

Spice It Up!



FLAVOR AND FOOD COMBINATIONS

Chicken: Marjoram, paprika, poultry seasoning, oregano, basil, rosemary, sage, tarragon, thyme

Carrots: Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

Tomato: Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Beef: Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

Pork: Garlic, onion, sage, pepper, oregano

Fish: Curry powder, dill, dry mustard, marjoram, paprika, pepper

Lamb: Curry powder, garlic, rosemary, mint

Veal: Bay leaf, curry powder, ginger, marjoram, oregano

Corn: Cumin, curry powder, onion, paprika, parsley

Green Beans: Dill, curry powder, marjoram, oregano, tarragon, thyme

Greens: Onion, pepper

Potatoes: Dill, garlic, onion, paprika, parsley, sage

Summer Squash: Cloves, curry powder, marjoram, nutmeg, rosemary, sage

Winter Squash: Cinnamon, ginger, nutmeg, onion



GENERAL GUIDELINES FOR HERBS AND SPICES

Substituting Equivalent Amounts of Different Forms:

1 T Fresh Herbs = 1 tsp Crumbled Dried Herbs = $\frac{1}{4}$ to $\frac{1}{2}$ tsp Ground Dried Herbs

Doubling a Recipe:

Do not double amounts. Increase by 1-1/2 times.

