

## Basic Guidelines for Seasoning with Herbs and Spices

by Sandra Bowens

*There are no rules to seasoning, but the following list may introduce you to the common uses for herbs and spices you are not familiar with.*

*Some seasonings are much stronger than others so try starting with small amounts, then taste and add more if desired.*

Allspice: hearty meats, fruit desserts

Basil: tomatoes, pesto, salads

Bay Leaves: soups and stews, grilled meats

Caraway: breads, cabbage, carrots, potatoes

Celery Seeds: tomatoes, salads

Chives: salads, vegetables, potatoes, eggs

Cinnamon: baked goods, fruits, beverages

Cloves: baked goods, hearty meats

Coriander: Mexican dishes, soups

Cumin: Mexican dishes, meats, cheese, beans

Dill: vegetables, salads and dressings, eggs

Fennel: sausage, fish

Ginger: baked goods, Asian dishes, vegetables

Marjoram: meats, Italian dishes, vegetables

Mint: beverages, meats, desserts

Mustard: fish, eggs, cheese, meats, sauces

Nutmeg: baked goods, spinach, dairy products

Oregano: Italian dishes, meats, tomatoes

Paprika: Spanish dishes, potatoes, meats

Parsley: salads, soups, meats, fish

Pepper: meats, soups and stews, nearly everything

Poppy Seeds: baked goods, noodles, salad dressings

Rosemary: chicken, potatoes

Saffron: rice, seafood

Sage: poultry, pork, stuffings

Savory: beans, cheese, eggs

Sesame Seeds: baked goods, Asian dishes, cheese

Tarragon: chicken, salads, seafood

Thyme: meats, soups and stews, vegetables

Vanilla: baked goods, beverages

## Vegetable Seasonings

*Using herbs with vegetable and fruit dishes enhances flavor and provides interesting texture and color. Experiment to discover your favorite food and herb combinations.*

Artichokes	Summer Savory
Asparagus	Summer Savory, Thyme
Beets	Bay Leaves, Chervil, Cloves, Coriander Seed, Dill Seed, Fennel Seed, Thyme
Broccoli	Oregano
Brussels Sprouts	Marjoram
Cabbage	Caraway Seed, Cumin, Dill Seeds, Green Dill, Oregano
Carrots	Anise, Bay Leaves, Caraway Seed, Marjoram, Mint, Parsley, Sage
Cauliflower	Dill Seed, Rosemary, Tarragon
Celery	Fennel Seed, Green Dill, Rosemary, Thyme
Celery Root	Tarragon
Cucumber	Green Dill, Garlic, Mint, Parsley, Rosemary
Eggplant	Basil, Chervil, Rosemary, Sage, Thyme
Green Beans	Basil, Dill Seed, Green Dill, Mustard Seed, Rosemary, Summer Savory, Thyme
Lentils	Fennel Seed, Oregano, Summer Savory
Lima Beans	Sage, Summer Savory, Thyme

Mushrooms	Lemon, Oregano, Rosemary Tarragon
Onions	Basil, Marjoram, Oregano, Sage, Thyme
Parsnips	Green Dill
Peas	Basil, Chervil, Fennel Seed, Marjoram, Mint, Rose
Potatoes	Bay Leaves, Caraway Seed, Chervil, Coriander, Green Dill, Parsley, Poppy Seed, Sesame Seed
Pumpkin	Allspice, Fennel Seed, Nutmeg
Rice	Chives, Coriander, Cumin, Lemon, Parsley, Saffron, Summer Savory, Turmeric
Spinach	Chervil, Lemon, Marjoram, Mint, Rosemary, Tarragon
Squash	Allspice, Saffron
Sweet Potatoes (Yams)	Allspice, Cinnamon, Cloves
Tomatoes	Basil, Bay Leaves, Celery Seed, Chervil, Oregano, Parsley, Sage, Tarragon, Thyme
Turnips	Caraway Seed
Zucchini	Basil, Marjoram, Mint, Oregano, Rosemary, Thyme
Garnish for vegetables	Paprika, Parsley, Seasoned Buttered Crumbs

## Herbs for Meat, Fish, Poultry, and Eggs

*The right herbs can bring out the best in foods -- and without adding calories or fat. Try some of these complementary pairings and experiment with new combinations on your own.*

Beef	Basil, Bay Leaf, Marjoram, Oregano, Parsley
Pork	Basil, Bay Leaf, Chives, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme
Veal	Basil, Bay, Chervil, Chives, Dill, Marjoram, Oregano, Parsley, Sage, Tarragon, Thyme
Lamb	Basil, Bay, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Thyme
Fish	Basil, Bay, Chervil, Chives, Dill, Marjoram, Mint, Oregano, Parsley, Tarragon, Thyme
Poultry	Basil, Bay, Chervil, Chives, Dill, Marjoram, Mint, Oregano, Parsley, Rosemary, Sage, Tarragon, Thyme
Eggs	Basil, Bay, Chervil, Chives, Dill, Marjoram, Mint, Oregano, Parsley, Tarragon, Thyme

## Herbs, Spices And Seasonings

### ALLSPICE

Sweet spice of Caribbean origin with a flavor suggesting a blend of cinnamon, cloves, and nutmeg, hence its name. May be purchased as whole, dried berries or ground. When using whole berries, they may be bruised – gently crushed with the bottom of a pan or other heavy instrument – to release more of their flavor.

### ANISE

Green-gray fruit or seed of plant of parsley family; available whole and in extracts; unmistakable strong licorice flavor. Used extensively in confections, sweet pastries, and as a flavoring in liqueurs.

### BASIL

Sweet, warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

### BAY LEAVES

A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

### BEAU MONDE SEASONING SALT

All-purpose Spice Island seasoning with onion and celery and salt. Use with poultry dishes, Swiss steak and tomato-based sauces.

### CAPERS

The small buds of a shrub grown in the Mediterranean. They are pickled in vinegar or dried and salted.

### CARAWAY

Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

### CARDAMON

Sweet spice native to India from ginger family. Used for coffee cake, sweet breads, fruit salad dressings, cookies, cakes, pickling spice.

#### CAYENNE PEPPER

Very hot ground spice derived from dried cayenne chili pepper.

#### CHIVES

Mild, sweet herb with a flavor reminiscent of the onion, to which it is related.

#### CILANTRO

Green, leafy herb resembling flat leaf (Italian) parsley with a sharp, aromatic, somewhat astringent flavor. Also called fresh coriander and commonly referred to as Chinese parsley.

#### CINNAMON

Popular sweet spice for flavoring baked goods. The aromatic bark of types of laurel trees, it is sold as sticks or ground.

#### CHERVIL

Chervil, fresh or dried, has a delicate flavor, and the fresh leaves look a bit like parsley. It's good when subtle seasoning is desired.

#### CLOVES

Rich and aromatic East African spice used ground in baked goods and whole in pickling brines and as a seasoning for baked hams. Provides flavor to both sweet and savory recipes.

#### CORIANDER

Small spicy-sweet seeds of the coriander plant, which is also called cilantro or Chinese parsley. Used whole or ground as a seasoning. Particularly used for sausages and variety meats.

#### CUMIN

A Middle Eastern spice with a strong, dusky, aromatic flavor. Use in chili, marinades, and basting sauces, and add to huevos rancheros or other egg dishes.

#### CURRY POWDER

Generic term for a blend of spices commonly used to flavor East Indian-style dishes. Most curry powders will include coriander, cumin, chili powder, and turmeric.

#### DILL

Fine, feathery leaves with a sweet aromatic flavor sold fresh or dry.

#### FENNEL

Crisp, refreshing, mildly anise-flavored bulb vegetable. Seeds and leaves are both used as a spice. Has a sweet hot flavor. Wide variety of uses. Popular for seasoning pork roasts and fish dishes.

#### FINES HERBES

A balanced blend of sweet herbs, each of which has an affinity for the other. Buying these herbs premixed avoids the risk of a possible flavor imbalance. Use for omelets, egg and cheese dishes, meats, game, meatloaf, sauces and gravies.

#### FIVE SPICE CHINESE POWDER

Mixture used to season roast meat, poultry, and stir fry dishes. Ingredients include anise, cinnamon, star anise, cloves, and ginger.

#### GARLIC

Member of the same group of plants as the onion. Robust flavoring, available as garlic powder, garlic salt, garlic chips, garlic seasoning powder, and garlic juice, in a huge variety of dishes.

#### GINGER

Ginger is a fresh, pungent root sold fresh, dried or ground. It is used as a confection or condiment. It may be found crystallized or candied, ground or as a syrup.

#### JUNIPER BERRIES

From juniper, an evergreen shrub. Add to marinades and sauces for game and lamb.

## MACE

Produced from the same fruit of the nutmeg tree.

## MARJORAM

Pungent, aromatic herb used dried or fresh to season meats, particularly lamb, poultry, seafood, vegetable and eggs.

## MEI YEN SEASONING

A blend of seasonings designed to enhance the natural flavor of most foods without introducing flavor overtones of its own. A delicate seasoning long a favorite in oriental cooking. Intended for seasoning vegetables and mild-flavored meats; also has an affinity for dishes with acid ingredients, such as tomatoes and wine.

## MINT

The most common commercial types of mint are spearmint and peppermint. Refreshing, sweet herbs used fresh or dry to flavor lamb, poultry, vegetables and fruits.

## MUSTARD

Mustard is available in three forms: whole seeds, powdered (referred to as dried mustard), and prepared (which is made from powdered or coarsely ground mustard seed mixed with liquid such as vinegar or wine).

## NUTMEG

Popular baking spice that is the hard pit of the fruit of the nutmeg tree. May be bought already ground or for fresher flavor, whole.

## OREGANO

Aromatic, pungent and spicy Mediterranean herb. Use fresh or dried for all types of savory dishes. Especially popular with tomatoes and other vegetables.

## PAPRIKA

The ground dried pod of a variety of capsicum. Paprika is more than a garnish. It is a seasoning that is a food enhancer for many dishes, including casseroles, baked potatoes, appetizers, rarebit, chicken, veal and salad dressings.

## PARSLEY

A low growing member of the celery family. Available in two varieties: the curly leaf type, and the flat leaf, or Italian, type. Best when used fresh but can be used dry.

## PINE NUTS

Small, ivory-colored seeds extracted from the cones of the species of pine tree, with a rich, slightly resinous flavor.

## POPPYSEED

Used for fruit salads and salad dressings, sprinkled over yeast breads or rolls before baking, use in cottage cheese, cream cheese, scrambled eggs, pie crust, cheese sticks, fruit compotes, and noodles.

## PUMPKIN PIE SPICE

A blend of cinnamon, ginger, allspice, nutmeg, and cloves in proper proportions. Used for pumpkin pie, gingerbread, cookies, fruits, squash, sweet potatoes, applesauce, and other apple dishes.

## ROSEMARY

A perennial of the mint family. Use with partridge, duck, poultry, lamb, veal, seafood and vegetables. A strong, aromatic flavor.

## SAFFRON

Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy bread.

## SAGE

Pungent herb used either fresh or dried that goes particularly well with fresh or cured pork, lamb, veal, poultry or vegetables.

### SAVORY

The dried brownish-green leaves of a plant of the mint family; has an aromatic piquant flavor. Blends well with other herbs. May be used alone or in combination with other herbs in stuffings for meat, fish or poultry; egg dishes; sauces; soups; meatloaf and hamburgers; stews; beans; cabbage; peas; and tomato juice.

### SESAME SEEDS

Versatile annual with sweet, nutty flavor used in appetizers, breads, meats and vegetables.

### SHALLOT

Small member of the onion family with brown skin, white-to-purple flesh, and a flavor resembling a cross between sweet onion and garlic.

### SOY SAUCE

Asian seasoning and condiment usually made from soybeans, wheat or other grain, salt and water. Chinese brands tend to be saltier than Japanese.

### TABASCO

Tabasco is a liquid pepper seasoning. It is hot, so use judiciously; a few drops go a long way.

### TARRAGON

Fragrant, distinctively sweet herb used fresh or dried as a seasoning for vegetables, salads, chicken, light meats, seafood and eggs.

### THYME

Fragrant, clean-tasting, small leafed herb, popular fresh or dried as a seasoning for poultry, light meats, seafood or vegetables.

### TURMERIC

Turmeric is the root of a plant belonging to the ginger family. Turmeric is somewhat medicinal in aroma and should be used with restraint. Used primarily in pickling.

### WORCESTERSHIRE SAUCE

Traditional English seasoning or condiment; an intensely flavorful, savory and aromatic blend of many ingredients, including molasses, soy sauce, garlic, onion and anchovies. Popular as a marinade ingredient or table sauce for foods, especially red meats.

### ZEST

The thin brightly colored outermost layer of a citrus fruit's peel.