

# Cooking with Herbs, Spices, and Seasonings

Herbs and spices can add flavor and variety to your food. Use a little at first, add more when you are sure you like the flavor. To substitute dry herbs for fresh, use 1/3 teaspoon powder or 1/2 teaspoon crushed for 1 Tablespoon fresh chopped herbs. Some herbs and spices are expensive. You might want to buy only a few of the less expensive herbs and spices you will use.

Herbs and spices lose flavor and can spoil or get buggy if kept in the cupboard longer than a year. If you use herbs and spices slowly, buy small containers, or store them in the freezer.

## Herbs, Spices, and Seasonings

## Uses

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Allspice	Fish, Turkey, Chicken, Beets, Pumpkin Pie
Basil	Poultry, Fish, Eggs, Beef, Zucchini, Green Beans
Bay Leaves	Tomatoes, Fish, Vegetable/Beef Soup
Black Pepper	Meat, Casseroles, Caesar/Greek Salad, All Soups
Cayenne	Seafood, Chicken, Beef, Stews, Chili, Vegetables
Celery Seed	Pot Roast, Rolls, Biscuits, Tuna Salad, Soups
Chili Powder	Chicken, Ground Turkey, Beef, Rice, Beans, Corn
Chives	Potatoes, Soups, Dips, Sauces
Cilantro	Salsa, Stir Fry, Rice, Grilled Chicken/Fish
Cinnamon	French Toast, Ham, Pork Chops, Sweet Potatoes
Cloves	Ham, Pork Roast, Beans, Pear/Apple Desserts
Coriander Seed	Middle Eastern Dishes, Roast Pork, Spice Cakes
Cumin	Beef, Lamb, Marinades, Beans, Chili, Indian Dishes
Curry Powder	Fish, Seafood, Poultry, Vegetables, Chicken Salad
Dill	Fish (Tuna/Salmon), Potatoes, Cucumbers, Beans
Dry Mustard	Fish, Tuna, Eggs, Poultry, Cabbage, Potato Salad
Garlic	Mexican/Italian/Oriental Dishes, Salad Dressings
Ginger (Ground)	Poultry, Meat, Stuffing, Squash, Gingerbread
Mace	Fish (Tuna/Salmon), Potatoes, Cucumbers, Beans
Mint	Tabbouleh, Lamb, Fruit Salads, Cooked Carrots
Nutmeg	Poultry, Stew, Creamed Dishes, Pudding,
Oregano	Fish, Poultry, Zucchini, Eggplant, Pasta, Tomato
Paprika	Fish, Poultry, Eggs, Rice, Fruit, Creamed Dishes
Parsley	Middle Eastern Dishes, Corned Beef, Marinades
Rosemary	Beef, Fish, Eggs, Poultry, Turnips, Cauliflower
Sage	Poultry, Pork, Stews, Vegetable Salads, Cabbage
Tarragon	Eggs, Poultry, Fish, Salad Dressings, Potatoes
Thyme	Fish, Poultry, Beef, Stews, Vegetable Salads, Onions

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