

Spices :

The spices add flavour, colour and taste to our food.

Some of common spices are :-

a) chillies

b) cloves (lawng)

c) turmeric (haldi)

d) coriander (dhania)

e) Pepperc (kali mirch)

f) Cardamom (elaichi)

g) Bayleaves

h) cinnamon

i) Mace (javitri)