

Seasoning With Herbs and Spices

Herbs and spices can add pizzazz to any meal. Here are some ideas. Try them!

FOOD	SEASON WITH ...
Beef	allspice, bay leaf, caraway seed, garlic, marjoram, dry mustard, nutmeg, onion, pepper, green pepper, thyme
Fish	bay leaf, curry, marjoram, dry mustard, lemon, parsley, margarine, lemon juice, green pepper, tomatoes
Poultry	basil, curry, garlic powder, mint, rosemary, thyme
Veal	bay leaf, curry, ginger, marjoram, oregano, rosemary, thyme
Eggs	curry, dry mustard, onion, paprika, parsley, thyme, green pepper, tomatoes
Asparagus	caraway seed, lemon juice, mustard seed, sesame seed, tarragon
Beans	basil, dill seed, unsalted French dressing, lemon juice, marjoram, mint, mustard, seed, nutmeg, oregano, sage, savory, tarragon, thyme
Beets	allspice, bay leaves, caraway seed, cloves, dill seed, mustard seed, tarragon
Broccoli	caraway seed, dill seed, mustard seed, oregano, tarragon
Cabbage	caraway seed, dill seed, mint, mustard seed, dry mustard, nutmeg, poppy seed, savory, thyme, vinegar
Cauliflower	caraway seed, chives, dill seed, lemon juice, mace, nutmeg, parsley, rosemary, tarragon
Corn	curry, green peppers
Cucumbers	basil, dill seed, lemon juice, mint, tarragon, nutmeg
Eggplant	chives, grated onion or garlic, marjoram, oregano, chopped parsley, tarragon
Lettuce salad	basil, caraway seed, chives, dill, garlic, lemon, onion, tarragon, thyme, vinegar
Onions	caraway seed, mustard seed, nutmeg, oregano, pepper, sage, thyme
Peas	basil, dill, marjoram, mint, oregano, lemon, parsley, green pepper, poppy seed, rosemary, sage, savory, thyme
Potatoes	basil, bay leaves, caraway seed, chives, dill seed, mace, mustard seed, onion, oregano, paprika, parsley, green pepper, poppy seed, rosemary, thyme
Spinach	basil, mace, marjoram, nutmeg, oregano
Squash	allspice, basil, cinnamom, chives, cloves, fennel, ginger, mace, mustard seed, nutmeg, onion, rosemary
Sweet potatoes	allspice, cardamom, cinnamon, cloves, nutmeg
Tomatoes	allspice, basil, bay leaf, curry, marjoram, onion, sage, thyme



See "Cooking Tips" p. 105-106 for more ideas.

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