



MEDIA RELEASE

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**SEVEN NEW REASONS TO SEASON:
INTERNATIONAL McCORMICK RESEARCH REVEALS
HERBS & SPICES ARE SURPRISINGLY RICH IN ANTIOXIDANTS***

Seven “Super Spices” Deliver Big on Both Flavour and Function

When you hear the word “antioxidants” mentioned, what foods immediately come to mind? Blueberries? Cranberries? Goji? How about Cinnamon? That’s right, when it comes to antioxidant prowess, ½ teaspoon of Cinnamon also vies for top billing as a ‘super spice’ and the role of antioxidants is to fight free radicals in your body.

Antioxidants are extraordinary workhorses in our bodies. These substances help protect our bodies from oxidative damage that could effectively increase the risk of heart disease, cancer, diabetes and other chronic disease. Other studies suggest spices may help curb your hunger and boost your metabolism – which might make it easier to manage weight.

With an extensive world wide network of researchers, trend experts, chefs, home economists, food technologists, and sensory analysts, McCORMICK & Company, Inc. keeps its finger on the pulse of flavour. As a global leader in spices, seasonings and flavours, Health & Wellness is an important focus for McCORMICK and the company remains committed to understanding how herbs & spices might best be used to improve nutrition. As a result, McCORMICK is proud to sponsor the McCORMICK Science Institute (MSI), an independent research organisation set up to advance the science of health benefits of culinary herbs and spices.

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A published database by the US Department of Agriculture shows that the following Seven Super Spices are naturally rich in antioxidants.

These include:

Cinnamon

Ginger

Oregano

Paprika

Rosemary

Thyme

Turmeric

Nutritionists have long recommended herbs and spices as a way to add flavour without fat, salt or sugar – making it easier to meet today’s dietary guidelines. These Super Spices can bring you an antioxidant packed punch of goodness.

Accredited nutritionist Catherine Saxelby agrees, “Herbs and spices are extremely rich in antioxidants, vitamins and minerals. After antioxidant-rich fruits and vegetables, nutrition research is now turning its attention to herbs and spices and how their high phytonutrient content can improve our health. It’s a new and exciting area of nutrition research and I’m certain we’ll see many interesting papers coming out in the year ahead. Research into spices is such a good news story. It shows that adding something as simple as more spices and herbs is an easy way to boost the overall nutritional quality of your daily diet. And it helps boost flavour when you cut back on excess salt or fat or sugar. What’s especially encouraging is that the spice amounts being studied are reasonable for culinary usage.”

The Original Functional Foods?

Hamed Faridi, Ph.D. Vice President of R & D, McCORMICK & Company, Maryland, USA, “In many cultures throughout history, spices and herbs have been used for both culinary and medicinal purposes. Spices and herbs contain a wide variety of biologically active compounds. That’s why many of these plant-derived ingredients are being studied for their health benefits.”

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“And since they do not contain the water that makes up a significant part of other antioxidant-rich foods, spices and herbs offer a big antioxidant punch in a very compact package. Spices and herbs also are rich in phytonutrients, such as carotenoids, flavonoids and other phenolics, which may possess health-promoting properties beyond protection against oxidation.”

So it makes good nutritional sense for you and your family to combine ‘super’ foods like raspberries, broccoli and salmon with the McCORMICK Seven Super Spices. To help you enjoy the taste and health benefits of antioxidants contained in the Super Spices throughout the course of the day, McCORMICK has captured a wealth of information on www.spicesforhealth.com.au

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To make it easy – and delicious – to enjoy the potential benefits of spices, McCORMICK Foods has created a unique collection of new recipes, specially designed to deliver at least ½ a teaspoon of antioxidant-rich spices per serving. Using the extensive research results gathered from the McCORMICK Science Institute, www.spicesforhealth.com.au is also packed with information, tips and advice on the Seven Super Spices.

So take advantage of McCORMICK’s expert knowledge on the Seven Super Spices. Log on to www.spicesforhealth.com.au from mid February 2009 and choose your favourite recipes. Then pick up the Seven Super Spices from McCORMICK’s quality range of herbs and spices. McCORMICK’s standard glass jars and convenient mini tubs are available from supermarkets nationally.

-recipes follow-

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Ginger, Pear and Raspberry Cake

Prep Time: 10 minutes **Cooking Time:** 40-50 minutes
No of Serves: 12

Ingredients:

1 pear
1/3 cup golden syrup
125g butter
3/4 cup (165g) brown sugar
3 eggs
1/2 cup (125ml) buttermilk
2 cups (250g) self raising flour
1 tbsp **McCORMICK Ground Ginger**
1 cup fresh or frozen raspberries

Direction:

1. Line a 20cm spring form pan with baking paper.
2. Peel and slice the pear thinly and place decoratively around the bottom of the spring pan.
3. Drizzle the golden syrup over the pear.
4. In a large mixing bowl cream butter and brown sugar together until pale. Slowly add eggs then buttermilk. Sift flour and ginger into the bowl and mix until smooth.
5. Fold in raspberries and pour the cake batter onto the pear.
6. Place in a pre heated oven (170 °C) for 40-50 minutes or until cooked and golden. Let cool for 10 minutes and turn out onto a nice plate.
7. Serve with extra raspberries if desired.



Nutrition per serve: 1615 kilojoules (386 calories), 15g fat (including 6g saturated fat), 58g carbohydrate (including 35g sugars), 3g fibre and 370mg sodium

Portuguese Style Chicken

Prep Time: 1 hour **Cooking Time:** 25 minutes
No of Serves: 4-6

Ingredients:

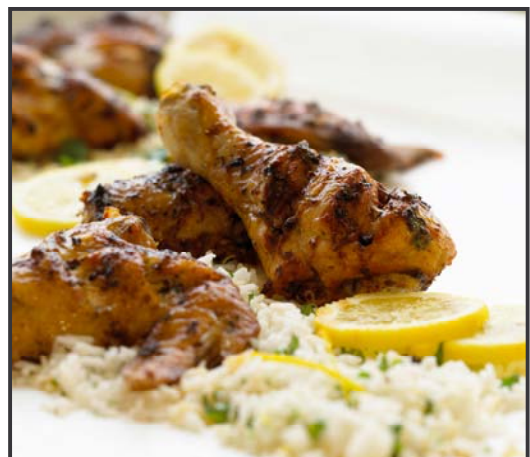
1kg chicken pieces, trimmed of fat
1 lemon, juice and zest
2 tbsp **McCORMICK Paprika Sweet Hungarian Style**
1/2 tsp **McCORMICK Oregano Leaves**
2 tsp fresh garlic, finely chopped
1 tbsp olive oil
1/2 cup fresh coriander, chopped
4 cups cooked jasmine rice

Direction:

1. Score chicken pieces and place into a large freezer bag.
2. Mix lemon juice, paprika, oregano, garlic and oil and pour over chicken and massage well. Marinade for at least 1 hour or over night.
3. BBQ or oven bake in a hot (200 °C) oven for 25 minutes.
4. Serve on a bed of rice, coriander and lemon zest.

Nutrition per serve: 1695 kilojoules (405 calories), 20g fat (including 6g saturated fat), 33g carbohydrate (including 0g sugars), 1g fibre and 90mg sodium

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Spanish Chicken and Prawn Rice Pilaf

Prep Time: 10 minutes **Cooking Time:** 25 minutes **No of Serves:** 4

Ingredients:

1 tbsp oil
1 onion, finely diced
200g chicken, sliced
1 1/2 tbsp **McCORMICK Paprika Sweet Hungarian Style**
1 tsp **McCORMICK Chilli Flakes**
2 tsp **McCORMICK Ground Turmeric**
3 cloves fresh garlic, peeled and sliced
1 1/2 cups basmati rice
2 tbsp tomato paste
2 cups low salt chicken stock
2 cups water
12 green prawns
1 cup fresh parsley
1 lemon



Direction:

1. Heat oil in a large frying pan or wok and fry onion, chicken, paprika, chilli, turmeric and garlic for 3-4 minutes.
2. Add in rice and tomato paste then stir for a further 2 minutes and turn heat to low.
3. Add stock and water, a cup at a time, to the pan and stir regularly until liquid soaks into the rice.
4. Add in prawns five minutes before serving, and finish with parsley.
5. Season with a wedge of lemon and cracked pepper.

Nutrition per serve: 1885 kilojoules (450 calories), 7g fat (including 1g saturated fat), 67g carbohydrate (including 4g sugars), 3g fibre and 620mg sodium

Banana and Cinnamon Loaf

Prep Time: 10 minutes **Cooking Time:** 50-60 minutes
No of Serves: 12

Ingredients:

125g butter
1/4 cup maple syrup
1 cup (170g) brown sugar
2 eggs
1/2 cup (125ml) buttermilk
1 1/2 cups (200g) plain flour
1/2 tsp bicarbonate of soda
1 tsp baking powder
3 tsp **McCORMICK Ground Cinnamon**
3 tsp **McCORMICK Ground Ginger**
3 bananas, chopped or mashed



Direction:

1. Line a loaf tin with baking paper.
2. In a large mixing bowl cream butter, maple syrup and brown sugar together until pale. Slowly add eggs then buttermilk. Sift flour, bicarbonate of soda, baking powder, cinnamon and ginger into the bowl and mix until smooth. Fold in bananas and pour the batter into the loaf tin.
3. Place in a pre heated oven (170°C) for 50-60 minutes or until cooked and golden. Let cool for 10 minutes and turn out onto a nice plate, and serve warm.

Nutrition per serve: 1520 kilojoules (363 calories), 14g fat (including 6g saturated fat), 55g carbohydrate (including 35g sugars), 2g fibre and 165mg sodium

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Rosemary and Chilli Spaghetti with Crumbled Fetta

Prep Time: 5 minutes **Cooking Time:** 30 minutes

No of Serves: 4

Ingredients:

1 tbsp oil
2 tsp **McCORMICK Rosemary Leaves**
1 fresh chilli, sliced
3 cloves fresh garlic, peeled and sliced
2 x 400g cans salt reduced tomatoes, diced
3 cups spaghetti, cooked
2 tbsp capers
100g low salt fetta cheese

Direction:

1. Heat oil in a large frying pan fry rosemary, chilli and garlic for 1 minute, add in the tomato and turn heat to low.
2. Simmer gently for 20 minutes.
3. Stir through the spaghetti and let simmer for a further 5 minutes.
4. Sprinkle with capers and crumbled fetta and serve.



Nutrition per serve: 1365 kilojoules (326 calories), 13g fat (including 6g saturated fat), 39g carbohydrate (including 7g sugars), 5g fibre and 140mg sodium

Aussie Beef Burgers

Prep Time: 5 minutes **Cooking Time:** 15 minutes

No of Serves: 12 burgers

Ingredients:

500g beef mince
1 onion, finely diced
2 tbsp tomato sauce
1 tbsp BBQ sauce
3 tsp **McCORMICK Oregano Leaves**
2 carrots, grated
3 tsp **McCORMICK Thyme Leaves**
2 eggs
½ cup breadcrumbs

Direction:

1. Mix all ingredients together in a large bowl.
2. Divide mixture into 12 portions and roll into patties.
3. BBQ burgers on a medium heat for 7-8 minutes on both sides and serve on toasted buns with sliced tomato, beetroot and rocket.

Nutrition per serve: 455 kilojoules (108 calories), 5g fat (including 2g saturated fat), 6g carbohydrate (including 2g sugars), 1g fibre and 110mg sodium

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T: 0412 582 187. F: 03 8610 2038. E: Neredith@marketmaker.com.au

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