

Herb and Spice flavor matchups. Page 1 (Author un-known)

Allspice: Add 2-whole allspice to the pot when stewing chicken. Dash ground allspice over fruit salad. Season cranberry juice with allspice, cinnamon, and cloves. serve hot or chilled.

Anise Seed: Gives bread or cookies a delightful Licorice flavor. add to filling for baked apples.

Basil: A natural for tomato and potato dishes. Try $\frac{1}{4}$ teaspoon in each cup of tomato-juice cocktail. Add a pinch to tomato aspic or cheese soufflé. Use to brighten the seasoning for hamburger patties, meat loaf, or tuna casserole.

Bay leaves: A favorite because they give pleasant flavor to meat, fish, soups, potatoes. When making potato salad, cook potatoes with a Bay leaf and onion.

Caraway seed: Add to cream-puff batter-- 2-teaspoons for $\frac{1}{2}$ cup flour; fill with creamed ham. Or make tiny puffs: fill with ham salad and serve as appetizers. Sprinkle caraway over coleslaw.

Cardamom seed: Sprinkle on baked custard, fruit salad, or chilled melon cup. For dessert coffee, place 2-crushed cardamom seeds in each demitasse cup; fill with demitasse coffee.

Celery seed: a must in pickles, relishes, potato salad.

Chervil: Add Bouquet Garni when cooking peas: For 1-pound frozen peas, use $\frac{1}{4}$ teaspoon *each* Chervil and Thyme, and add 1-teaspoon snipped Parsley.

Chili powder: Add a dash to scalloped oysters or canned corn.

Chives: Great in cottage and cream cheeses, scrambled eggs, cream soups. Spaghetti is wonderful tossed with butter, Parmesan, and finely snipped Chives.

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Mint: While peas simmer, add few mint flakes or minced fresh leaves. Mint makes fruit beverages, fruit cups and salads more delightful. Add dried mint flakes to hot cooked rice

Mustard: Add a bit of dry mustard to scrambled eggs. Dry or prepared mustard goes in cheese sauce. Remember mustard seed for relishes, buttered cabbage.

Nutmeg: A must in Swedish meatballs. Add a dash to creamed onions. Dot canned peach halves with butter; dash with Nutmeg; broil. To yellow cake mix or favorite recipe, add $\frac{1}{2}$ teaspoon Nutmeg, $\frac{1}{4}$ teaspoon Allspice.

Oregano: It's a favorite of Mexican and Italian cooks. Gives character to meat loaf, stew, chili con carne, potatoes, tomatoes. Sprinkle in potato or seafood salads. Add to baked beans.

Paprika: Use a colorful dash on dips and spreads, salads, and vegetables. Add to flour mixtures when coating meats for browning

Cayenne Pepper: Not related to regular pepper. Should be used sparingly in sauces for sea food, in dips, spreads, egg dishes, and with meat, fish, and poultry.

Poppy seed: Nice in cheese breads. For poppy-seed pastry, add to flour mixture before the water; use 1-teaspoon for each 1 $\frac{1}{2}$ cups flour.

Rosemary: Distinctively fresh and sweet, but potent! You will like it with meats, dumplings, and biscuits. Nice with cauliflower or corn. It's a flavor complement with garlic powder and parsley.

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Sage: Whole leaf or ground (rubbed), it has a strong but appetizing flavor. Best liked with pork in stuffing, for turkey and chicken. Mix with process cheese for a flavorful spread. Use to season clam chowder; add a dash to canned tomato soup.

Savory: Also called summer savory. Add a sprinkle to pea soup. To sauce cauliflower, combine a can of condensed Celery soup (no MSG) and a pinch of savory--wonderful! A half-teaspoon in biscuit dough gives a delightful aroma. Add to scrambled eggs--1/4 teaspoon to 2 eggs. Nice in stuffing, stew, and meatballs. Use on green beans.

Sesame seed: Use in breads and cookies. Toasted sesame seed makes terrific topper for vegetables or add to basting sauce for fish. To toast, spread seeds in shallow pan; heat in oven at 350° for 10 minutes, stirring occasionally.

Tarragon: Use with all seafood, hot or cold. Important in chicken, egg, and tomato dishes. Gives tang to tartar sauce. It does marvelous things for creamed chicken--use 1/2 teaspoon to 2-cups liquid. Perks up the flavor of cream of spinach soup. Add a pinch to your favorite cheese sauce.

Thyme: Blends well with other herbs. Popular seasoning for soups and chowders. Use with carrots, green beans, peas, and onions. Sprinkle on sliced tomatoes, salad greens, and sea-food salads.

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Cinnamon: Combine 2-Tablespoons sugar and 1-teaspoon Cinnamon; sprinkle on four grapefruit halves; fill center with butter and broil. Add 1/2 teaspoon to crumbs for graham-cracker crust. To flour mixture from 1 package Angel-Cake Mix, add 1-teaspoon each Cloves and Nutmeg. Sift.

Coriander seed: Ground: add to potato salad, bread, cookies, pumpkin pie, and cherry pudding.

Curry: Add to deviled eggs-- 1/4 to 1/2 teaspoon for 8 eggs. Make curried pastry for main-dish pie: Add 1-teaspoon curry per cup flour; sift with flour.

Dill: For dilled creamed potatoes, add 1/4 teaspoon dried dill weed for each cup of white sauce. Wonderful in sour cream sauces. Add dill seed to coleslaw or potato salad.

Garlic powder: About 1/4 teaspoon is equal to one small clove garlic. Adds zing to meats, vegetables, salads, and dressings.

Ginger: A must in many desserts, of course. Often goes along with soy sauce to lend an Oriental touch to chicken, pork, lamb, or beef. Try adding to seasoned sour cream to dress a chicken salad.

Horseradish: Adds zest to meats and fish, cheese, and eggs.

Ham: Sandwich Spread: mix: 1/4 cup soft butter or margarine, 2-Tablespoons prepared horseradish, 2-teaspoons poppy seed, and 2-Tablespoons chopped onion.

Mace: Add dash to cherry pie, a light shake to oyster stew.

Marjoram: Particularly good with lamb. accents mushrooms nicely. Perfect in scrambled eggs, omelet, or soufflé -- add 1/4 teaspoon to 4-eggs. Season rice with marjoram, chervil, parsley, thyme; serve with roast chicken or lamb.