

SPICE CHART

A helpful guide to flavoring!



Herb/Spice:	What it tastes like:	How to use it:
Allspice	Sweet spice, a blend of cinnamon and nutmeg	Fruit, pies, sausage
Anise	Licorice flavor	Tomato dishes, sausage, Chinese 5 spice
Basil	Sweet herb, light anise flavor	Tomato dishes, pesto, squash, Italian dishes
Bay Leaves	Herbal and slightly floral	Soups and stews
Cardamom	Intense sweet and spicy flavor	Curries, teas, baking
Cayenne	Hot	Add heat to any dish
Chili powder	Smoky, spicy hot to mild and fruity	Mexican dishes, meat, dry rubs, chili
Cilantro	Fresh, bright and slightly citrus flavor	Salsa, chicken or fish, Latin dishes
Cinnamon	Sweet, woody and slight spicy	Most baking, ham, Middle Eastern dishes
Clove	Strong and sweet	Sauces, baking, pork and ham
Coriander	Spicy and slightly nutty	Pork, Sausage, Curries
Cumin	Distinct warm aroma but not hot	Chili, curry, meat, dry rubs
Dill	Grassy and herbal	Salad, salad dressing, dips, fish, squash
Garlic	Strong and pungent, mellows with cooking	Add to nearly all savory recipes
Ginger	Sweet, warm, slight bite and aromatic	Baking, curries, Asian dishes
Mustard	Slightly bitter, pungent and hot	Meat, dry rubs, salad dressing
Nutmeg	Sweet, aromatic and woody	Cream sauces, baking, desserts, squash
Oregano	Intensely herbal	Tomato dishes, pizza, chicken, pork
Paprika	Sweet and mild to hot and spicy	Goulash, shellfish, rice, sausage
Parsley	Mild, savory, fresh and slightly peppery	Most savory dishes
Rosemary	Woody, essence of pine	Breads, meat or game, pairs well with garlic
Sage	Earthy, slight camphor taste	Stuffing, poultry, soups, roasts
Tarragon	Light anise flavor, herbal	Eggs, sauces, light soups and dressings
Thyme	Herbal, slightly minty	Poultry, soups, breads, dry rubs
Turmeric	Pungent, slightly bitter, slight citrus	Curries, rice, chicken, Indian dishes