

Spearmint

Penzey's Spices

Spearmint is the usual type used for seasoning lamb or for jellies. It is also used in the Middle East for salads, tabouli, marinated vegetables and many other dishes. Peppermint has a rather warm and spicy flavor, and is used mostly for making candy and chocolate sauces, where it is infused into alcohol, oil or water before using. Both can be steeped alone for green tea, or mixed with Orange Pekoe, Irish or English Breakfast tea. Mint is very light, 4 oz. equals ½ gallon by volume. Store mint leaves in a cool, dry place.