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with Christie Vanover



SPICE UP

Sheffield Spice & Tea Co. offers flavors from around the globe

After 30 years as an accountant with Boyd Gaming, Cheryl Sheffield made a career shift based on her passion for food. Two years ago, she and her husband, Richard, opened Sheffield Spice & Tea Co. at 9875 South Eastern Avenue.

The duo love cooking with spices and drinking quality tea, and they aimed to fill a void that was missing in the valley. Located in Silverado Ranch, the store is bright and offers many culinary possibilities.

The left side of the store is lined with around 250 herbs, spices and spice blends. Shoppers will find traditional herbs like basil, oregano and thyme, along with a variety of culturally influenced spices.

“We have curries from India, the Caribbean, North Africa and Thailand,” said Sheffield. “Curry means gravy, and the spices are what you make your gravy with.”

Traveling down the wall, there are jars upon jars of items to choose from, including Chinese five-spice powder, smoked salts and even sausage seasoning

that can be added to any ground meat blend to create homemade sausage patties or links.

In the back of the store, things heat up. Sheffield’s selection of pepper powders range from mild ancho to the very hot and very hip ghost pepper.

Sheffield has also created spice blends based on customer requests and offers salt and salt-free options.

It can all be quite overwhelming, which is why Sheffield said she provides tours to new customers to help connect them with the products they’re looking for.

“We’re glad to help you and give you ideas. We have recipes and suggestions on back of packages,” she said. They also offer free samples.

When shoppers are ready to go beyond routine herbs and spices, Sheffield recommends trying a spice blend. Her Chipotle honey rub is one of her most popular items.

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“It’s sweet but smoky and great on a piece of chicken,” she said.

To use it, rub it on chicken breasts, turn the grill to medium high and grill for about seven minutes per side, until the internal temperature reaches 165 degrees.



The center of the store features 20 flavors of oils and vinegars. Sheffield said the 18-year balsamic vinegars from Italy are great as a glaze on chicken or fish, adding that some people even use them on ice cream.

The right side of the store is devoted to all things tea. Sheffield said she is Nevada’s first World Tea Academy Certified Tea Specialist, and she will gladly explain the differences in the teas and how to steep them.

The store carries 150 varieties of white, green, oolong, black and caffeine free herbal teas. She said the strawberry green tea, which is one of her most popular items, is good hot or cold.

She’ll also help customers create their own tea blends, which can easily be prepared with a teaball or Takeya iced tea infuser – items that she also sells in the store.

Sheffield is pleased with how business has gone the first two years. She said customers range from teenagers, who are into the tea movement, to retired couples. “Locals are bringing guests to the store as a destination,” she added.

For more information and to learn about new products and promotions, stop in the store, visit them online at <http://sheffieldspices.com> or sign up for the weekly email. |  



Nosing around. Customers can smell most spices before they buy them to see if it’s the blend they’re looking for (top). Sheffield Spice & Tea Co. offers a variety of pepper powders, ranging from mild ancho pepper to habanero hot salt and ghost pepper (above), and has more than 150 varieties of loose leaf tea. (top left)

Christie Vanover is a Henderson-based recipe developer, food writer/competitor and photographer. Find more of her work at zestuous.com and girlscangrill.com.