

Ideas for Cooking with Spices and Herbs

Beef	Fish	Lamb
Allspice, bay leaf, caraway seed, garlic, marjoram, dry mustard, nutmeg, onion, broiled peaches, pepper, green pepper, thyme, sage, basil, cinnamon, cloves, coriander, curry	Bay leaf, curry, marjoram, dry mustard, lemon, parsley, margarine, lemon juice, green pepper, tomatoes, sage, anise, basil, cayenne pepper, fennel, turmeric	Basil, curry, garlic powder, mint, rosemary, thyme, cinnamon
Poultry	Veal	Pork
Cranberries, parsley, paprika, rosemary, sage, thyme, saffron, sage, basil, cayenne pepper, chili powder, cinnamon, coriander, curry, garlic, ginger, mint, turmeric	Bay leaf, curry, ginger, marjoram, oregano, rosemary thyme	Basil, bay leaf, cinnamon, cloves, garlic
Asparagus	Beans	Beets
Caraway seeds, lemon juice, mustard seeds, sesame seeds, tarragon	Basal, dill seed, unsalted French dressing, lemon juice, marjoram, mint, mustard seed, nutmeg, oregano, sage, savory, tarragon, thyme	Allspice, bay leaves, caraway seed cloves, dill seed, mustard seed, tarragon
Broccoli	Cabbage	Cauliflower
Caraway seed, dill seed, mustard seed, oregano, tarragon	Caraway seed, dill seed, mint, mustard seed, dry mustard, nutmeg, poppy seed, savory, thyme, vinegar	Caraway seed, chives, dill seed, lemon juice, mace, nutmeg, parley, rosemary, tarragon
Corn	Cucumbers	Eggplant
Curry, green peppers, chili powder	Basil, dill seed, lemon juice, mint, tarragon, nutmeg,	Chives, grated onion or garlic, marjoram, oregano, chopped parsley, tarragon
Lettuce	Onions	Peas
Basil, caraway seed, chives, dill, garlic, lemon, onion, tarragon, thyme, vinegar	Caraway seed, mustard seed, nutmeg, oregano, pepper, sage, thyme	Basil, dill, marjoram, mint, oregano, lemon, parsley, green pepper, poppy seed, rosemary, sage, savory, thyme
Potatoes	Spinach	Squash
Basil, bay leaves, caraway seed, chives, dill seed, mace, mustard seed, onion, oregano, paprika, parsley, green pepper, poppy seed, rosemary, thyme	Basil, mace, marjoram, nutmeg, oregano, rosemary	Allspice, basil, cinnamon, chives, cloves, fennel, ginger, mace, mustard seed, nutmeg, onion, rosemary, cardamom
Sweet Potato	Tomatoes	Seafood
Allspice, cardamom, cinnamon, cloves, nutmeg	Allspice, basil, bay leaves, curry, marjoram, onion, sage, thyme, celery powder, chili powder, cloves, garlic, savory	Saffron, lemon butter, pepper, rosemary, savory
Eggs		Green Beans
Curry, dry mustard, onion, paprika, parsley, thyme, green pepper, tomatoes, allspice, cayenne pepper, celery powder, chili powder, fennel, turmeric		Dill seed, dill weed, onion, garlic, garlic powder