



# CREATING CHANGE

DAAD ALUMNI PROJECT  
AT THE UNIVERSITY OF  
WÜRZBURG





## ***Introduction***

Being active, taking responsibility and exchanging experience and knowledge is important in order to create a world where sustainable living, working and doing research plays an increasing role in everybody's life.

The German Council for Sustainable Development defines universities as pioneers for change processes. That is why the topic has been addressed in this year's international Alumni DAAD project ***„Creating change - sustainable thinking, working and doing research“***.

Food is one important component of our every day living. With its ingredients like spices the food gets its certain flavour and can also serve the well-being of the consumer. Often the use of the spices has an old tradition. Some Alumni of the project shared their experiences and knowledge.

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## ***Nice Spice***

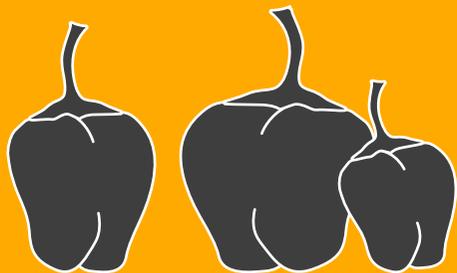
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# SWEET PEPPER

01

- Looks** *Small, Four colors*
- Taste** *Rather bitter*
- Uses** *Sweet Pepper brings stews from simple to sophisticated to life; it caresses like velvet and seduces with its softness, subtlety of aromas and silent personality; it marks, without fanfare or aggression, the seasoning that harmonizes what is eaten in our country*
- More about the Spice** *Found especially in Isla Margarita. Identifies our cuisine, every day. Venezuela is the only American country where its use is essential. The spice represents a history of mystery, pleasure and pain - it generates passions, rejections, essential in our Venezuelan flavor.*



**Prof. Dr. Alicia Ponte-Sucre**

*Alexander von Humboldt-Fellow, Molecular Physiology, Venezuela*



# PIMENTA BIQUINHO

08

*(Beak pepper)*

- Looks** *A beautiful looking plant, makes a great ornamental plant that grows about 20 inches tall in a pot with red pepper filled cascade branches.*
- Smell** *It smells like fresh pepper, not too sharp.*
- Taste** *It is not really sharp as a pepper.*
- Where can you find it?** *It is grown mostly in Minas Gerais, but you can buy it in every state in Brazil.*
- Uses** *It is used to season meat, chicken, fish, and as pickled in a vinegar solution. It also serves as an appetizer along with cheese, ham, and also with barbecue.*
- Where did you use it lately?** *I used last to season and decorate chicken filets broiled in a pan, served with white rice.*



**Dr. Lilian Calò**

*Coordinator for Scientific Communication in Health at PAHO/WHO, Brasilien*



## IRU

*(Fermented Locust beans)*

# 02

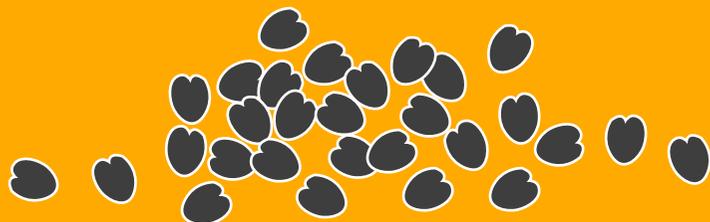
**Looks** *Brown with ash color coat if well fermented*

**Taste** *Spicy nice*

**Where can you find it?** *In the fruits of the Locust bean's tree. Locally in the nigerian forests and farmlands.*

**Uses** *For special taste and aroma, especially in soup, stew, sauce, vegetables ...*

**More about the Spice** *Conventionally believe to enhance good eye sight.*



**Prof. Dr. Olanike Deji**

*Agricultural Extension and Rural Sociology, Nigeria*



## AIDAN FRUIT

*(Tetrapleura tetraptera)*

# 04

**Looks** *Coffee brown*

**Smell** *Like camwood, sweetish and hotish*

**Where can you find it?** *It is a species of the pea family native to West Tropical Africa and is very abundant in Nigeria. It is also found in Senegal, Sudan, Uganda, Kenya, Angola and Tanzania.*

**Uses** *The sweet fragrance of Aidan fruit is highly valued as it is used to spice up rich foods such as banga soup. Medicinally, Prekese bark has been known as a medicinal plant in Africa for centuries, which works against congestion chest, cough and cold, and is also used to treat serious sicknesses such as fertility & sexual issues, diabetes, epilepsy, arthritis, asthma, leprosy, convulsion fibroid & it's prevention. The consumption of this fruit translates to zero contractions in women after delivery. The fruit is counted as one of the greatest gift from Africa to the world. It is also used as a dietary supplement, as Aidan fruit contains key minerals and vitamins such as Zinc, Iron, Potassium, Calcium, Magnesium etc.*

**Where did you use it lately?** *I use it often for cooking fresh fish pepper soup.*



**Prof. Dr. Bolanle Simeon-Fayomi**

*Department of Adult Education & Lifelong Learning, Obafemi Awolowo University, Nigeria*



# CHIMICHURRI

is a mix of spices (garlic, salt, Panna salt, white wine vinegar, „dedo de moça“ pepper) and herbs (parsley, basil, oregano)

03

- Origin** *Traditionally from the gaucho lands (Pampa) in South America, specifically Argentina, Uruguay and Rio Grande do Sul (Brazil).*
- Looks** *Like a green paste, resembles a pesto*
- Smell** *Like a fresh combination*
- Where can you find it?** *It's pretty common to make it your own. You can grow almost all the herbal ingredients at home.*
- Uses** *We use it usually in grills, barbeques, „churrasco“ and „asados“ in general. But it's also good to have in salads, sandwiches, or with bread as an appetizer.*
- Where did you use it lately?** *I eat it regularly, for example when meeting friends. Lately for example we gathered to enjoy a sunny Sunday and had a „churrasco“.*



## Dr. Luiz Eduardo Garcia da Silva

Currently researching the feasibility of a currency union adoption in South America, Brazil



# HALAS LEAVES

(Scientific name: *Cissus rotundifolia*)

13

- Looks** *Halas plants, Halas leaves, cooked or dried leaves*
- Where can you find it?** *Originated from Yemen and only known in Yemen.*
- Uses** *Mainly as a food additive with different Yemeni meals to give a very nice taste; like limon. It is also used as traditional medicine in Yemen for fever treatment.*



## Dr. Ghanya Al-Naqeb

research fellow at Agriculture, Food and Environment Center, Italy, originally from Yemen



# CINNAMON

*Cinnamon is a stimulant, digestive and antiseptic. The bark is peeled and dried and is often ground into powder, but is also used in rolled strips. The colour is brown and you can also recognize the smell very easily. The spicy aroma of cinnamon enhances both sweet and savory foods. In Egypt, you can buy it from a perfume shop or from a supermarket*

05

- Looks** *The colour is brown. The bark is peeled and dried and is often ground into powder, but is also used in rolled strips.*
- Uses** *Cinnamon is a stimulant, digestive and antiseptic. A tea made of cinnamon (hot water and honey and cinnamon) is widely drunk in Egypt in cold weather and I like it very much. It compliments meats and chicken as well as desserts and sweet treats such as bread, cookies pies pudding, and cakes. It can also be made into a tea with hot water and honey or with milk and chopped pistachios or added to hot cocoa, cider, and coffee. Medicinically, cinnamon is used to treat sore throats, stomach pains and digestive troubles as well as to promote regular and easy menstruation. Ancient Egyptians used cinnamon as part of their embalming rituals.*
- More about the spice** *Ancient Egyptians used cinnamon as part of their embalming rituals.*
- Where did you use it lately?** *I regularly add cinnamon to hot cocoa, tea, cider, and coffee. I also use cinnamon to help to treat cold and throat ailments such as coughing, hoarseness, and sore throats.*



**Iman Abouhassan**

*Children's Museum Director of the Grand Egyptian Museum, Egypt*

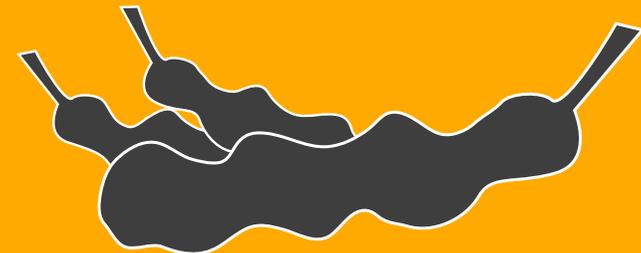


# SAMPALOK

*(Tamarind)*

07

- Looks** *Brown, pod-like with a fleshy fruit inside.*
- Smell** *It has a sweet and sour smell.*
- Where can you find it?** *It is mostly found in tropical countries.*
- Uses** *Although it can be used as medicine (as a poultice), in the Philippines, it is most commonly used for cooking as a souring agent for a popular Filipino dish called Sinigang.*
- Where did you use it lately?** *When my sister and I cooked Sinigang a few weeks ago (we used a prepared mix though).*



**Dr. Joanne de Ramos**

*St. Luke's Medical Center, College of Medicine, Philippines*



# CUMIN

06

- Looks** *Dark green, with seeds that look like a caraway seed but are a bit longer and boat-shaped.*
- Smell** *Pungent, warm, slightly nutty, with an earthy aroma (very noticeable when crushed). Cumin has a very distinctive flavor with mild bitter undertones.*
- Where can you find it?** *Cumin is an ancient spice grown in Egypt and the Middle East. It has been found in 4,000-year-old excavations in Syria and in ancient Egypt. It can also easily be found in the species section at grocery store.*
- Uses** *Cumin is used in both meat and vegetable dishes, as well as in soups and sauces. Cumin is also used in falafel. It can also be used to treat stomach infections.*
- Where did you use it lately?** *This morning on my smashed potatoes.*



## Amgad Fouda

Senior Art Specialist & Public Relations at the National Museum of Egyptian Civilization, Egypt

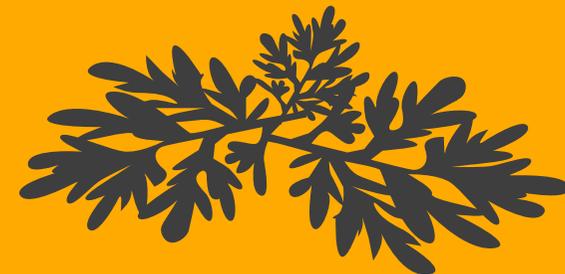


# AL SHABIAB

16

*(Scientific name: Wormwood)*

- Looks** *green plant, or dried brown leaves*
- Smell** *The smell is very aromatic and nice.*
- Where can you find it?** *In Yemeni market but it is known in the rest of the world.*
- Uses** *Mainly as a food additive and tea with different Yemeni meals especially Zorbiyan.*
- Where did you yourself use lately?** *I brought it from Yemen in the dried form and use it regularly.*



## Dr. Ghanya Al-Naqeb

research fellow at Agriculture, Food and Environment Center, Italy, originally from Yemen



# TURMERIC

09

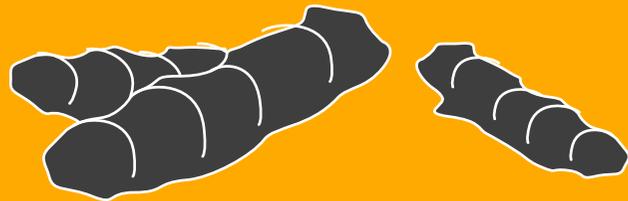
**Looks** *Yellow*

**Smell** *Mild pepper-like aroma*

**Where can you find it?** *Indian Ocean mainland and islands*

**Uses** *It can be used in food and drinks. It is a wonderful antiseptic, anti-inflammatory and antioxidant. It has been a part of Ayurvedic (traditional Indian medicine) for thousands of years.*

**Where did you use it lately?** *I use it every day ☺*



**Shalini Singh**

*Centre for Policy Analysis, Indien*



# ENSIF

14

*(Scientific name: Pulicaria jaubertii Gamal-Eldin)*

**Looks** *Ensif plant, green leaves and yellow flowers.*

**Smell** *The smell is very aromatic and nice.*

**Where can you find it?** *Originated from Yemen and only known in Yemen and The neighboring countries.*

**Uses** *Mainly as a food additive and tea with different Yemeni males to give a very especial test also it is used as traditional medicine in Yemen for fever treatment.*

**Where did you yourself use lately?** *I brought it from Yemen in the dried form.*



**Dr. Ghanya Al-Naqeb**

*research fellow at Agriculture, Food and Environment Center, Italy, originally from Yemen*

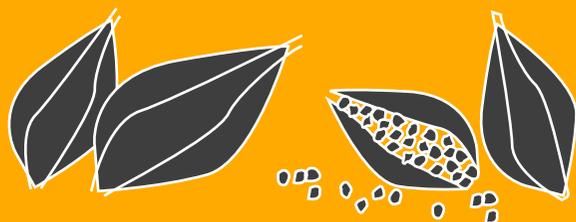


# CARDAMOM

(Elakki in Tamil)

10

- Looks** *Cardamom is an herb.*
- Smell & Taste** *It is a spice with an intense, slightly sweet flavor that some people compare to mint.*
- Where can you find it?** *It originated in India but is available worldwide today.*
- Uses** *Cardamom is used as a spice everyday. It is used in both sweet and savory recipes, e.g. in tea, in desserts, a must for meat preparations and as mouth freshener after meals. The seeds and the oil from the seeds are also used to make medicine for digestion problems and cold symptoms as Cardamom contains chemicals that might treat intestinal spasms, kill some bacteria, reduce swelling, and help the immune system. It is also used in soaps, creams, and perfumes.*
- Where did you use it lately?** *I daily use it in my tea.*



**Rev. Dr. Roy Anthonisamy**

*Pastor (Parish Priest) in Arni and Guest Professor for Pastoral Theology and Counselling, India*



# CARDAMOM

11

- Looks** *The seeds looks black.*
- Smell** *It has a very aromatic fragrance.*
- Where can you find it?** *Throughout hilly regions in India.*
- Uses** *It is widely used in different beverages including tea and in sweet dishes.*
- Where did you use it lately?** *In my tea ☺*



**Dr. Iddya Karunasagar**

*international consultant in food safety, India*



# BLACK SEEDS

(Yemeni: Habbat Al-Barakah)

12

## Smell & Taste

*Strong and spicy.*

## Where can you find it?

*It is known in many places in the world.*

## Uses

*Black seeds are mainly used as a food additive with different Yemeni meals, e.g. on top of bread, to give a very nice taste. They are also used for fever treatment.*



### Dr. Ghanya Al-Naqeb

*research follow at Agriculture, Food and Environment Center, Italy, originally from Yemen*



# YEMENI KABASAH

15

## Smell

*Strong spice taste and smell.*

## Where can you find it?

*They are available as individual and I prepared them by myself (grinding and mixing).*

## Uses

*As additive spices to most of the Yemeni meals especially our tradition KABASAH*

## Where did you yourself use lately?

*I use them always.*



### Dr. Ghanya Al-Naqeb

*research follow at Agriculture, Food and Environment Center, Italy, originally from Yemen*



# CLOVE

(*Syzygium aromaticum*) (Kanunfari in Hausa and Kanafuru in Yoruba Languages)

17

- Looks** *Small Reddish-brown flower bud*
- Smell** *Minty and Pepperish*
- Where can you find it?** *Savannah, North and South Nigeria*
- Uses** *The spice called clove is popular in the Nigerian local drink space such as Kununzaki and Zobo. It is used for preparing local delicacies such as pepper soup, Koko, fortified Yaji. Most importantly, Cloves are well known for their health benefits and serves as remedies for many diseases. For instance, Cloves contain important nutrients such as fiber, vitamins and minerals (e.g., one teaspoon which is (2 grams) of ground cloves contains calories (6), Carbs (1 gram), Fiber (1 gram), Manganese (55% of the Daily Value requirement) and Vitamin K (2% of the Daily Value requirement). Overall, cloves have approximately 8 key health benefits (Contains important nutrients, its high in antioxidants, can kill bacteria, may help to: regulate blood sugar, protect against cancer, improve liver health, promote bone health and reduce stomach ulcers). Healthwise, cloves have proven to provide relief from toothache, which is why its listed as ingredients in 99% of toothpastes. Cough and bad breath can be cure by consuming cloves. It can be added spice tea and used for air freshening due to its natural spicy scents.*

**Where did you use it lately?** *I am currently using it as tea. I also use it to spice up my millet meal (pap)*



**Dr. Mahmoud Ibrahim Mahmoud**  
Principal Environmental Scientist, National Oil Spill Detection and Response Agency (NOSDRA), Abuja, Nigeria

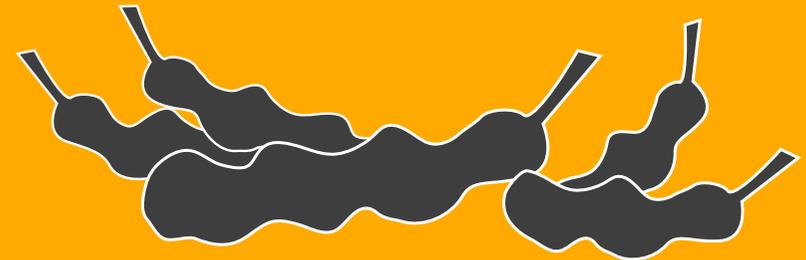


# GRAINS OF SELIM

(*Negro pepper*) It is called Hwentia or Hwentea (slender nose) by the Akans of Ghana. The Ewes of Ghana call it Etso. Its scientific name is *Xylopia aethiopica*.

18

- Looks** *Dark brown*
- Smell** *It has a nice pleasant smell. Due to this, it is boiled in water to extract the flavour and the boiled water (with the flavour in it) is used to prepare porridge for babies in Ghana. This improves the flavour of the porridge. When this is done for some time, it heals rashes on babies (because the spice is medicinal).*
- Where can you find it?** *It grows in rain forests and the savannah region of Ghana.*
- Uses** *It is either crushed or used whole in soups, stews, beverages, porridge (millet, sorghum or maize), shito (spicy shrimp pepper sauce), etc. In these foods, it is usually combined with other spices like ginger and cloves. It is used in traditional medicine to treat female infertility, haemorrhoids, malaria, amenorrhoea, cough, syphilis, etc.*
- Where did you yourself use lately?** *The last time I used it was in cornmeal porridge to improve the flavour.*



**Guy Eshun**  
Lecturer, University of Education, Winneba, Ghana

