

Spice Guide - Flavoring with Herbs – not Salt

Courtesy of: www.myretrorecipes.com

You won't miss salt if you use plenty of herbs and spices instead. Experiment with your own combinations of flavors, but be sure to add herbs sparingly at first; taste the dish as you cook it and add more as you like. You can also add a dash of lime or lemon juice to enliven up virtually any dish. Here is a list of foods and the herbs and spices suited to them.

BEEF: Allspice, basil, bay leaf, chili powder, cumin, curry powder, garlic, ginger, marjoram, oregano, thyme

PORK: Caraway seed, chili powder, coriander, cumin, curry powder, dill, garlic, ginger, rosemary, thyme

LAMB: Curry Powder, dill, garlic, mint, oregano, rosemary, thyme

VEAL: Bay Leaf, Coriander, dill, garlic, oregano, rosemary, sage, thyme

EGGS: Chili Powder, chives, cumin, curry powder, savory, tarragon,

CHICKEN & TURKEY: Basil, bay leaf, chives, coriander, curry powder, garlic, ginger, marjoram, oregano, rosemary, sage, tarragon, thyme

FISH & SHELLFISH: Bay leaf, basil, chervil, coriander, curry powder, cloves, dill, marjoram, oregano, tarragon, thyme

ASPARAGUS: Basil, chives, dill, nutmeg, sesame seeds, tarragon

BEANS, dried: Allspice, chili powder, coriander, cumin, garlic, marjoram, oregano, rosemary, sage, savory, tarragon, thyme

BEANS: Basil, Chives, dill, marjoram, sage, savory, tarragon

BEETS: Allspice, caraway seeds, chives, dill, ginger, horseradish

BROCCOLI, CAULIFLOWER: Basil, caraway seeds, curry powder, garlic, ginger, marjoram

BRUSSEL SPROUTS: Oregano, tarragon, thyme

CARROTS: Caraway seeds, chives, cumin, ginger, marjoram, nutmeg & tarragon.

CORN: Chives, coriander, cumin, rosemary, sage, savory, thyme

EGGPLANT: Allspice, basil, garlic, marjoram, oregano, sage, thyme

MUSHROOMS: Basil, chives, dill, garlic, marjoram, oregano, rosemary, tarragon

PEAS: Basil, chives, dill, marjoram, mint, oregano, savory, tarragon

PEPPERS (sweet): Chives, coriander, garlic, marjoram, oregano, thyme

POTATOES: Caraway seeds, bay leaf, chives, coriander, curry powder, dill, garlic, mint, oregano, tarragon, thyme

RICE: Chives, cumin, curry powder, garlic, sage, tarragon

SPINACH: Basil, garlic, nutmeg, tarragon

SQUASH & ZUCCHINI: Basil, chives, coriander, dill, garlic, ginger, marjoram, oregano, rosemary, savory, tarragon

SQUASH, Winter: Allspice, cinnamon, cloves, curry powder, ginger, mace,
nutmeg

SWEET POTATOES: Allspice, cinnamon, cloves, ginger, nutmeg

TOMATOES: Basil, chives, coriander, dill, garlic, marjoram, oregano, rosemary, sage, savory, tarragon, thyme

TURNIPS: Allspice, cinnamon, ginger, nutmeg

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