

Spice Guide
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<p>Anise Pork, Chicken, Fish, Mexican and Indian dishes, Breads, Biscuits, Fruit</p>	<p>Basil Beef, Lamb, Veal, Rabbit, Liver, Turkey, Chicken, Fish (salmon/trout), Duck, Shellfish, Green beans, Potatoes, Summer/Winter Squash, Tomato dishes, Salads, Salad dressings, Soup, Rice, Artichokes, Asparagus, Avocado, Aubergine, Carrots, Courgette, Mushrooms, Peas, Peppers, Eggs, Cheese</p>	<p>Bay Leaf Beef, Chicken, Lamb, Veal, Venison, Rabbit, Duck, Pigeon, Pheasant, Liver, Baked or grilled fish, Fish soups/stocks, Seafood, Tomato dishes, Sauces, Bean and meat stews, Artichokes, Cabbage, Cauliflower, Rice,</p>
<p>Caraway Beef, Chicken, Pork, Baked or grilled fish, Beets, Cabbage, Carrots, Potatoes, Turnips, Winter squash, Beans, Cauliflower, Breads, Biscuits,</p>	<p>Chervil Beef, Chicken, Turkey, Lamb, Pork, Veal, Fish (baked or grilled), Pigeon, Rabbit, Pheasant, Salmon, Trout, Shellfish, Liver, Soups/stocks, French dishes, Artichokes, Asparagus, Aubergine, Eggplant, Peas, Potatoes, Broccoli, Carrots, Celery, Courgette, Fennel, Leeks, Mushrooms, Peppers, Spinach, Tomatoes, Eggs, Cheese, Mixed salad greens</p>	<p>Chives Beef, Chicken, Veal, Pigeon, Rabbit, Pheasant, Fish (baked or grilled), Oily fish, Salmon, Trout, Shellfish, Avocado, Beetroot, Potatoes, Cucumbers, Corn, Brussels sprouts, Carrots, Cauliflower, Leeks, Lentils, Mushrooms, Onion, Tomatoes, Pasta, Omelets, Sauces, Soups/stocks, Mixed salad greens, Rice, Cheese</p>
<p>Cinnamon Beef, Lamb, Pork, Chicken, Venison, Sauces, Hot cocoa, Coffee, Cooked fruits (apples, grapefruit)</p>	<p>Cumin Beef, Chicken, Lamb, Pork, Curried vegetables, Fish, Beans, Okra, Broccoli, Cabbage, Carrots, Cauliflower, Parsnip, Potatoes, Pumpkin, Spinach, Turnips, Rice, Cheese, Breads</p>	<p>Dill Chicken, Lamb, Pork, Rabbit, Liver, Fish (baked or grilled), Salmon, Trout, Oily fish, Shellfish, Yogurt, Cucumbers, Green beans, Tomatoes and tomato dishes, Potatoes, Beets, Artichokes, Asparagus, Avocado, Aubergine, Carrots, Cauliflower, Celery, Fennel, Leeks, Mushrooms, Rice, Eggs, Cheese, Breads</p>
<p>Fennel Chicken, Pork, Goose, Fish (baked or grilled), Oily fish, Shellfish, Salmon, Trout, Soups/stocks, Salads, Stir-fry vegetables, Carrots, Cauliflower, Eggs, Cheese, Breads, Apple pie, Tomato-based sauces, Tea</p>	<p>Garlic Beef, Chicken, Lamb, Pork, Turkey, Fish, Tomato dishes, Potatoes, Pasta, Sauces, Soups</p>	<p>Ginger Beef, Chicken, Turkey, Ham, Lamb, Veal, Fish, Rice, Marinades, Fruit (apples and pears), Sweet breads</p>

<p>Lovage Beef, Chicken, Lamb, Pork, Ham, Venison, Rabbit, Fish soups, Duck, Liver, Potatoes, Spinach, Tomatoes</p>	<p>Mace Stewed beef and poultry, Baked goods, Fruit dishes, Cooked vegetables (carrots, broccoli, Brussels sprouts, and cauliflower)</p>	<p>Marjoram (S=sweet) Beef, Chicken, Lamb, Ham, Pork, Veal, Pigeon, Rabbit, Venison (S), Rabbit, Salmon, Trout, Liver, Turkey (S), Duck (S), Goose(S), Fish, Shellfish, Beans and legumes, Soups/stews, Tomato dishes, Eggs, Carrots, Eggplant, Parsnips, Mushrooms, Peas, Peppers, Cauliflower, Courgette, Spinach, Cheese</p>
<p>Mint Chicken, Lamb, Ham, Veal, Baked or grilled fish, Peas, Carrots, Potatoes, Eggplant, Beans, Broccoli, Corn, Tomatoes, Celery, Cucumber, Lentils, Salad greens, Scrambled eggs and omelets, Cheese</p>	<p>Oregano Beef, Chicken, Ham, Pork, Turkey, Fish, Italian and Greek dishes, Pasta and sauces, soups/stews, Aubergine, Beans, Courgette, Cucumber, Fennel, Lentils, Onion, Peppers, Potatoes, Corn, Mushrooms, Summer Squash, Eggs, Cheese</p>	<p>Parsley Beef, Chicken, Lamb, Ham, Veal, Turkey, Rabbit, Fish (baked or grilled), Salmon, Trout, Shellfish, Soups/stocks, Artichokes, Asparagus, Avocado, Aubergine, Beans, Beets, Carrots, Cauliflower, Celery, Courgette, Cucumber, Fennel, Leeks, Lentils, Mushrooms, Onion, Parsnips, Corn, Peas, Potatoes, Pumpkin, Tomatoes, Turnips, Green peppers, Rice, Eggs, Cheese</p>
<p>Rosemary Beef, Chicken, Lamb, Ham, Pork, Veal, Venison, Rabbit, Pigeon, Pheasant, Turkey, Duck, Fish, Oily fish, Salmon, Trout, Shellfish, Savory breads, Stuffing, Beans, Pasta, Potatoes, Broccoli, Carrots, Celery, Courgette, Leeks, Mushrooms, Onion, Parsnips, Peas, Peppers, Pumpkin, Tomatoes, Rice, Cheese, Biscuits, Turnips</p>	<p>Saffron Chicken, Lamb, Pork, Turkey, Fish, Rice, Ice cream, Cakes, Chocolates, Breads, Tea, Pasta</p>	<p>Sage Beef, Chicken, Lamb, Pork, Veal, Venison, Rabbit, Pigeon, Pheasant, Liver, Turkey, Duck, Goose, Fish, Fish soups, Bean stews and soups, Stuffing, Rice, Eggplant, Sweet potatoes, Winter squash, Cabbage, Onion</p>
<p>Savory Beef, Chicken, Lamb, Ham, Pork, Veal, Venison, Pigeon, Liver, Turkey, Fish (baked or grilled), Fish soups, Oily fish, Green vegetables, Dried beans and lentils, Mushrooms, Parsnips, Peas, Potatoes, Pumpkin, Tomatoes, Turnips, Stuffing, Tea</p>	<p>Tarragon Beef, Chicken, Lamb, Pork, Turkey, Duck, Fish (salmon, trout), Fish soups/stocks, Shellfish, Pigeon, Rabbit, Pheasant, Artichokes, Asparagus, Avocado, Aubergine, Beetroot, Carrots, Celery, Fennel, French beans, Mushrooms, Peas, Eggs, Cheese</p>	<p>Thyme Beef, Chicken, Lamb, Pork, Veal, Liver, Turkey, Fish (grilled or baked), Fish soups, Seafood, Artichokes, Aubergine, Cabbage, Carrots, Celery, Mushrooms, Onion, Parsnip, Peppers, Potatoes, Pumpkin, Tomatoes, Turnips, Rice, Cheese, Breads</p>