

LESSON 3: HERB/SPICE AND FOOD COMBINATIONS

BEEF:

- Bay leaf
- Basil
- Marjoram
- Curry powder
- Onion
- Oregano
- Black pepper
- Savory
- Thyme

PORK:

- Cayenne pepper
- Chile powder
- Cinnamon
- Cloves
- Fennel (sausage)
- Sage
- Thyme

POULTRY:

- Ginger
- Curry powder
- Marjoram
- Paprika
- Sage
- Tarragon

WINTER SQUASH AND SWEET POTATOES:

- Allspice
- Cinnamon
- Cloves
- Ginger
- Nutmeg
- Savory
- Thyme

FINFISH:

- Basil
- Bay leaf
- Chile powder
- Dill
- Ginger
- Oregano
- Paprika
- Sage
- Tarragon
- Thyme

SHELLFISH:

- Basil
- Black pepper
- Curry powder
- Dill
- Garlic
- Ginger
- Tarragon

POTATOES:

- Basil
- Caraway
- Chives
- Dill
- Garlic
- Parsley

TOMATOES:

- Basil
- Bay leaf
- Cilantro
- Cloves
- Marjoram
- Nutmeg
- Oregano
- Sage

GREEN BEANS:

- Basil
- Cloves
- Marjoram
- Parsley
- Sage
- Savory

CARROTS:

- Basil
- Bay leaf
- Ginger
- Marjoram
- Mint
- Oregano
- Parsley
- Thyme

SPINACH:

- Marjoram
- Ginger
- Nutmeg
- Parsley

CORN:

- Chile powder
- Chives
- Smoked paprika

Source: ADA Complete Food and Nutrition Guide, 4th Edition.

LESSON 3: CREATE YOUR OWN SPICE BLEND

CHINESE FIVE SPICE BLEND, 1/2 CUP

- 1/4 cup ground ginger
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 1 tablespoon ground allspice
- 1 tablespoon anise seeds

**Best for chicken, fish and pork*

CURRY BLEND, 1/2 CUP

- 2 tablespoons ground coriander
- 2 tablespoons ground turmeric
- 1 tablespoon ground cumin
- 2 teaspoons ground cardamom
- 2 teaspoons ground ginger
- 2 teaspoons ground black pepper
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

**Best for rice, lentils, vegetables, and chicken*

GREEK BLEND, 1/2 CUP

- 3 tablespoons garlic powder
- 3 tablespoons dried lemon peel
- 2 tablespoons dried oregano
- 1 teaspoon black pepper

**Best for seafood, poultry, and herbed bread*

POULTRY BLEND, 1/2 CUP

- 6 tablespoons ground sage
- 2 tablespoons ground thyme

ITALIAN BLEND, 1/2 CUP

- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 2 teaspoons dried thyme
- 2 teaspoons crushed dried rosemary
- 2 teaspoons crushed red pepper

**Best for pasta, chicken, pizza and herbed bread*

MEXICAN CHILE BLEND, 1/2 CUP

- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 tablespoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon ground red pepper
- 1/2 teaspoon ground cinnamon

**Best for chili, tacos, fajitas, beans, and enchiladas*

MIXED HERB BLEND, 1/2 CUP

- 1/4 cup dried parsley
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon dried dill weed
- 1 tablespoon dried celery flakes

**Best for salads, pasta, steamed vegetables and fish*

Source: ADA Complete Food and Nutrition Guide, 4th Edition.

Fresh or Whole Seasoning	Dehydrated Seasonings
1/3 cup fresh onion slices	¼ cup onion flakes
½ teaspoon minced fresh garlic	¼ teaspoon instant minced garlic
1 clove garlic	1/8 teaspoon garlic powder
½ cup diced fresh pepper	¼ cup bell pepper flakes

Fresh or Whole Seasoning	Dehydrated Seasonings
½ cup diced fresh celery	¼ cup celery flakes
½ cup diced peppers, onion, celery, and carrots	¼ cup mixed vegetable flakes
½ to 1 cup fresh parsley	¼ cup instant parsley flakes
1 teaspoon chopped fresh ginger	¼ teaspoon ground ginger

Fresh or Whole Seasoning	Dehydrated Seasonings
1 teaspoon grated fresh lemon or orange peel	1 teaspoon dried lemon or orange peel OR ½ teaspoon lemon or orange extract
¼ cup chopped fresh mint	1 tablespoon dried mint
1 whole bay leaf	1 teaspoon cracked bay leaf

Fresh or Whole Seasoning	Dehydrated Seasonings
1/3 cup fresh onion slices	¼ cup onion flakes
½ teaspoon minced fresh garlic	¼ teaspoon instant minced garlic
1 clove garlic	1/8 teaspoon garlic powder
½ cup diced fresh pepper	¼ cup bell pepper flakes

Fresh or Whole Seasoning	Dehydrated Seasonings
½ cup diced fresh celery	¼ cup celery flakes
½ cup diced peppers, onion, celery, and carrots	¼ cup mixed vegetable flakes
½ to 1 cup fresh parsley	¼ cup instant parsley flakes
1 teaspoon chopped fresh ginger	¼ teaspoon ground ginger

Fresh or Whole Seasoning	Dehydrated Seasonings
1 teaspoon grated fresh lemon or orange peel	1 teaspoon dried lemon or orange peel OR ½ teaspoon lemon or orange extract
¼ cup chopped fresh mint	1 tablespoon dried mint
1 whole bay leaf	1 teaspoon cracked bay leaf