



SPICE SHELF SEASONING CHART



SPICE	APPETIZERS	SOUPS	PASTAS	SEAFOOD & POULTRY	MEATS	POTATOES & GRAINS	VEGETABLES & BEANS	SALADS & DRESSINGS	DESSERTS
ALLSPICE	Liver Pate	Pepperpot	Middle-Eastern Tomato Sauce	Caribbean Chicken	Jamaican Pot Roast	Baked Rice	Honey Glazed Winter Squash	Creamy Fruit Salad Dressing	Baked Pears
BASIL	Italian Tomato Toast	Minestrone	Pesto Sauce	Shellfish Stew	Italian Beef Roll-Ups	Polenta	Stewed Tomatoes	Sliced Tomatoes & Onions	
BAY LEAVES	Marinated Mushrooms	Bean	Tomato-Sauce	Marinades for Barbecuing	Skewered Grilled Lamb or Beef	Middle-Eastern Pilaf	Steamed Peas & Lettuce		
CARAWAY SEEDS	Liptauer Cheese Spread	Cabbage		Chicken Paprikash	Pork or Veal Stew	Roasted Potatoes	Sauerkraut	Potato Salad	Spice Cookies
CELERY SEEDS	Tomato Juice Cocktail	Chicken Chowder		Chicken Salad	Meat Pies	Buttered Steamed Potatoes	Poached Celery Wedges	Cabbage & Carrot Slaw	
CHILI POWDER	Bean Dips	Corn Chowder	Southwestern Chicken & Tomato Sauce	Oven Fried Chicken	Corn Meal Topped Stews	Baked Stuffed Potatoes	Baked Beans	Sour Cream or Yogurt Dressing	
CINNAMON	Sugared Nuts	Pumpkin	Noodle Pudding	Moroccan Chicken Stew	Greek Lamb Stew	Couscous	Mashed Yams	Sugared Sliced Tomatoes	Fruit Pies, Cakes, Puddings
CLOVES	Fruit Juices	Split Pea		Poached Fish	Beef Stew with Dumplings		Beets with Orange Sauce	Fruit Salad Dressing	Poached Apples
CORIANDER SEEDS		Lentil		Curried Chicken	Pork Kebabs	Indian Rice Pilaf	Coriander Butter for Winter Squash	Yogurt Dressing for Fruit	Coffee Cake
CUMIN SEEDS	Guacamole Dip	Bean	Fettuccine Primavera	Mexican Seafood Stews	Chilies & Curries	Brown Rice	Black Beans	Vinaigrette	
CURRY POWDER	Deviled Eggs	Mulligatawny	Tomato & Meat Sauces	Creamed Shellfish	Hamburgers	Rice Pilaf	Baked Winter Squash	Fruit Dressings	
DILL WEED & SEEDS	Sour Cream & Yogurt Dips	Cream of Vegetables	Egg Noodles	Herbed Butters	Scandinavian Veal Meat Balls	Boiled New Potatoes	Green Beans	Marinated Cucumbers	
FENNEL SEEDS	Pickled Shrimp	Pasta & Beans	Italian Tomato Sauce	Bouillabaisse	Beef Stew		Braised Celery	Seafood Salad	
GARLIC	Cheese Dips	Vegetable	All Tomato-Based Sauces	Roast Chicken	Roast Lamb	Mashed Potatoes	Sautéed Spinach	Creamy Italian Dressing	
GINGER	Oriental Shrimp	Carrot	Lo Mein Noodles	Chinese Stir Fry's	Pot Roast	Chinese Fried Rice	Carrots	Sweet Potato & Apple Salad	Poached Winter Fruits
ITALIAN SEASONING	Spinach Quiche	Mushroom	All Tomato-Based Sauces	Fish Florentine	Italian Meatballs	Baked Sliced Potato & Onion Casserole	Grilled Vegetables	Italian Oil & Vinegar Dressing	
MARJORAM	Clam Dip	Split Pea	Seafood Sauce	Poultry Stuffing	Veal Stew	Roasted New Potatoes	Vegetable & Bean Stew	Vegetable Salads	
MINT	Pineapple Juice	Chilled Fruit			Roast Lamb	Greek Rice	Steamed Carrots	Creamy Fruit Dressing	Chilled Summer Fruits
MUSTARD	Pork Pate	Cheddar Cheese		Broiled Salmon	Baked Ham	Potatoes Au Gratin	Green Beans with Mustard Sauce	Vinaigrette Dressing	
NUTMEG	Chicken Kebabs	Cream of Onion	Delicate Cream Sauces	Creamy Seafood Sauces	Veal Meat Balls	Risotto	Creamed Spinach	Waldorf Salad	Apple Bread Pudding
ONION	Cream Cheese Spreads	Fish Powder	Pasta with Artichokes	French Country Chicken with Herbs	Meat Loaf	Mashed Potatoes	Stewed Tomatoes	Marinated Beans	
OREGANO	Vegetable Juices	Bean	Neapolitan Pizza Sauce	Broiled Fish	Greek Lamb Stews	Lemon Roasted Potatoes	Crumb-Topped Green Beans	Mixed Vegetable Salads	
PAPRIKA	Baked Stuffed Clams	Potato-Onion	Baked Ziti with Ricotta	Crab Cakes	Beef Paprikash	Scalloped Potatoes	Corn Pudding	Macaroni Salad	
RED PEPPER	Seafood Cocktail Sauce	Seafood Bisque	Southern Italian Tomato Sauce	Szechwan Stir-Fry	Hot Pepper Sauce for Lamb Chops	Rice Pilaf	Stewed Tomatoes	Tomato Salad Dressing	Lemon Ice
ROSEMARY	Marinated Artichokes	Lentil	Vegetable Lasagna	Chicken Sauté with Olives	Lamb Kebabs	Sautéed Potatoes	Grilled Tomatoes	Warm Lamb & Bean Salad	Wine-Poached Fruits
SAGE	Cheese Sticks	Bean	Browned Butter Sauce for Ravioli	Chestnut Stuffing's	Sautéed Liver	Stuffed Peppers	Baked Lima Beans & Tomatoes		
SESAME SEEDS	Herbed Biscuits	Sprinkles over Carrot-Orange	Linguine Tossed with Sesame Oil	Red Snapper with Sesame Butter	Sesame Burgers	Coating for Potato Puffs	Topping for Vegetables	Toasted, over Fruit Salad	Baked Bananas
TARRAGON	Marinated Mushrooms	Shrimp Gumbo	Tarragon Butter for Noodles	Chicken Breast with Wine	Stuffed Veal Chops	Rice & Vegetable Casserole	Green Beans & Onions	Chicken & Vegetable Salad	Poached Pears
THYME	Cheese-Stuffed Mushrooms	Vegetable Beef	Pork-Filled Cannelloni	Shrimp Creole	Boeuf Bourguignon	Wild Rice	Yellow & Red Pepper Sauté	Tabouli	

Note: Black Pepper is the most important spice due to its flavor versatility. It can be added to most dishes including some desserts such as spice cookies and cakes. Black Pepper can also be used as seasoning corrector, just before serving. Chart adapted from A.S.T.A.