

Spice Usage Tips

	Appetizers	Soups	Eggs & Cheese	Meats	Fish & Seafood	Salads	Sauces & Relishes	Vegetables	Breads & Desserts
Allspice	Meatballs	Split Pea Oyster Stew Bean		Ham Beef Stew Meatloaf Jerk Chicken	Spiced Shrimp Poached Fish	Pickled Beets	Catsup Chili Sauce	Sweet Potatoes, Asparagus, Beets, Broccoli, Cabbage, Peas, Carrots, Zucchini, Winter Squash	Cookies, Cakes, Pies, Coffee Cakes, Pudding, Baked Custard, Fruit, Hot Spiced Beverages
Basil	Seafood Cocktail Tomato Juice Cheese Spreads	Minestrone Beef, Tomato Vegetable, Chicken	Cheese Soufflé Scrambled Eggs Omelets, Quiche Deviled Eggs	Beef Stew Roast & Fried Chicken Italian Foods Hamburgers, Roasts	Baked & Poached Fish Tuna & Salmon Loaf	Chicken Tuna Seafood Vegetable	Spaghetti Cheese Sauce Barbeque Sauce Marinara Sauce	Asparagus, Beets, Broccoli, Carrots, Corn, Peas, Cabbage, Green Beans, Potatoes, Tomatoes, Winter Squash, Zucchini	Herb Bread Breadsticks Focaccia
Bay		Bean Vegetable Beef Chicken Stews Corned Beef Pot Roast		Stews Corned Beef Pot Roast	Poached Fish Spiced Shrimp Shrimp Boil	Aspic	Tomato Sauce Spaghetti Sauce Barbeque Sauce	Potatoes	
Caraway Seed	Cheese Spread	Borscht Potato	Cottage Cheese	Sauerbraten Stews		Coleslaw Pickled Beets		Cabbage, Carrots, Sauerkraut	Cookies, Rye Bread
Celery Seed	Meatballs, Dips Cheese Spreads Seafood Cocktail Tomato Juice	Vegetable Tomato	Cottage Cheese Deviled Eggs	Stews, Pot Roasts Meatloaf	Baked Fish	Shrimp, Tuna Potato Salad Dressing Coleslaw	Barbeque Sauce Cocktail Sauce	Potatoes, Cauliflower, Green Beans, Peas, Tomatoes	Biscuits Muffins
Chili Powder	Cheese Spreads Shrimp Cocktail Nachos Salsa	Chili, Beef, Bean, Vegetable Gazpacho	Omelets Deviled Eggs	Fajitas Stews, Hamburgers Roast & Fried Chicken Tacos		Bean Taco	Taco Sauce Barbeque Sauce Tomato Sauce	Corn, Cauliflower, Green Beans, Peas, Tomatoes	
Cinnamon	Fruit Cocktail	Split Pea Fruit	Cottage Cheese Dessert Omelet	Stews Braised Meats Chicken Stuffing Ham		Fruit	Chutney, Catsup Mole Sauce Fruit Sauce, Relishes Chocolate Sauce	Beets, Carrots, Corn, Winter Squash, Sweet Potatoes	Coffee Cakes, Pies, Fruit, Muffins, Yeast Breads, Cakes, Cookies, Puddings, Hot Spiced Beverages
Cloves	Fruit Cocktail Cranberry Juice Apple Cider	Split Pea	Eggnog Fruit Omelet	Ham, Braised Meats Corned Beef Roast Chicken	Poached Fish Spiced Shrimp	Pickled Beets	Chutney Relishes	Beets, Carrots, Cabbage, Winter Squash, Sweet Potatoes	Coffee Cake, Cake Cookies, Pies Pudding, Fruit Hot Spiced Beverages
Cumin	Nachos Meatballs Guacamole	Chili Vegetable Beef Gazpacho	Scrambled Eggs Omelets, Quiche	Roast Beef Pork Chicken Mexican Dishes	Fish Tacos	Avocado Marinated Vegetables Bean	Barbeque Sauce Mexican Sauce Vegetable Sauce	Tomatoes, Green Beans Corn Zucchini	
Curry Powder	Shrimp & Seafood Cocktails Dips Spreads	Chicken Beef Seafood	Deviled Eggs Scrambled Eggs Egg Salad	Curries Chicken, Beef, Veal, Lamb, Roasts Stews	Shrimp Creamed Tuna Or Salmon	Marinated Vegetable Chicken Seafood	Cream Sauce Chutney	Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Zucchini	

Dillweed	Dips Spreads Fish & Seafood Cocktails	Chicken Split Pea Potato Chowders	Deviled, Scrambled & Creamed Eggs, Quiche, Soufflés, Omelets, Cottage Cheese	Lamb, Veal & Pork Roasts Chicken Casseroles Hamburgers	Tuna Or Salmon Loaf Seafood Casseroles Baked & Broiled Fish	Chicken, Shrimp, Vegetable Potato, Cucumber Coleslaw	Cheese Sauce Cream Sauce Relishes	Asparagus, Beets, Green Beans, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Corn, Peas, Tomatoes, Zucchini	
Garlic	Dips Spreads	Chicken Vegetable	Omelets	Roast Chicken Burgers Italian, Mexican Or Asian Dishes	Baked Fish Shrimp Scampi	Vegetable Potato Salad Dressings	Italian-Style Sauces Barbeque Sauce	Mashed Or Roasted Potatoes, Tomatoes, Zucchini	Breadsticks Focaccia French Bread
Ginger	Broiled Grapefruit	Split Pea Bean Fruit		Marinades Ham, Braised Meats Stir-Fry	Marinades	Fruit Chicken	Chutney Relishes Fruit	Asparagus, Beets, Carrots, Winter Squash, Sweet Potatoes, Stir-Fried Vegetables	Coffee Cakes Gingerbread Cake, Fruit Cookies
Marjoram	Dips Spreads	Vegetable, Beef Chicken, Onion, Seafood, Fish Tomato	Scrambled Eggs Quiche, Soufflé Omelet	Stews, Roast & Fried Chicken, Meat Loaf Meat Balls, Roasts	Baked & Broiled Fish	Marinated Vegetable Chicken	Italian Sauce Tomato Sauce Cream Sauce	Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Squash	
Mustard	Dips Meat Spreads Meatballs Pretzels	Chili	Omelets Quiche Deviled Eggs Egg Salad	Sausage Pork Ham Chicken	Baked & Broiled Fish	Vegetable Potato Coleslaw Salad Dressings	Honey Mustard Barbeque Marinades	Baked Beans Marinated Vegetables Pickles	
Nutmeg	Fruit Cocktail	Split Pea Chowders	Quiche Fruit Omelet Eggnog	Veal, Ham Meat Loaf Sausage		Chicken Fruit	Cream Sauce Dessert Sauces Chocolate Sauce	Asparagus, Beets, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Green Beans, Peas, Squash, Sweet Potatoes	Muffins, Custard, Coffee Cakes Cakes, Cookies Pudding, Fruit, Pies
Oregano	Dips Spreads Meatballs Tomato Juice	Minestrone Tomato, Beef Vegetable, Bean	Soufflés, Quiche Omelets Scrambled & Deviled Eggs	Roast & Fried Chicken Meat Loaf Roasts, Stews Braised Meats	Baked & Broiled Fish Shrimp	Bean Vegetable Potato Salad Dressings	Italian-Style Sauce Spaghetti Sauce Tomato Sauce Barbeque Sauce	Asparagus, Broccoli, Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini	Muffins Biscuits Herb Breads
Rosemary	Meatballs	Chicken Pea	Soufflés Scrambled Eggs	Roast Lamb Veal Chicken Pork Roasts	Broiled & Poached Fish	Tomatoes Salad Dressings Cucumber	Gravy	Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini	
Sage	Cheese Spreads Meatballs	Chicken Pea Tomato	Soufflés Quiche, Omelets Creamed & Scrambled Eggs	Chicken & Pork Dishes Stuffing Sausage	Stuffed Fish Baked Fish Broiled Fish	Salad Dressings	Poultry Gravy	Green Beans, Brussels Sprouts, Peas, Zucchini	Muffins Biscuits
Tarragon	Cheese Spreads Seafood Cocktail Pate Tomato Juice	Chicken Vegetable Tomato	Omelets, Soufflés, Quiche Deviled & Creamed Eggs	Chicken & Pork Dishes Roast Pork, Veal, Lamb & Chicken	Broiled & Poached Fish Seafood	Tomatoes Cucumber Vegetable Salad Dressings	Hollandaise Poultry Gravy Béarnaise	Broccoli, Carrots, Cauliflower, Green Beans, Peas, Potatoes, Tomatoes, Zucchini	
Thyme	Cheese Spreads Dips Pate Seafood Cocktails	Vegetable, Pea Beef, Chicken Tomato, Bean Minestrone	Soufflés, Omelets Scrambled Eggs Cottage Cheese Quiche	Baked & Fried Chicken Braised Meats, Roasts, Pork Chops Stuffing	Baked & Broiled Fish Seafood	Salad Dressings Potato & Vegetable Salads, Tomatoes, Cucumbers	Hollandaise Gravy Tomato Sauce	Asparagus, Broccoli, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Zucchini, Brussels Sprouts, Onions	Herb Bread