

SPICE PAIRINGS

FOR EVERYDAY MAIN DISHES

To start, pair your main dish with a single herb or spice. Once you're familiar with their flavors, trying mixing and matching more than one. Don't be afraid to experiment!

MAIN DISH	HERBS	SPICES
Beef	Basil, chives, sautéed garlic, oregano, parsley, rosemary, sage	Chili powder, Chinese 5-spice, cinnamon, cumin, curry powder, garam masala, garlic powder
Lamb	Basil, chives, dill, sautéed garlic, mint, oregano, parsley, rosemary, sage	Anise, cardamom, Chinese 5-spice, cinnamon, cloves, coriander, cumin, curry powder, garam masala, garlic powder, ground ginger, smoked paprika
Chicken	Basil, chervil, chives, cilantro, fennel, sautéed garlic, ginger, lemongrass, marjoram, oregano, parsley, rosemary, sage, tarragon, thyme	Anise, cardamom, Chinese 5-spice, coriander, cumin, garam masala, garlic powder
Pork	Chives, sautéed garlic, lemongrass, oregano, parsley, rosemary, sage	Chili powder, Chinese 5-spice, cumin, fennel seeds, garam masala, ground ginger, smoked paprika
Game & Goat	Chives, marjoram, mint, rosemary, sautéed garlic	Anise, cinnamon, cloves, coriander, cumin, garam masala, garlic powder, nutmeg, smoked paprika
Seafood	Chervil, chives, cilantro, dill, fennel, sautéed garlic, ginger, lemongrass, marjoram, parsley, rosemary, sage, tarragon, thyme	Anise, cayenne, coriander, fennel seeds, smoked paprika
Eggs	Chervil, chives, cilantro, dill, sautéed garlic, marjoram, parsley, rosemary, sage, tarragon, thyme	Cumin, nutmeg, smoked paprika, garam masala
Beans	Chives, sautéed garlic, oregano, parsley, rosemary, sage, thyme	Cardamom, chili powder, coriander, cumin, curry powder, garam masala, garlic powder, smoked paprika
Rice	Chives, sautéed garlic, oregano, parsley, rosemary	Anise, cardamom, chili powder, cinnamon, cumin, garam masala, garlic powder, ground ginger
Veggies & Squash	Basil, chervil, chives, cilantro, dill, fennel, sautéed garlic, ginger, lemongrass, mint, oregano, parsley, rosemary, sage, tarragon	Chili powder, Chinese 5-spice, cinnamon, cloves, coriander, cumin, curry powder, garam masala, garlic powder, ground ginger, nutmeg, smoked paprika
Potatoes	Basil, chives, dill, fennel, sautéed garlic, marjoram, oregano, parsley, rosemary, sage, tarragon, thyme	Cumin, curry powder, garam masala, garlic powder, nutmeg, smoked paprika
Fruit	Ginger, lemon verbena, mint, rosemary	Anise, cardamom, cinnamon, cloves, fennel seeds, nutmeg
Desserts	Mint, lemon verbena, thyme	Anise, cardamom, Chinese 5-spice, cinnamon, cloves, fennel seeds, ground ginger, nutmeg