

Spicing It Up With *Catch*

Different Essential Spices For The Indian Kitchen

The grandeur of food lies in its spices. Adding a delight of flavour and fragrance, *masala* or spices bring out the natural taste of a cuisine. And when it comes to Indian cuisine and cooking, the density and intricacy of different herbs and spices often leave the world in awe.

Indian cuisine is known for the complexity of its spices or *masala*. They can be used as whole, chopped, grounded, sautéed, or roasted. Along with playing with the five senses — adding aroma, colour, flavour, and even sizzle to the food, these herbs and spices also have countless health benefits.

Here's an overview of the most commonly used spices in the Indian kitchen and how the DS Group is making the food palate more flavoursome with [Catch Spices](#).

Herbs & Spices Ruling The Indian Kitchen

The Indian Kitchen is blessed with a wide variety of seasonings, herbs, and spices — combining six or ten, sometimes even fifteen different spices to create delicious and hearty meals. A slight shift in cooking technique and the same spice mix brings out an entirely different taste and edge to the food.

The vast array of herbs and spices used in Indian cooking are added to each dish proportionally, each imparting its unique flavour and fragrance. Some of the most commonly used herbs and spices in the Indian kitchen are:

1. Turmeric (*Haldi*)
2. Red Chilli Powder (*Lal Mirch*)
3. Coriander Seed Powder (*Dhania Powder*)
4. Asafoetida (*Hing*)
5. Cumin Seeds (*Jeera*)
6. Mustard Seeds (*Rai or Sarson*)
7. Black Pepper (*Kali Mirch*)
8. Dry Mango Powder (*Amchoor*)
9. Dried Ginger Powder (*Soonth*)
10. Sweet Neem Leaves (*Curry Patta*)
11. Coriander Leaves (*Dhania Patta*)

For an added depth of flavour in the food, other spices used in India include:

12. Star Anise (*Chakra Phool*)
13. Green Cardamom (*Choti Elaichi*)
14. Clove (*Laung*)

15. Cinnamon (*Dalchini*)
16. Nutmeg (*Jaiphal*)
17. Pomegranate Seeds (*Anardana*)
18. Fenugreek Seeds (*Methi Dana*)
19. Mace (*Javitri*)
20. Nigella Seeds (*Kalonji*)
21. Carom Seeds (*Ajwain*)
22. Fennel Seeds (*Saunf*)
23. Sesame Seeds (*Til*)
24. Poppy Seeds (*Khus Khus*)
25. Bay Leaf (*Tej Patta*)

These and many other herbs and spices that adorn the Indian kitchen — are mixed in fixed quantities to form special spice mixes like *Garam Masala*, *Sambhar Masala*, *Sabzi Masala*, *Chana Masala*, *Chat Masala*, etc. Each region has its own seasoning and special masala mix to perfectly complement its respective cuisine and weather.

DS Group's portfolio offers 2 spice brands including *Kewal Spices* (for more price-conscious customers), and the legendary spice brand, *Catch*.

Range of Catch Spices by the DS Group

In 1987, DS Group stepped into the Food & Beverages (F&B) sector by introducing an innovative, first-of-its-kind tabletop salt and pepper sprinkler in India: under the brand name, *Catch*.

Pioneers in the F&B industry, *Catch* is currently one of the leading masala brands in India. Its extensive range of seasoning and spices across 8 categories offer 130+ variants — as whole, pure and blended spices, sprinklers, and pastes for Indian and International cuisine.

Catch Spices offers options for pure whole and ground spices like Coriander Powder, Turmeric Powder, Red Chilli Powder, Saunf Powder, etc. Its amazing spice blends and masala range include Sabzi Masala, Biryani Masala, Garam Masala, Chatpata Chat Masala, Jaljeera, Tea Masala, Pav Bhaji Masala, Chicken Masala, Dal Makhani Masala, among others.

The grinders range by *Catch* comprises various seasonings like Black Pepper, Crystal Rock Salt, Magic Masala, Pink Rock Salt, Italian Seasoning, and Black Salt. *Catch Sprinklers* offer variants like Table Salt, Black Pepper, Chat Masala, Sendha Namak, Dahi Masala, etc.

Catch also provides whole spices like clove, cardamom, saunf, ajwain, jeera, etc. Recently, it has also introduced ginger and garlic pastes.

Serve Hot... With Love!

Completing your kitchen *masala dabba*, *Catch* promises pure spices with unmatched quality, rich taste, and appetizing aroma. Be it a chef in a five-star restaurant or an amazing father cooking at his home kitchen, *Catch* spices have become a trusted name in every commercial and household space for cooking.

Catch Spices is an indisputable part of the DS Group, bringing in the soulful taste, flavour, and aroma to meals. And life :)