



**Spice and Herb Chart**

<b>Spice or Herb</b>	<b>Foods Used In</b>
Allspice	Jerk seasoning, moles, pickling, sausage, Middle Eastern cuisine, beef, coffeecake, mince pie, pumpkin pie spice
Basil	Pesto, soups, usually used fresh as flavor lost in drying, seeds used in Asian beverages, spaghetti sauce
Bay Leaf	Soups, stews, pasta sauce, ground leaves used in Bloody Mary; whole leaves removed prior to serving
Cayenne Pepper	Spicy dishes, buffalo wing sauce, marinades
Celery Seed	Canning, pickles, chutneys, vegetable dishes, sauces, breads, soups, stews
Chili Powder	Spicy dishes in many cuisines, meatloaf, BBQ, soups
Chives	Soup, fish, baked potato, spreads, herring, garnish
Cilantro	Salsa, avocado, fish, soups, lamb, pork
Cinnamon	Chocolate, desserts, candies, tea, liqueurs, lamb, chicken, pickling, soups, ham, rice pudding
Cloves	Meat, curry, marinades, pickling, corned beef, baked beans, soups, gingerbread
Cumin	Variety of cuisines, cheese, chili powder, stews, soups, gravies, pickles
Curry Powder	Indian foods
Dill	Salmon, borscht, boiled potatoes, butters, soup, pickled cucumbers, sauces, salads
Garlic  1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes	Beans, stews, beef, vegetables, pasta, salads, breads, fish lamb, casserole
Ginger	Pickled, candied, wine, ginger ales, gingerbread, tea, cookies
Marjoram	Soups, stews, sauces, beef
Mustard, ground	Sauces, gravies, pork, grilled beef, cabbage, seafood, sausages
Nutmeg	Soups, topping, haggis, pumpkin pie spice blend, drinks/punch, Italian dishes, flavor vegetables, hard sauce
Oregano	Italian dishes, flavoring meat especially lamb, Italian seasoning blend, salads, grilled vegetables, Swiss steak
Paprika	Casseroles, rice, stews, soups, goulash, sausages, garnish
Parsley	Garnish, stews, gumbo, bouquet garni, salsa verde, fish
Pepper, Black or White	Variety of dishes
Rosemary	Stuffing, roast lamb, pork chicken and turkey
Thyme	Bouquet garni, beef, chicken, figs, lamb, pork, soups, venison, chowder
Turmeric, ground	Indian and Thai recipes, coloring agent, rice dishes for color