

Herbs & Spices
Which Food Pairs with Which Herb & Spice?

Beef	Bay leaf, Cayenne, Chili, Mustard, Paprika, Oregano, Parsley, Rosemary, Thyme
Pork	Allspice, Basil, Cardamom, Cloves, Mustard, Oregano, Curry, Marjoram, Paprika, Parsley, Rosemary, Sage
Lamb	Basil, Cardamom, Curry, Dill, Mace, Marjoram, Mint, Oregano, Paprika, Rosemary, Turmeric
Poultry	Allspice, Anise, Bay Leaf, Cayenne, Curry, Dill, Ginger, Marjoram, Mustard, Nutmeg, Paprika, Parsley, Pepper, Sage, Tarragon, Thyme.
Fish	Basil, Allspice, Anise, Bay leaf, Cayenne, Curry, Dill, Ginger, Marjoram, Mustard, Nutmeg, Paprika, Parsley, Pepper, Sage, Tarragon, Thyme
Fruit	Allspice, Anise, Cinnamon, Black Pepper, Mace, Mint, Nutmeg,
Vegetables	
Green Beans	Dill, Marjoram, Nutmeg, Oregano, Pepper, Garlic
Broccoli	Mustard, Nutmeg, Sage, Paprika
Cucumber	Basil, Dill, Parsley, Mint, Pepper, Chives, Fennel
Aubergine	Oregano, Parsley, Pepper, Cumin, Chilli
Mushrooms	Garlic, Sage, Pepper, Paprika, Chili
Peas	Marjoram, Mint, Pepper, Chilli, turmeric
Potatoes	Chives, Mint, Cumin, Dill, Fennel, Garlic, Chilli, Mace, Rosemary, Tarragon,
Squash	Cardamom, Ginger, Nutmeg,
Tomato	Allspice, Basil, Mint, Cloves, Cumin, Fennel, Marjoram, Oregano, Garlic, Paprika, Pepper
Rice	Chives, Cumin, Curry, Nutmeg, Parsley, Saffron, Turmeric