

Herbs

Basil

Hints of mint, cloves anise
Uses: Pesto, vegetable soup
tomato dishes
Use fresh or freeze

Bay Leaf

Traces of cinnamon like flavor
Uses: Beef stew, Pot roast, various game
dishes Add early to long cooked dishes

Dill

Fresh, mild faint anise taste
Uses: cucumber salad, hard cooked eggs
boiled potatoes Snip feathery ends of fresh
dill when adding to dishes and discard
the stems.

Mint

Sweet, Cool, Refreshing
Uses: Mint Jelly, Ice Tea, Yogurt Dip
Fresh mint leaves are used raw.

Oregano

Strong, peppery Taste
Uses: Garlic Bread Pizza Chili
Use interchangeably with Marjoram

Parsley

Fresh grassy-vegetable taste
Uses :Garnish for boiled potatoes cold soup
and parsley butter on fish.
Makes pretty garnish on platter.

Rosemary

Piney bittersweet tealike flavor
Uses: Leg of Lamb roasted potatoes
split pea /bean soup poultry.
Just as good dried as fresh,
Crush needles to
release scent before using.

Sage

Woody pungent faintly bitter
Uses: Poultry stuffing pork roast or
chops Slip sprigs of fresh sage under
breast skin of chicken before roasting.

Tarragon

Hints of licorice and vanilla
Uses: Roast or sautéed chicken, in
sauce for fish or seafood. Use herb
sprig for brushing sauces on grilled
meat.

Thyme

Peppery robust with hints of mint and
lemon.
Uses: Clam Chowder, mushroom
soup,
rice and beans. Add to bouquet garni,
Herbes de Province. Like Lemon
Try Lemon thyme for fish and other
seafood.

Bouquet Garni

Parsley, thyme, and bay leaf
Uses: Good in vegetable soups and
vegetables of any kind can also be
used to flavor beef and pork.

Poultry Seasonings

Sage, rosemary, ginger, pepper,
oregano
Uses: Can be used with chicken or
Turkey in pies or stews or soups or
those that will be roasted.

Spices

Allspice

Flavor like nutmeg, clove cinnamon and juniper

Uses: Pumpkin and Mince Pies baked winter squash Allspice has a complex taste that works well with sweet and savory dishes.

Cardamon

Delicate hint of cinnamon, eucalyptus, lemon.

Uses: Coffeecakes, chicken curry, coffee
Use pods or ground

Celery Seed

Bitter, refreshing, celery like.

Uses: Potato Salad, coleslaw, tomato soup
Add to salt for celery salt to season vegetable dishes.

Cinnamon

Sweet, warm, nutty taste

Uses: Cinnamon rolls, pie, sweet potatoes
Serve as swizzle stick with coffee or hot chocolate

Cloves

Pungent, medicinal

Uses: Gingerbread, ham, fruit chutney
Stick whole cloves in onions to flavor stews.

Coriander

Lemony and fragrant

Uses: Salsa, bean tacos, Thai foods
For richer flavor lightly toast coriander seeds.
Fresh Coriander is called cilantro or Chinese parsley.

Cumin

Hot bitter caraway like taste

Uses: Black bean Soup, curried vegetables and cabbage. Gives punch to chili and curry.

Fennel Seed

Sweet, licorice-like

Uses: Bouillabaise, Potato salad, cakes
Flavor is intense so best to use sparingly.

Ginger

Sweet and biting

Uses: Cakes and fish, soup, ale.
Fresh, ground or candied, it adds bite.

Nutmeg

Warm, Spicy, milder than cinnamon.

Uses: Eggnog poundcake, Italian meat sauce.
Best freshly grated. Outer shell is mace.

Chinese Five Spice Powder

Cinnamon, cloves, Szechuan pepper, ginger, star anise.

Uses: To flavor Chinese food can be used in Duck and stews.

Chili Powder

Chili peppers, cumin, salt, oregano, garlic.

Uses: In fillings for taco's, burritos, and most Mexican dishes including Chili.

Quarte Epice

Cinnamon, clove, nutmeg, White pepper.

Uses: In Middle Eastern Cooking, Soups, Stews and Sausage.

Curry Powder

Mix usually contains cumin, turmeric, coriander, ginger, fenugreek and cayenne.

Uses: Indian Dishes such as Curry.