

# Spice it Up!



HERB & SPICE	FLAVOR	TRY WITH
<i>Allspice</i>	Clove, cinnamon, nutmeg	Pot roast, meat loaf, combined casseroles, curries desserts, vegetable soup
<i>Bay Leaf</i>	Heavy, use sparingly	Soups, stews, roasts, poultry, fish
<i>Basil</i>	Mild peppery with trace	Tomato sauces, salad: of mint and clove dressings, poultry, fish, Italian/Mediterranean dishes
<i>Caraway Seeds</i>	Like licorice, lightens flavor of heavy foods	Breads, cooked cabbage, broccoli, Brussels sprouts, cauliflower, borscht soup, goulash, sausage, spareribs
<i>Chervil</i>	Warm, part-anise, part- parsley flavor	Omelets, green beans
<i>Chives</i>	Mild, sweet onion taste	Salads, omelets, potatoes
<i>Curry Powder</i>	Blend of spices, unusual flavor, from India	Soups, rice casseroles, chicken, sauces
<i>Dill</i>	Slightly sweet with sharp tang	Fish, eggs, carrots, cauliflower, spinach, apples, potatoes, cucumbers, dips/sauces
<i>Garlic</i>	Strong, pungent	Meat, fish, poultry, salads, sauces, soups
<i>Fennel</i>	Soft, nutty, anise/celery	Fish, cabbage, soups, salads, breads
<i>Marjoram</i>	Mild oregano taste, hint of balsam	Stuffing, eggplant, squash
<i>Mint</i>	Cool, refreshing, sweet	Tea, fruit, carrots, peas

HERB & SPICE	FLAVOR	TRY WITH
<i>Oregano</i>	Pungent, peppery, slight-bitter	Tomatoes, mushrooms, poultry, lentils
<i>Parsley</i>	Gentle flavor	Chicken, shellfish, pasta, potatoes
<i>Rosemary</i>	Bold, piney	Meat, fish, poultry, sauces, stews, vegetables
<i>Sage</i>	Pleasantly bitter, lemony zest	Breads, stuffing, potatoes
<i>Summer</i>	Savory Light, sweet, peppery tang	Beans, lentils, vegetable juices
<i>Tarragon</i>	Anise-like	Chicken, fish, vegetables, vinaigrette
<i>Thyme</i>	Pleasant, fresh taste with faint	Poultry, salad dressing, dried beans, soups clove aftertaste

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Miscellaneous 1417 (POD-12-19)

Revised by **Brent Fountain**, PhD, Associate Extension Professor, Department of Food Science, Nutrition, and Health Promotion; from an earlier version by **Melissa Rhodus**, former Area Extension Agent II, Pearl River County.



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