

# A Reference Guide to Spices & Herbs for Common Dishes



## Chicken

Dried herbs and spices: thyme, rosemary, coriander, marjoram, sage, garam masala (spice blend), harissa (spice blend), jerk seasoning (spice blend), dukkah (spice blend), chili powder (spice blend), herbes de provence (spice blend)

Fresh herbs: thyme, rosemary, parsley, tarragon, marjoram, sage

Other: lemon, garlic, soy sauce, white wine, ginger, pesto, miso paste

## Fish

Dried herbs and spices: coriander, chili flakes, jerk seasoning (spice blend), dukkah (spice blend), za'atar (spice blend)

Fresh herbs: chervil, tarragon, chives, dill, marjoram, cilantro

Other: lemon, mustard, ginger, sherry, pesto, miso paste, soy sauce

## Pork

Dried herbs and spices: sage, rosemary, thyme, chinese five-spice (spice blend)

Fresh herbs: sage, rosemary, thyme

Other: mustard, garlic

## Beef

Dried herbs and spices: rosemary, thyme, chinese five-spice (spice blend)

Fresh herbs: rosemary, thyme

Other: red wine, garlic

## Lamb

Dried herbs and spices: cinnamon, harissa (spice blend), dukkah (spice blend), za'atar (spice blend)

Fresh herbs: rosemary, thyme, parsley, mint

Other: garlic

## Steamed or Roasted Vegetables

Dried herbs and spices: thyme, rosemary, oregano, marjoram, chili flakes, za'atar (spice blend)

Fresh herbs: dill, thyme, rosemary, oregano, marjoram

Other: lemon, good extra-virgin olive oil, butter, pesto

## Potatoes

Dried herbs and spices: rosemary, thyme, garam masala (spice blend), herbes de provence (spice blend)

Fresh herbs: rosemary, thyme, parsley

Other: good extra-virgin olive oil, butter, pesto

