

# SPICE & HERB CHART

	Appetizers	Soups	Salads and Dressings	Vegetables	Eggs and cheese	Meats and Sauces	Poultry and Fish	Desserts and Baked Goods
<b>Allspice</b>	Pickles, relishes, cocktail meatballs, pickled beets, fruit compote	Green pea, vegetable beef, minestrone, asparagus, tomato	Cottage cheese, fruit salad, cheese dressing	Eggplant, spinach, beets, squash, turnips, red cabbage, carrots	Egg casserole, cream cheese	Beef stew, meat loaf, hamburgers, baked ham, roast lamb, pot roast, cranberry sauce, meat gravies, tomato sauce	Boiled fish, oyster stew	Mincemeat, tapioca and chocolate puddings, spice cake, fruit cake, baked bananas, cookies, pie
<b>Bay Leaves</b>	Hot tomato juice, pickles, pickled beets	Bouillon, bouillabaisse, fish chowders, lobster bisque, vegetable, minestrone, oxtail, potato, tomato, turtle	Seafood salad, tomato aspic, chicken aspic, beet salad, French dressing	Potatoes, artichokes, carrots, beets, eggplant, lentils, onions, rice, squash, zucchini	Eggs creole	Beef stew, meat pie, corned beef, pot roast, roast beef, veal, meat sauces, lamb, spare ribs, gravies	Capon, chicken salad, a la king, fricassee, turkey (roast), boiled shrimp and lobster, fish stews, baked salmon	
<b>Caraway</b>	Soft cheese spreads, pickles	Cream soups, clam chowder, borscht, vegetable	Potato salad, sour cream dressing, spiced vinegar, cole slaw	Cabbage, cauliflower, potatoes, carrots, onions, turnips, broccoli, brussels sprouts, sauerkraut	Cottage cheese, cream cheese	Sauerbraten, roast pork, beef a la mode, liver, kidney stew	Tuna fish casserole, roast goose	Rye bread, muffins, rolls, coffee cakes, cookies, loaf cake
<b>Cayenne</b>	Deviled eggs, seafood sauces, cottage and cream cheese dips and spreads, avocado dip	Clam and oyster stews, fish chowder, cream soups, shrimp gumbo, vegetable	Tuna, shrimp, chicken, macaroni, seafood, mayonnaise, thousand island dressing, sour cream dressing	Green beans, lima beans, cauliflower, cut corn, kale, broccoli	Welsh rarebit, egg dishes, cheese souffle, cottage and cream cheese	Pork chops, veal stew, ham croquettes, barbecued beef, sandwich fillings, meat sauces	Creamed chicken and croquettes, oysters, shrimp, poached salmon, tuna salad	
<b>Celery Seed (salt, flakes, seeds)</b>	Deviled eggs, ham spread, tomato juice, kraut juice, cream cheese spread, pickles	Cream of celery or tomato, fish chowders and bisques, vegetable, bean, potato, bouillon	Cole slaw, potato, egg, tuna, vegetable, kidney beans, salad dressings, sour cream dressing	Cabbage, stewed tomatoes, potatoes, cauliflower, turnips, braised lettuce	Welsh rarebit, boiled and fried eggs, cheese casserole, omelets, cheese sauce, deviled eggs	Meat loaf, pot roast, meat stews, short ribs of beef, braised lamb	Chicken croquettes, fish stew, chicken pie, oyster stew, stuffings	Rolls, biscuits, salty breads
<b>Chili Powder</b>	Avocado and cheese dips, seafood cocktail sauce	Corn soup, pepperpot, fish and clam chowders, tomato, bean, shrimp gumbo, vegetable, chili soup	French dressing, kidney bean salad, thousand island dressing, chili sauce	Vegetable relishes, green peas, eggplant, rice, tomatoes, corn Mexicali, green beans, lima beans	Omelets, souffles, casseroles, boiled and scrambled eggs, cheese sauces, rarebits	Chili con carne, arroz con pollo, tamales, meat loaf, hamburgers, stews, sauces	Creamed seafood, shrimp, chicken and rice, chicken pie	
<b>Cinnamon (ground and stick)</b>	Cinnamon toast, sweet gherkins, hot spiced beverages, pickled fruits		Fruit salad, dressings for fruit salads	Sweet potatoes, squash, pumpkins, spinach, turnips, green beans, beets, parsnips		Pork chops, ham, sauce for pork and lamb	Boiled chicken (stick cinnamon), boiled fish, special chicken and fish recipes	Chocolate and rice pudding, stewed fruits, apple desserts, buns, coffee cake, muffins, spice cake, molasses cookies
<b>Cloves (whole and ground)</b>	Sweet gherkins, pickled fruits, hot spiced wines, fruit punch	Beef, bean, cream of tomato, cream of pea, mulligatawney	Toppings for fruit salads	Beets, baked beans, candied sweet potatoes, squash		(Whole) Ham and pork roast, stews, gravies, sausage, boiled tongue	Baked fish, chicken a la king, roast or smothered chicken, chicken croquettes	Preserved and stewed fruits, apple, mince and pumpkin pies, chocolate rice and tapioca pudding, stewed pears
<b>Curry Powder</b>	Tomato juice, sauce for dips, sweet pickles, deviled eggs, salted nuts	Clam and fish chowders, tomato soup, cream of mushroom, oyster stew	Fruit and meat salads, mayonnaise, French dressing	Rice, creamed onions, creamed potatoes, carrots, corn, celery, lima beans	Sauce for eggs, deviled eggs, cottage cheese, cream cheese, cheese sauce	Curried lamb, veal croquettes, stews	Chicken croquettes, chicken hash, curried chicken and turkey, fish croquettes, shrimp	
<b>Dill</b>	Cottage cheese, anchovy spread, cheddar cheese spread, pickles, sour cream dips, stuffed eggs	Split pea soup cream of tomato, navy bean, borscht, chicken, lobster bisque, turkey, fish chowder	Cole slaw, cucumber, green bean, lettuce, mixed green, potato, seafood, mayonnaise, sour cream, French dressing	Carrots, beets, cabbage, lima beans, green beans, turnips, eggplant, cauliflower, zucchini squash	Deviled eggs, omelets, scrambled eggs, cottage cheese, cream cheese, macaroni	Beef: Pot roast, corned stew, barbecued, hamburger; lamb chops or stew, roast pork	Chicken pie, creamed chicken, baked halibut, mackerel, salmon, creamed lobster, boiled and creamed shrimp	
<b>Ginger (ground)</b>	Pickles, broiled grapefruit, chutney	Bean soup, onion, potato	Ginger pears, French dressing	Beets, carrots, squash, baked beans	Cheese dishes	Broiled beef, lamb, veal, pot roast, stews, chopped beef	Roast chicken, squab, cornish hen, sauteed chicken	Ginger bread, cakes, cookies, pumpkin pie, custards, baked, stewed, preserved fruits, Indian pudding
<b>Marjoram</b>	Fruit punch, cream and cottage cheese dips, cheddar cheese spreads, pickles	Onion soup, clam, oyster, Boston clam chowder, minestrone, oxtail, spinach	Mixed green salad, asparagus, chicken, fruit, seafood	Carrots, eggplant, peas, spinach, string beans, onions, summer squash, tomatoes, celery, broccoli, brussels sprouts	Omelets, souffles, creamed eggs, scrambled, cheese sauce, cheese souffle, rarebits, cheese straws	Roast beef, pork, veal, stews, meat pies, loaf, pot roast, short ribs, spare ribs	Chicken croquettes, duck, goose, pheasant, guinea hen, codfish balls, halibut, salmon loaf, shad roe	
<b>Mustard (ground)</b>	Pickles, pickled onions, ham spreads, chinese hot sauce, hot english mustard, deviled eggs	Lobster bisque, bean onion	Egg salad, shrimp lobster, potato, fruit, salad dressings	Asparagus, beets, broccoli, brussels sprouts, cabbage, onions, green beans, potatoes, baked beans	Deviled eggs, casseroles, cheese sauces, cream cheese	Baked ham, kidneys, pickled meat, sauces	Shrimp, creamed and stewed oysters, boiled fish, fish sauces	Molasses cookies, gingerbread
<b>Oregano</b>	Cheese spreads, pizza, vegetable juice, avocado dip, creamed and cottage cheese spreads	Bean, bean, vegetable, tomato, lentil, minestrone, navy bean, onion, spinach	Salad dressings, seafood, avocado, green bean, mixed green, potato, tomato, tomato aspic	Peas, onions, potatoes, spinach, green beans, stewed tomatoes, mushrooms	Creamed eggs, omelets, scrambled eggs, cheese sauce, souffle, cottage, cream, straws, rarebits	Swiss steak beef stew, broiled and roast lamb, meat loaf, sauces, gravies, spare ribs, veal scallopini	Chicken: cacciatore, saute, roast; guinea hen, pheasant, stuffed fish, boiled shrimp, clams	
<b>Paprika</b>	Canapes, deviled eggs, cream cheese spreads, stuffed celery, seafood creamed, seafood cocktails	Cream soups, chicken soup, chowders	Cole slaw, potato salad, mayonnaise, French dressing	Cauliflower, potatoes, celery, creamed vegetables	Deviled eggs, scrambled eggs, Welsh rarebit, cottage cheese, cheese and egg dishes	Hungarian goulash, ham, gravies	Poultry and seafood dishes, shellfish, fried chicken	
<b>Poppy Seed</b>	Cheese spreads, cottage cheese, cheese dips	Onion soup	Green salads, salad dressing	Peas, potatoes, rutabaga, sweet potatoes, carrots, zucchini	Fried and scrambled eggs, omelets, cottage cheese	Noodle dishes		Coffee cake, cookies, pie crusts, bread, rolls, pastries
<b>Rosemary</b>	Deviled eggs, pickles, sour cream dips	Mock turtle, chicken, lentil, minestrone, split pea, spinach, chowders	Meat salad, fruit salad	Peas, potatoes, mushrooms, onions, celery, lima beans, green beans, broccoli, cucumbers	Deviled eggs, omelets, souffles	Roast and broiled lamb, beef, pork, veal, beef stew, pie, pot roast, Swiss steak, spare ribs	Capon, chicken fricassee, saute, roast pheasant, partridge, quail, salmon, baked halibut, baked sole	
<b>Saffron</b>		Chicken, bouillabaisse, lobster bisque, turkey	Seafood salads	Rice	Scrambled eggs	Gravy for roast chicken, roast turkey, roast veal, Spanish sauce, rabbit	Arroz con pollo, bouillabaisse, chicken stew, chicken fricassee, creamed lobster, baked halibut, sole	Rolls, breads, buns, cake, frostings and icings
<b>Sage</b>	Cheese spreads	Consomme, fish and corn chowders, cream soups, asparagus, chicken, cream of tomato, minestrone, turkey	Salad greens, salad dressings	Brussels sprouts, onions, lima beans, peas, tomatoes, carrots, eggplant, winter squash, turnips	Creamed eggs, souffles, cheese sauce, rarebits, egg and cheese casseroles, cottage and cream cheese	Beef: barbeque, stew, pie, roast, pot roast; barbecued lamb, roast veal, pork, veal stew	Capon, chicken stuffing, goose, duck	
<b>Sesame Seed</b>	Soft cheeses	Most soups	Cole slaw, salad dressings	Asparagus, green beans, tomatoes, spinach, noodle and vegetable casseroles, potatoes, rice	Cream cheese	Meat pies, Hawaiian ham steak	Fried chicken, chicken casseroles, fish	Top dressings on pies, cookies, coffee cake, rolls, breads, buns, crumpets
<b>Tarragon</b>	Vegetable juice cocktail, liver pate, herb butters, cheese spreads, seafood cocktails, stuffed eggs, pickles	Bean, chicken consomme, seafood chowders and bisques, mushroom, pea, tomato, turtle	Asparagus, celery, chicken, cole slaw, cucumber, egg, green bean, kidney bean, mixed green, tomato	Asparagus, beans, broccoli, cabbage, cauliflower, celery root, mushrooms, potatoes, spinach, tomatoes	Deviled eggs, omelets, scrambled eggs, cottage cheese	Meat marinades, broiled steak, pot roast, braised lamb, lamb stew, veal stew, bear-naise sauce, brown garlic	Chicken, chicken saute, broiled chicken, turkey, duck, broiled halibut, baked salmon, trout, tuna, broiled lobster	

