

SPICEOLOGY

# Warming



Aka that cozy flavor hug with notes of nostalgia.

## We're in full-swing warming spice season

And no, we're not talking heat this time, rather, those evocative flavors that might have their own candle scent or LTO drink at Dutch Bros.

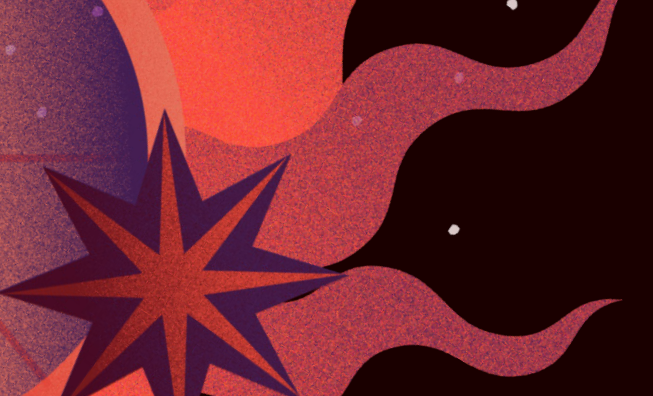
In this Flavor Focus we're breaking down the seemingly universal allure of these warming spices, and more importantly, all the ways they add depth of flavor to dishes.



So grab a hot cup of something seasonal as we wander together in the wide world of warming flavors.

### This is your brain (and body) on pickled.

Quick sensory stimuli breakdown:



**Mouth Perception**  
Literal warmth that coats the tongue and starts to warm you from the inside out with growing sharp notes that linger then fade.

**Nose Notes**  
Sharp and pleasing aromatics with a strong spiciness.

**Brain Communique**  
Instant enveloping comfort with complex warming properties = "I like these familiar flavors and want more."

“It's all about the warming spices. Think about it... Ras el Hanout, Chinese Five Spice, Jamaican Jerk, each of these blends is just two or three spices away from trending critical darling that is pumpkin spice. By substituting your standard baking blend for a more interesting, worldly, and flavorful composition, you create something delicious and dynamic.”



— Spiceologist & Chef Christian Gill

## Do warming spices actually...warm...you up?



That's a yes, folks.

Warming spices stimulate heat in the digestive system and throughout the body, increasing your internal body temperature, improving blood circulation, and giving you a sense of warmth.

### New word of the day: Thermogenic.

These are foods and spices that promote a bodily process called thermogenesis where your body burns calories and breaks down fat cells to create heat. Studies show that warming spices can increase body temperature and even fuel your metabolism.

- 1. They do a body good.**  
Many warming spices, including cinnamon, cloves, ginger, and nutmeg, help control blood sugar, enhance circulation and promote good digestive health. Many of them also offer beneficial minerals and vitamins, flavonoids and antioxidants.
- 2. They're super versatile.**  
Warming spices can (and should) be used in sweet and savory dishes and everywhere on the menu.
- 3. They add depth of flavor.**  
Noted in the Washington Post: "Warming spices uplift the innately sweet notes that are already present in savory food," said Chef Jon Kung. Warming spices also pair well with rich, hearty and meaty dishes or anything with some serious fattiness.
- 4. A little goes a long way.**  
While most warming spices are already on the affordable side, it also only takes a little amount to make a big flavor impact.

## 5 Reasons Warming Spices are Friggin Cool

**5. They can add the unexpected.**  
When a dish is imparted with salt and has the right acidity, you can layer the flavor and impart some character with warming spices. Cumin can often add that mystery flavor guests can't pinpoint that takes a dish to a memorable level.



Alcohol, coffee, cranberries, garlic, honey, mustard, olive oil, onions, potatoes, vinegar, walnuts

## Warming on the Menu

Our Spiceologists bring those big warm vibes with these twists on comfort classics.

**BREAKFAST**  
Spiceology X Marley Kitchen  
One Love French Toast with Ras el Hanout Maple Syrup

**LUNCH**  
Spiceology Jamaican Jerk  
Shrimp Lettuce Wraps

**APPETIZER**  
Spiceology Garam  
Masala Aloo Bonda

**DINNER**  
Spiceology Apple  
Cinnamon Brined Pork Chop

**SIDES**  
Spiceology Tandoori Glory  
Roasted Carrots with Maple Yogurt

**DESSERT**  
Spiceology Cardamom  
Pumpkin Pie

**COCKTAIL**  
Spiceology Pumpkin  
Spice Espresso Martini

## Real Warming Ingredients & Blends



Shop Warming Blends & Ingredients [spiceology.com](http://spiceology.com)

