

# SEASONING GUIDE

When experimenting with seasonings use the following suggestions as a guide. Start with ¼ teaspoons for each 4 servings; then taste before adding more. Crush dried herbs or snip fresh herbs before using. To substitute fresh for dried, use three times more fresh herbs than dried.

Allspice	egg dishes, desserts, fruits, meat dishes, soup, vegetables.
Anise	beef and pork dishes, beets, cakes, carrots, cookies, mixed vegetable salad, pastries.
Basil	bread, broiled and roasted meats, dips, egg dishes, fish, pasta, poultry, salads, salad dressings, sauces, stewed fruits, stews, stuffing, vegetables.
Bay leaf	corned beef, dried bean dishes, egg dishes, fish, gravies, marinades, potatoes, rice, salads, stews.
Caraway	bread, dips, egg dishes, fish stews, pot roast, poultry, meat loaves, sauces, spreads, stuffing, vegetables salad.
Cardamom	bread, dressing and fruit salads, fish, meats, pasties, poultry.
Cayenne	(red pepper), cream soup, dips and spreads, egg dishes, French dressing, Mexican dishes.
Celery	(salt, flakes, seed) – bread, egg dishes, relishes, roasts, salads, sauces, spreads, stews, stuffing.
Chervil	To coat with bread crumbs before cooking.
Chili powder	croutons, dips, egg dishes, fish, French dressing, meats, poultry, spreads, stews, vegetables.
Cloves	cookies, dressings, fruit salads, marinades, pastries, pork and lamb dishes, vegetables.
Coriander	artichokes, bean dishes, cookies, curries, fruit salads, gingerbread, pastries, pork stews, roast poultry and stuffing.
Curry powder	beef, cheese spreads, creamed vegetables, dips, dressings, egg dishes, fish, fruit compotes, lamb, pork, poultry, rice, sauces, seafood salads.
Dill	(weed, seed) – beef, bread, dressings, egg dishes, fish, lamb, poultry, salads, sauces, seafood, stews, veal, vegetables.

<b>Fennel</b>	<b>bread, cakes, dressings, egg dishes, fish, meats roasts, pastries, poultry, salads, sauces, seafood, stews, vegetables.</b>
<b>Ginger</b>	<b>bread, cookies, desserts, fruit, marinades, meats, Oriental dishes, pastries, poultry, salad dressings, vegetables.</b>
<b>Lemon or Orange peel</b>	<b>bread, desserts, dressings, fish, fruit salads, fruit soup, marinades, meats, pastries, poultry, relishes, sauces, seafood, spreads, stuffing, vegetables.</b>
<b>Marjoram</b>	<b>bread, casseroles, egg dishes, fish, gravities, meat and poultry pies, roasts meats and poultry, salads, sauces, seafood, stews, vegetables.</b>
<b>Mace</b>	<b>cakes, cookies, chowders, fish dishes, fondues, veal.</b>
<b>Mint</b>	<b>fish, lamb, marinades, poultry, roast beef, salads, sauces, stewed fruits, vegetables.</b>
<b>Mustard</b>	<b>biscuits, corned beef, dips, dressings, egg dishes, macaroni salads, marinades, pickles, sauces, sauerkraut.</b>
<b>Nutmeg</b>	<b>bread, cookies, desserts, egg dishes, fruits, pastries, sauces.</b>
<b>Oregano</b>	<b>broiled and roasted meat, casseroles, egg dishes, fish, meat, Poultry, pies, salads, seafood, stews, and vegetables.</b>
<b>Rosemary</b>	<b>bread, casseroles, egg dishes, fish, meat pies, poultry, roasted meat and stews, salads, vegetables.</b>
<b>Saffron</b>	<b>bread, cakes, casseroles, fish, poultry, rice, salads, seafood, stews.</b>
<b>Sage</b>	<b>bread, egg dishes, fish, fondues, gravies, meat loaves, roasted meat and poultry, sauces, stews, stuffing, vegetables.</b>
<b>Savory</b>	<b>casseroles, chops, egg dishes, fish, gravies, hamburgers, meat and poultry pies, salads, sauces, stews, stuffing, vegetables.</b>
<b>Tarragon</b>	<b>casseroles, cheese spreads, dressings, fish, poultry, roasted meats, salads, sauces, seafood, steaks, stews, vegetables.</b>
<b>Thyme</b>	<b>bread, casseroles, egg dishes, fish, meat loaves, meat and poultry pies, salads, sauces, seafood, spreads, stews, vegetables</b>

**Courtesy of [www.asundaydinner.com](http://www.asundaydinner.com)**