

Spice & Herb Chart

	Appetizers	Soups	Salads and Dressings	Vegetables	Eggs and Cheese	Meats and Sauces	Poultry and Fish	Desserts and Baked Goods
Allspice	Pickles, relishes, cocktail meatballs, pickled beets, fruit compote	Green pea, vegetable beef, minestrone, asparagus, tomato	Cottage cheese, fruit salad, cheese dressing	Eggplant, spinach, beets, squash, turnips, red cabbage, carrots	Egg casserole, cream cheese	Beef stew, meat loaf, hamburgers, baked ham, roast lamb, pot roast, cranberry sauce, meat gravies, tomato sauce	Boiled fish, oyster stew	Mince meat, tapioca and chocolate puddings, spice cake, fruit cake, baked bananas, cookies, pie
Bay Leaves	Hot tomato juice, pickles, pickled beets	Bouillon, bouillabaisse, fish chowder, lobster bisque, vegetable, minestrone, oxtail, potato, tomato, turtle	Seafood salad, tomato aspic, chicken aspic, beet salad, French dressing	Potatoes, artichokes, carrots, beets, eggplant, lentils, onions, rice, squash, zucchini	Eggs creole	Beef stew, meat pie, corned beef, pot roast, roast beef, veal, meat sauces, lamb, spare ribs, gravy	Capon, chicken salad, a la king, fricassee, turkey, boiled shrimp and lobster, fish stews, baked salmon, tuna salad	
Caraway	Soft cheese, spreads, pickles	Cream soups, clam chowder, borscht, vegetable	Potato salad, sour cream dressing, spiced vinegar, coleslaw	Cabbage, cauliflower, potatoes, carrots, onions, turnips, broccoli, Brussels sprouts, sauerkraut	Cottage cheese, cream cheese	Sauerbraten, roast pork, beef a la mode, liver, kidney stew	Tuna fish casserole, roast goose	Rye bread, muffins, rolls, coffee cake, cookies, loaf cake
Cayenne	Deviled eggs, seafood sauces, cottage and cream cheese dips and spreads, pickles	Clam and oyster stews, fish chowder, cream soups, shrimp gumbo, vegetable	Tuna, shrimp, chicken, macaroni, seafood, mayonnaise, thousand island dressing, sour cream dressing	Green beans, lima beans, cauliflower, cut corn, kale, broccoli	Welsh rarebit, egg dishes, cheese soufflé, cottage and cream cheese	Pork chops, veal soup, ham croquette, barbeque beef, sandwich fillings, meat sauces	Creamed chicken and croquettes, oysters, shrimp, poached salmon, tuna salad	
Celery Seed (salt, flakes, seeds)	Deviled eggs, ham spread, tomato juice, kraut juice, cream cheese spread, pickles	Cream of celery or tomato, fish chowders and bisques, vegetable, bean, potato, bouillon	Coleslaw, potato, egg, tuna, vegetable, kidney beans, salad dressings, sour cream dressings	Cabbage, stewed tomatoes, potatoes, cauliflower, turnips, braised lettuce	Welsh rarebit, boiled and fried eggs, cheese casserole, omelets, cheese sauce, deviled eggs	Meatloaf, pot roast, meat stews, short ribs or beef, braised lamb	Chicken croquets, fish stew, chicken stew, chicken pie, oyster stew, stuffing	Rolls, biscuits, salty breads
Chili Powder	Avocado and cheese dips, seafood and cocktail sauce	Corn soup, pepper pot, fish and clam chowders, tomato, bean, shrimp gumbo, vegetable, chili soup	French dressing, kidney bean salad, thousand island dressing, chili sauce	Vegetable relishes, green beans, green peas, eggplant, rice, tomatoes, corn, Mexicali green beans, lima beans	Omelets, soufflés, casseroles, boiled and scrambled eggs, cheese sauces, rarebits	Chili con carne, arroz con pollo, tamales, meatloaf, hamburgers, stews, sauces	Creamed seafood, shrimp chicken and rice, chicken pie	
Cinnamon (ground and stick)	Cinnamon toast, sweet gherkins pickles, hot spiced beverages, pickled fruits		Fruit salad, dressings for fruit salad	Sweet potatoes, squash, pumpkins, spinach, turnips, green beans, beets, parsnips		Pork chops, ham, sauce for pork and lamb	Boiled chicken (stick cinnamon), boiled fish, special chicken and fish recipes	Chocolate and rice pudding, stewed fruits, apple desserts, buns, coffee cake, muffins, spice cake, molasses cookies
Cloves (whole and ground)	Sweet gherkins, pickled fruits, hot spiced wine, fruit punch	Beef, bean, cream of tomato, cream of pea, mulligatawny	Toppings for fruit salad	Beets, baked beans, candied sweet potatoes, squash		Whole ham and pork roasts, stews, gravies, sausage, boiled tongue	Baked fish, chicken a la king, roast or smothered chicken, chicken croquets	Preserved and stewed fruits, apples, mince and pumpkin pies, chocolate rice and tapioca pudding, stewed pears
Curry Powder	Tomato juice, sauce for dips, sweet pickles, deviled eggs, salted nuts	Clam and fish chowders, tomato soup, cream of mushroom, oyster stew	Fruit and meat salads, mayonnaise, French dressing	Rice, creamed onions, creamed potatoes, carrot, corn, celery, lima beans	Sauce for eggs, deviled eggs, cottage cheese, cream cheese, cheese sauce	Curried lamb, veal croquettes, stews	Chicken croquets, chicken and hash, curried chicken and turkey, fish croquettes, shrimp	
Dill	Cottage cheese, anchovy spread, cheddar cheese spread, pickles, sour cream dip, stuffed eggs	Split pea soup, cream of tomato, navy bean, Borscht, chicken, lobster bisque, turkey, fish chowder	Coleslaw, cucumber, green bean, lettuce, mixed green, potato, seafood, mayonnaise, sour cream, French dressing	Carrots, beets, cabbage, lima beans, green beans, turnips, eggplant, cauliflower, zucchini, squash	Deviled eggs, omelets, scrambled eggs, cottage cheese, cream cheese, macaroni	Beef, pot roast, corned stew, barbeque, hamburger, lamb chops or stew, roast pork	Chicken pie, creamed chicken, baked halibut, mackerel, salmon, creamed, lobster, boiled and creamed soup	
Ginger (ground)	Pickles, boiled grapefruit, chutney	Bean soup, onion, potato	Ginger pears, French dressings	Beets, carrots, squash, baked beans	Cheese dishes	Broiled beef, lamb, veal, pot roast, stewed, chopped beef	Roast chicken, squab, Cornish hen, sautéed chicken	Gingerbread, cakes, cookies, pumpkin pie, custards baked, stewed, preserved fruits, Indian pudding
Marjoram	Fruit punch, cream and cottage cheese dips, cheddar cheese spreads, pickles	Onion soups, clam, oyster, Boston clam chowder, minestrone, oxtail, spinach	Mixed green salad, asparagus, chicken, fruit, seafood	Carrots, eggplant, peas, spinach, string beans, onions, summer squash, tomatoes, celery, broccoli, Brussels sprouts	Omelets, soufflés, creamed eggs, scrambled, cheese sauce, cheese soufflé, rarebits, cheese straws	Roast beef, pork, veal, stews, meat pies, loaf, pot roast, short ribs, spare ribs	Chicken croquettes, duck, goose, pheasant, guinea hen codfish balls, halibut, salmon loaf, shad roe	
Mustard (ground)	Pickles, pickled onions, ham spreads, Chinese hot sauce, hot English mustard, deviled eggs	Lobster bisque, bean, onion	Egg salad, shrimp, lobster, potato, fruit, salad dressing	Asparagus, beets, broccoli, Brussels sprouts, cabbage, onions, green beans, potatoes, baked beans	Deviled eggs, casseroles, cheese sauces, cream cheese	Baked ham, kidneys, pickled meats, sauces	Shrimp, creamed and stewed oysters, boiled fish, fish sauces	Molasses cookies, gingerbread
Oregano	Cheese spreads, pizza, vegetable juice, avocado dip, creamed and cottage cheese spreads	Bean, vegetable, lentil, tomato, minestrone, navy bean, onion, spinach	Salad dressing, seafood, avocado, green bean, mixed greens, potato, tomato, mushrooms	Peas, onions, potatoes, spinach, green beans, stewed tomatoes, mushrooms	Creamed eggs, omelets, scrambled eggs, cheese sauces, soufflé, cottage cheese, straws, rarebits	Swiss steak, beef stew, broiled and roast lamb, meatloaf, sauces, gravies, spare ribs, veal scaloppini	Chicken cacciatore, sauté, roast, guinea hen, pheasant, stuffed fish, boiled shrimp, clams	
Paprika	Canapes, deviled eggs, cream cheese spreads, stuffed celery, seafood creamed, seafood cocktails	Cream soups, chicken soups, chowders	Coleslaw, potato salad, mayonnaise, French dressing	Cauliflower, potatoes, celery, creamed vegetables	Deviled eggs, scrambled eggs, welsh rarebit, cottage cheese, cheese and egg dishes	Hungarian goulash, ham, gravies	Poultry and seafood dishes, shellfish, fried chicken	
Poppy Seed	Cheese spread, cottage cheese, cheese dips	Onion soups	Green salads, salad dressings	Peas, potatoes, rutabaga, sweet potatoes, carrots, zucchini	Fried and scrambled eggs, omelets, cottage cheese	Noodle dishes		Coffee cakes, cookies, pie crusts, pie crusts, bread, rolls, pastries
Rosemary	Deviled eggs, pickles, sour cream	Mock turtle, chicken, lentil, minestrone, split pea, spinach, chowders	Meat salad, fruit salad	Peas, tomatoes, mushrooms, onions, celery, lima beans, green beans, broccoli, cucumber	Deviled eggs, omelets, soufflés	Roast and broiled lamb, beef, pork, veal, beef stew, pie, pot roast, Swiss steak, spare ribs	Capon, chicken fricassee, sauté, roast pheasant, partridge, quail, salmon, baked halibut, baked sole	
Saffron		Cheese, bouillabaisse, lobster bisque, turkey	Seafood salad	Rice	Scrambled eggs	Gravy for roast chicken, roast turkey, roast veal, Spanish sauce, rabbit	Arroz con pollo, bouillabaisse, chicken stew, chicken fricassee, creamed lobster, baked halibut, sole	Rolls, bread, buns, cake, frosting and icings
Sage	Cheese spreads	Consommé, fish and corn chowder, cream soups, asparagus, chicken, cream of tomato, minestrone, turkey	Salad greens, salad dressing	Brussels sprouts, onions, lima beans, peas, tomatoes, carrots, eggplant, winter squash, turnips	Creamed eggs, soufflés, cheese sauce, rarebits, egg and cheese casseroles, cottage and cream cheese	Beef, barbeque, stew, pie, roast, pot roast, barbequed lamb, roast veal, pork, veal, veal stew	Capon, chicken, stuffing, goose, duck	
Sesame Seed	Soft cheese	Most soups	Coleslaw, salad dressings	Asparagus, green beans, tomatoes, spinach, noodle and vegetable casseroles, potatoes, rice	Cream cheese	Meat pies, Hawaiian ham steaks	Fried chicken, chicken casseroles, fish	Top dressings on pies, cookies, coffee cake, rolls, bread, buns, crumpets
Tarragon	Vegetable juice cocktail, liver, pate, herb butters, cheese spreads, seafood cocktails, stuffed eggs, pickles	Bean, chicken consume, seafood chowders and bisques, mushroom, pea, tomato, turtle	Asparagus, celery, chicken, cole slaw, cucumber, egg, green bean, kidney bean, mixed green, tomato	Asparagus, beans, broccoli, cabbage, cauliflower, celery root, mushrooms, potatoes, spinach, tomatoes	Deviled eggs, omelets, scrambled eggs, cottage cheese	Meat marinades, broiled steak, pot roast, braised lamb, lamb stew, veal stew, bearmaise sauce, brown garlic	Chicken, chicken sauté, broiled chicken, turkey, duck, broiled halibut, baked salmon, trout, tuna, boiled lobster	