



Herb and Spice Chart

This is an herb chart that you could print out and post on the inside of your pantry door.



The most common dried herbs that you're likely to have on your shelf:

- Bay leaf - primarily used for flavouring soups, stews, and marinades
- Basil -- use in tomato dishes, poultry, eggs, and vegetables
- Dill - best with seafood, potatoes, chicken, carrots, tomatoes, eggs, and breads
- Oregano - use with lamb; pork; beef;

- chicken; beans; Italian, Greek, and Mexican dishes, tomatoes
- Rosemary - best with lamb, poultry, pork, grilled meats, vegetables and potatoes, marinades, breads
- Sage - best with bread stuffing, game, vegetables, pork, veal
- Tarragon - use with seafood, poultry, veal, fruit, marinades, vinegars
- Thyme - best with chicken, veal, vegetables, marinades, soups, Creole dishes

The basic spices that you most likely have:

- Black pepper - grind it fresh over most everything
- Cayenne - add with care to anything when you want "a little heat"
- Cinnamon - use in breads, desserts, chicken, pasta and rice, cheese and egg dishes
- Cumin - Mexican, Tex-Mex, Indian dishes
- Curry powder - Indian and Asian dishes, soups, rice salads, meats, poultry
- Nutmeg - use in desserts, stews, soups, poultry, beef, pork, beans, lentils, noodles, rice
- Paprika - meats, poultry, vegetables, pasta, grains, dried beans, cheese and egg dishes

Remember to buy in small quantities as dried herbs and spices all have a short shelf life. Use sparingly; it's easier to add more than to try to correct if you've over-seasoned.