala (Indian spice mix), ras el hanout (North African spice blend), and various pickling spices.

When crushed or ground, coriander seeds release a fragrant and citrusy aroma that enhances the overall sensory experience of dishes. This aroma is especially prominent when the seeds are toasted or dry-roasted.

Coriander seeds are not only flavorful but also offer potential health benefits. They are a source of dietary fiber, vitamins (such as vitamin C), and minerals (including calcium, iron, and magnesium). Some studies suggest they may have antioxidant properties and aid in digestion.

In some cultures, coriander seeds have been used in traditional herbal remedies to address ailments such as digestive discomfort and as a diuretic or a calming agent.



Nutmeg and mace are two closely related spices that come from the same fruit, the nutmeg tree (*Myristica fragrans*). They are both known for their warm and slightly sweet flavor, but they have distinct characteristics and culinary applications.

Nutmeg:

Nutmeg is the inner seed of the nutmeg fruit, and it is about the size of a small apricot pit. It is round with a rough, wrinkled, and brownish-black shell, which is removed to reveal the smooth, reddish-brown seed inside. It has a warm, slightly sweet, and nutty flavor with a hint of spice and earthiness. Its aroma is rich and aromatic, making it a popular spice for a wide range of dishes. Nutmeg has been used in traditional medicine for its potential digestive benefits and calming properties. However, it should be used in moderation, as excessive consumption can have toxic effects.

Mace:

Mace is the reddish, web-like outer covering (aril) of the nutmeg seed. It is removed, dried, and typically sold as blades or ground mace. Mace blades are thin and delicate, resembling pieces of reddish-brown lace. Mace has a flavor profile similar to nutmeg but is slightly milder and more delicate. It is often described as having a sweet and warm flavor with subtle hints of citrus and spice. Mace is used in a variety of dishes, especially in baking and desserts. It pairs well with fruits, custards, and pastries, adding a unique and aromatic quality to the recipes. Mace is also used in some savory dishes, such as sauces, soups, and meat-based recipes.

Like nutmeg, mace has been used in traditional medicine for its potential digestive and soothing properties. It is considered milder and gentler than nutmeg.

Both nutmeg and mace are versatile spices, and their use depends on the specific flavor and aroma you want to achieve in your dishes. They are often used together to create a well-balanced and harmonious flavor profile in various recipes. However, it's important to use them in moderation, as excessive consumption of either spice can lead to unwanted side effects due to the presence of compounds like myristicin.

*Full packaging process will be conducted under high standards of sanitation procedures and regulations of Sri Lanka.

* All the recipes are prepared under the standards of the export market. the recipes can be changed or adjusted according to each country and region's flavor palate.

* New recipes can be prepared as. Requested by the buyer.

*The required certifications for the produce can be provided.

*We can provide the quality and global standard certifications of GMP (Good Manufacturing Practices), HACCP certificate for Food safety standards in Sri Lanka (Hazard Analysis and Critical Control Points), ISO 22000:2018 FSM (Food Safety Management System) and all the government authorized certifications and permits for manufacturing and packaging. Health and microbiological reports would be provided for the relevant shipment according to the buyer's requirement.

*70% of a pre-payment should be submitted with the purchase order. The other 30% would be paid on BL Origin.

*Each item would be packed in food grade polythene bags and will be bundled in to 10 kg packs. The bundles will be contained in to cardboard shipping cartons which is maximum weight of 25 kg – each by obeying the labor rules and regulation. 1% of an item would be added as bulk packaging material cost.

*The product can be packaged as the end product (direct to the market shelf) if the buyer provided the final packaging material. 6 - 8 LKR would be added to the unit price as the packaging cost in addition to the production cost.

* Please use following contacts details for prices and purchasing orders

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