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SINGLE ORIGIN SPICE GUIDE





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I am Bala Sarada, founder of VAHDAM® India

Born & raised in India, I started VAHDAM® India with a vision to make available India's finest teas & spices globally, without unnecessary middlemen.

Our home-grown brand is now introducing Single Origin Spices with an aim to take native Indian wellness to the world while staying true to our promise of keeping an uncomplicated supply chain.

All VAHDAM® Spices are procured directly from farmers & cooperatives within days of harvest, processed at our BRC-certified facility at origin in India, and sealed fresh to retain their potency, aroma, and flavor. We ensure that consumers get farm fresh produce while value is retained at source.

Additionally, 1% of our revenue is directed to the education of our farmers' children. Our farmers, like any other parent, wish for their progeny to have a better life than them. We at VAHDAM® India wish to honor this aspiration.

And just in case you were wondering, 'VAHDAM' is the reverse anagram of my father's first name, Madhav.



BALA SARDA
Founder, VAHDAM® India

THE INDIAN SPICE HISTORY

In dia has been cultivating spices for thousands of years, and the country's unique climate and soil are perfect for growing them.

Our country is home to a variety of spices that can't be found anywhere else in the world so it only makes sense that almost all Indian dishes are always bursting with flavors.

Indian spices have been mentioned during the Vedic period and the information was mostly passed down verbally to generations. Many spices have been mentioned in the Rig Veda, and the Yajur Veda too.

Our country is also known as the "Spice Bowl of the World" and the usage is dated back to the early days of the human establishment! Yep, humans always had a knack for all things spicy!

SOURCES OF OUR SINGLE ORIGIN SPICES

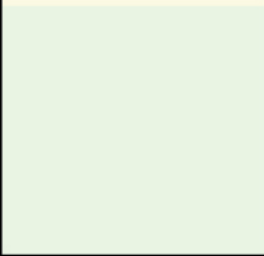
More about the origin of Indian spices and states they are sourced from.





RECIPES

Recommended by
Michelin Star Chef Vikas Khanna



MEXICAN STREET TACOS



Ingredients: 1/2 shredded iceberg lettuce, 2-3 tbsp sour cream, 2 sliced jalapenos, 2 sliced green chilies, 1 tsp tomato puree, 1 red onion, 1/3 red, yellow, and green bell pepper, 100 gm cottage cheese, 150 gm cooked kidney beans, 5 tbsp olive oil, 2-3 cloves of smashed garlic, 1 tsp chili powder, 1 tsp cumin powder, 2 tomatoes, 1.5 tsp black pepper, juice of 1 lemon, 2 tbsp chopped coriander leaves, 50 gm grated cheddar, taco shells

Instructions:

1. In a pan, heat olive oil, add the bell peppers, onions, garlic, and green chilies and saute nicely.
2. Add the cooked kidney beans to this mixture.
3. Crumble the cottage cheese into the pan.
4. Add the cumin and chili powder.
5. Mix all the ingredients together well.
6. Add 1 teaspoon of tomato puree to the mix.
7. Season with salt and pepper, add lime juice and chopped coriander and mix well.
8. In a mix add 2 tomatoes, 1.5 teaspoon olive oil, a big pinch of salt and a small bunch of coriander leaves to make a green salsa.
9. To assemble, warm up the taco shells and add the shredded lettuce, kidney beans, cottage cheese mixture, jalapenos, cream cheese and grated cheese with the tomatillo salsa.
10. Serve fresh & enjoy!

CHOCOLATE SPICED COOKIES



Ingredients: 1 cup whole wheat flour, 2½ tbsp cocoa powder, ½ tsp bicarbonate soda, chocolate chips, 1 tsp ground cloves (not heaped, or else will be too strong), 2-3 tbsp dark brown sugar, 2 tbsp black treacle, 3 tbsp oil, 1 egg

Instructions:

1. In a bowl, add the flour, cocoa powder, soda, ground cloves, chocolate chips and whisk.
2. Add the eggs, oil, sugar and black treacle to another bowl and whisk it too.
3. Make a well in the center of the flour mixture and add the wet mixture.
4. Fold in till everything comes together and make a dough.
5. Cover the bowl with plastic wrap and refrigerate.
6. Next, Preheat the oven to 180°C and line your baking tray.
7. Make 10-15 balls from the mixture and place them on the tray. Slightly flatten the balls.
8. Place the tray in the oven and bake for 12-13 mins at 175°C.
9. Let the tray cool down and place the cookies on a plate. Serve & enjoy!

VEGAN ASHWAGANDHA LATTE



Ingredients: 1 cup of milk (almond, hazelnut, oat milk or any vegan milk of choice) cold or hot, 1 tsp Ashwagandha powder, ½ tsp cinnamon powder, ½ tsp maple syrup or honey.

Instructions:

1. Warm the milk or add cold milk to a glass.
2. Add the powdered spices and maple syrup or honey.
3. Stir well, using the whisk to blend, and adjust sweetness to taste.

RICH FRENCH ONION SOUP



Ingredients: 6 large onions, 4 tbsp extra virgin olive oil, 2 tbsp butter, 1 tsp sugar, 2 cloves garlic (minced), 2 bay leaves, 8 cups of chicken stock, 1/2 teaspoon, of dried thyme, 1/2 tsp freshly ground black pepper and 1 tbsp onion powder.

Instructions:

1. Peel and thinly slice the onions from root to stem. There should be about 10 cups of sliced onions in total.
2. In a thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions, and onion powder and toss to coat with the olive oil.
3. Cook the onions, stirring often, until they have softened, about 15 to 20 minutes.
4. Increase the heat to medium-high. Add the remaining tablespoon of olive oil and the butter and cook, stirring often, until the onions start to brown, about 20 to 40 minutes.
5. Sprinkle with sugar (to help with the caramelization) and 1 teaspoon of salt.
6. Continue to cook until the onions are well browned, about 10 to 15 more minutes.
7. Add the minced garlic and cook for a minute more.
8. Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes.
9. Season to taste with more salt and add freshly ground black pepper.
10. Ladle the soup into the bowls or casserole dish. Cover with the toast and sprinkle with cheese (optional).

HOLIDAY GINGERBREAD COOKIES



Ingredients: 100g salted butter, 3 tbsp golden syrup, 100g sugar, ½ tsp bicarbonate soda, 1 tbsp ginger powder, 1 tsp cinnamon, 225g plain flour, 50g icing sugar

Instructions:

1. Heat butter, syrup, and sugar together in a small pan until melted, stir lightly.
2. Mix ginger, cinnamon, and flour in a large bowl and add the syrup mixture. Stir well to combine and make a dough. Add a little amount of milk if needed. Once done, refrigerate the dough.
3. After some time, put the dough on parchment paper and shape it into a rectangle, laying another sheet of parchment on top of it. Roll the dough out to a thickness of half a centimeter. Transfer it to a baking sheet and refrigerate again.
4. Heat the oven to 190 ° C/170 ° C. Remove the dough from the fridge and use a cookie cutter to give it shape.
5. Place it on the baking sheet and bake for 10-12 mins at 180°C.
6. Mix the icing sugar with 1-2 tbsp water and adjust the consistency. Decorate the cooled biscuits.

FRESH & FLUFFY CINNAMON ROLLS



Ingredients: 2 and 3/4 cups flour, 1/4 cup sugar, 1/2 tsp salt, 3/4 cup whole milk, 3 tbsp butter, 1 egg, 2 and 1/4 tsp yeast.

For the icing: 1 tbsp cinnamon, 3 tbsp unsalted butter, 1/3 cup brown sugar.

Instructions:

1. Mix your dry ingredients well in a big bowl. Add warm milk to butter together, and then whisk in the yeast until dissolved.
2. Mix the two together, add egg and mix again to form a dough.
3. Put the dough on a flat surface and knead by hand until it softens.
4. Let the dough rest for 10 mins. Roll it out and top it off with softened butter and add the brown sugar & cinnamon mixture.
5. Roll up the dough like a log and cut it into 10-12 pieces.
6. Preheat the oven to 190°C and bake for 24–27 minutes or until you see it turning brown.
7. For the icing, whisk unsalted butter, brown sugar and cinnamon, combine until smooth and add it to your cinnamon rolls.
8. Serve fresh and enjoy!

TURMERIC SMOOTHIE BOWL



Ingredients: 16 oz coconut or almond drinking milk, 2 chai tea bags, 1–2 tsp turmeric, a pinch of cinnamon, 1 tbsp maple syrup or raw honey, 2+ tbsp chia seed and 1 tbsp almond butter.

Instructions:

1. First, heat the milk on the stovetop or in the microwave. Place chai tea, turmeric, and cinnamon in a pot or heat-resistant jar and steep for 3-4 minutes. If using the stovetop, let the milk come to a quick boil then reduce and simmer for 2-3 minutes, 4 minutes altogether.
2. Remove tea bags and whisk them together.
3. Pour the chai tea and turmeric mixture into a blender with 1 tablespoon of chia, honey or maple syrup, almond butter, banana, and protein. Blend together and pour into a large jar. Mix in 1 tablespoon of chia seed (add an extra 1 tsp if you want a chia pudding-like texture).
4. Place jar in the fridge to cool and thicken; 1 hour up to overnight.
5. Pour the smoothie into 2 bowls and top with more cinnamon, and chia or oats (if desired).

“ Loving how VAHDAM® India's Single Origin Spices made its way to my kitchen and I'm in no mood to replace them with anything in world. ”

VIKAS KHANNA
Michelin Star Chef



“ Though India provides the world with the widest variety of delicious spices, there is an absence of a home-grown brand, and the supply chain is broken too. We wanted to solve this problem and made a conscious decision to bring sustainable, and fresh spices to consumers around the world. ”

BALA SARDA
Founder, VAHDAM® India



AUSPICIOUS SPICES IN WEDDING RITUALS

Wedding rituals in India are incomplete without the use of spices. Spices such as Turmeric, Cardamom, Cloves, and Pepper are used in various rituals.

Turmeric is used to create the sacred fire that is central to many wedding rituals.



Cardamom is used in the preparation of the wedding feast and Indian sweets.



Pepper is used to ward off evil spirits.



SPICES BEYOND FOOD

DIY TRICKS & TIPS



Struggling with acne or pigmentation? Get clear skin with a turmeric and honey face mask.



Dealing with bad hair days? Cumin is great for hair. Just mix some cumin with hair oil or water and massage it into the scalp to fight dandruff and hair loss.



Want to make a scrub at home? Get some ginger, clove, coffee powder and sea salt in a jar and show your dull skin some love!

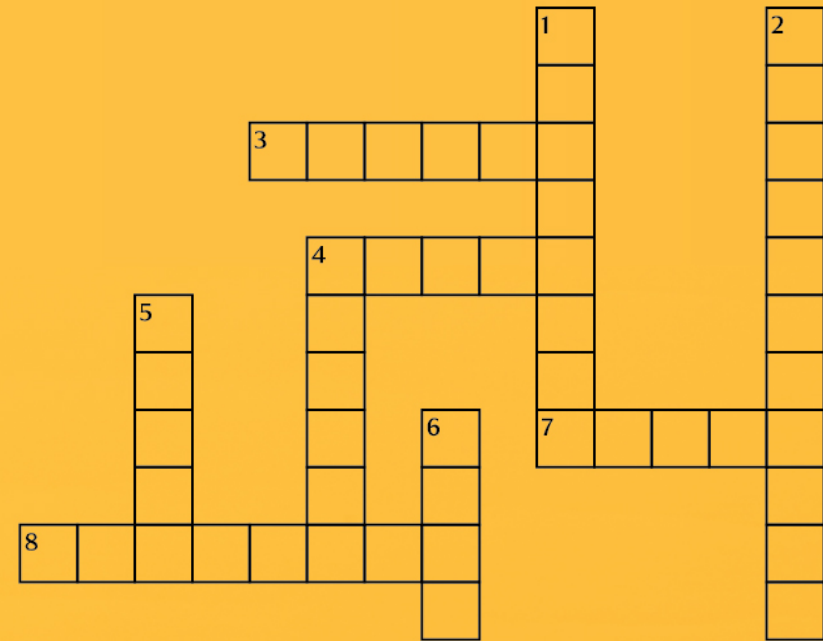
THE SPICE QUIZ

Across

- 3. Contains gingerol
- 4. The toothache healer
- 6. Known as jeera
- 7. The brown zest

Down

- 1. The Golden Spice
- 2. The Indian Ginseng
- 4. The bishop's weed
- 5. The essential anti-oxidant spice
- 6. Salt - Odorless spice from Himalayan peaks



THE SPICE ESSENTIALS CHECKLIST

Never forget another spice when you're off to shop for essentials. Here's a list to keep handy.

- **Salt:** This is a must-have for seasoning
- **Black Pepper:** Another versatile spice you can't miss
- **Cinnamon Powder:** A flavorful staple
- **Cumin:** A common spice in Indian cuisine
- **Clove:** A must-have for anything with a kick
- **Garlic Powder:** A convenient way to add a nutty flavor
- **Ginger Powder:** For perfect Asian-inspired dishes



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