



Photographing Spices and Herbs

which are needed for cooking Country Herb Chicken & Dumplings ⁽¹⁾



Why photographing spices and herbs?

I can't imagine a meal without any spices or herbs in it. Their aromatic and pungent characteristics make our dishes much more appealing and delicious. Therefore, photographing spices and herbs excites me. Meanwhile, they have not grabbed many macro photographers' attention yet.



0.5 mm



Minced Garlic

Garlic is widely used across the globe due to its easiness to grow and its pungent flavor. Personally, grown up in China, the country where garlic production accounts for over 77% of world garlic output (2), I remember how my families used it on a daily basis.



0.5 mm



Coarse Ground Black Pepper

Black pepper is the most pungent and flavorful of all types of peppers. It stimulates the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion, thereby improving digestion ⁽⁴⁾. It should be added at the end of cooking process to preserve its flavor.



1 mm



Parsley Flakes

Parsley's volatile oils—particularly myristicin—have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. It's also an excellent source of two vital nutrients that are also important for the prevention of many diseases: vitamin C and vitamin A ⁽⁶⁾.



0.5 mm



Rubbed Sage

The odor of dried sage leaves is highly aromatic and fragrant and is characterized by a medicinal, piney-woody flavor. It is well known for its use in stuffings for poultry, fish, game and other meats (7).



0.5 mm



Thyme Leaves

A delicate looking herb with a penetrating fragrance, thyme is an excellent source of iron, manganese, and vitamin K ⁽³⁾. It should be added toward the end of the cooking process since heat can easily cause a loss of its delicate flavor.



0.5 mm



Crushed Rosemary Leaves

The wonderful smell of rosemary is often associated with good food and great times. It has a unique pine-like fragrant flavor that is balanced by a rich pungency, a combination that evokes both the forest and the sea ⁽⁵⁾.

Equipment and Software used:

Camera: Canon 7D

Lens: Canon EF 100mm f/2.8L Macro IS USM (Overview shots)

Carl Zeiss Luminar 25mm attached to bellows (Focus stacking shots)

Softwares: Zerene Stacker, Photoshop



About me

Hi, I'm Yulong Bao. After graduating from high school in China, I came to the United States to pursue Biomedical Photographic Communications at Rochester Institute of Technology, NY. Besides photography, I also enjoy doing Graphic Design, Web Design and learning foreign languages.

Please feel free to email me: bao_yulong@hotmail.com with your comments, questions, suggestions or anything else you are interested in.

To see some of my other works, please visit:
www.BarryBao.com

References:

- (1) Spices and herbs photographed all came from McCormick's pre-measured spices package.
- (2) Data source: UN Food and Agriculture Organization (FAO)
- (3)-(6) Source: <http://www.whfoods.com/>
- (7) Source: <http://www.mccormick.com/Products/Herbs-and-Spices/Spices-A-to-Z/Sage-Rubbed.aspx>