

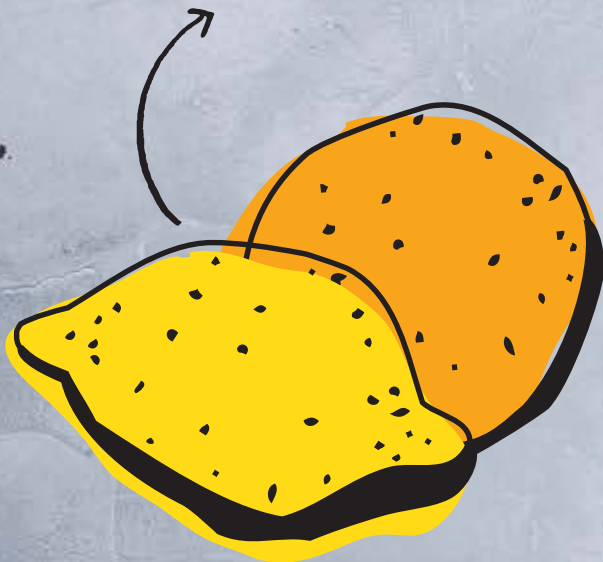
WHAT SMELLS?

so delicious here

Have you noticed that winter has a very special smell? What we can smell each year are Christmas spices and aromas. They can be found in a delicious punch, for example. Let's take a look at exactly what our noses are detecting.

LEMON & ORANGE

Lemon and orange are citrus fruits that you will find all year round in the shops. They are picked in autumn and winter in southern Europe, so they don't have far to travel before they reach us. Lemons and oranges are used a lot at Christmas – in biscuits and punch, for example. In such cases, you will need the juice and perhaps also the zest, which can be finely grated. But make sure it's just the top layer, as the white pith underneath is bitter and not as palatable.



STAR ANISE

The fruit of the Chinese star anise plant looks very Christmassy and you can smell it a mile off. This star-shaped pod contains a single seed in each of its eight segments. Star anise goes well in jam and punch – the Christmas drink pictured here in the middle. These pretty little stars can even be used as Christmas decorations!

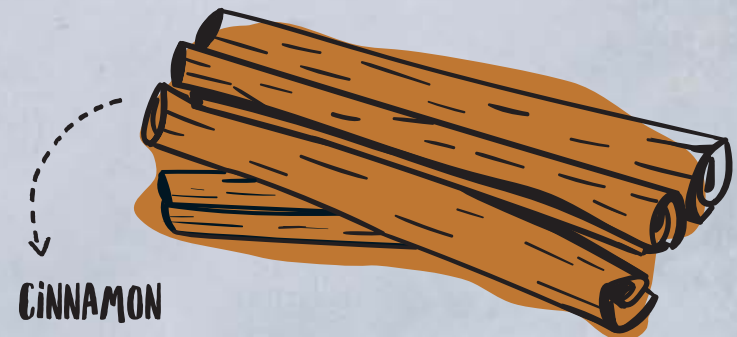


CLOVES

They look like little nails and their name comes from the French word "clou", which means nail. However, this is no reflection on how they taste. Cloves have an intense flavour and can be used whole or ground. Whole cloves are used in punch, for example, while ground cloves can be found in gingerbread spice mix.

VANILLA

Vanilla is used all year round. At Christmas-time, you'll find it in all kinds of biscuits. For some recipes, you'll need the seeds from the vanilla bean, which comes from an orchid. But there are also many other types of vanilla, such as vanilla sugar. This is granulated sugar infused with vanilla beans. Ground vanilla and vanilla paste can also be used for baking and cooking. They are less sweet but just as intense.



CINNAMON

You will find cinnamon in two different forms in the shops – cinnamon sticks and ground cinnamon. The cinnamon stick is a piece of bark from the cinnamon tree that has rolled up during drying. You can use it in punch, for example. Ground cinnamon is cinnamon bark that has been ground to a powder. This can be used in desserts and, of course, delicious biscuits. The warm aroma of cinnamon is particularly popular in the cold of winter.

Visit
littlefooby.ch/knowledge
for more exciting
culinary facts