

HERB AND SPICE COMBINTATIONS

Tips for Seasoning Dishes

- For best flavors use fresh herbs. (1 Tablespoon fresh herbs equal 1 teaspoon crushed dried herbs.)
- Increase the amount of spices and herbs by about one quarter when eliminating salt from a dish.
- Store dried herbs and spices in airtight containers away from sunlight and heat. Replace often.

POULTRY AND SEAFOOD

MEAT

Rosemary and thyme	Thyme, bay leaf and instant minced onions
Tarragon, marjoram, onion powder and garlic	Ginger, dry mustard and garlic
Cumin, bay leaf and saffron (or turmeric)	Dill, nutmeg and all spice
Ginger, cinnamon and allspice	Black pepper, bay leaf, and cloves
Curry powder, thyme and onion powder	Chili powder, cinnamon and oregano
Cumin and oregano	Caraway seeds, red pepper and paprika
Tarragon, thyme, parsley and garlic	Thyme, dry mustard and sage
Thyme, fennel, saffron, and red pepper	Oregano and bay leaf
Ginger, sesame seeds, and white pepper	Anise, ginger and sesame seeds
Cilantro, parsley, cumin and garlic	Thyme, dry mustard and sage
	Oregano and bay leaf
	Anise, ginger and sesame seeds
	Tarragon, bay leaf and garlic

EGGS and CHEESE SAUCES

Any one of the following. Use alone or in combination. Just be careful not to overdo it.

Allspice, basil, bay leaves, caraway seeds, cinnamon, cloves, ginger, marjoram, oregano, paprika, rosemary, sage, sesame seeds, thyme.

POTATOES, RICE AND PASTA

Potatoes	Dill, onion powder and parsley, caraway seeds and onion powder, nutmeg and chives, rosemary, paprika
Rice	Chili powder and cumin, curry powder, ginger and coriander, cinnamon, cloves
Pasta	Basil, rosemary and parsley, cumin, turmeric and red pepper, oregano and thyme

VEGETABLES

Asparagus	Cinnamon, paprika, basil
Beans (green)	Marjoram and rosemary, caraway seeds, thyme
Broccoli	Ginger and garlic, sesame seeds and nutmeg, thyme
Cabbage	Celery seeds and dill curry powder and nutmeg, caraway seeds
Carrots	Cinnamon and nutmeg, ginger and onion powder, allspice, basil
Corn	Chili powder and cumin, dill and onion powder
Eggplant	Basil, oregano, sage
Peas	Anise and onion powder, rosemary and marjoram
Spinach	Curry powder and ginger, nutmeg and garlic, basil
Squash (summer)	Mint and parsley, tarragon and garlic, allspice, basil (<i>zucchini, yellow squash</i>)
Squash (winter)	Cinnamon and nutmeg, allspice and red pepper (<i>Butternut, Acorn, Spaghetti</i>)
Tomatoes	Basil and rosemary, oregano

FRUITS

Apples	Cinnamon, allspice and nutmeg, ginger and curry powder
Bananas	Allspice and cinnamon, nutmeg and ginger
Peaches	Coriander and mint, cinnamon and ginger
Oranges	Cinnamon and cloves
Pears	Ginger, cinnamon
Strawberries	Cinnamon and ginger, nutmeg