# A

AÇAI

agave nectar

**bananas**

berries

cassava

*desserts, e.g., cheesecake, ice cream, sorbet*

*drinks, e.g., cocktails, lemonade*

granola

*ice cream*

*jellies*

*juices*

pomegranates

raspberries

***SMOOTHIES***

***sorbets***

*South American cuisine*

yogurt

ACHIOTE SEEDS (aka ANNATO SEEDS)

beans

*Caribbean cuisine*

**chiles**, e.g., habanero, jalapeño

cilantro

**citrus**, e.g., sour orange

cloves

**coriander**

**cumin**

**garlic**

*gravies*

***Latin American cuisines***

lime

***marinades***

***MEXICAN CUISINE***

**oil**, e.g., corn, olive, vegetable

onions

ORANGES

**SOUR ORANGES**, e.g., juice

oregano

*pastes*

**pepper, black**

polenta

potatoes

*Puerto Rican cuisine*

**RICE**

*sauces*

seitan

*sofritos*

*soups*

*South American cuisines*

squash, winter, e.g., butternut

*stews*

*tacos*

tofu

tomatoes

**vinegar**, e.g., wine

yuca

ADOBO SAUCE and/or SEASONING (see also CHILES, CHIPOTLE)

avocado

beans, e.g., black

*burritos*

*Caribbean cuisines [+ cumin + garlic + orange juice + oregano]*

cauliflower

**CHILES, e.g., CHIPOTLE**, or

chili powder

*enchiladas*

*Filipino cuisine [+ annatto seeds + coconut milk + garlic]*

*guacamole*

*Latin American cuisines*

lemon

**lime**

*marinades*

***Mexican cuisine*** *[+ chipotle chiles + cinnamon + garlic + orange juice + oregano]*

orange, e.g., juice

polenta

potatoes, e.g., baked, fried

*sauces*

*soups*

*stews*

*stock, e.g., vegetable*

tortilla chips

AFRICAN CUISINES (see also ETHIOPIAN CUISINE and MOROCCAN CUISINE)

bananas

beans

bell peppers

black-eyed peas

*braised dishes*

cabbage

coconut

*curries*

fruit, tropical, e.g., pineapple

garlic

grains, e.g., millet, teff

greens, e.g., stewed

lentils

okra

**peanuts**

**peanut butter**

plantains

*salad dressings, e.g., peanut*

*salads, e.g., bean, lentil*

*sauces, e.g., peanut*

*soups, e.g., bean, black-eyed pea, peanut, yam*

***stews****, e.g., peanut, vegetable*

sweet potatoes

tomatoes

**yams**, esp. west African

AGAR or AGAR-AGAR (see also KANTEN)

**apple**, e.g., cider, juice

apricots, dried or fresh

*aspics*

bananas

beans, adzuki

berries, e.g., blueberries

coconut

coconut milk

***desserts, gelled***

**fruit juice**

*Japanese cuisine*

*jellies*

*kanten*

kiwi fruit

lemon

*macrobiotic cuisine*

melon, e.g., cantaloupe

milk, coconut

*“panna cotta,”* vegan

peaches

pears

pomegranates

*puddings*

*soups*

strawberries

sugar

vanilla

watermelon

*yogurt*, e.g., vegan

AGAVE NECTAR

***baked goods****, e.g., breads*

*cereals, hot breakfast*

cinnamon

*cocktails, e.g., tequila-based*

*desserts, e.g., fruit*

*drinks*

fruits

*ice cream*

*pancakes, as a topping (esp. amber or dark)*

pears

pumpkin (esp. amber or dark)

*salad dressings*

***sauces****, e.g., barbecue, caramel*

*smoothies*

squash, winter (esp. amber or dark)

*waffles, as a topping (esp. amber or dark)*

ALLSPICE

***BAKED GOODS****, e.g., cakes, cookies*

beans, e.g., *baked beans*, black

beets

berbere, the Ethiopian spice blend

*beverages, e.g., chai, cocoa*

*Caribbean cuisine, e.g., jerk seasoning*

carrots

chiles, e.g., habanero

chocolate

**cinnamon**

cloves

coconut

*compotes, fruit*

cucumbers

cumin

***curry powder****, e.g., Indian, Jamaican;*

***curries****, e.g., Caribbean*

***desserts, e.g., crumbles***

*English cuisine*

*Ethiopian cuisine*

**fruits**, e.g., apples, bananas, mangoes, peaches, pears, pineapple

**ginger**

grains, e.g., quinoa

*gravies, e.g., mushroom*

*ice cream*

*Indian cuisine*

***JAMAICAN CUISINE****, e.g.,* ***jerk dishes***

*ketchup*

*marinades*

*Mexican cuisine*

*Middle Eastern cuisines*

*Moroccan cuisine*

nutmeg

nuts, e.g., pecans

oats

onions

pepper, black

***pickled vegetables****, e.g., broccoli, cauliflower, cucumber, green beans*

*pies, e.g., apple, fruit*

*pilafs*

*puddings*

**pumpkin**

*punch*

*ras el hanout*

rum

*salad dressings*

***sauces****, e.g., barbecue, jerk, mole*

***soups****, e.g., fruit, tomato*

**squash**, **winter**, e.g., kabocha

*stews*

sugar

sweet potatoes

tamarind

*teas*

vegetables, esp. root

vinegar, e.g., apple cider, red wine

*wine, mulled*

**Flavor Affinities**

allspice + black pepper + rum

ALMONDS (and UNSWEETENED ALMOND BUTTER; see also MILK, ALMOND)

amaretto

anise

**apples**

**apricots**

arugula

***baked goods****, e.g., cookies, pie crusts, quick breads*

bananas

barley

**beans, green**, e.g., French

**bell peppers**, e.g., red or yellow, esp. roasted

**BERRIES**, e.g., blackberries, **blueberries**, strawberries

*beverages, e.g., chocolate*

*biryani*s

brandy

bread/toast, seven-grain

**broccoli**

Brussels sprouts

bulgur

cabbage, napa

*candies*

caramel

caraway seeds

cardamom

carrots

cauliflower

cayenne

celery

celery root

**CHERRIES**

**chiles**, e.g., ancho

**chili powder**

**CHOCOLATE**

**COCOA**

**CACAO NIBS**

cinnamon

**citrus**

**coconut**

**coffee**

cornmeal

couscous

cranberries

cumin

**currants**, e.g., black

*curries*

**DATES**

***desserts****, e.g., mousses, puddings*

*dips*

**figs**

**FRUITS**, e.g., dried, fresh, roasted

**GARLIC**

ginger

***granola***

grapes

**greens**, e.g., bitter, salad

**hazelnuts**

hiziki

ice cream

*icings, e.g., for cakes, cupcakes, etc.*

*Indian cuisine*

kale

lavender

leeks

**LEMON**, e.g., juice, zest

lime, e.g., juice, zest

liqueurs, fruit (e.g., orange)

**MAPLE SYRUP**

mascarpone

*Mediterranean cuisines*

*Middle Eastern cuisines*

milk

molasses

*Moroccan cuisine*

*muesli*

**mushrooms**, e.g., chanterelle, portobello

mustard powder

**nectarines**

noodles, soba

nuts, other, e.g., walnuts

**oats**

**oatmeal**

**oil**, e.g., olive

olives

onions, e.g., red

**ORANGE**, e.g., juice, zest

paprika

passion fruit

**PEACHES**

pears

pecans

**pepper**, e.g., black

***“pestos”***

*pilafs*

pine nuts

pistachios

**plums**, e.g., dried, fresh

polenta

praline

quinces

**raisins**

**raspberries**

rhubarb

**RICE**, e.g., sweet

rose water

rosemary

rum

*salads*

salt, e.g., kosher, sea

***SAUCES****, e.g., mole,* ***romesco***

sesame, e.g., seeds

sherry

*smoothies*

*soups, e.g., white gazpacho*

soy sauce

*Spanish cuisine*

*spiced almonds*

spinach

*spreads*

**strawberries**

*stuffings*

sugar, e.g., brown

thyme

**tofu**

**tomatoes**

*trail mix*

*Turkish cuisine*

**VANILLA**

vinegar, e.g., champagne, sherry

watercress

yogurt

zucchini

ALMONDS, MARCONA

*baked goods*

beans, e.g., green

beets

chickpeas

dates

*desserts*

figs

garlic

lemon

maple syrup

oil, e.g., olive, sunflower

paprika, smoked

parsnips

quince paste

rosemary

***salads****, e.g., green, vegetable*

salt

*Spanish cuisine*

squash, summer

winter

thyme

vegetables, root

vinegar, sherry

AMARANTH (THE GRAIN) (see also GREENS, AMARANTH)

almonds

**apples**

**apple juice**

*baked goods, e.g., breads, cookies*

**beans**, e.g., black, cannellini, pinto

blueberries

cabbage

cardamom

*casseroles*

***CEREALS****, e.g., hot breakfast*

chia seeds

chickpeas

chili

chocolate, dark

cinnamon

corn

garlic

ginger

***GRAINS, OTHER MILDER****, e.g., buckwheat, bulgur, millet, quinoa, rice, wild rice*

greens

lemon

maple syrup

***Mexican cuisine***

**milk**

oil, e.g., olive

onions

orange, e.g., juice, zest

parsley

persimmons

pistachios

*“polenta”*

*“popcorn”*

*porridges*

*puddings*

raisins

***salads****, when popped or sprouted*

scallions

***SOUPS****, e.g., bean, clear (used as a thickener or as a garnish when popped)*

***South American cuisines***

soy sauce

spinach

*stews*

stock, vegetable

tamari

tomatoes, e.g., *stuffed*

*veggie burgers*

walnuts

yams

yogurt

AMERICAN CUISINE (see also CAJUN/CREOLE CUISINE, SOUTHERN CUISINE, TEX-MEX CUISINE, etc.)

beans

blueberries

chives

corn

cranberries

grapes, Concord

maple syrup

peanuts

pecans

popcorn

pumpkin

pumpkin seeds

rice, wild

squash

sunflower seeds

vinegar, apple cider

walnuts

ANISE SEEDS

allspice

almonds

**apples**

applesauce

*Asian cuisines*

***BAKED GOODS***, *e.g., biscotti,* ***breads (esp. rye), cakes, cookies****, pies, shortbread*

beets

**cabbage**

cardamom

carrots

cauliflower

celery

**chestnuts**

*Chinese cuisine*

**cinnamon**

cloves

coffee

*compotes*

cranberries

cumin

**curry powder**

***curries (e.g., Indian)***

dates

*desserts*

*drinks*

fennel

fennel seeds

**FIGS**

*French cuisine, esp. Provençal*

**fruits**, e.g., cooked, dried

garlic

ginger

hazelnuts

*Italian cuisine*

lemon

lentils

maple syrup

*marinades*

mayonnaise

*[Eastern]* ***Mediterranean cuisines***

melon

***Middle Eastern cuisines***

*Moroccan cuisine*

nutmeg

nuts, e.g., almonds

**orange**

parsnips

peaches

pears

pepper, e.g., black

*pickles*

pineapple

**pine nuts**

**plums**, fresh or dried

*Portuguese cuisine*

pumpkin

quince

raisins

rhubarb

rice

*salad dressings*

*salads, fruit*

*sauces, e.g., cream*, *mole, tomato*

sauerkraut

*Scandinavian cuisine*

*soups, e.g., sweet potato*

*Southeast Asian cuisines*

star anise

***STEWS****, e.g., vegetable*

strawberries

sugar

sweet potatoes

*teas*

tomatoes

tomato sauce

vanilla

**vegetables**, e.g., **root**

*Vietnamese cuisine*

walnuts

wine

ANISE HYSSOP (aka LICORICE MINT)

**apricots**

*baked goods, e.g., cookies, scones*

basil

beans, e.g., green

beets

**berries**, e.g., blackberries, **blueberries**, raspberries

***beverages***

carrots

cherries

chervil

chocolate

currants

***desserts****, e.g., crisps, custards, pies*

fennel

**fruit, esp. summer**

grains, e.g., bulgur, couscous

*ices*

*ice creams*

lavender

lemon

lychees

melons, e.g., cantaloupe, honeydew

mint

nectarines

oranges

parsley

parsnips

peaches

pears

raspberries

rhubarb

rice

***salads****, e.g., fruit, grain, green*

***sauces****, e.g., crème anglaise, custard*

*soups, e.g., melon*

spinach

squash, winter

sweet potatoes

*“tabboulehs”*

*teas*

tomatoes

vegetables, root

watermelon

wine, e.g., sparkling and/or sweet

zucchini

APPLES (and APPLE CIDER, APPLE JUICE and/or APPLESAUCE)

agave nectar

**allspice**

**almonds**

*apple butter*

***applesauce***

apricots

***BAKED APPLES***

***BAKED GOODS****, e.g., cakes, muffins, pies*

bananas

**beets**

**blackberries**

blueberries

**brandy**, e.g., apple

**cabbage**, e.g., red

**Calvados**

**caramel**

**cardamom**

carrots

cashews

cayenne

**celery**

**celery root**

cherries

chestnuts

chiles, e.g., chipotle, jalapeños

*chutneys*

cider, e.g., apple

\*CINNAMON

**cloves**

**coconut**

*compotes, fruit, e.g., apple*

coriander

**CRANBERRIES**, dried or fresh

*crepes*

cucumbers

**currants,** e.g., black

*custards*

*flans*

**dates**

***DESSERTS****, e.g., cobblers, crisps, crumbles*

endive

**fennel**

fennel seeds

**figs**

**fruit, dried**, e.g., raisins

**GINGER**

**GRAINS**, e.g., amaranth, farro, kasha, millet, oats, quinoa, wheat berries

*granola (esp. dried apples)*

grapes

greens, salad

**horseradish**

jícama

***juices***

**kale**

lamb’s lettuce

lavender

**LEMON**, e.g., juice, zest

lentils

lettuce, e.g., romaine

mace

**MAPLE SYRUP**

mascarpone

**mint**

molasses

*muesli*

**mustard**

mustard seeds

**nutmeg**

**NUTS**, e.g., almonds, hazelnuts, peanuts, **pecans**, pistachios, walnuts

**OATS**

**OATMEAL**

oil, nut, e.g., hazelnut, peanut, walnut

onions

**oranges**, e.g., juice, zest

parsnips

**pears**

pepper, black

phyllo dough

pine nuts

**plums**, e.g., dried, fresh

*puddings*

**pumpkin**

**quince**

**RAISINS**

raspberries

rhubarb

**rice**, e.g., basmati, brown, wild

rosemary

sage

***SALADS****, e.g., fennel, fruit, grain, green, Waldorf*

sauerkraut

**seeds**, e.g., caraway, sesame, sunflower

***slaws***

sorrel

***soups****, e.g., butternut squash, sweet potato*

sour cream

spinach

spirits, e.g., apple brandy, applejack, Armagnac, Calvados, cognac, Cointreau, Kirsch, Madeira, rum, sherry, vermouth

**SQUASH, WINTER**, e.g., acorn, butternut, delicata

*stuffings*

**SUGAR**, e.g., brown

sumac

**SWEET POTATOES**

*trail mix, esp. dried apples*

**vanilla**

*verjus*

**vinegar**, e.g., cider

**WALNUTS**

watercress

wine, red

**yogurt**

zucchini

APRICOTS (see also APRICOTS, DRIED)

**ALMONDS**

apples

arugula

basil

**bay leaf**

beets

berries, e.g., blueberries

brandy

**caramel**

**cardamom**

carrots

*cereals, e.g., hot breakfast*

**cherries**

**chocolate**, e.g., dark

*chutneys*

**cinnamon**

cloves

coconut

*compotes*

coriander

**couscous**

cranberries

cumin

curry powder

curry spices

***desserts****, e.g., crisps, crumbles, custards*

fennel

fennel seeds

figs

fruit, dried

garlic

**ginger**

**grains**, e.g., barley, bulgur, quinoa, rice, wheat berries

*granola*

grapefruit

**hazelnuts**

*ice cream*

jícama

*juices*

juices, fruit

Kirsch

**lemon**, e.g., juice, zest

lemongrass

lemon thyme

lime

mangoes

maple syrup

mascarpone

*Middle Eastern cuisines*

mint

nectarines

nutmeg

**nuts**, e.g., walnuts

onions

**orange**, e.g., juice, liqueur, zest

peaches

pecans

pepper, e.g., black, white

*pilafs, rice*

pineapple

pine nuts

**pistachios**

plums, e.g., dried, fresh

*preserves*

*puddings, e.g., rice*

raisins

**raspberries**

**rice**, e.g., brown

saffron

***salads****, e.g., fruit, rice*

*salsas*

sesame, e.g., seeds

***smoothies***

*sorbets*

*soups, e.g., fruit*

sour cream

strawberries

**sugar**, e.g., brown, powdered

*tagines, i.e., Moroccan stews*

tarragon

***tarts****, e.g., fruit*

thyme

**VANILLA**

vinegar, e.g., balsamic, white wine

**yogurt**

**wine**, e.g., sweet, white, e.g., Moscato d’Asti

APRICOTS, DRIED (see also APRICOTS)

allspice

apples

***baked goods****, e.g., breads, cakes, cookies, muffins, pies*

bananas

brandy

cabbage, e.g., napa

cayenne

cereals, cold or hot breakfast

chestnuts

chiles, e.g., green, serrano

chocolate

**cinnamon**

coconut

Cognac

*compotes*

couscous

cranberries

curry powder

*desserts, e.g., custards*

**dried fruit, other**, e.g., cherries, currants, plums, raisins

*French toast*

**ginger**

grains, e.g., bulgur

*jams*

*preserves*

kale

**lemon**, e.g., juice, zest

lettuce, e.g., iceberg, romaine

lime

maple syrup

mascarpone

*Middle Eastern cuisines*

*Moroccan cuisine*

mint

**NUTS**, e.g., **almonds**, hazelnuts, pecans, pine nuts, **pistachios**

oats

oatmeal

orange, e.g., juice, zest

*pancakes*

*crepes*

parsley

pears

*porridges*

*puddings, e.g., rice*

raspberries

**rice**

**wild rice**

***salads****, e.g., fruit, grain*

*sauces*

seeds, e.g., pumpkin

*stews*

*stuffings*

sugar, e.g., brown

sweet potatoes

tamarind paste

vanilla

vinegar, e.g., champagne, rice

walnuts

**wine, sweet**, e.g., Madeira, Muscat

zucchini

ARAME (see also SEA VEGETABLES)

almonds

apple juice

*baked goods, e.g., breads, savory pastries, strudels, tarts, turnovers*

bell peppers, e.g., red

broccoli

buckwheat

**cabbage**, e.g., Chinese, red

**CARROTS**

*casseroles*

cilantro

citrus

coriander

corn

cucumbers

dill

edamame

**garlic**

ginger, fresh

gomashio

greens, salad, esp. Asian, e.g., baby bok choy, mizuna, tatsoi

horseradish

***Japanese cuisine***

kale

lettuce

lotus root

mirin

miso

mushrooms, e.g., shiitake

mustard, e.g., spicy

noodles, Asian, e.g., soba, udon

**oil**, e.g., olive, sesame

**onions**, e.g., green, red

*quiches*

**radishes**

rice, brown

***SALADS, e.g. cucumber, pasta***

scallions

**sea vegetables**, other, e.g., hiziki, wakame

**sesame**, e.g., oil, paste, seeds

shoots, e.g., snow pea

snow peas

***soups****, e.g., split pea*

soy sauce

squash, winter, e.g., buttercup, butternut

*stews*

*stir-fries*

*strudels, e.g., phyllo dough*

*stuffed cabbage*

*stuffed peppers*

sweeteners, e.g., agave nectar, maple syrup

tahini

**tamari**

tempeh

**tofu**

*tofu scrambles*

turmeric

turnips

**vegetables**

**vinegar**, e.g., brown rice, rice wine

wasabi

ARROWROOT (aka ARROWROOT FLOUR, POWDER, or STARCH)

**Flavor:** virtually none

**Volume:** very quiet

**What it is:** a thickening agent, less processed than cornstarch, made from the

arrowroot plant (a tuber grown in the tropics)

**Gluten-free:** yes

**Tips:** Dissolve in a little cold water before adding to sauces; or dissolve

about one tablespoon of powder per cup of cold liquid before bringing it to a

simmer. It becomes clear as it cooks. Stir constantly, do not overheat, which makes arrowroot lose its thickening power.

**Brand:** Authentic Foods, Bob’s Red Mill

**Possible substitutes:** cornstarch, flour, kuzu, tapioca starch

***baked goods****, e.g., biscuits, breads, cakes, cookies, muffins, pies, scones*

*crepes*

*custards*

*desserts*

flours, other

***gravies***

*ice creams*

milk, e.g., coconut

*pie fillings*

***puddings***

\****SAUCES, e.g., fruit, sweet-and-sour***

*soups*

*stews*

*stir-fries*

ARTICHOKE HEARTS (see also ARTICHOKES)

almonds

arugula

**basil**

**beans**, e.g., cannellini, **fava**, white

bell peppers, e.g., red

bread crumbs

bulgur

capers

*casseroles, e.g., rice*

chickpeas

couscous

*crostini*

crudités

dill

***DIPS***

eggplant

*focaccia*

*fritters*

**garlic**

*gratins*

horseradish

*Italian cuisine*

leeks

**LEMON**, e.g., juice, zest

**MUSHROOMS**, e.g., porcini, shiitake, wild

**oil**, e.g., olive

olives, e.g., black

**onions**, e.g., red, white

oregano

palm, hearts of

parsley

***PASTAS****, e.g., fettuccine, penne*

peas

pepper, black

**pesto**

**pine nuts**

***PIZZAS***

**potatoes**

*relishes*

rice

risotto

***SALADS****, e.g., green, pasta, potato*

scallions

*soups*

sorrel

**SPINACH**

thyme

tomatoes

**tomatoes, sun-dried**

*Turkish cuisine*

walnuts

wheat berries

wine, e.g., dry white

zucchini

ARTICHOKES (see also ARTICHOKE HEARTS)

**asparagus**

**basil**

**BAY LEAF**

**BEANS**, e.g., **fava**, green, **white**

bell peppers, e.g., red, yellow

bouquet garni

**BREAD CRUMBS**, e.g., panko

**brown butter**

**capers**

**carrots**

*casseroles*

**celery**

celery root

**chervil**

**chickpeas**

chili pepper flakes

cilantro

cloves

coriander

curry

endive

**FENNEL**

fennel seeds

*fines herbes*

*French cuisine*

**GARLIC**

*gratins*

greens

gremolata

**herbs**

*Italian cuisine*

**leeks**

**LEMON**, e.g., juice, oil, preserved, zest

lentils

lime

marjoram

**mayonnaise**

**mint**

**MUSHROOMS,** e.g., dried, porcini, trumpet

**mustard**, e.g., Dijon

nutmeg

**nuts**, e.g., **hazelnuts**, walnuts

**oil**, **nut**, e.g., hazelnut, walnut

**OIL, OLIVE**

**OLIVES**, e.g., black, green, kalamata

**ONIONS,** e.g., Spanish, sweet, yellow

**oranges**

**blood oranges**

paprika

**PARSLEY**

pasta

**peas**

**pepper**, e.g., black

pesto

**pine nuts**

*pizza*

**potatoes**, e.g., new

*Provençal cuisine*

*ragouts*

rice

risotto

**rosemary**

rutabagas

saffron

sage

***salads****, e.g., green, tomato*

salsify

**salt**, e.g., sea

savory

scallions

**shallots**

sorrel

*soups, e.g., artichoke*

soy sauce

**spinach**

*stews*

stock, vegetable

***stuffed artichokes***

tahini

**tarragon**

**THYME**

lemon thyme

**tomatoes**

**vinaigrette**

**vinegar**, e.g., balsamic, cider, rice wine, sherry, white wine

**walnuts**

**WINE**, e.g., dry white

**yogurt**

za’atar

ARTICHOKES, JERUSALEM (aka SUNCHOKES)

**almonds**

*(Native) American cuisine*

apples

artichoke hearts

basil

**bay leaf**

broccoli

brown butter

capers

cardamom

cardoons

**carrots**

**celery**

celery root

chard, Swiss

chervil

chestnuts

***chips, fried***

**chives**

citrus, e.g., juice

coconut

crème fraîche

croutons, e.g., whole grain

cumin

dill

fennel

*French cuisine*

**GARLIC**

**ginger**

grains, whole, e.g., quinoa

grapefruit

***gratins****, e.g., potato*

**greens**, e.g., arugula, mâche

**HAZELNUTS**

**herbs**

*Italian cuisine*

kale

**LEEKS**

**LEMON**, e.g., juice

lentils

lime, e.g., juice

maple syrup

*“mashed potatoes”*

mint

mushrooms, e.g., chanterelle

**mustard**, e.g., Dijon

**nutmeg**

**OIL**, e.g., canola, grapeseed, **hazelnut**, nut, **OLIVE**, peanut, pecan, pumpkin seed, safflower, **sunflower seed**, truffle, walnut

olives, e.g., kalamata

**ONIONS**, e.g., spring, white

oranges

*pancakes*

**PARSLEY**

***pastas****, e.g., linguini, ravioli, spaghetti*

**pepper**, e.g., black

pine nuts

polenta

**POTATOES**

***purees****, e.g., potato, root vegetable, turnip*

radicchio

**radishes**

rice, wild

risotto

**rosemary**

sage

***SALADS****, e.g., green, spinach, wild rice*

**salt**, e.g., sea

scallions

**seeds**, e.g., sesame, sunflower

**shallots**

***SOUPS****, e.g., Jerusalem artichoke, potato, vegetable*

soy sauce

spelt

**spinach**

sprouts, e.g., sunflower

squash, winter, e.g., butternut

*stews*

*stir-fries*

**STOCK, VEGETABLE**

sugar, e.g., brown

sweet potatoes

tamari

tarragon

*tarts*

*tempura*

**thyme**

**tomatoes**, e.g., cherry, **tomato paste**

turnips

vegetables, root

vermouth

vinaigrette

**VINEGAR**, e.g., apple cider, sherry, white wine

**walnuts**

**WATERCRESS**

**wine**, e.g., dry white

yogurt

ARUGULA (aka ROCKET)

**apples**

apricots

**asparagus**

**avocado**

**basil**

**BEANS**, e.g., black, cannellini, fava, **green**, **white**

**beets**

**bell peppers**, e.g., roasted, green or red

carrots

cashews

chervil

**chickpeas**

**chiles**, e.g., chipotle, piquillo, chili pepper flakes

cilantro

corn

croutons, e.g., whole grain

cucumbers

daikon

dates

**eggplant**

**endive**, e.g., Belgian

**FENNEL**

fennel seeds

**FIGS**

**GARLIC**

**ginger**

**grains, whole**, e.g., bulgur, millet

**grapefruit**

*gratins*

**GREENS, milder**

**softer salad**, e.g., Bibb

**hazelnuts**

horseradish

***Italian cuisine***

jícama

leeks

**LEMON**, e.g., juice, zest

lentils

lettuce, e.g., romaine

**lime**

**maple syrup**

*Mediterranean cuisine*

**melon**, e.g., honeydew

mint

**mushrooms**, e.g., porcini, portobello, shiitake

**mustard**, e.g., Dijon

**NUTS**, e.g., macadamia

**OIL**, e.g., canola, hazelnut, lemon, **nut**, **OLIVE**, walnut

**OLIVES**, e.g., black, kalamata

onions, green

**ONIONS**, e.g., red

**ORANGES**

***PASTA****, e.g., linguini, penne, spaghetti*

**peaches**

**PEARS**

**peas**

**pecans**

**pesto**

**“*PESTOS”*** (*arugula + garlic + Parmesan + pine nuts*)

**pine nuts**

***pizza***

pomegranate seeds

**POTATOES**, e.g., fingerling, new

pumpkin seeds

**quinoa**

**radicchio**

**raisins**

**rice**, e.g., brown

***risotto***

***SALADS***, *e.g., arugula, endive, green, mesclun, radicchio, tricolore salad*

salt, sea

***sandwiches****, e.g., grilled cheese*

scallions

**shallots**

***SOUPS****, e.g., arugula, leek, potato*

sprouts, e.g., sunflower

spinach

**SQUASH**, e.g., summer, winter (e.g., butternut, delicata)

***stir-fries***

strawberries

sweet potatoes

**TOMATOES**

**sun-dried tomatoes**

**VINEGAR**, e.g., apple cider, balsamic, fig balsamic, raspberry, red wine, sherry, white balsamic, white wine

**WALNUTS**

**watermelon**

ASAFOETIDA POWDER (aka HING)

beans, e.g., dried

cabbage

cauliflower

*chaat masala*

*chutneys*

cumin

*curries*

*Indian vegetarian cuisines*

legumes

**lentils**, e.g., red, yellow

mushrooms

potatoes

rice, e.g., basmati

spinach

**vegetables**, assorted

ASPARAGUS

**artichokes**

artichoke hearts

**arugula**

**avocado**

**basil**

bay leaf

**BEANS**, e.g., **fava**, green, haricots verts, white

**bell peppers**, red, esp. roasted

**bread crumbs**

**capers**

**chervil**

chili paste

chili pepper flakes

**chives**

cilantro

corn

crème fraîche

*custards*

**dill**

**fennel**

fennel seeds

*French cuisine*

**GARLIC**

**green garlic**

**ginger**

**grains, whole**, e.g., barley, couscous, farro, quinoa

greens, salad

hoisin sauce

**horseradish**

**LEEKS**

\***LEMON**, e.g., juice, zest

lemon, Meyer, e.g., juice, zest

mayonnaise

mint

miso

**MUSHROOMS**, e.g., chanterelle, cremini, **morel**, oyster, porcini, shiitake, wild

**mustard**, e.g., Dijon

**noodles**, e.g., Japanese

**NUTS**, e.g., almonds, hazelnuts, pecans, pistachios, **walnuts**

**OIL,** e.g., canola, **OLIVE**, **peanut** (esp. roasted), pumpkin seed, **sesame**, vegetable

**olives**, e.g., black

**ONIONS**, e.g., green, **red**, **spring**, yellow

**orange**, e.g., juice, zest

**PARSLEY**

**PASTA**, e.g., farfalle, fettuccine, pappardelle

peanuts

peanut sauce

**peas**, e.g., spring

**pepper**, e.g., black, white

**pine nuts**

*pizza*

**polenta**

**potatoes**, e.g., new

**rice**, e.g., **basmati**, wild

***RISOTTO***

**rosemary**

sage

salad dressing, e.g., vinaigrette

***SALADS****, e.g., asparagus, green, potato, vegetable*

**salt**, e.g., kosher, sea

**sauces**, e.g., romesco, tahini

scallions

**SESAME**, e.g., oil, paste, seeds (black, white)

**SHALLOTS**

**sorrel**

*soufflés*

***SOUPS***

**soy sauce**

**spinach**

***stir-fries***

stock, e.g., vegetable

*sushi, vegetarian*

**TARRAGON**

*tarts, e.g., asparagus, vegetable*

**thyme**

**tofu**

**tomatoes**

**vinaigrette**

**VINEGAR**, e.g., **balsamic**, champagne, red wine, sherry, tarragon, white

wine

watercress

**wine, dry white**

yogurt

ASPARAGUS, WHITE

**asparagus, green**

*Austrian cuisine*

basil

chervil

chili pepper sauce

corn

dill

*French cuisine, esp. Alsatian*

garlic

*German cuisine*

hazelnuts

herbs

*Italian cuisine*

**LEMON,** e.g., **juice**, zest

**mayonnaise**

**mushrooms**, e.g., morel, porcini, portobello

mustard

**oil**, e.g., olive, truffle

onions, yellow

parsley

peas

pepper, e.g., black, white

*pesto*

potatoes, e.g., new

*risottos*

*salads, e.g., bean, green*

salt, e.g., sea

**SAUCES**, e.g., **HOLLANDAISE**, **mayonnaise, romesco**

shallots

***SOUPS****, e.g., white asparagus*

*Spanish cuisine*

sugar

*Swiss cuisine*

tarragon

*terrines*

tofu

vinaigrette

vinegar, e.g., champagne, white wine

wine, e.g., Riesling

AUSTRIAN CUISINE

asparagus, esp. white

cabbage

cauliflower

cinnamon

coffee

cucumbers

dill

*dumplings*

*goulash*

marjoram

oil, pumpkin seed

paprika

parsley

*pastries*

pickles

potatoes

pumpkin

*schnitzel*

*soups, e.g., dumpling, noodle*

spinach

*stews*

*strudels*

wine, e.g., Grüner Veltliner

AUTUMN

allspice

almonds

**apples**

artichokes

basil

beans, e.g., green

beets

**bell peppers**

bok choy

broccoli

broccoli rabe

Brussels sprouts

cabbage, e.g., red, savoy

*cakes,* esp. served warm

caramel

cardoons

cauliflower

celery

celery root

chard

**chestnuts**

chiles

cinnamon

coconut

corn

**cranberries**

crosnes

cucumbers

daikon

dates

**eggplant**

eggplant, Japanese

endive, Belgian

escarole

fennel

**figs**

frisée

garlic

goji berries

grains

**grapes**

greens, e.g., beet, bitter, turnip

guava

*heavier dishes*

horseradish

**huckleberries**

kale

kohlrabi

lentils

lettuce, e.g., green leaf, red leaf

lovage

lychees

miso, dark

**mushrooms**, e.g., chanterelle, chicken of the woods, hedgehog, hen of the woods, lobster, matsutake, **porcini**, shiitake, wild

nutmeg

nuts

okra

onions

oranges, blood

papaya

parsnips

passion fruit

**pears**

pecans

**persimmons**

pistachios

plums

polenta

**pomegranates**

potatoes

**pumpkin**

**quince**

radicchio

rice, wild

rutabagas

sage

salsify

seeds, e.g., pumpkin, sunflower

*slow-cooked dishes*

snow peas

spices, warming, e.g., black pepper, cayenne, cinnamon, chili powder, cloves, cumin, mustard powder

spinach

**squash**—e.g., acorn, buttercup, butternut, delicata, Hubbard, kabocha

*stuffings*

sweet potatoes

todok

tomatoes

**truffles**, e.g., black, **white**

turnips

vegetables, root

vinegar, red wine

walnuts

watercress

yams

AVOCADO

artichoke, Jerusalem

arugula

**asparagus**

**basil**

**beans,** e.g., **black**, fava

beets

bell peppers, red

**breads**, e.g., sprouted grain, whole wheat

bulgur

*burritos*

cabbage

*California cuisine*

**carrots**

cashews

**cayenne**

celery

Central American cuisine

chickpeas

**CHILES**, e.g., chipotle, jalapeño, poblano, serrano; chili pepper flakes

**chili powder**

chili, vegetarian

chives

**CILANTRO**

**citrus**

coffee

coriander

**corn**

couscous

**CUCUMBERS**

**cumin**

*desserts, e.g., chocolate mousses*

***dips***

endive

*fajitas*

**fennel**

galangal

**garlic**

**ginger**

**GRAPEFRUIT**

**GREENS**, e.g., bitter, collard, dandelion, mesclun, salad

***\*GUACAMOLE***

*ice cream*

**jícama**

kumquats

leeks

**LEMON**, e.g., juice, zest

lemongrass

lemon verbena

**lettuces**, e.g., romaine

**LIME**, e.g., juice, zest

**mangoes**

mayonnaise

melon

milk

**mint**

miso

mushrooms, e.g., shiitake

mustard, Dijon

*nachos*

nori

**OIL**, e.g., avocado, canola, **olive**, sunflower

olives

olive paste

**onions**, e.g., green, **red**, spring, white

**oranges**, esp. blood oranges, e.g., juice

oregano

papaya

paprika

**parsley**

pears

pecans

pepper, black

persimmons

pineapple

pistachios

pomegranates

pomelo

pumpkin seeds

***quesadillas***

**quinoa**

**radishes**

*relishes*

rice, e.g., brown, red

rum

***SALAD DRESSINGS****, e.g., Green Goddess*

***SALADS***

***SALSAS***

**salt**, e.g., kosher, sea

***sandwiches****, e.g., cheese*

*sauces*

**scallions**

sesame, e.g., seeds

shallots

shiso

*smoothies*

*sorbets*

sorrel

***SOUPS,*** *e.g., avocado, cold, tortilla*

sour cream

**spinach**

*spreads*

**sprouts**, e.g., alfalfa, mung bean

stock, vegetable

***stuffed avocados***

***sushi, vegetarian****, e.g., hand rolls, nori rolls*

*tacos*

tempeh

tofu

**tomatillos**

**TOMATOES**

*veggie burgers*, e.g., as a topping

**vinegar**, esp. balsamic, fruit, rice, wine

walnuts

wasabi

**YOGURT**

zucchini

# B

BAMBOO SHOOTS

***Asian cuisines***

basil

beans, e.g., long

**bell peppers**

bok choy

cabbage, e.g., Chinese, napa

**carrots**

chiles, e.g., red

*Chinese cuisine*

cilantro

***curries****, e.g., green, red, Thai*

daikon

dashi

dill

**garlic**

**ginger**

jícama

kombu

lime

lotus root

mirin

miso

**mushrooms**, e.g., enoki, oyster, portobello, shiitake, white noodles, Asian, e.g., shirataki

oil, e.g., peanut, sesame, vegetable

onions

pineapple

pumpkin seeds

**rice**

sake

*salads, e.g., Asian, green*

scallions

**sea vegetables**, e.g., hiziki, **wakame**

seitan

shallots

*slaws*

**snow peas**

***soups****, e.g., hot-and-sour, mushroom, noodle, vegetable*

**soy sauce**

spinach

*stews*

***stir-fries***

sugar snap peas

tamari

tempeh

*Thai cuisine*

**tofu**

*Vietnamese cuisine*

vinegar, rice

wasabi

water chestnuts

wine, rice

zucchini

BANANAS

agave nectar

apples

apple juice

apricots, e.g., dried, fresh

Armagnac

***baked goods****, e.g., breads, cakes, cookies, muffins, pies, quickbreads*

**berries**, e.g., blackberries, **blueberries**, raspberries, **strawberries**

bourbon

bread

toast, whole grain

**Calvados**

**caramel**

cardamom

*cereals, breakfast*

cherries

chiles

**chocolate**, e.g., dark, white

cilantro

**cinnamon**

**COCONUT**

**COCONUT MILK**

cognac

**ICE CREAM**

cumin

curry powder

**dates**

figs

**flax seeds**

*French toast*

**fruit, other tropical**

**ginger**

*granola*

Kirsch

*lassis*

**lemon**

**lime**

malt

**mangoes**, e.g., green, ripe

**MAPLE SYRUP**

nectarines

**nutmeg**

**NUTS**

**NUT BUTTERS**, e.g., **ALMONDS**, cashews, macadamia, **peanut**, pecans

**oats**

**oatmeal**

oil, e.g., olive

onions

**oranges**

*pancakes*

**papaya**

passion fruit

**peaches**

pears

**PINEAPPLE**

raisins

**RUM**

*salads, fruit*

sesame seeds, e.g., black, white

***SMOOTHIES***

**sugar**, e.g., brown

sunflower seeds

sweet potatoes

tamarind

**vanilla**

**walnuts**

**yogurt**

yuzu

BARLEY (e.g., HULLED)

**almonds**

**apples**

**arugula**

avocados

basil

bay leaf

**beans**, e.g., kidney, lima, white

beer

beets

**bell peppers**, e.g., red, yellow

black-eyed peas

*breads*

broccoli de Cicco

broccoli rabe

burdock

cabbage

capers

cardamom

**CARROTS**

cashews

***casseroles***

cauliflower

**celery**

***cereals****, hot breakfast*

chiles, e.g., jalapeños

chives

cilantro

cinnamon

coconut

**corn**

currants

curry powder

**dill**

eggplant

fennel

figs

fruits, dried

**GARLIC**

*gratins*

greens

herbs, fresh

**kale**

**leeks**

**LEMON**, e.g., juice, zest

**lentils**

*loaves*

maple syrup

marjoram

**milk**, dairy or non-dairy, e.g., rice or soy

**mint**

miso

\***MUSHROOMS**, esp. cremini, porcini, portobello, shiitake, trumpet, wild

nutmeg

**OIL**, e.g., grapeseed, **OLIVE**, **sesame**, sunflower

olives, e.g., black, green, kalamata

**ONIONS**, e.g., spring, white

oranges

**oregano**

*“paellas”*

**PARSLEY**

peas

pepper, black

***pilafs***

pomegranates

pomegranate molasses

*puddings*

quinoa

raisins

**rice**, e.g., brown

***“RISOTTOS”***

sage

***SALADS****, e.g., barley, grain, green*

salt, sea

scallions

seeds, e.g., sesame, sunflower

sesame, e.g., oil, seeds

shallots

***SOUPS, e.g., mushroom***

sour cream

soy sauce

spelt

spinach

squash, e.g., butternut

***stews***

*stir-fries*

**stock**, e.g., mushroom or vegetable

*stuffed peppers*

*stuffings*

sweet potatoes

tamari

tarragon

thyme

**tomatoes**

sun-dried tomatoes

**vegetables, root**

*veggie burgers*

vinegar, e.g., umeboshi

**yogurt**

zucchini

BARLEY MALT

*baked goods, e.g., breads, cakes, cookies, gingerbread, muffins*

*beans, e.g., baked*

*cereals, hot breakfast*

*desserts, e.g., custards*

*macrobiotic cuisine*

maple syrup

nuts

*pancakes*

*popcorn*

*caramel corn*

pumpkin

squash, e.g., winter

sweet potatoes

BARLEY, PEARL (or PEARLED)

allspice

asparagus

**basil**

**beans**, e.g., black, kidney, white

beets

bell peppers, e.g., green

black-eyed peas

cabbage

carrots

*casseroles*

celery

*cereal, hot breakfast*

chard, Swiss

chili pepper flakes

*chili, vegetarian*

cinnamon

**corn**

crème fraîche

cucumbers

cumin

currants

dill

**fennel**

**garlic**

**grains,** other

*gratins*

hazelnuts

herbs, fresh

kale

**leeks**

**lemon**, e.g., juice, zest

lentils, e.g., red

lime, e.g., juice, zest

*loaves, e.g., mock “meatloaf”*

milk

mint

**MUSHROOMS**, e.g., button, oyster, porchini, white, wild

nutmeg

nuts, e.g., pecans

**OIL**, e.g., hazelnut, olive, sunflower, walnut

**ONIONS**, e.g., red, white, yellow

orange

**parsley**, flat-leaf

peas, e.g., split

pepper, black

***pilafs***

pistachios

*porridges*

potatoes

raisins

***“RISOTTOS”***

rosemary

saffron

sage

*salads*

salsify

salt

shallots

***SOUPS****, e.g., barley, lentil, Scotch broth, vegetable*

squash, butternut

***stews****, e.g., vegetable*

**stock**, e.g., mushroom, vegetable

***stuffed vegetables****, e.g., peppers, tomatoes*

*stuffings*

tarragon

thyme

tomatoes

tomato paste

turnips

vanilla

vinegar, e.g., balsamic

walnuts

watercress

wine, dry red or white

zucchini

BASIL

*aioli*

almonds

artichoke hearts

**artichokes**

asparagus

avocados

beans, e.g., fava, green

beans, summer

**beans, white**, e.g., cannellini

**bell peppers**, e.g., red, roasted, yellow

*beverages, e.g., cocktails, lemonade*

*breads*

broccoli rabe

bulgur

capers

**cauliflower**

chickpeas

cilantro

corn

couscous

*Cuban cuisine*

cucumbers

*curries*

**EGGPLANT**

*French cuisine*

galangal

\***GARLIC**

*gazpacho*

ginger

*Greek cuisine*

greens, e.g., salad

hazelnuts

***Indian cuisine***

***ITALIAN CUISINE***

jícama

kale

leeks

**lemon**

lemongrass

marjoram

***Mediterranean cuisines***

*Mexican cuisine*

millet

**mint**

**mushrooms**, e.g., portobello

nectarines

noodles, Asian rice, e.g., *pad thai*

nuts

**OIL, OLIVE**

**olives**

onions, e.g., yellow

oregano

parsley

***PASTAS****, e.g., cannelloni, fettuccine, lasagna, penne, spaghetti*

peaches

peanuts

peas

pepper, e.g., black, white

\****PESTOS***

**PINE NUTS**

**pistachios**

*pistou*

***PIZZAS***

polenta

**potatoes**, esp. new

quinoa

*ratatouille*

rice

*risotto*

rosemary

sage

*salad dressings*

***salads****, e.g., pasta*

salt, e.g., kosher, sea

*sandwiches, e.g., panini*

***sauces****, e.g., pasta, tomato*

***soups****, e.g., Asian, bean, chowder, corn, minestrone, tomato, vegetable*

***Southeast Asian cuisines***

spinach

**squash**, e.g., spaghetti, summer

*stews*

sweet potatoes

***Thai cuisine****, e.g., green curries*

tofu

\***TOMATOES**

**TOMATO SAUCE**

**tomatoes, sun-dried**

vegetables, summer, e.g., corn, tomatoes, zucchini

vinegar, e.g., balsamic, sherry

**walnuts**

watermelon

**ZUCCHINI**

BASIL, THAI

*Asian cuisines*

bamboo shoots

cashews

chiles

chili pepper paste (e.g., Thai)

cilantro

coconut milk

corn

***curries****, e.g., green, Indian red, Thai*

**eggplant**

**garlic**

**ginger**

Kaffir lime leaves

lemongrass

lime

mango

*marinades*

mint

mushrooms, e.g., shiitake

noodles, e.g., Asian

oil, e.g., grape seed, pumpkin seed

papaya, green

peanuts

***salads***

scallions

shallots

***soups****, e.g., Asian, coconut milk–based, vegetarian pho*

***Southeast Asian cuisines***

soy sauce

***stir-fries***

stock, vegetable

sugar, e.g., maple, palm

***Thai cuisine***

tofu

*Vietnamese cuisine*

zucchini

BAY LEAF

apples, baked

**beans—in general**, e.g., broad, dried, white

bell peppers

black-eyed peas

***bouquets garnis***

*chili, vegetarian*

*custards*

*French cuisine*

garlic

grains, whole

*Greek cuisine*

*Indian cuisine*

lentils

*marinades*

***Mediterranean cuisine*s**

milk

*Moroccan cuisine*

onions

parsley

*pâtés*

peas, split

*pickles*

plums, dried

**potatoes**

*puddings, e.g., rice*

pumpkin

**rice**, e.g., basmati

*risottos*

*salad dressings*

***sauces****, e.g., white*

***SOUPS,*** e.g., bean

squash, winter, e.g., acorn

***STEWS***

***stocks****, vegetable*

thyme

tomatoes

tomato sauce

vegetables

BEANS—IN GENERAL (or MIXED)

avocado

basil

bay leaf

bell peppers

**carrots**

*cassoulet, vegetarian*

cayenne

**celery**

chervil

chiles

**chili powder**

cilantro

cloves

coriander

**cumin**

*dips*

epazote

fennel

**GARLIC**

**ginger**

grains, whole

greens

**KOMBU**

**lemon**, e.g., juice

lime, e.g., juice

marjoram

mayonnaise

mint

oil, olive

**onions**

oregano

paprika

smoked paprika

**PARSLEY**

*pastas*

pesto

*quesadillas*

\***RICE**, e.g., brown

**rosemary**

saffron

sage

*salads, e.g., bean, green*

salsa, tomato

**salt**, e.g., sea

**\*SAVORY**

*soups*

**thyme**

tomatoes

tortillas, whole wheat

turmeric

vinegar, e.g., rice

BEANS, ADZUKI (aka ADUKI or AZUKI BEANS)

almonds

apples

arame

*Asian cuisines*

barley

basil

**bay leaf**

***bean cakes***

beans, other, e.g., mung, red

bell peppers, e.g., green

**carrots**

*casseroles*

**celery**

**chiles**, e.g., Anaheim, fresno, jalapeño, poblano; chili pepper flakes

chili powder

*chili, vegetarian*

***Chinese cuisine***

**cilantro**

cinnamon

cloves

cocoa

**coconut**

**coconut milk**

**corn**, e.g., summer sweet

**cumin**

***DESSERTS****, esp. Japanese, e.g., yōkan*

***dips, e.g., bean***

**garlic**

**GINGER**

**grains**, e.g., barley, millet, quinoa

***ice cream***

***JAPANESE CUISINE***

kale

**kombu**

lemon, e.g., juice

**lime**

***macrobiotic cuisine***

maple syrup

mirin

miso

*mochi*

**mushrooms**, e.g., oyster, shiitake

mustard

noodles, e.g., Asian

nori

**oil**, e.g., canola, **olive, sesame**

**onions**, e.g., green, red

orange, e.g., zest

oregano

*pancakes*

parsley

pepper, e.g., black, white

*pilafs*

*porridges*

posole

pumpkin

raisins

*red bean paste*

**RICE**, e.g., basmati, **brown**, sticky, sushi, white short-grain, wild

***SALADS****, e.g., bean, grain, green*

**salt**, sea

*sauces*

**scallions**

**SESAME**, e.g., oil, seeds

shallots

***SOUPS***, e.g., vegetable

soy sauce

spinach

*spreads*

squash, summer, e.g., zucchini

**SQUASH, WINTER**, e.g., acorn, buttercup, butternut, kabocha

***stews****, e.g., bean, vegetable*

*stir-fries*

stock, vegetable

sugar

***sweets, Japanese***

**tamari**

teas

tempeh, e.g., smoked

*Thai cuisine*

thyme

tomatillos

tomatoes

tomato puree

turmeric

*veggie burgers*

**vinegar**, e.g., apple cider, rice, umeboshi

wakame

BEANS, ANASAZI

avocado

*baked beans*

beans, other, e.g., black

bell peppers

bread crumbs

carrots

*casseroles*

cayenne

celery

chiles, e.g., Anaheim, ancho, chipotle, jalapeno

chili powder

*chili, vegetarian*

cilantro

cinnamon

cloves

coriander

corn

cumin

*dips, e.g., bean*

epazote

garlic

kombu

*Latin American cuisines*

*Mexican cuisine*

molasses

***Native American cuisine***

oil, e.g., olive

onions, e.g., green, yellow

oregano

parsley

potatoes

pumpkin

quinoa

*refried beans*

*salsas*

*soups, e.g. bean, vegetable*

sour cream

*Southwestern (U.S.) cuisine*

*stews*

stock, vegetable

tomatoes, e.g., fresh, sun-dried

*veggie burgers*

vinegar, e.g., red wine

BEANS, BLACK (aka TURTLE BEANS)

**avocado**

basil

**bay leaf**

**BELL PEPPERS**, e.g., green, red, yellow, esp. roasted

*black bean cakes*

*Brazilian cuisine*

***BURRITOS***

***CARIBBEAN CUISINE***

**carrots**

*casseroles*

cayenne

**celery**

*Central American cuisines*

chickpeas

*chilaquiles*

**CHILES, e.g., Anaheim, ancho, CHIPOTLE, jalapeño, poblano, serrano,** chili pepper flakes, **chili powder**, chili pepper sauce

***CHILI, VEGETARIAN***

chives

chocolate

**CILANTRO**

citrus

coffee

coriander

**CORN**

cucumbers

***Cuban cuisine***

**CUMIN**

***dips***

*empanadas*

***enchiladas***

epazote

**GARLIC**

ginger

grains

*Jamaican cuisine*

jícama

kombu

***Latin American cuisines***

lemon, e.g., juice

**LIME**, e.g., juice, zest

liquid smoke

**MANGOES**

*Mexican cuisine*

mint

miso

mushrooms

mustard

*nachos*

**oil**, e.g., **olive**, peanut, sesame, vegetable

olives, e.g., green

**ONIONS,** e.g., green, **red**, white, yellow

**ORANGE**

**OREGANO**, e.g., Mexican

paprika

parsley

*pâtés*

**pepper**, e.g., black, white

plantains

potatoes

*Puerto Rican cuisine*

*purees*

*quesadillas*

**quinoa**

*refried beans*

**RICE**, e.g., brown

rosemary

***SALADS****, e.g., bean, corn, taco*

**salsa**

**SALT**, e.g., kosher, sea

**savory**

scallions

sherry, dry

***SOUPS****, e.g., black bean*

**sour cream**

***South American cuisines***

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

squash, e.g., acorn, spaghetti, winter

***stews***

**stock, vegetable**

sweet potatoes

***tacos***

tempeh

*Tex-Mex cuisine*

thyme

**TOMATOES**

**tomato paste**

**tortillas**, e.g., whole wheat

*tostadas*

***VEGGIE BURGERS***

**vinegar**, e.g., apple cider, red wine, sherry

BEANS, CANNELLINI (see also BEANS, WHITE)

**artichokes**

**artichoke hearts**

arugula

**BASIL**

**bay leaf**

bell peppers, e.g., red, roasted

broccoli rabe

*bruschetta*

**carrots**

*“cassoulets,” vegetarian*

celery

**chard**, e.g., Swiss

chiles, e.g., jalapeño

*chili, vegetarian*

chives

cilantro

cloves

couscous

cumin

***dips****, e.g., bean*

**escarole**

fennel

**GARLIC**

greens, bitter, e.g., beet

***ITALIAN CUISINE***

**KALE**

kombu

leeks

**lemon**, e.g., juice, zest

lime

mushrooms

**OIL**, e.g., grapeseed, **OLIVE**

olives, e.g., kalamata

**onions**, e.g., red, Spanish, spring

oregano

paprika

**parsley**

***PASTAS****, e.g., fettuccine, linguini, pasta e fagioli*

**pepper**, e.g., black

pesto

*pistou*

potatoes

*purees*

rice, e.g., brown

**rosemary**

**SAGE**

***SALADS****, e.g., bean, green, tomato*

**salt**, e.g., kosher, sea

**savory**

shallots

***SOUPS****, e.g., minestrone, pasta e fagioli, tomato*

spelt

spinach

*spreads*

***stews***

stock, vegetable

sweet potatoes

thyme

**TOMATOES**

tomatoes, sun-dried

**vinegar**, e.g., balsamic, sherry

walnuts

BEANS, CRANBERRY (and BORLOTTI BEANS, a popular type of cranberry bean)

bay leaf

*beans, baked*

bell peppers, e.g., red

*“brandade*”

broccoli rabe

carrots

*casseroles*

celery

chard, Swiss

*chili, vegetarian*

cinnamon

*dips*

farro

**garlic**

*gratins*

herbs

*hummus*

***ITALIAN CUISINE***

lemon juice

**oil, olive**

olives

**onions**, e.g., yellow

oregano

parsley

***PASTAS***

***Portuguese cuisine***

quinoa

rosemary

**sage**

*salads*

scallions

***SOUPS****, e.g., bean, minestrone, pasta e fagioli*

*Spanish cuisine*

spinach

*stews*

stock, vegetable

***succotash***

thyme

**tomatoes**

walnuts

zucchini

BEANS, FAVA (aka BROAD BEANS)

**artichokes**

**artichoke hearts**

arugula

**ASPARAGUS**

avocado

**basil**

**beans, other**, e.g., green

beets

bell peppers

bread crumbs

broccoli rabe

*bruschetta*

carrots

cayenne

celery

chervil

chicory

**CHILES**, e.g., dried, jalapeño, chili pepper flakes, chili powder, chili sauce

**chives**

**cilantro**

couscous

*crostini*

**cumin**

**dill**

***dips***

epazote

*“falafel”*

fennel

**GARLIC**

spring garlic

ginger

*Greek cuisine*

**greens**, e.g., **bitter**, salad

*“hummus”*

*Italian cuisine*

kale

**leeks**

**LEMON**, e.g., juice, zest

lemon, Meyer

lettuce

lime

lovage

marjoram

***MEDITERRANEAN CUISINES***

***Middle Eastern cuisines***

**MINT**

*Moroccan cuisine*

**MUSHROOMS**, e.g., lobster, morel

nettles

nutmeg

**OIL, e.g., OLIVE**, sesame, **walnut**

olives

**ONIONS**, e.g., red, spring

**parsley**

***PASTAS****, e.g., orecchiette, spaghetti*

**peas**

pesto

pistachios

*Portuguese cuisine*

potatoes

***purees***

quinoa

radishes

ramps

rice

***risottos***

rosemary

sage

***SALADS****, e.g., beet*

**salt**, e.g., kosher, sea

**savory**, e.g., summer

scallions

snap peas

***SOUPS***

*Spanish cuisine*

spinach

*spreads*

***stews***

tahini

**thyme**

**tomatoes**, esp. sun-dried

vinaigrette

walnuts

yogurt

zucchini

BEANS, FERMENTED BLACK (and SAUCE)

arame

asparagus

basil

beans, e.g., green, long, mung

bell peppers

bok choy

**broccoli**

**cabbage**, e.g., Chinese

cauliflower

**CHILES**, e.g., serrano

chili oil, chili paste, chili pepper flakes

***Chinese cuisine***

cilantro

eggplant, e.g., Asian

**GARLIC**

**GINGER**

greens, Asian, e.g., bok choy

hoisin

**kale**, e.g., black, green

ketchup

leeks

lemon, e.g., juice

lime

**mushrooms**, e.g., shiitake

**noodles**, e.g., Asian, rice, soba, udon

**oil**, e.g., peanut, scallion, sesame

onions

**orange, e.g., zest**

pepper, e.g., black

**rice**, e.g., brown

rice syrup

*salads, e.g., onion, spinach*

*sauces*

**scallions**

seitan

**sesame**, e.g., oil, seeds

sherry

*soups*

**soy sauce**

spinach

star anise

***STIR-FRIES***

*stock, e.g., vegetable*

sugar, e.g., brown

tamari

**tofu**

**vinegar**, e.g., balsamic, rice, sherry

**wine**, e.g., dry white, rice

yogurt

zucchini

BEANS, FLAGEOLET

arugula

asparagus

basil

**bay leaf**

beans, other, e.g., Anasazi, fava, green

carrots

*cassoulets*

celery

chervil

citrus, e.g., lemon, lime, orange

couscous

cucumbers

fines herbes

***FRENCH CUISINE***

**garlic**

*gratins*

herbs

*Italian cuisine*

leeks

**lemon**

mint

oil, e.g., olive

olives

**onions**, e.g., red, sweet, yellow

**parsley**

*pastas*

pesto

pistachios

rice, e.g., wild

rosemary

*salads, e.g., tomato*

salt

sauces, e.g., butter, tomato

savory

shallots

***soups***

*stews*

tarragon

**thyme**

tomatoes

tomato sauce

wine, e.g., dry white

BEANS, FRENCH GREEN (aka HARICOTS VERTS)

almonds

arugula

avocados

**basil**

bell peppers, red, e.g., roasted

carrots

chervil

chives

crème fraîche

dill

***French cuisine***

**garlic**

greens, e.g., mesclun

hazelnuts

lemon

mint

**oil**, e.g., hazelnut, **olive**, walnut

**olives**, e.g., black, kalamata, niçoise

onions

orange

**parsley**

pepper, e.g., black

pesto

potatoes, e.g., new

***salads***, e.g., Niçoise

savory, summer

scallions

**shallots**

*soups*

*stir-fries*

tarragon

thyme

**tomatoes**

**vinegar**, e.g., apple cider, balsamic, herb, red wine, sherry, tarragon

**walnuts**

BEANS, GIGANTE (aka GIGANDE BEANS or GIANT BEANS)

anise seeds

bay leaf

bread crumbs

**carrots**

*casseroles*

*cassoulet, vegetarian*

**celery**

chili pepper flakes

coriander

dill

fennel

**GARLIC**

grains

***GREEK CUISINE***

lemon, e.g., juice, zest

**oil, olive**

olives

**onions**, e.g., cippolini

oregano, e.g., Greek

**parsley**

pepper, e.g., black

rice

rosemary

*salads, e.g., bean*

salt

*soups*

spinach

stock, e.g., vegetable

thyme

**TOMATOES**

vinegar, e.g., red wine

BEANS, GREEN (aka SNAP BEANS, STRING BEANS or WAX BEANS; see also BEANS, FRENCH GREEN)

**ALMONDS**

arugula

barley

**BASIL**

beans, other, e.g., cannellini, shell, white

bell peppers, e.g., red

capers

**carrots**

cashews

*casseroles*

cauliflower

cayenne

celery

chervil

**chickpeas**

chiles

chili pepper flakes

**chives**

cilantro

coconut

corn

crème fraîche

cucumbers

cumin

**curry**

***curries***

**dill**

**fennel**

*French cuisine*

frisée

**GARLIC**

**ginger**

greens, e.g., mesclun, salad

**hazelnuts**

hiziki

*Indian cuisine*

kale

kasha

leeks

**LEMON**, e.g., juice, preserved, zest

lentils

lettuce, e.g., Boston

lime

maple syrup

**marjoram**

millet

**mint**

miso, esp. white

**MUSHROOMS**, e.g., chanterelle, cremini, shiitake

**MUSTARD**, e.g., Dijon or seeds

nutmeg

nuts

**OIL**, e.g., canola, nut, **OLIVE**, peanut, sesame, **walnut**

okra

olives, e.g., black, niçoise

**onions**, e.g., green, pearl, red

orange

oregano

**PARSLEY**

***pastas****,* e.g., farfalle

peanuts

pecans

**pepper**, e.g., black

**pesto**

*pilafs*

pine nuts

pistachios

**POTATOES**

pumpkin seeds

quinoa

rice, e.g., brown, wild

risotto

**rosemary**

***SALADS****, e.g., bean, chickpea, Niçoise, tomato*

**salt**, e.g., kosher, sea

**savory**

scallions

**sesame,** e.g., sauce, seeds

**SHALLOTS**

***soups****, e.g., bean, vegetable*

soy sauce

spinach

***stews***

***stir-fries***

stock, vegetable

*succotash*

sunflower seeds

**TARRAGON**

tempeh

**thyme**

tofu

**TOMATOES**, e.g., cherry, plum

turmeric

**VINEGAR**, e.g., balsamic, cider, red wine, sherry, tarragon

**WALNUTS**

watercress

zucchini

BEANS, KIDNEY (see also BEANS, RED)

anise seeds

avocados

barley

basil

bay leaf

bell peppers, e.g., green, red

black-eyed peas

*Cajun cuisine*

*Caribbean cuisine*

carrots

*casseroles*

cayenne

celery

*Central American cuisines*

**chiles**, e.g., chipotle, jalapeño

***CHILI, VEGETARIAN***

chili pepper sauce

chili powder

chives

**cilantro**

**corn**

***Creole cuisine***

**cumin**

***dips****, e.g., bean*

epazote

fennel

**GARLIC**

ginger

greens

*gumbo, e.g., vegetarian*

*Jamaican cuisine*

kamut

lemon, e.g., zest

lime

*“meatballs,” e.g., with pasta*

***Mexican cuisine***

**oil**, e.g., **olive**, sunflower

**ONIONS**, e.g., red, sweet, white

orange

oregano

paprika

**PARSLEY**

parsnips

pasta

peanuts

peas

potatoes

pumpkin seeds

quinoa

*red beans*

*rice*

***refried beans***

**RICE**, e.g., brown

*rice*

*beans*

sage

***SALADS****, e.g., bean, green*

*sauces, e.g., pasta*

**SAVORY**

scallions

***SOUPS****, e.g., minestrone, pasta, vegetable*

*South American cuisines*

soy sauce

*spreads*

***stews****, e.g., vegetable*

**stock**, vegetable

tarragon

**thyme**

tofu

**tomatoes**, e.g., juice, paste

*veggie burgers*

vinegar, e.g., red wine, sherry, white wine

walnuts

wheat berries

zucchini

BEANS, LIMA (aka BUTTER BEANS)

basil

**bay leaf**

beans, green

bell peppers, e.g., green, red

carrots

*casseroles*

chervil

chili pepper flakes

chives

cilantro

**CORN**

cucumber

**dill**

*dips*

eggplant

fennel

fennel seeds

**garlic**

**HERBS**, e.g., basil, cilantro, **rosemary, sage, thyme**

horseradish

kale

leeks

**LEMON**, e.g., juice

lettuce

marjoram

mint

molasses

mushrooms

nutmeg

**OIL, OLIVE**

olives

**onions**, e.g., red, yellow

oregano

**PARSLEY**

**pepper, e.g., black**

*purees*

quinoa

**rosemary**

**sage**

***salads****, e.g., three-bean*

**salt**, sea

scallions

sorrel

***soups***

***Southern (U.S.) cuisine***

spinach

*spreads*

squash, e.g., Hubbard, summer

***stews***

***SUCCOTASH***

sumac

tamari

**thyme**

**TOMATOES**

**tomato paste**

vinegar, e.g., cider, red wine

wine, dry white

yogurt

BEANS, LONG (aka YARD-LONG BEANS)

*Asian cuisines*

beans, e.g., fermented black

bell peppers, e.g., red

**chiles**, e.g., jalapeño, Thai

chili paste

chili sauce

cilantro

**coconut**

**coconut milk**

coriander

**cumin**

curry powder

fennel

fennel seeds

fenugreek

**garlic**

**ginger**

**lemon**, e.g., juice, zest

liqueur, anise-flavored, e.g., Pernod

mint

mushrooms

nuts

**oil**, e.g., canola, peanut, vegetable

onions

paprika

pasta

pepper, e.g., black, Szechuan

pesto

*salads*

salt, e.g., sea

**sesame**, e.g., oil, paste, seeds

shallots

**soy sauce**

***stir-fries***

sugar

tahini

tamarind

tomatoes

**vinegar**, e.g., rice wine, sherry, white wine

walnuts

**water chestnuts**

BEANS, MUNG

asafoetida powder

*Asian cuisines*

bay leaf

bell peppers

bok choy

cabbage, napa

carrots

*casseroles*

cayenne

**chiles**, e.g., jalapeño, red

*Chinese cuisine*

chives

cilantro

cinnamon

**coconut**

**coconut milk**

coriander

**CUMIN**

***CURRIES***

*dals*

dill

garam masala

**GARLIC**

**GINGER**

grains, e.g., bulgur

*gravies*

greens

*hummus*

***Indian cuisine***

leeks

**lemon**, e.g., juice

lentils

lime

millet

*moong dal*

*mujadura*

mushrooms

mustard seeds

**noodles**, Asian

**oil**, e.g., coconut, mustard, olive

**ONIONS**, e.g., red

*pancakes*

parsley

peas, e.g., split

*pho, vegetarian*

*pilafs*

*purees*

**RICE**, e.g., basmati, brown, long-grain

***salads***

salt, e.g., sea

*sauces*

***SOUPS****, e.g., miso, mung bean*

*Southeast Asian cuisines*

spinach

*sprouts, mung bean*

*stews*

sugar snap peas

tempeh

tofu

**tomatoes**

turmeric

vegetables

yogurt

BEANS, NAVY (aka YANKEE BEANS)

arugula

asparagus

***BAKED BEANS***

barley

basil

beets

*Boston cuisine*

broccoli rabe

cabbage, e.g., red

carrots

*casseroles*

cauliflower

celery

celery root

chiles

***chili, vegetarian***

cloves

corn

*dips*

fennel

garlic

ketchup

leeks

maple syrup

molasses

mushrooms

mustard, e.g., Dijon, yellow

**onions**, e.g., white, yellow

orange

parsley

***pastas****, e.g., pasta e fagioli*

pepper, e.g., black

*pilafs*

potatoes

***purees***

quinoa

rice

rosemary

***SALADS****, e.g., tomato, vegetable*

salt, e.g., kosher, sea

**savory**

shallots

***SOUPS****, e.g., bean, tomato*

*spreads*

squash, summer

***stews***

sugar, e.g., brown

sweet potatoes

thyme

tomatoes

tomato paste

vinegar, e.g., cider

BEANS, PINTO

anise seeds

avocado

barbecue sauce

**bay leaf**

**beans, other**, e.g., black, kidney

***burritos***

*casseroles*

**CHILES**, e.g., ancho, chipotle, jalapeño, poblano, serrano, **chili powder**

***CHILI, VEGETARIAN***

chips, tortilla

**cilantro**

**corn**

**CUMIN**

***dips***

epazote

fennel

*frijoles*, e.g., refritos

**GARLIC**

kale

kombu

lemon

lime

liquid smoke

maple syrup

***MEXICAN CUISINE***

mushrooms, e.g., portobello

mustard

*nachos*

oil, olive

**ONIONS**

**oregano**

**parsley**

*pâtés*

**pepper, black**

*purees*

quinoa

***REFRIED BEANS***

**RICE**, e.g., brown

**sage**

***salads****, e.g., taco*

***salsas***

**salt**, e.g., sea

savory

scallions

***soups***

***Southwestern (U.S.) cuisine***

spelt

*spreads*

***STEWS, vegetarian***

**stock**, e.g., vegetable

*tacos*

***Tex-Mex cuisine***

thyme

**tomatoes**

**tomato puree**

tortillas

*tostadas*

*veggie burgers*

BEANS, RED (see also similar BEANS, KIDNEY)

*casseroles*

*chilaquiles*

chiles, e.g., ancho

***chili, vegetarian***

coffee

*Creole cuisine*

*jambalaya*

*Mexican cuisine*

parsley

***red beans***

***rice***

**RICE**

*salads, e.g., bean, green*

savory

***soups***

*Southwestern (U.S.) cuisine*

BEANS, WHITE (see also BEANS, CANNELLINI; BEANS, NAVY)

**artichokes**

**arugula**

asparagus

*baked beans*

barley

**BASIL**

bay leaf

bell peppers, red, esp. roasted

bread crumbs

*bruschetta*

cabbage, e.g., savoy

capers

**carrots**

***casseroles***

***cassoulets***

cauliflower

**celery**

celery root

**chard**, e.g., Swiss

chervil

chickpeas

**chiles**, e.g., green chili pepper flakes, chili pepper sauce, chili powder

***chili, vegetarian***

chives

couscous

croutons, whole grain

cumin

dates

dill

***dips***

**escarole**

fennel, fennel pollen, fennel seeds

*French cuisine*

frisée

**GARLIC**

**greens**, bitter, e.g., beet, mustard

“*hummus,” i.e., white bean*

*Italian cuisine*

**kale**, esp. black

kombu

leeks

**LEMON,** e.g., juice, zest

lettuce, e.g., butter

maple syrup

molasses

**mushrooms**, e.g., cremini, oyster, portobello, shiitake

mustard, e.g., Dijon, dry

**OIL,** e.g., **OLIVE**, peanut

olives, e.g., green

**ONIONS**, e.g., red, sweet, white

orange

oregano

**parsley**

***PASTAS***

peas

pepper, e.g., black, white

***pesto***

potatoes

pumpkin

*purees*

**ROSEMARY**

**SAGE**

***SALADS****, e.g., bean, fennel, green*

**salt**, e.g., kosher, sea

sauces, e.g., tomato

sauerkraut

*sausages, vegan*

savory

**scallions**

shallots

***SOUPS****, e.g., white bean*

spelt

**spinach**

*spreads*

squash, e.g., butternut

***stews***

stock, vegetable

sugar, e.g., brown

sweet potatoes

tahini

**tarragon**

**thyme**

**TOMATOES**

**tomatoes, sun-dried**

*Tuscan cuisine*

vegetables, root

**VINEGAR**, e.g., balsamic, cider, red wine, rice, umeboshi, white wine

wheat berries

wine, dry red

BEETS

agave nectar

allspice

anise hyssop

**anise seeds**

**APPLES**

**apple juice**

arame

**ARUGULA**

asparagus

**avocado**

*baked goods, e.g., cakes*

**basil**

bay leaf

beans, e.g., fava, green

**bell peppers**, e.g., green, red, yellow

blackberries

black-eyed peas

breads, e.g., dark, rye

**cabbage**, e.g., green, red, savoy

**capers**

**CARAWAY SEEDS**

cardamom

*“carpaccio”*

**CARROTS**

cauliflower

**celery**

celery leaves

**celery root**

chard, Swiss

**chervil**

chickpeas

chicory

**chiles**

chili pepper flakes

*chips, e.g., fried*

**CHIVES**

chocolate

cocoa

*chutneys*

**cilantro**

**cinnamon**

**citrus**, e.g., juice

**cloves**

**coriander**

couscous

cranberries

**crème fraîche**

*crudités*

**cucumbers**

**cumin**

**curry powder**

*desserts, e.g., “red velvet”*

**DILL**

edamame

**endive**

escarole hearts

*falafel*

**FENNEL, fennel fronds, fennel seeds**

**frisée**

fruit, dried

**GARLIC**

**GINGER**

grains

grapefruit, e.g., juice

**GREENS**, e.g., baby, **BEET**, **bitter**, collard, dandelion, mesclun, mixed, mustard

harissa

*hash, e.g., red flannel*

herbs

hiziki

**HORSERADISH**

***juices****, e.g., beets + carrots + celery*

kale

kumquats

lavender

leeks

**LEMON**, e.g., juice, zest

lemon, preserved

lemongrass

**lentils**, e.g., green, red

lettuce, e.g., butter

**lime**

mace

mâche

mangoes

**maple syrup**

marjoram

**mascarpone**

mayonnaise

milk

**MINT**

mizuna

mushrooms

**MUSTARD**, e.g., Dijon

nutmeg

**NUTS**, e.g., **hazelnuts**, macadamia, **pecans**, **pine nuts**, **pistachios**, **WALNUTS**

**OIL**, e.g., canola, hazelnut, macadamia nut, mustard, nut, **OLIVE**, peanut, safflower, vegetable, **WALNUT**

**olives**, e.g., black, kalamata

**ONIONS**, **e.g.**, **green**, **red**, white, yellow

**ORANGE**, e.g., juice, zest

oregano

paprika

**PARSLEY**

parsnips

pasta

pears

**pepper**, e.g., black, white

**pomegranate**, e.g., molasses, seeds

poppy seeds

**potatoes**

**pumpkin seeds**

purslane

quinoa

radishes

raisins

*relishes*

rhubarb

***risottos****, e.g., beet*

*Russian cuisine*

rye, e.g., bread

sage

\****SALADS, e.g., beet, carrot, green***

salsa verde

**salt**, e.g., kosher, sea

savory

scallions

sea vegetables, e.g., arame, wakame

seeds, e.g., poppy, sunflower

**SHALLOTS**

sorrel

***SOUPS, e.g., BORSCHT***

**SOUR CREAM**

soy sauce

**spinach**

star anise

*stews*

stock, vegetable

**sugar**, e.g., brown

sunflower seeds

**TARRAGON**

***“tartares,” e.g., beet*** *(resembling steak tartare)*

**thyme**

tofu

**tomatoes**

turnips

vegetables, root

***veggie burgers****, e.g., beet-lentil*

verjus

vinaigrette, e.g., citrus

\***VINEGAR,** e.g., **BALSAMIC**, champagne, **cider**, fruit, raspberry, **RED**

**WINE**, rice, **sherry**, tarragon, **white balsamic**, **white wine**

wakame

wasabi

**WATERCRESS**

watermelon

wine, dry red

**YOGURT**

za’atar

BELL PEPPERS—IN GENERAL, or MIXED

anise

arame

artichokes

arugula

**barley**

**BASIL**

**bay leaf**

**BEANS**, e.g., **BLACK, fava**, red

bok choy

bread

broccoli

broccoli rabe

*bruschetta*

bulgur

cabbage

**capers**

carrots

*casseroles*

cauliflower

cayenne

**celery**

celery seeds

chard

chervil

chickpeas

**chiles, chili flakes, chili powder**

***chili, vegetarian***

chives

**cilantro**

coconut milk

coriander

**corn**

corn bread

*coulis*

*couscous*

**cucumbers**

**cumin**

*curries*

*dips*

**eggplant**

**fennel**

**GARLIC**

*gazpacho*

**ginger**

grains, whole

*gratins*

greens, salad

harissa

*hash*

jícama

leeks

**lemon**, e.g., juice, zest

lemons, preserved

lentils

lime

mango

**marjoram**

*“meatloaf,” vegetarian*

***Mediterranean cuisines***

***Mexican cuisine***

millet

mint

miso

**mushrooms**, e.g., button, portobello, shiitake

noodles, Asian, e.g., pad thai

**OIL**, e.g., canola, corn, **OLIVE**, peanut, sesame

**olives**, e.g., black, green, kalamata

**ONIONS**, e.g., red, sweet, yellow

**oregano**

**paprika**, e.g., smoked, sweet

**PARSLEY**

***PASTAS****, e.g., lasagna, linguini, orzo, spaghetti*

peaches

pears

pepper, black

*pilafs*

pineapple

pine nuts

***pizzas****, e.g., mushroom*

**polenta**

pomegranate molasses

**potatoes**

***purees***

*quesadillas*

**quinoa**

raisins

***ratatouille***

***relishes***

**RICE,** e.g., **brown,** wild

*risottos*

*romesco sauce*

**saffron**

sage

***SALADS****, e.g., bean, green, pasta*, *potato, tomato, vegetable*

salt

***sandwiches****, e.g., grilled cheese, Italian*

***sauces***

sesame seeds

shallots

*slaws*

snow peas

*sofritos*

***SOUPS****, e.g., bean, gazpacho, gumbo, red pepper, tomato, vegetable*

*South American cuisines*

*spreads*

**squash, summer**

***stews***

*stir-fries*

**stock, vegetable**

***STUFFED PEPPERS***

***stuffings****, e.g., Israeli couscous, quinoa, rice*

sweet potatoes

tahini

tempeh

*Tex-Mex cuisine*

*Thai cuisine*

**thyme**

tofu

tomatoes, e.g., green, sun-dried

\***TOMATOES, tomato paste, tomato sauce**

*Turkish cuisine*

vegetables, summer

**VINEGAR**, e.g., balsamic, red wine, sherry

walnuts

wine, dry red or white

yogurt

**zucchini**

BERRIES—IN GENERAL, or MIXED BERRIES (see also SPECIFIC BERRIES, e.g., BLACKBERRIES, BLUEBERRIES, RASPBERRIES, STRAWBERRIES)

almonds

apricots

basil

*cereals, breakfast*

chamomile

**chocolate**, e.g., dark, milk, white

cinnamon

**crème fraîche**

*desserts, e.g., tarts, trifles*

elderflower syrup

**ginger**

granola

**lemon**

lime

**liqueurs**, e.g., crème de cassis, crème de menthe, Grand Marnier, Kirsch

maple syrup

mascarpone

meringue

mint

nectarines

orange

peaches

**pepper, black**

*pie fillings*

*puddings, e.g., summer*

*salads, fruit*

seeds, e.g., poppy

*smoothies*

**sour cream**

**sugar**, e.g., brown

**vanilla**

vinegar, e.g., balsamic

**wine**, e.g., sparkling, sweet, e.g., **Moscato d’Asti**

**yogurt**

BLACKBERRIES (see also BERRIES)

almonds

**apples**

bananas

blueberries

caramel

**cinnamon**

*coulis*

**ICE CREAM**

***DESSERTS****, e.g., cobblers,* ***crisps****, crumbles*

endive

figs

ginger

hazelnuts

**LEMON**

lemon herbs, e.g., lemon balm, lemon verbena

**lime**

*mangoes*

maple syrup

mascarpone

**melon**, e.g., honeydew

milk, e.g., almond

**mint**

***muesli***

nectarines

nutmeg

oats

oranges, e.g., juice, zest

papaya

pecans

**peaches**

pepper, e.g., black

*pies*

pumpkin seeds

**raspberries**

rhubarb

rose geranium

*salads, e.g., fruit*

*sauces*

*smoothies*

*sorbets*

***soups****, e.g., fruit*

strawberries

**sugar**, e.g., brown

**vanilla**

watermelon

wine, e.g., fruity, red

**yogurt**

BLACK-EYED PEAS [aka COWPEAS]

***AFRICAN CUISINE***

agave nectar

allspice

arugula

**barbecue sauce**

barley

basil

**BAY LEAF**

beans, e.g., green, kidney

**BELL PEPPERS**, e.g., green, red, roasted

*burritos*

cabbage

*Cajun cuisine*

capers

***Caribbean cuisine***

**carrots**

*casseroles*

**celery**

chard, Swiss

**chiles**, e.g., chipotle, habenero, jalapeño; chili pepper flakes, chili pepper sauce, chili powder

*chili, vegetarian*

cilantro

**coconut**, e.g., butter, **milk**

coriander

**corn**

corn bread

*Creole cuisine*

cumin

dill

*dips*

**GARLIC**

ginger

**GREENS, BITTER, e.g., COLLARD, mustard, or turnip**

*gumbo*

herbs, e.g., fresh

***HOPPIN’ JOHN***

*“hummus”*

*Indian cuisine*

kombu

lemon, e.g., juice

marjoram

mushrooms, e.g., cremini, shiitake

**oil**, e.g., **olive**, safflower, sunflower

olives

**ONIONS**, e.g., **red**, yellow

oregano

**parsley**

pepper, black

potatoes

**RICE**, e.g., brown, long-grain, sticky

sage

***salads****, e.g., bean, green, Hoppin’ John, tomato*

**salt**

scallions

shallots

*soul food*

***soups****, e.g., collard green*

***SOUTHERN (U.S.) CUISINE***

spinach

***stews***

**stock, vegetable**

*succotash*

tahini

tamari

tamarind

*“Texas caviar”*

**thyme**

**TOMATOES**

**vinegar**, e.g., apple cider, balsamic

yogurt

BLUEBERRIES

agave nectar

**almonds**

*(North) American cuisine*

**apples**

apple juice

apricots

***BAKED GOODS****, e.g., breads,* ***MUFFINS****, pies, quick breads, scones, tarts*

**bananas**

blackberries

*cereals, breakfast*

**CINNAMON**

corn

*corn cakes*

**ice cream**

crème fraîche

*crepes*

cucumbers

currants

***DESSERTS****, e.g., clafoutis, cobblers,* ***crisps****, crumbles*

*drinks, e.g., cocktails*

fennel

fruit, tropical

**ginger**

grains, whole, e.g., spelt

***granola***

**hazelnuts**

**lavender**

**LEMON**, e.g., juice, zest

**lime**, e.g., juice, zest

**mango**

**MAPLE SYRUP**

**MASCARPONE**

melon, e.g., cantaloupe

**mint**

nectarines

**nutmeg**

nuts

**oats**

**oatmeal**

**orange**, e.g., juice, zest

***PANCAKES***

**PEACHES**

pecans

*pies*

**pineapple**

**raspberries**

**rhubarb**

rice, brown

***SALADS,*** *e.g.,* ***FRUIT****, green*

*salsas*

***sauces, fruit***

***SMOOTHIES***

*soups, fruit*

**sour cream**

**strawberries**

**SUGAR**, e.g., brown

thyme

**vanilla**

watermelon

**yogurt**

BOK CHOY (aka CHINESE CABBAGE or PAK CHOI)

agave nectar

almonds, e.g., roasted or smoked

*Asian cuisines*

**beans, black**

**fermented black bean sauce**

**bell peppers**, red

broccoli

broccoli rabe

**cabbage**, e.g., napa, purple

cardamom

**carrots**

cashews

*casseroles*

cauliflower

celery

chiles, e.g., jalapeños

**chili pepper flakes, chili paste, chili sauce**

***Chinese cuisine***

**cilantro**

cinnamon

**coconut milk**

curry powder

*curries*

five-spice powder

**GARLIC**

**GINGER**

greens, e.g., Asian, dandelion

hoisin

leeks

lemon

lemongrass

**lime**

lotus root

**mirin**

miso

**MUSHROOMS**, e.g., Chinese, shiitake

**NOODLES**, e.g., Asian, soba, udon

**OIL**, e.g., canola, chili, grapeseed, **olive**, **peanut**, **SESAME**, sunflower

**onions**, e.g., yellow

**peanuts**

**peanut sauce**

ponzu

potatoes

quinoa

**rice**, e.g., brown, short-grain

***salads****, when leaves are young*

salt, sea

**scallions**

**sesame seeds**

shallots

*slaws*

***SOUP*S**

soybeans, black

**SOY SAUCE**

sprouts, bean

squash, butternut

*stews*

***STIR-FRIES***

**stock**, e.g., mushroom or vegetable

sugar, brown

tahini

**tamari**

tempeh

*Thai cuisine*

**TOFU**

turmeric

turnips

vinaigrette

**vinegar**, e.g., brown rice, rice, or umeboshi

water chestnuts

wine, e.g., dry sherry

zucchini

BORAGE

chervil

chickpeas

chives

*cocktails, e.g., gin-based, e.g., Pimm’s cup*

cucumbers

dill

*drinks, e.g., fruit, iced*

*European cuisines*

fennel

garlic

*German cuisine*

gin

lemon, e.g., juice

mint

mustard

oil, e.g., olive, vegetable, walnut

parsley

pasta, e.g., ravioli

pepper, e.g., white

potatoes

rice, e.g., Arborio

*risottos*

*salad dressings*

***salads****, e.g., bread, chickpea, fruit, green*

*sauces, e.g., green, herb*

scallions

sorrel

*soups, e.g., cold, cucumber, vegetable*

sour cream

*stocks, vegetable*

*teas*

thyme

tomatoes

vegetables

vinegar, e.g., fruit, rice wine

watercress

wine, white

yogurt

BRAGG LIQUID AMINOS

beans

**carrots**

*casseroles*

cauliflower

celery

cilantro

daikon

eggplant

**garlic**

ginger

grains, whole

*gravies*

greens, e.g., collard

*juices, e.g., carrot*

kale

lemon, e.g., juice

lentils

mushrooms, e.g., shiitake

**oil**, e.g., olive, **sesame**

onions

parsley

popcorn

potatoes

*raw cuisine*

**rice**, e.g., brown

***salad dressings****, e.g., Caesar*

*salads*

***sauces***

scallions

**seitan**

***soups****, e.g., gazpacho*

*spreads*

*stews*

*stir-fries*

*stock, vegetable*

**tofu**

tomatoes

vegetables, e.g., steamed

*veggie burgers*

BRAZILIAN CUISINE

**beans, black**

cardamom

chiles

cilantro

cloves

coconut milk

*feijoada*

garlic

ginger

greens, e.g., collard

kale

nutmeg

onions

orange

parsley

pepper, black

peppers, Brazilian

pumpkin

**rice**

saffron

salsa

thyme

BREAD CRUMBS, WHOLE-GRAIN

arugula

asparagus

beans, e.g., green

*breadings, e.g., for seitan*

*casseroles*

*cassoulets*

cauliflower

endive

fennel

garlic

*gratins*

*Italian cuisine*

legumes, e.g., lentils

*macaroni*

marjoram

mushrooms

nuts, e.g., pistachios

oil, olive

onions

**parsley**

***pastas****, e.g., linguini, macaroni, spaghetti*

pesto

radicchio

rosemary

*salads, e.g., bean, Caesar, green, mushroom*

*soups, e.g., gazpacho, white bean*

***stuffings***

thyme

tomatoes, e.g., *broiled*

*veggie burgers*

watercress

zucchini

BREAD CRUMBS, PANKO

artichokes

asparagus

*baked dishes*

*breadings*

*crusts*

*deep-fried dishes*

eggplant

herbs, e.g., basil, parsley

*Japanese cuisine*

lemon

*“meatballs”*

mushrooms, e.g., oyster

nuts, e.g., pecans

seitan

squash, e.g., kabocha

*stuffings, e.g., for artichokes*

tofu

BROCCOLI

**almonds**

avocado

**basil**, e.g., Italian or Thai

**beans**, e.g., black, **cannellini**, green, **white**

**BELL PEPPERS, e.g., red**, **esp. roasted**

bread crumbs

bulgur

brown butter

**capers**

cashews

*casseroles*

cauliflower

cayenne

chickpeas

**CHILES**, e.g., green, red;

**chili pepper flakes**

chives

cilantro

coconut

coconut milk

coriander

*crepes*

*crudités*

***curries***

**curry**, e.g., paste, powder, spices

dill

flax seeds

**GARLIC**

**ginger**

gomashio

*gratins*

greens, mesclun

*“guacamole”*

hazelnuts

*“hummus”*

leeks

**LEMON**, e.g., juice, zest

lime

marjoram

mayonnaise

**miso**, e.g., barley

**mushrooms**, e.g., oyster, shiitake

**mustard**, e.g., Dijon, mustard seeds

**noodles**, e.g., Asian, rice, soba, udon

**nuts**, e.g., peanuts, pecans

**OIL, e.g., OLIVE**, peanut, sesame, walnut

**olives**, e.g., black

**ONIONS**, e.g., red, yellow

**orange**

oregano

**parsley**, e.g., Italian

**PASTA**, e.g., fettuccine, linguini, penne, spaghetti

**pepper**, e.g., black

***pestos***

*pine nuts*

*pizzas*

**potatoes**, *e.g., baked potatoes*, red

pumpkin seeds

**rice**, e.g., brown

**rosemary**

sage

***SALADS****, e.g., green, pasta, tomato, vegetable*

salsify

**salt**, esp. sea

sauces, e.g., hollandaise

savory

scallions

seitan

**sesame**, e.g., oil, seeds

shallots

*slaws*

*soufflés*

***SOUPS****, e.g., broccoli, creamy*

soybeans

**soy sauce**

spinach

sprouts, mung bean

squash, e.g., spaghetti

*stews*

***stir-fries***

stock, vegetable

tahini

tamari

tarragon

*tempura*

**thyme**

**tofu**

**tomatoes**

tomatoes, sun-dried

turmeric

vinaigrette

**vinegar**, e.g., balsamic, rice, tarragon

**walnuts**

watercress

wheat berries

**wine**, dry white

yogurt

BROCCOLI, CHINESE (aka CHINESE KALE or GAI LAN)

beets

carrots

chives

citrus

five-spice powder

**GARLIC**

**GINGER**

grains

leeks

lemon, e.g., juice, zest

mirin

miso

**mushrooms**, e.g., shiitake

mustard

**oil**, e.g., chili, grapeseed, olive, **peanut**, or **sesame**

olives

pasta

peanuts

raisins

sauces, e.g., black bean, hoisin

scallions

**soy sauce**

squash, winter

***stir-fries***

sugar

tofu

tomatoes

vinegar, e.g., balsamic or rice

wine, e.g., rice

BROCCOLI RABE (aka BROCCOLI RAAB or RAPINI)

almonds

barley

basil

**beans**, e.g., fava, shell, white

**bell peppers**, e.g., red or yellow, esp. roasted

bread crumbs

*bruschetta*

capers

carrots

chestnuts

**chickpeas**

**chiles**, e.g., jalapeño, **CHILI PEPPER FLAKES**

*Chinese cuisine*

chives

cilantro

citrus

currants

eggplant

\***GARLIC**

ginger

grains, e.g., barley

**hazelnuts**

***Italian cuisine***

**lemon**

lemon, Meyer

mushrooms

mustard seeds

noodles, rice

**OIL**, e.g., **OLIVE**, peanut

**olives**

**onions**, e.g., yellow

**oregano**

paprika, e.g., smoked

**PASTA**, esp. whole grain, e.g., fettuccine, orecchiette, penne, spaghettini

peanuts

pepper, black

**pesto**

*pine nuts*

*pizza*

polenta

potatoes

raisins

rice, e.g., brown

*risotto*

salad dressing, e.g., lemon vinaigrette

***salads***

**salt, sea**

**scallions**

shallots

***soups****, e.g., bean, broccoli rabe*

soy sauce

squash, summer

*stews*

*stir-fries*

stock, vegetable

tempeh

tofu

**tomatoes**

turmeric

**vinegar**, e.g., balsamic, red wine, sherry, white wine

walnuts

wine, dry white

BROCCOLINI

almonds

basil

bell peppers, e.g., red

bread crumbs

broccoli

broccoli rabe

**chiles**, e.g., dried, chili paste, chili pepper flakes, chili sauce

cilantro

**garlic**

**ginger**

**lemon**, e.g., juice, zest

mushrooms, e.g., porcini

mustard, e.g., Dijon

**oil**, e.g., **olive**, porcini, sesame, vegetable

olives

onions, e.g., red

orange, e.g., juice, zest

parsley

***pastas***, e.g., fettuccine

peanuts

peanut sauce

pepper, e.g., black

potatoes

*salads*

salt, sea

**sesame**, e.g., oil, seeds

shallots

*soups*

soy sauce

stock, e.g., vegetable

tofu

tomatoes

vinegar, e.g., balsamic, cider

BROWN RICE SYRUP (aka RICE MALT SYRUP)

*baked goods, e.g., cakes, cookies, muffins*

coffee

*cookies, esp. crisp*

ice cream

*marinades*

pancakes

popcorn, e.g., *“caramel corn”*

*salad dressings*

waffles

BRUSSELS SPROUTS

**almonds**

**apples** (dried

fresh), **apple cider**, **apple juice**

artichokes, Jerusalem

basil

bay leaf

bell peppers, e.g., red

**bread crumbs**

brown butter

**capers**

**caraway seeds**

**carrots**

cashews

**cauliflower**

**celery**

celery root

**CHESTNUTS** (traditional)

chili pepper flakes

chives

coconut milk

**coriander**

cranberries, dried

crème fraîche

*crudités*

cumin

curry powder

**dill**

endive, e.g., Belgian

fennel

fennel seeds

**GARLIC**

**ginger**

grains, whole, e.g., buckwheat

grapefruit

grapes

**hazelnuts**

**juniper berries**

kale

kasha

**LEMON**, e.g., juice, zest

lentils, e.g., French

lime

**maple syrup**

marjoram

mint

mirin

miso

**mushrooms**, e.g., shiitake

**MUSTARD**, e.g., **Dijon**, mustard powder, mustard seeds

**nutmeg**

**OIL**, e.g., canola, hazelnut, mustard, nut, **OLIVE**, peanut, pumpkin seed, sesame, **walnut**

**onions**, e.g., green, red

**orange**, e.g., juice

oregano

paprika, e.g., smoked

**parsley**

parnips

pasta, e.g., whole grain

pears

**pecans**

**pepper**, e.g., black, white

**pine nuts**

**pistachios**

**potatoes**

raisins

rice, e.g., basmati

**rosemary**

rutabagas

***salads***

**salt, e.g., kosher, sea,** smoked

scallions

**sesame seeds**

**shallots**

*slaws*

*soups, e.g., chestnut, vegetable*

sour cream

**soy sauce**

sprouts, e.g., bean, mung bean

squash, e.g., winter

***stir-fries***

**stock, vegetable**

sugar

sunflower seeds

tamari

**thyme**

tofu, e.g., smoked

turnips

vegetables, root

vermouth

vinaigrette

**VINEGAR**, e.g., apple, balsamic, rice wine, sherry, tarragon, white wine

**WALNUTS**

water chestnuts

**wine**, e.g., dry white, rice

yogurt

BUCKWHEAT (aka BUCKWHEAT GROATS; see also KASHA NOODLES, SOBA)

almonds

almond butter

apples, e.g., cider, fruit, juice

arame

asparagus

bananas

basil

**bay leaf**

beans, e.g., black

bell peppers, e.g., red

berries, e.g., blueberries

Brazil nuts

**cabbage**

cardamom

**carrots**

cashews

*casseroles*

celery

*cereals, hot breakfast*

chard, Swiss

chickpeas

chives

cinnamon

corn

***crepes***

dates

*Eastern European cuisine*

flax seeds

*(Northern) French cuisine*

fruit, dried

**garlic**

ginger

**grains, other milder**, e.g., cracked wheat, millet, rice

herbs

*ice cream*

***KASHA***

kohlrabi

leeks

**lemon**, e.g., juice, zest

**maple syrup**

“*meat loaf,” made with grains, nuts, and/or vegetables*

**MUSHROOMS, e.g., wild**

***noodles, e.g., soba***

**oil, olive**

**ONIONS**, e.g., caramelized

***PANCAKES***

**parsley**

***PASTAS, e.g., FARFALLE***

*pears*

pepper, black

***pilafs***

pine nuts

*“polentas”*

*porridges*

potatoes

quinces

***Russian cuisine***

sage

***salads***

salt, sea

**scallions**

**sesame,** e.g., oil, sauce, seeds

***soups****, e.g., black bean, potato*

sour cream

soy sauce

spinach

squash

**stock**, e.g., mushroom, vegetable

***stuffed vegetables****, e.g.,* ***cabbage****, mushrooms, winter squash*

*stuffings*

thyme

tofu

tomatoes

vanilla

**vegetables, e.g., root**

***veggie burgers***

**walnuts**

yogurt

BULGUR, WHOLE WHEAT (see also WHEAT, CRACKED WHEAT BERRIES)

**almonds**

**apples**

**apple juice**

**apricots**, e.g., dried

**arugula**

beans, e.g., cannellini, fava bell peppers, e.g., green

broccoli

**cabbage**, e.g., red

**carrots**

*casseroles*

**cauliflower**

*cereals, hot breakfast*

celery

chard

**CHICKPEAS**

chiles, e.g., ancho, chili powder

*chili, vegetarian*

cilantro

**cinnamon**

citrus, e.g., zest

coriander

corn

**cranberries, dried**

**cucumbers**

**cumin**

currants

dill

**eggplant**

*falafel*

figs

fruit, dried

**garlic**

grape leaves

grapes

greens, e.g., collard

herbs, fresh

***kibbeh, vegetarian*** (use fine grain)

leeks

**LEMON**, e.g., juice, zest

**lentils**, e.g., green, red

lettuce, e.g., Bibb, romaine

lime

*“meatballs”*

*“meat sauce”*

*Mediterrean cuisines*

***Middle Eastern cuisines***

*MINT*

**mushrooms**, e.g., cremini

mustard

nuts

**oil, e.g., olive, sesame,** walnut

olives

**ONIONS**, e.g., green, red, sweet, white

orange

**PARSLEY**

**peas**

**pepper**, black or white

***PILAFS*** (use large grain)

**pine nuts**

**pistachios**

plums

pomegranates

*puddings*

pumpkin

radishes

**raisins**

rice

*“risottos”*

***SALADS****, e.g., grain, tomato, vegetable*

salsa, e.g., tomato

salt, e.g., sea

*sauces*

scallions

seeds, e.g., sesame, sunflower

sesame, e.g., oil, seeds

shallots

*soups*

**spinach**

**squash**, e.g., spaghetti, **summer**, winter, **yellow**

*stews*

stock, vegetable

***stuffed vegetables****, e.g., bell peppers, cabbage, grape leaves, tomatoes*

***stuffings***

***TABBOULEH*** (use fine grain)

tamari

tangerines

tarragon

thyme

tofu

**TOMATOES**

**tomato paste**

tomatoes, sun-dried

vinegar, e.g., balsamic

**walnuts**

yogurt

*za’atar*

zucchini

BURDOCK (aka BURDOCK ROOT or GOBO ROOT)

apples, e.g., cider, juice

arame

artichokes, Jerusalem

barley

brown rice syrup

cabbage, e.g., savoy

**CARROTS**

celery

celery leaves

**chiles**, e.g., jalapeño, Thai;

chili pepper flakes

dashi

dates

fennel seeds

garlic

**GINGER**

grains, e.g., millet

greens, e.g., dandelion

hiziki

***JAPANESE CUISINE***

kale

***kinpira***

leeks

**lemon**, e.g., juice, zest

lime

lotus root

*macrobiotic cuisine*

*marinades*

**mirin**

**miso**

mushrooms, e.g., shiitake

mustard

noodles, Asian, e.g., shirataki

nuts

**oil**, e.g., canola, corn, safflower, **sesame**, sunflower, vegetable

**ONIONS**, e.g., yellow

parsnips

potatoes

**rice**, e.g., basmati, brown, wild

**sake**

*salads*

salsify

**scallions**

**SESAME, e.g., OIL, SEEDS**

***soups***

**SOY SAUCE**

spinach

squash, winter

*stews*

***stir-fries***

**stock**, e.g., mushroom, vegetable

**sugar**

tahini

tamari

tarragon

*tempura*

*kinpira*

teriyaki sauce

tofu

tomatoes

vinegar, e.g., umeboshi

walnuts

watercress

BURMESE CUISINE

beans, e.g., long

chiles, e.g., dried, red;

chili paste

cilantro

coconut

*curries*

eggplant

flour, chickpea

garlic

ginger

greens, e.g., Asian

lemongrass

lime

**noodles, Asian**, e.g., rice noodles

oil, e.g., peanut

peanuts

rice

scallions

shallots

soy sauce

sprouts, bean

sweet potatoes

tofu

turmeric

BUTTERMILK, LOW-FAT

avocados

bananas

***baked goods****, e.g., biscuits, corn breads, muffins, scones, shortcakes*

barley, e.g., pearl

basil

beets

**berries**, e.g., blackberries, blueberries, raspberries, strawberries

*biscuits*

broccoli

bulgur

cayenne

cherries

chickpeas

**chives**

chocolate

**cilantro**

cinnamon

citrus

corn

corn bread

cucumbers

cumin

dates

dill

garlic, e.g., roasted

ginger

**HERBS, fresh**, e.g., basil, chives, cilantro, dill, parsley

horseradish

lemon, e.g., juice

lime, e.g., juice

maple syrup

mayonnaise

mint

molasses

mustard, e.g., Dijon, powder, seeds

nectarines

nutmeg

oatmeal

oats

onions

orange

***pancakes***

***waffles***

**parsley**

peaches

pepper, black

plums

potatoes

raisins

*raitas*

rhubarb

***SALAD DRESSINGS****, esp. creamy, herb, ranch*

*sauces, e.g., pasta*

**scallions**

*slaws*

*smoothies*

***sorbets***

***soups****, e.g., buttermilk, butternut squash, cucumber, grain*

squash, butternut

sugar, e.g., brown

vanilla

vegetables, green

vinegar, e.g., cider, sherry, white

wine

walnuts

wheat berries

Worcestershire sauce, vegetarian

yogurt

# C

CABBAGE, IN GENERAL, or MIXED CABBAGES

**APPLES, APPLE JUICE, APPLE CIDER**

**bell peppers**

brown butter

**CARAWAY SEEDS**

**CARROTS**

**celery**

**cilantro**

***cole slaw***

**dill**

**garlic**

**ginger**

**horseradish**

**juniper berries**

**leeks**

**lemon**, e.g., juice, zest

**lime**, e.g., juice

**mushrooms**

**mustard**, e.g., Dijon, dry, prepared; mustard seeds

**nutmeg**

**OIL**, e.g., flax seed, hemp, mustard, nut, **OLIVE**, safflower, **sesame**, vegetable, walnut

**onions**, e.g., green, red, white

**parsley**

**pepper**, e.g., black, white

**POTATOES**

**rice**

***salads***

**salt**, e.g., kosher, sea, smoked

**seeds**, e.g., hemp, poppy, sesame, sunflower

**sesame**, e.g., oil, seeds

***SLAWS***

***soups***

**soy sauce**

***stuffed cabbage***

**turnips**

**VINEGAR**, e.g., apple cider, champagne, rice wine, sherry, wine

CABBAGE, CHINESE (aka NAPA CABBAGE; see also BOK CHOY)

almonds

arame

arugula

*Asian cuisines*

bamboo shoots

**basil**

**Thai basil**

beans, black, black bean sauce

beans, green

beets

bell peppers

brown rice syrup

cabbage, other, e.g., green, savoy

**CARROTS**

cayenne

chicory

**chiles**, e.g., dried red, jalapeño; chili pepper flakes, chili pepper paste

chili powder

*Chinese cuisine*

**cilantro**

cloves

cornstarch

**cucumbers**

cumin

dill

fennel seeds

**garlic**

**GINGER**

greens, louder

hiziki

***kimchi***

lemon

lettuce, e.g., mizuna

lime

lotus root

mint

mirin

miso

**MUSHROOMS**, e.g., black, shiitake, wild

mustard seeds

**noodles, Asian**, e.g., mung bean, udon

**oil**, e.g., chili, coconut, olive, peanut, safflower, **sesame**, vegetable

**onions**, e.g., green

parsley

**peanuts**

**peanut butter**

pears

peas

pepper, black

*pickles*

pine nuts

radicchio

radishes

raisins

rice, e.g., brown

***SALADS****, e.g., Asian, cabbage*

**salt**, e.g., sea

scallions

**seeds**, e.g., sesame, sunflower

seitan

**sesame**, e.g., oil, sauce, seeds

***slaws****, e.g., Asian*

snow peas

***soups****, e.g., Asian, cabbage, vegetable*

**soy sauce**

*spring rolls*

*stews*

***stir-fries***

stock, e.g., vegetable

*stuffed cabbage*

sugar

sugar snap peas

tamari

**tofu**

turmeric

vegetables, Asian

**vinegar**, e.g., apple cider, balsamic, black, brown rice, rice wine

walnuts

watercress

wine, rice

CABBAGE, GREEN

apples

apple cider/juice

bay leaf

beans, e.g., green

bell peppers, e.g., red

bread, e.g., rye

bread crumbs, whole grain

*cabbage rolls*

**caraway seeds**

cardamom

**carrots**

**celery**

celery root

celery salt / seeds

cilantro

coriander

croutons, e.g., pumpernickel, rye

cumin

*curries*, curry powder, curry spices

**dill**

fennel

**garlic**

ginger

*Hungarian cuisine*

juniper berries

leeks

lentils, brown

lime

milk

mustard, e.g., Dijon

oil, olive

**onions**, e.g., yellow

parsley

**pepper**, e.g., black

potatoes

*relishes*

rice, e.g., brown or white

*risottos*

rosemary

*salads, e.g., cabbage*

**salt**, e.g., sea

***slaws***

***soups****, e.g., borscht, cabbage*

sour cream

**stock**, e.g., vegetable

***stuffed cabbage***

tamari

thyme

tomatoes

tomato paste

vinegar, e.g., apple cider, red wine, white wine

walnuts

CABBAGE, RED

\***APPLES**

**APPLE JUICE**

**bay leaf**

broccoli

**caraway seeds**

carrots

celery seeds

**chestnuts**

cider, apple or pear

**cinnamon**

**cloves**

**cranberries**, e.g., dried, fresh, juice

cumin

dill

dulse

**fennel**

**fennel seeds**

fruit, e.g., sour

**garlic**

ginger

greens, salad

juniper berries

kale

lemon, e.g., juice

lime, e.g., juice

lovage

marjoram

mint

**MUSTARD**, e.g., Dijon, dried, seeds

nutmeg

**OIL**, e.g., canola, **grapeseed**, nut, **OLIVE**, peanut, walnut

**ONIONS**, e.g., **red**, white

**pears**

Asian pears

pecans

**pepper**, e.g., black

pomegranates

raisins

***salads****, e.g., cabbage (cold or warm), green*

**salt**

scallions

**sesame**, e.g., seeds

shallots

***SLAWS***

***soups****, e.g., borscht, sweet-and-sour*

*stews*

**sugar**, e.g., organic brown

tarragon

thyme

**VINEGAR,** e.g., **apple cider**, **balsamic**, **RED WINE**, **sherry**

**walnuts**

**wine**, esp. dry red

yogurt

CABBAGE, SAVOY

apples

beans, e.g., white

bell peppers

bread, rye

*cabbage rolls*

caraway seeds

**carrots**

celery

chard, Swiss

chiles, e.g., serrano

corn

crème fraîche

cumin

dill

fennel

fruits, dried, e.g., dried apricots, raisins

**garlic**

**ginger**

**grains**, e.g., pearl barley

grapefruit

juniper berries

kale

leeks

**lemon**, e.g., juice

mint

miso

mushrooms

mustard

nutmeg

**nuts**, e.g., cashews, hazelnuts, peanuts, pecans

**oil**, e.g., canola, grapeseed, **olive**, peanut, sesame, vegetable

**onions**, e.g., red, white, yellow

**parsley**

*pastas*

**pepper**, e.g., black

pistachios

potatoes

**rice**, e.g., Arborio, long-grain

rosemary

sage

***salads***

salt, e.g., kosher

sauerkraut

sesame, e.g., oil, seeds

*slaws, Asian*

snow peas

***soups****, e.g., cabbage,* ***minestrone****, rice*

spinach

*stews*

stock, vegetable

***stuffed cabbage***

tamari

tarragon

tempeh

**thyme**

vinegar, e.g., cider, red wine, rice wine, white wine

yogurt

CACAO or CACAO NIBS (see also CHOCOLATE, DARK)

*baked goods, e.g., brownies, cakes, cookies, muffins*

*beverages, e.g., hot chocolate*

*candies*

*confections, e.g., fudge*

caramel

*cereals, breakfast*

chocolate, e.g., dark, milk

*desserts, esp. raw*

*granola*

*ice creams*

*gelatos*

nuts, e.g., almonds, pecans

oatmeal

popcorn

*puddings*

*salads, fruit*

*smoothies*

*spreads*

sugar

*trail mix*

*energy bars*

vanilla

CAJUN CUISINE

bay leaf

**beans**, e.g., green, kidney

**bell peppers**, e.g., green

black-eyed peas

**Cajun seasoning**

carrots

**cayenne**

**celery**

chiles

cumin

garlic

*gumbos*

*jambalaya*

okra

**onions**

oregano

paprika

peas

**rice**, e.g., *dirty rice*

sweet potatoes

tomatoes

CAPERS

artichokes

arugula

**asparagus**

basil

beans, e.g., green, kidney

beets

bell peppers, e.g., roasted

Brussels sprouts

*caponata*

carrots

**cauliflower**

celery

chervil

chickpeas

couscous

dill

*dips*

**eggplant**

escarole

*French cuisine*

**garlic**

*Greek cuisine*

greens, e.g., collard

*gremolata*

*Italian cuisine*

kale

**LEMON,** e.g., juice, zest

marjoram

mayonnaise

***Mediterranean cuisines***

**mustard**, e.g., Dijon

oil, e.g., canola, olive

**OLIVES**, e.g., black, Greek, green, Italian, kalamata

**onions**

oregano

**parsley**

**pasta**, e.g., farfalle, linguini

pepper, black

pickles

pine nuts

*pizza*

polenta

potatoes, e.g., new, red

*Provençal cuisine*

raisins

*salad dressings, e.g., vinaigrettes*

*salads, e.g., bean, Caesar, grain*

***SAUCES****, e.g., butter, piccata, puttanesca, tartar, tomato*

seitan

**shallots**

*Spanish cuisine*

*spreads*

*tapenades*

tarragon

tofu

**TOMATOES**

tomatoes, sun-dried

*vegetables*

**vinegar**, e.g., balsamic, champagne or white wine

**wine, dry white**

zucchini

CARAWAY SEEDS

almonds

**apples**, apple cider, *applesauce*

*aquavit*

*Austrian cuisine*

***baked goods***, e.g., breads, cakes, crackers

barley

beans, green

**beets**

***BREADS****, e.g., Irish soda, pumpernickel, rye*

Brussels sprouts

**CABBAGE**, e.g., red

**carrots**

cauliflower

chiles, e.g., dried

*cole slaw*

cucumbers

*drinks, e.g., liqueurs*

*dukkah*

*Eastern European cuisines*

fruits

garlic

***German cuisine***

*harissa*

hazelnuts

*Hungarian cuisine*

juniper berries

lemon

mushrooms

noodles

nutmeg

onions

orange

parsley

**potatoes**

pumpkin

***rye breads***

salt, sea

*sauces*

**sauerkraut**

***soups/bisques****, e.g., potato, pumpkin, sweet potato*

*spreads, e.g., vegan “cheese”*

squash, e.g., winter

***stews***

sweet potatoes

tempeh

tofu, e.g., extra firm

vanilla

**vegetables**, esp. root

vinegar

CARDAMOM

vanilla.

almonds

apples

***BAKED GOODS****, e.g., breads, cakes, coffee cakes, cookies, pastries, pies*

beans, e.g., black

cabbage

caramel

carrots

*cereals, hot breakfast*

chiles

chocolate

cilantro

**cinnamon**

cloves

**coconut**

**coconut milk**

**coffee**, e.g., *Turkish coffee*

coriander

cumin

***CURRIES,* curry leaves, curry powder, curry spices**

*custards*

dates

***desserts***

***drinks****, e.g., chai*

*Ethiopian cuisine*

fenugreek

fruits

*garam masala*

garlic

ginger

grains

*ice cream*

***INDIAN CUISINE***

lemon

lentils, e.g., red

mangoes

maple syrup

*marinades*

*Middle Eastern cuisines*

milk

mint

orange, e.g., juice, zest

parsley

pears

pepper, e.g., black

*pilafs*

**pistachios**

***puddings****, e.g., rice*

quince

raisins

*ras el hanout*

**rice**

rose water

saffron

salads, fruit

***Scandinavian cuisine***

*soups*

*Southeast Asian cuisines*

***stews***

sweet potatoes

***tea****, e.g., chai*

tofu

*Turkish cuisine*

turmeric

vanilla

vegetables

**yogurt**

CARIBBEAN CUISINES (see also JAMAICAN CUISINE)

allspice

basil

bay leaf

chayote

**chiles**, e.g., habanero, Scotch bonnet;

chili pepper sauce

cilantro

cinnamon

citrus

cloves

coconut milk

culantro (aka chadon beni)

curry

dill

fruit, tropical

garlic

ginger

*Jamaican cuisine*

*jerk dishes*

lemon

**lime**

mangoes

marjoram

molasses

nutmeg

onions, e.g., green

orange

oregano

parsley

pineapple

plantains

rum, e.g., dark

*salsas*

sugar, e.g., brown

tamarind

thyme

yuca

CARROTS

**allspice**

**almonds**

**apples**, e.g., cider, fruit, juice

apricots

**arame**

artichokes, e.g., baby, Jerusalem

asparagus

avocados

***BAKED GOODS****, e.g.,* ***cakes****, muffins*

**basil**

Thai basil

**bay leaf**

**beans**, e.g., black, broad, **green**

**beets**

bell peppers, e.g., red

broccoli

broccoli rabe

**burdock**

**cabbage**, e.g., green, napa, red

**caraway seeds**

**cardamom**

**cashews**

**celery**

celery root

**chervil**

**chickpeas**

**chiles**, chili pepper flakes, and/or chili powder

*chili, vegetarian*

**chives**

**cilantro**

**CINNAMON**

citrus

**cloves**

**coconut**, coconut butter, coconut milk

**coriander**

crème fraîche

*crudités*

cucumbers

**CUMIN**

***curries*, curry powder, curry spices**

**daikon**

**dates**

*desserts, e.g., cakes, mousses*

**DILL**

**fennel**

**fennel seeds**

fruit, dried

**GARLIC**

\***GINGER**

**grains**, e.g., barley, bulgur, couscous, farro, millet, quinoa

**greens**, e.g., carrot, collard, salad

**leeks**

**LEMON**, e.g., juice, zest

**lentils**

**lime**, e.g., juice, zest

**maple syrup**

marjoram

mascarpone

**mint**

**miso**

***Moroccan cuisine***

**mushrooms**, e.g., enoki, lobster

**MUSTARD**, e.g., Dijon, mustard seeds

*noodle dishes, Asian, e.g., pad thai*

**nutmeg**

**nuts**, e.g., hazelnuts, macadamia, pecans, pine nuts

**oil**, e.g., coconut, **olive**, peanut, **sesame**

**olives**

**ONIONS**, e.g., green, pearl, red

**ORANGE**, e.g., juice, zest

**paprika**

**PARSLEY**

**parsnips**

**peanuts**

**peanut butter**

**peas**

**pepper**, e.g., black, white

pesto

**pineapple**

**POTATOES**

*purees, e.g., carrot, root vegetable*

**RAISINS**

rice

*risotto*

**rosemary**

***SALADS***

**salt**, esp. kosher, sea, savory scallions

**seeds**, e.g., anise, **caraway, poppy**, sesame, sunflower

**sesame,** e.g., oil, paste, seeds

**shallots**

***slaws****, e.g., cole*

snap peas

***SOUPS****, e.g., carrot, onion, vegetable*

soy sauce

spinach

***stews****, e.g., Moroccan tagines*

**stock, vegetable**

**sugar**, e.g., brown

tahini

**tarragon**

**thyme**

tofu

tomatoes

**turmeric**

**turnips**

vanilla

**vegetables**, e.g., other root

**vinegar**, e.g., balsamic, cider, red wine, rice wine, white wine

**walnuts**

**walnut oil**

watercress

**yogurt**

zucchini

CASHEWS and CASHEW NUT BUTTER

almonds

apricots

*baked goods, e.g., cookies*

bananas

beans, e.g., green

bell peppers, e.g., roasted

blueberries

**bok choy**

cabbage

cardamom

**carrots**

cauliflower

cayenne

celery

celery root

*Central American cuisines*

**chickpeas**

chiles, e.g., serrano

*chili, vegetarian*

*Chinese cuisine*

chocolate / cacao nibs

**cilantro**

cinnamon

cloves

**COCONUT**

**COCONUT MILK**

corn

cumin

***CURRIES***

curry powder

*desserts*

***dips***

***dipping sauces***

garam masala

garlic

**ginger**

***GRANOLA***

***granola bars***

hazelnuts

hoisin sauce

*hummus*

*Indian cuisine*

**lemon**, e.g., juice

lime

mangoes

milk, coconut

miso

**mushrooms**, e.g., portobello, shiitake

mustard

nutmeg

oil, olive

**onions**

**orange**

papaya, green

*pâtés*

peanut butter

peas

pepper, e.g., black

pineapple

pine nuts

**potatoes**

**pumpkin**

**RICE**, e.g., basmati, jasmine, sushi

*risottos*

*salad dressings*

***salads***

salt, sea

*satays*

*sauces, e.g., nut*

sesame, e.g., seeds

*smoothies*

**snow peas**

***soups****, e.g., carrot, cauliflower*

sour cream

*South American cuisines*

soy sauce

**spinach**

squash, winter, e.g., butternut

*stews*

***stir-fries***

*stuffings*

sugar, e.g., brown, maple

sugar snap peas

tahini

**tempeh**

thyme

tofu

tomatoes

sun-dried tomatoes

vanilla

*veggie burgers*

wasabi

wheat berries

yogurt

CAULIFLOWER

*aloo gobi*

apples

asparagus

barley

**basil**

bay leaf

**beans**, e.g., black, fermented black, green, white

**bell pepper**, e.g., green, red

black-eyed peas

bok choy

**BREAD CRUMBS**, e.g., whole wheat

**broccoli**

**Brussels sprouts**

**bulgur**

**BROWN BUTTER**

**CAPERS**

cardamom

**carrots**

**cashews**

cayenne

**celery**

**chervil**

**chickpeas**

**CHILES**, e.g., green, red; **chili pepper flakes**, **chili pepper sauce**, **chili powder**

*chili, vegetarian*

**chives**

*chowders*

**cilantro**

cinnamon

citrus

**coconut**

**coconut milk**

**coriander**

corn

couscous

milk

cress, e.g., land

*crudités*

**CUMIN**

***CURRIES***

**CURRY**, e.g., oil, powder, spices

**dill**

fenugreek

*frito misto*

garam masala

**GARLIC**

**ginger**

*gratins*

greens, e.g., bitter

hazelnuts

herbs

horseradish

*Indian cuisine*

kale

kasha

**leeks**

**LEMON**, e.g., juice, zest

lentils

lime

mango

marjoram

*mashed cauliflower, à la mashed potatoes*

mayonnaise

*Mediterranean cuisines*

*Middle Eastern cuisines*

milk, dairy or nondairy, e.g., cashew

millet

mint

**mushrooms**, e.g., portobello

**MUSTARD**, e.g., Dijon or seeds

noodles, Asian, e.g., rice noodles

**nutmeg**

nutritional yeast

**nuts**

**OIL**, e.g., mustard, **OLIVE**, walnut

**OLIVES**, e.g., black, green, kalamata

**ONIONS**, e.g., **red**, yellow

orange

**oregano**

**paprika**

**PARSLEY**

**PASTA**, e.g., farfalle, lasagna, linguini, penne, rigatoni

**peas**

pepper, e.g., black, white

pesto

**pine nuts**

pistachios

polenta

**potatoes**, e.g., red

pumpkin

*purees*

**raisins**

**rice**, e.g., Arborio, basmati, brown

*risottos*

rosemary

**saffron**

sage

***salads****, e.g., cauliflower, green, pasta*

salt, e.g., kosher, sea

savory

**scallions**

**seeds**, e.g., caraway, poppy, pumpkin, sesame

**sesame**, e.g., oil, paste, seeds

**shallots**

snow peas

*soufflés*

***SOUPS****, e.g., cauliflower, curry, vegetable*

**sour cream**

**soy sauce**

spelt

**spinach**

squash

sriracha sauce

*“steaks”*

***stews***

*stir-fries*

**stock**, e.g., mushroom, vegetable

**sweet potatoes**

*“tabbouleh”*

*tacos*

tahini

**tamarind**

**tarragon**

**thyme**

tofu

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

truffles

**turmeric**

**VINEGAR**, e.g., balsamic, rice, white wine

wakame

**walnuts**

**watercress**

wine, e.g., dry white

**yogurt**

CAVIAR, VEGAN

hot dishes.

avocado

*canapes*

*pastas*

potatoes

*salads, e.g., mock seafood*

sour cream

*sushi, vegetarian*

CAYENNE (aka RED PEPPER)

cooks.

allspice

almonds

**beans**, e.g., black, green, mung, red

bell peppers

***Cajun cuisine***

cashews

cauliflower

**chickpeas**

***chili, vegetarian***

chocolate

cocoa

cilantro

corn

cumin

*curries*

dill

*dips, e.g., bean, chickpea*

dulse

eggplant

*enchiladas*

**garlic**

lemon

**lentils**

lime

*low-fat dishes*

*low-salt dishes*

*marinades*

onions, e.g., white

paprika

peas

pecans

pine nuts

plantains

potatoes

*refried beans*

***salads****, e.g., “egg,” potato, tofu*

***sauces****, e.g., barbecue, nut*

seeds, e.g., pumpkin, sunflower

***soups****, e.g., beet, carrot, legume, mushroom*

sour cream

***stews***

sugar

tofu

**tomatoes**

*veggie burgers*

walnuts, e.g., *spiced walnuts*

yogurt

CELERY

**almonds**

**almond butter**

anise seeds

**APPLES**

artichokes

barley

basil

bay leaf

beans, e.g., black, kidney

**beets**

bell peppers, red

bread crumbs, e.g., whole grain

bulgur

**brown butter**

cabbage

capers

caraway

**CARROTS**

***casseroles***

cauliflower

**celery root**, celery salt, celery seeds

**chervil**

chestnuts

chickpeas

chives

cloves

*cocktails, e.g., Bloody Marys*

*crudités*

cucumbers

cumin

*curries*

**dill**

endive

**fennel**

**garlic**

grapes

*gratins*

greens, mesclun

hazelnuts

kohlrabi

leeks

**lemon**, e.g., juice

lentils

lime

**lovage**

mâche

maple syrup

marjoram

mayonnaise

***mirepoix*** (celery + carrots + onions)

**mushrooms**, e.g., oyster, wild

**mustard**, e.g., Dijon

nuts, e.g., almonds, hazelnuts, walnuts

**OIL**, e.g., nut, **olive**, walnut

**olives**, e.g., green

**ONIONS**, e.g., red

**oranges**, e.g., fruit, juice

**PARSLEY**

peanuts

peanut butter

pears

peas

pecans

**pepper**, e.g., black

pineapple

pistachios

**potatoes**

purslane

radishes

**raisins**

rice

risotto

rosemary

***SALADS****, e.g., egg, fruit, pasta, potato, vegetable*

**salt**, e.g., sea

***sauces***

scallions

seeds, celery

shallots

*slaws*

snow peas

***SOUPS****, e.g., celery, celery root, potato, vegetable*

**soy sauce**

squash

***stews***

***stir-fries***

***STOCKS****, e.g., vegetable*

*stuffed celery*

***stuffings***

tarragon

thyme

**tomatoes**

turmeric

turnips

umeboshi paste

vinegar

walnut oil

**WALNUTS**

water chestnuts

watercress

yogurt

CELERY ROOT (aka CELERIAC)

\***APPLES, apple cider, apple juice**

artichokes

beans, e.g., cannellini, green

beets

bell peppers, e.g., green, roasted

**bread crumbs**, e.g., whole grain

cabbage, e.g., savoy

**capers**

**caraway seeds**

**carrots**

cayenne

**celery**

celery leaves

**celery seeds**

chard, Swiss

chervil

**chestnuts**

chickpeas

*chips, celery root (i.e., deep-fried)*

**chives**

*chowders*

crème fraîche

dill

endive, Belgian

**fennel**

**GARLIC**

***gratins***

**hazelnuts**

kale

kohlrabi

**leeks**

**LEMON**, e.g., juice

lentils, e.g., French

**lime**, e.g., juice

mascarpone

**mayonnaise**

millet

mint

miso

**mushrooms**, e.g., chanterelle, cremini, oyster, porcini

**MUSTARD**, e.g., Dijon, Pommery, and/or whole-grain

nutmeg

nuts, e.g., cashews

**OIL**, e.g., hazelnut, nut, **olive**, pecan, **sunflower**, truffle, walnut

olives, e.g., black

**onions**

**oranges**, juice, zest

**oranges**, blood

paprika, e.g., smoked

**PARSLEY**

**parsnips**

pears

peas

peas, split

pecans

pepper, black

pine nuts

**POTATOES**, e.g., mashed

***purees, e.g., potato***

ramps

***remoulades***

**rice,** e.g., Arborio, wild

*risottos*

**root vegetables, other**, e.g., carrots, turnips, etc.

**rosemary**

rutabaga

saffron

sage

*salad dressings,* e.g., creamy, vinaigrette

***SALADS****, e.g., winter*

salsify

**salt**, e.g., kosher, smoked, truffle

*sauces*

**shallots**

*slaws*

sorrel

***SOUPS****, e.g., celery, celery root, leek, tomato*

soy sauce

***stews***

**stock, vegetable**

sugar, e.g., brown

**tarragon**

**THYME**

**tomatoes**

**tomato paste**

**truffles**, e.g., black, oil, salt

vegetables, root, e.g., turnips

**vinegar**, e.g., cider, red wine, sherry, white wine

**walnuts**

**watercress**

wild rice

wine, dry red or white

yogurt

CELERY SALT

beets

*Bloody Marys*

cabbage

celery

chili pepper sauce

dill

*dips*

garlic

juices, e.g., tomato, vegetable

onions

*salad dressings*

*salads, e.g., potato*

*slaws, cole*

*soups, esp. bean, gazpacho, lentil, tomato*

sour cream

stock, vegetable

tomatoes

CELERY SEEDS

**cabbage**

carrots

celery

*cocktails, e.g., Bloody Marys*

cucumbers

dill

*dips*

garlic

**lemon**

*marinades*

mayonnaise

mustard, e.g., Dijon

nuts

oil, e.g., almond, olive

onions

pepper, black

***pickles***

potatoes

***SALAD DRESSINGS***

***SALADS****, e.g., egg, fruit, macaroni,* ***potato****, vegetable*

*sauces*

*sauerkraut*

***slaws****, e.g., cole*

***soups****, e.g., celery, noodle, onion, zucchini*

sour cream

spinach

*stews, e.g., vegetable*

**tomatoes**

**tomato juice**

**vegetables**

**vegetable juices**

vinegar, e.g., apple cider, white wine

Worcestershire sauce, vegetarian

CHARD, e.g., RAINBOW, RED/RUBY, SWISS, or MIXED

almonds

apples

basil

**BEANS**, e.g., dried, white

bell peppers

bread crumbs

bulgur

capers

**carrots**

**CHICKPEAS**

**chiles**, e.g., chipotle, dried, red;

**chili pepper flakes**

**cilantro**

cinnamon

coconut

**coriander**

*crepes, e.g., buckwheat*

**cumin**

**currants**

***curries***

*dolmas*

eggplant

fennel

fennel seeds

*French cuisine, e.g., Niçoise*

\***GARLIC**

**ginger**

***gratins***

greens, other

kale

lamb’s quarters

leeks

**LEMONS**, e.g., juice, zest

**LENTILS**

lime, e.g., juice, zest

lovage

mascarpone

millet

mint

mirin

**mushrooms**, e.g., porcini, portobello, shiitake

**mustard**

mustard seeds

nettles

noodles, e.g., Asian, rice

**nutmeg**

**OIL**, e.g., canola, chili, **OLIVE**, peanut, sesame

**olives**, e.g., kalamata

**ONIONS**, e.g., red

orange, e.g., juice, zest

**paprika**, e.g., smoked, sweet

parsley

***PASTAS****, e.g., cannelloni, farfalle, fusilli, gnocchi, lasagna, orecchiette, penne, ravioli, tortellini*

**pepper, black**

**PINE NUTS**

**polenta**

**POTATOES**, e.g., red

**quinoa**

**raisins**

**rice**, e.g., basmati, brown

*risottos*

saffron

***salads****, e.g., green, watercress*

**salt**, e.g., kosher, sea

scallions

**seeds**, e.g., pumpkin, sesame

**shallots**

**sorrel**

***SOUPS****, e.g., chard, lentil, minestrone, potato*

sour cream

**soy sauce**

***stews***

*stir-fries*

**stock**, vegetable

***stuffed chard****, e.g., with currants + pine nuts + rice*

**tahini**

tamari

**thyme**

tofu

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

**VINEGAR**, e.g., apple cider, balsamic, red wine

walnuts

wheat berries

Worcestershire sauce, vegetarian

**yogurt**

zucchini

CHAYOTE (aka CHAYOTE SQUASH and MIRLITON; see also SQUASH, SUMMER)

almonds

apples

**bell peppers**, e.g., red

bread crumbs

***Caribbean cuisines***

*Central American cuisine*

**chiles**, e.g., chipotle, jalapeño

**cilantro**

cinnamon

coconut milk

corn

***Creole / Cajun cuisine****, in which the chayote is known as mirliton*

*curries*

*enchiladas*

fennel

fennel seeds

**garlic**

ginger

***gratins***

*Jamaican cuisine*

*Latin American cuisines*

lemon

lime

*Louisiana cuisine, in which the chayote is known as mirliton*

mango

***Mexican cuisine***

**oil, olive**

**onions**, e.g., spring, white, yellow

**orange**

oregano

parsley

pumpkin seeds

***salads****, e.g., fruit, green, potato*

*salsas*

scallions

*slaws*

*soups*

sour cream

*Southern (U.S.) cuisine*

squash, acorn

*stews*

*stir-fries*

stock, vegetable

***stuffed chayotes***

*sushi, e.g., nori rolls*

sweet potatoes

tarragon

thyme

tofu, e.g., firm

**tomatoes**

tortillas, corn

*tostadas*

turmeric

vanilla

watercress

CHERRIES, SOUR and SWEET

**ALMONDS**

**apples**

**apple juice**

**apricots**

*baked goods, e.g., cakes, cookies, crisps*

basil

blackberries

brandy

caramel

cardamom

*cherries jubilee*

chiles, e.g., jalapeño

**CHOCOLATE**

*chutneys*

**CINNAMON**

citrus, e.g., juice

*clafoutis, cherry*

cloves

coconut

***compotes***

corn / cornmeal

crème fraîche

*crisp, fruit*

currants, red

ginger

granola

hazelnuts

ice cream

\***KIRSCH**

**lemon**, e.g., juice, zest

lemon verbena

mint

nectarines

nutmeg

nuts

**oatmeal**

**oats**

orange, e.g., juice, zest

peaches

pears

pecans

pepper, black

*pies*

pistachios

plums

rhubarb

***salads****, e.g., fruit, green*

*sauces, dessert*

***smoothies***

*sorbets*

*soups, e.g., fruit*

**sour cream**

star anise

**sugar**

*tarts*

**VANILLA**

**vinegar**, e.g., balsamic, regular or white

**wine**, esp. dry, red or port

yogurt

CHERRIES, DRIED, esp. SOUR

**cherries**

**cherry juice**

**chocolate**, e.g., dark

*compotes*

dates

*desserts*

fruit, other dried, e.g., apricots

ginger

grains, e.g., quinoa, wild rice

granola

greens, e.g., mesclun, salad

lemon, e.g., juice, zest

*muesli*

oats

oranges

pears

*pilafs*

popcorn

quince

*salads*

*sauces*

*stuffings*

*trail mix*

vanilla

vinegar, e.g., balsamic

walnuts

CHERVIL

almonds

artichokes

**asparagus**

basil

**beans**, e.g., fava, green, white, yellow

*bouquets garnis*

bulgur

**carrots**

**chives**

cilantro

*cold dishes*

couscous

crème fraîche

cucumbers

dill

***FINES HERBES***

***FRENCH CUISINE***

grains, whole

greens, e.g., dandelion, salad

leeks

lemon

lettuces

marjoram

mint

mushrooms, e.g., morel

mustard

nuts

oil, olive

**parsley**

***pastas***

**peas**

*pestos*

**potatoes**, e.g., new

rice

*salad dressings*

***SALADS***, *e.g., egg, green, potato*

***sauces****, e.g., creamy*

shallots

sorrel

***SOUPS****, e.g., creamy, potato, vegetable*

spinach

*stuffings*

**tarragon**

**tomatoes**, **tomato sauces**, sun-dried tomatoes

vinegar, e.g., champagne, white wine

zucchini

CHESTNUTS

**apples, apple cider, apple juice**

*baked goods, e.g., cakes, pies*

bay leaf

**beans**, e.g., white

brandy

bread crumbs

broccoli

broccoli rabe

**BRUSSELS SPROUTS**

**cabbage**, e.g., red

**carrots**

*casseroles*

cayenne

**celery**

celery root

chickpeas

chiles, e.g., chipotle

**chocolate**

cinnamon

cloves

coffee

Cognac

cranberries

currants

***DESSERTS***

*dips*

farro

**fennel**

**fennel seeds**

**garlic**

ginger

grains, whole

grapes

greens, bitter

*Italian cuisine*

kale

**leeks**

lemon, e.g., juice

lentils, e.g., French, red

madeira

maple syrup

milk

mirin

**mushrooms**, e.g., button, porcini, white

nutmeg

**oil**, e.g., canola, grapeseed, olive, sesame

**onions**

**orange**, e.g., zest

**parsley**

**parsnips**

***pastas****, e.g., gnocchi, pappardelle, tortellini*

*pâtés, e.g., chestnut-lentil*

pears

pecans

pepper, e.g., black

*“pestos”*

pine nuts

plums, dried

*puddings*

pumpkin

***purees***

raisins

raspberries

rice, e.g., glutinous, medium- or short-grain, wild

*risottos*

**rosemary**

rum

**sage**

sake

*salads*

**salt**, e.g., sea

sesame seeds, black

shallots

sherry

*soufflés*

***SOUPS****, e.g., chestnut, butternut squash*

*Spanish cuisine*

**SQUASH, WINTER**, e.g., butternut, kabocha

*stir-fries*

stock, vegetable

***STUFFINGS****, e.g., corn bread*

**sugar**, e.g., brown

tarragon

**vanilla**

**vegetables, root**, e.g., beets, celery root, turnips

**vinegar**, e.g., balsamic, sherry

wine, red, e.g., dry or sweet, e.g., port

CHIA SEEDS

apples

***baked goods****, e.g., biscuits, breads, cakes, cookies, muffins*

bananas

beans, black

berries, e.g., blueberries

carob

cereals, breakfast

*chili, vegetarian*

chocolate

cocoa / cacao

cinnamon

**coconut, coconut butter, coconut milk**

dates

*drinks, e.g., limeade*

flax seeds

ginger

goji berries, e.g., dried

*granola*

kale

lemon

lime, e.g., juice

maca

mango

maple syrup

**milk**, e.g., cashew, coconut, hemp seed

mint

nutmeg

nuts

nut butters, e.g., Brazil

**oatmeal, oats, oat bran**

pears

pecans

*porridge*

***PUDDINGS***

raisins

sage

*salads*

*smoothies*

*soups*

squash, spaghetti

sugar, e.g., coconut

**tofu, silken**

**vanilla**

***veggie burgers***

walnuts

**yogurt**

**frozen yogurt**

CHICKPEAS (aka GARBANZO BEANS)

*(North) African cuisine*

almonds

apples, apple cider, or apple juice

apricots, dried

artichokes

avocados

**basil**

Thai basil

**bay leaf**

beans, green

**bell peppers**, e.g., roasted

Bragg Liquid Aminos

**bread**, e.g., pita, whole grain

**bulgur**

cabbage, e.g., napa

capers

cardamom

**carrots**

cashews

**cauliflower**

**cayenne**

**celery**

*chana masala*

**chard, Swiss**

**chiles**, e.g., chipotle, jalapeño;

chili pepper flakes

***chili, vegetarian***

**cilantro**

cinnamon

**citrus**, e.g., lemon, lime, orange

cloves

**coconut**

**coconut milk**

**coriander**

**couscous**

**cucumbers**

**CUMIN**, e.g., toasted

currants

***CURRIES****, e.g., Indian,* curry powder, curry spices

dill

***dips***, e.g., hummus

**EGGPLANT**

***FALAFEL***

fennel

**GARLIC**

**ginger**

**grains**, e.g., farro, millet, quinoa, rice, wheat berries

***Greek cuisine***

**greens**, bitter, e.g., amaranth, beet

greens, salad

herbs

\****HUMMUS***

***INDIAN CUISINE***

*Italian cuisine*

**kale**

**LEMON**, e.g., juice

**lemons, preserved**

**lentils**, e.g., green

lime

mangoes

mayonnaise

***Mediterranean cuisines***

***Mexican cuisine***

***MIDDLE EASTERN CUISINES***

*mint*

*Moroccan cuisine*

**mushrooms**, e.g., porcini, portobello

mustard seeds

**OIL**, e.g., **OLIVE**, sesame, sunflower, vegetable

**olives**, e.g., kalamata, niçoise

**ONIONS**, e.g., red, yellow

**oregano**

**paprika**, e.g., smoked, sweet

**PARSLEY**

**pasta**, e.g., whole grain

**pepper**, e.g., black, white

peppers, roasted red

**pine nuts**

pistachios

polenta

**potatoes**

**pumpkin**

**quinoa**

**RICE**, e.g., basmati, brown, wild

**rosemary**

**saffron**

sage

*salad dressings*

***SALADS****, e.g., bean, chopped, green, vegetable*

**salt**, e.g., kosher, sea

scallions

**seeds**, e.g., pumpkin, **sesame**

*SOUPS, e.g., minestrone, tomato, vegetable*

**SPINACH**

*spreads*

**squash**, e.g., summer, yellow

***STEWS****, e.g., vegetable*

**stock**, vegetable

**sumac**

**sweet potatoes**

*tabbouleh*

*tagines*

**TAHINI**

tamari, low-sodium

tamarind

tarragon

**thyme**

**TOMATOES, TOMATO PASTE, sun-dried tomatoes**

tortillas, whole wheat

turmeric

*veggie burgers*

**vinegar**, e.g., balsamic, red wine, sherry

walnuts

**yogurt**

zucchini

CHICORY (see also RADICCHIO, aka RED CHICORY)

almonds

**apples**, e.g., Fuji

artichokes, Jerusalem

arugula

beans, e.g., kidney

beets

bread crumbs

capers

carrots

chili pepper flakes

chives

cranberries, dried

fennel

figs

garlic

grapefruit

grapes

***gratins***

greens, other

hazelnuts

**lemon**

**lettuces**, e.g., mesclun, mixed

mint

mustard, e.g., Dijon

nutmeg

**nuts**, e.g., hazelnuts, walnuts

**oil, nut**, e.g., hazelnut, walnut

**oil, olive**

olives, e.g., black, green

onions

oranges, e.g., blood

parsley

parsnips

*pastas*

**pears**

pecans

persimmons, e.g., fuyu

pine nuts

potatoes

raisins

rice

*salads, e.g., bitter green, mixed green*

scallions

shallots

sorrel

*soufflés*

soy sauce

sugar, e.g., brown

tomatoes

vegetables, root

**vinegar**, e.g., balsamic, red wine, sherry

**walnuts**

watercress

Worcestershire sauce, vegan

zucchini

CHILES—IN GENERAL, or MIXED

*Asian cuisines*

avocados

basil, e.g., Thai

**BEANS**, e.g., black, pinto

bell peppers

*Cajun cuisine*

caraway seeds

*Caribbean cuisines*

*Chinese cuisine*

chocolate, e.g., bitter, dark

**CILANTRO**

cinnamon

**coconut**

**coconut milk**

coriander

**corn**

corn bread

cucumbers

cumin

***curries***

eggplant

galangal

**GARLIC**

**GINGER**

greens

guacamole

***Indian cuisine****, e.g., South*

*Latin American cuisines*

lemon, e.g., juice

**lemongrass**

lentils

**LIME**, e.g., juice

mangoes

marjoram

\****MEXICAN CUISINE***

*moles*

mushrooms

noodles

nuts

oil, e.g., olive, sesame, sunflower

olives

**onions**, e.g., red

oregano, e.g., Mexican

parsley

pasta

peanuts, esp. in Asian dishes

peas

pineapple

potatoes

*relishes*

**rice**

*salads, e.g., bean, Thai*

***SALSAS***

***sauces****, e.g., fruit, moles, salsas*

seeds, e.g., pumpkin

sesame, e.g., oil, seeds, esp. in *Asian cuisines*

shallots

*soups*

sour cream

*South American cuisines*

*Southeast Asian cuisines*

*Southwestern (U.S.) cuisine*

soy sauce

*stews*

*stuffed chiles*

sugar, e.g., palm

tamarind

*Tex-Mex cuisine*

**\**THAI CUISINE***

thyme

tomatillos

**TOMATOES**

**TOMATO SAUCE**

tortillas

tortilla chips

turmeric

vegetables, sweet, e.g., beets, carrots, corn

**vinegar**, e.g., balsamic, red wine, rice wine, sherry

yogurt

CHILES, ANAHEIM

beans, e.g., black

*chiles rellenos*

chiles, other, e.g., chipotle

*chili, vegetarian*

*chowders*, e.g., corn

cilantro

coriander

corn

*corn bread*

cumin

*dips*

***salads***

***salsas***

salt

*sauces*

*stews*

*stir-fries*

***stuffed peppers***

*tacos*

tomatillos

tomatoes

*veggie burgers*

vinegar, rice

CHILES, ANCHO

achiote seeds

**bay leaf**

**BEANS**, e.g., black, kidney, pinto, red

bulgur

cashews

chiles, other, e.g., guajillo

***chili, vegetarian***

**chocolate**

cloves

coriander

corn

**cumin**

eggplant

epazote

**garlic**

lentils, e.g., brown

lime, e.g., juice

***Mexican cuisine***

oil, e.g., grapeseed, vegetable

onions

oregano, e.g., dried, Mexican

pepper, e.g., black

rice

*salsas*

salt, e.g., sea

***sauces****, e.g., adobo, mole*

***soups****, e.g., vegetable*

*stews*

stock, e.g., vegetable

*stuffed ancho chiles*

*tacos*

*tamales*

tofu

**tomatoes**

CHILES, CASCABEL

almonds

beans

*casseroles*

**chiles, other**, e.g., chipotle

*chili*

cilantro

*enchiladas*

*fajitas*

grapefruit

lemon

lime

*Mexican cuisine*

mushrooms

orange

peaches

pumpkin

***salsas, esp. raw***

*sauces, e.g., mole*

*soups*

squash, e.g., winter

*stews*

*tacos*

*tamales*

tomatillos

tomatoes

CHILES, CHIPOTLE

agave nectar

arugula

**avocados**

basil

**BEANS**, e.g., **BLACK**, pinto

bell peppers, e.g., red

carrots

*casseroles*

*Central American cuisines*

*chilaquiles*

chiles, other;

chili sauce, e.g., Thai sweet

***CHILI, VEGETARIAN***

chocolate

**cilantro**

corn

**cumin**

*empanadas*

**GARLIC**

lemon, e.g., juice, zest

**lime**, e.g., juice, zest

maple syrup

***marinades***

mayonnaise

***Mexican cuisine***

miso

molasses

mushrooms, e.g., portobello

mustard

**oil**, e.g., canola, **olive**, vegetable

**ONIONS**, e.g., red, white

**orange**, e.g., juice, zest

oregano

paprika

pepper, e.g., black

*pizzas*

pomegranates

*posole*

potatoes

*quesadillas*

quinoa

rice

*salad dressings*

*salads*

***salsas***

**salt**, e.g., kosher, sea

***sandwiches****, e.g., grilled cheese*

***SAUCES****, e.g., dipping*

sherry, dry

***SOUPS****, e.g., black bean*

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

squash, butternut

***STEWS***

stock, vegetable

sugar, e.g., brown

sweet potatoes

*tacos*

*tamales*

tamari

tempeh

***Tex-Mex cuisine***

tofu

tomatillos

**TOMATOES (canned or fresh)**

**tomato paste, puree, sauce, etc.**

**tortillas**

**tortilla chips**

**vinegar**, e.g., apple cider, balsamic, champagne, rice wine, white

yams

CHILES, GUAJILLO

achiote seeds

bay leaf

chiles, other, e.g., ancho chiles

*chili, vegetarian*

cloves

coriander

cumin

epazote

garlic

jícama

lime

*Mexican cuisine*

oil, e.g., grapeseed

oregano, Mexican

pepper, black

salt, sea

sauces, e.g., pasta

*soups*

*stews*

**tomatoes**

CHILES, HABANERO

allspice

apples

avocados

bell peppers, red

***Caribbean cuisines***

carrots

cilantro

cloves

fruit, tropical

*guacamole*

ketchup

lemon, e.g., juice

lime

mangoes

mint

oil, vegetable, e.g., olive

**onions**, e.g., red, white

oregano

papaya

pineapple

pumpkin

radishes

***salsas***

salt, sea

***SAUCES****, e.g., hot, jerk*

sugar

tomatillos

tomatoes

vinegar, rice wine

CHILES, JALAPEÑO

apples

avocados

**beans**, e.g., black, pinto

carrots

cayenne

*chiles rellenos*

*chutneys*

**cilantro**

cinnamon

coconut milk

corn

*corn bread*

*corn muffins*

cucumbers

cumin

*curries*

*dips*

figs

*guacamole*

jícama

lemon, e.g., juice

**LIME**

mangoes

*Mexican cuisine*

mint

oil, e.g., olive

onions, e.g., white

palm, hearts of

peanut butter

*“pesto”*

pumpkin seeds

sage

*salad dressings*, *e.g., citrus*

*salads*

***salsas****, e.g., salsa verde*

salt, e.g., sea

***sauces****, e.g., ranchero*

***soups***

squash, e.g., butternut, summer

*stews*

*tacos*

**tomatillos**

tomatoes

vermouth

vinegar, champagne

CHILES, PASILLA

avocado

bell peppers

cabbage

chiles, other, e.g., ancho

*chili, vegetarian*

chocolate, Mexican

corn

crema

*enchiladas*

epazote

**garlic**

*guacamole*

lime

mushrooms, e.g., button, shiitake

oil, olive

onions

potatoes

*salsas*

***SAUCES, e.g., MOLES***

scallions

*slaws*

***soups****, e.g., garlic, pumpkin, tomato, tortilla*

*stuffed peppers*

*tacos*

**tomatoes**

CHILES, POBLANO

avocado

**beans**, e.g., black, pinto, white

bell peppers, sweet, e.g., red, yellow

carrots

*casseroles*

cayenne

chard, Swiss

**chiles, other**, e.g., ancho, **chipotle**

***CHILES RELLENOS***

chili pepper flakes

chili powder

*chili, vegetarian*

**cilantro**

**CORN**

cumin

***enchiladas***

*fajitas*

**garlic**

grains

hominy

leeks

lime

*Mexican cuisine*

**mushrooms**, e.g., oyster, portobello, shiitake

oil, olive

**onions**, e.g., red

orange

oregano

posole

**potatoes**

pumpkin

*quesadillas*

quinoa

**rice**, e.g., brown

*salad dressings*

*salads*

*salsas*

scallions

***soups****, e.g., black bean, corn, mushroom, potato*

sour cream

*stews*

stock, vegetable

***stuffed peppers***

*tacos*

tempeh

tofu

tomatillos

**tomatoes**

tortillas, corn

vegetables, e.g., roasted

*veggie burgers*

zucchini

CHILES, SERRANO

beans, e.g., pinto

*Bloody Marys*

chili powder

*chili, vegetarian*

cilantro

coriander

corn

cucumbers

cumin

*enchiladas*

garlic

***guacamole***

jícama

lime

*Mexican cuisine*

molasses

oil, e.g., olive, vegetable

onions, e.g., yellow

orange, e.g., juice

pineapple

pumpkin

pumpkin seeds

*salads*

***salsas***

***sauces****, e.g., ranchero*

tomatillos

tomatoes

vinegar, e.g., white wine

CHILES, THAI

basil, Thai

beans, e.g., green

bell peppers

bok choy

broccoli

cashews

cilantro

*curries, Thai*

garlic

ginger

Kaffir lime

lemongrass

lime, e.g., juice, zest

mushrooms

***noodles, Asian,*** *e.g., rice*

oil, e.g., peanut

onions, e.g., red

oyster sauce, vegetarian

*pad thai*

**rice**, e.g., jasmine

scallions

soy sauce

spinach

sprouts, bean

***Thai cuisine***

tofu

CHILI PEPPER FLAKES

*baked goods, e.g., breads*

bamboo shoots

bell peppers

broccoli

broccoli rabe

chickpeas

*chili, vegetarian*

garlic

*Italian cuisine*

lentils

*marinades*

mushrooms

**oil**, e.g., olive

***pastas****, e.g., spaghetti*

***pizzas***

*refried beans*

*salad dressings*

*salads*

***sauces****, e.g., dipping, pasta, tomato*

*soups*

*stews*

*stir-fries*

tomatoes

tomato sauce

CHILI POWDER

avocado

**beans**, e.g., black, pinto

chickpeas

chili pepper sauce

***CHILI, VEGETARIAN***

corn

*corn bread*

cumin

*dips*

*enchiladas*

garlic

*guacamole*

*Italian cuisine*

lime

*marinades*

mayonnaise

*Mexican cuisine*

*nachos*

pecans, e.g., spiced

popcorn

refried beans

rice

*salad dressings*

sauces, e.g., tomato

seeds

***soups****, e.g., black bean*

*stews*

*stir-fries*

tequila

*Tex-Mex cuisine*

tomatoes

tomato sauce

*trail mix, spicy*

*vegetables, e.g., sautéed*

CHINESE CUISINE

asparagus

bamboo shoots

cabbage, e.g., Chinese

chiles

cinnamon

five-spice powder

garlic

ginger

hoisin sauce

noodles, Asian, e.g., wheat

peanuts

**RICE**, e.g., brown

scallions

sesame, e.g., oil, seeds

snow peas

**SOY SAUCE**

*spring rolls*

star anise

*steamed dishes*

*stir-fries*

sugar

tofu

vegetables

vinegar, rice wine

wheat, e.g., noodles (esp. in northern China)

wine, rice

CHIVES

asparagus

avocados

**beans**, e.g., black, green, navy, pinto

beets

bell peppers, red

**carrots**

celery

chervil

chiles, jalapeño

*Chinese cuisine*

*cole slaws*

corn

couscous

cucumbers

***dips***

***FINES HERBES***

*French cuisine, e.g., Provençal*

garlic

grains, whole

*gratins*

*gravies*

herbs, other, e.g., basil, mint, parsley, tarragon

*Italian cuisine, e.g., Tuscan*

leeks

lemon

lentils

lettuce, e.g., romaine

lime

mushrooms, e.g., morel

mustard, Dijon

noodles, egg

oil, olive

olives

onions

parsley

***pasta****, e.g., fettuccine, spaghetti*

peas

peas, split

pecans

***POTATOES****, e.g., baked, mashed*

*salad dressings*

***SALADS****, e.g., bean, egg, grain, pasta, potato*

*sandwiches*

*sauces, e.g., cheese, cream*

shallots

***SOUPS***

***CHOWDERS****, e.g., cold, cream-based, cucumber, vichyssoise*

**sour cream**

squash, winter, e.g., butternut

*stews*

*stir-fries*

stock, e.g., vegetable

*stuffings*

tarragon

tomatoes

vegetables, e.g., root

vinegar, e.g., white wine

yogurt

zucchini

CHIVES, GARLIC (aka CHINESE CHIVES)

chiles

*Chinese cuisine*

*dumplings, e.g., Asian*

eggplant, Japanese

garlic

ginger

lemon

miso

mushrooms, e.g., shiitake

*Japanese cuisine*

noodles, e.g., Asian

oil, sesame

parsley

potatoes

rice

*fried rice*

*salad dressings*

shallots

*soups, e.g., miso*

soy sauce

sprouts, bean

***stir-fries***

tofu

tomatoes

**vegetables**, e.g., root, stir-fried

vinegar

CHOCOLATE, DARK (see also CACAO and COCOA POWDER)

achiote

allspice

apples

applesauce

apricots

***baked goods****, e.g., brownies, cakes, cookies, muffins*

**BANANAS**

berries

*beverages, e.g., hot chocolate*

brandy

Brazil nuts

brown rice syrup

*candies*

**CARAMEL**

cashews

**cherries**, e.g., fresh, dried

**chestnuts**

chiles

*chili, vegetarian*

**CINNAMON**

cloves

**coconut**

\***COFFEE**

**ESPRESSO**

*cookies*

dates

***DESSERTS***

figs, e.g., dried

**fruit, dried**

fresh

**ginger**

goji berries

graham crackers

granola

**HAZELNUTS**

*hot chocolate / hot cocoa*

***ice cream***

lemon

lemongrass

macadamia nuts

**malt**

**maple syrup**

marshmallows

*Mexican cuisine*

**MILK**

**MINT**

**mocha**

*mole sauces*

*mousses*

nutmeg

\***NUTS**, e.g., **ALMONDS**, **HAZELNUTS,** peanuts, **pecans, pistachios, WALNUTS, NUT BUTTERS**

oats

oil, nut, e.g., almond or walnut

**orange**

passion fruit

**pears**

**plums, dried**

popcorn

*puddings*

**raisins**

**raspberries**

**rum**

*sauces, e.g., dessert, mole*

*sorbets*

sour cream

strawberries

**SUGAR** or Sucanat

**tofu**

**VANILLA**

wine, sweet, e.g., Banyuls, port, Pedro Ximénez sherry

yogurt

CHOCOLATE, WHITE

apricots

*baked goods, e.g., cookies*

**BERRIES**, e.g., blackberries, raspberries, strawberries

cherries

chocolate, other, e.g., dark

cinnamon

citrus

coconut

*desserts, e.g., cheesecake, mousses*

ginger

hazelnuts

lemon, e.g., juice, zest

lime, e.g., juice, zest

mint

nuts, e.g., hazelnuts, macadamia

oatmeal

orange, e.g., juice, zest

pears

rhubarb

rum

vanilla

CILANTRO (aka CHINESE PARSLEY or FRESH CORIANDER LEAF)

*(North) African cuisines*

almonds

***ASIAN CUISINES*** *(except Japanese)*

**avocado**

basil

**BEANS**, e.g., **black**, fava, pinto, white

**beets**

bell peppers

cardamom

***Caribbean cuisines***

**carrots**

cauliflower

cayenne

celery

**chard**

**chickpeas**

**CHILES**, e.g., ancho, chipotle, jalapeño, serrano

***chili****, vegetarian*

*chimichurri sauce*

***Chinese cuisine***

***chutneys***

cinnamon

citrus

**coconut**

**coconut milk**

coriander

**CORN**

*corn bread*

couscous

**cucumbers**

**cumin**

***curries****, e.g., Indian*

*dips*

edamame

eggplant

*enchiladas*

epazote

*fajitas*

**GARLIC**

**ginger**

greens, e.g., mustard

***guacamole***

***INDIAN CUISINE***

jícama

***Latin American cuisines***

**lemon**, e.g., juice

**lemongrass**

lentils

**LIME**, e.g., juice

**mangoes**

*marinades*

melon, e.g., cantaloupe

***MEXICAN CUISINE***

**mint**

miso

*moles*

mushrooms, e.g., shiitake

mustard

**noodles**, esp. Asian, e.g., soba

nuts

**oil**, e.g., **olive**, vegetable

okra

**onions**, e.g., red

oranges

blood oranges, e.g., juice

*pad thai*

papaya, e.g., red

parsley

*pasta, e.g., orzo*

**peanuts**

pears

peas

pepper, black

***“PESTOS”***

*posole*

**potatoes**

pumpkin seeds

quinoa

**RICE**, e.g., basmati, brown

*salad dressings*

*SALADS, e.g., Asian, Thai*

*SALSAS, e.g., green, Mexican, tomato*

*sandwiches*

*sauces*

scallions

sorrel

***SOUPS****, e.g., chickpea, gazpacho, tortilla*

*South American cuisines*

***Southeast Asian cuisines***

soy sauce

**squash**, e.g., summer, winter

*stews*

sweet potatoes

***tacos***

tahini

tamarind

*Tex-Mex cuisine*

***THAI CUISINE***

**tofu**

**tomatillos**

**TOMATOES**

tortillas

vegetables

*Vietnamese cuisine*

vinegar, e.g., white wine

wakame

walnuts

wheat berries

**yogurt**

zucchini

CINNAMON

almonds

**APPLES**, **apple cider**

**apple juice**

***BAKED GOODS****, e.g., breads, cakes, cookies, muffins, pastries, pies*

**bananas**

beans

beets

***beverages****, e.g., cocoa, eggnog, hot chocolate*

**blueberries**

***breakfast / brunch****, e.g., coffee cake, French toast, pancakes*

carrots

cauliflower

***cereals, breakfast,*** *e.g., hot*

chiles

*chili, vegetarian*

**CHOCOLATE**

**COCOA**

cloves

coconut

**coffee**

**espresso**

*compotes, fruit*

corn

couscous

***curries****, e.g., Indian*

curry powder

***custards***

dates

***DESSERTS****, e.g., crisps, custards*

*French toast*

***FRUITS***

***fruit desserts***

***garam masala***

**ginger**

grapefruit

grapes

*ice cream*

*Indian cuisine*

**lemon**, e.g., juice

**maple syrup**

*Mediterranean cuisines*

*Mexican cuisines*

*Middle Eastern cuisines*

**milk**

*Moroccan cuisine*

**nutmeg**

nuts

**oatmeal**

onions

orange flower water

**oranges**

**blood oranges**, e.g., juice

*pancakes*

peaches

**pears**

**pecans**

popcorn

*puddings*

raisins

rhubarb

**rice**

rose water

*sauces, e.g., chocolate*

*stews*

*stuffings, e.g., rice*

**sugar**, e.g., brown

**sweet potatoes**

***teas***

tomatoes

**vanilla**

**wine**, e.g., mulled, red

yogurt

CLOVES

allspice

**apples**, apple cider, apple juice

*baked goods, e.g., breads, biscuits, cakes, cookies, fruitcakes, gingerbread, muffins, pastries, pies*

beets, e.g., pickled

cardamom

chiles

chocolate

**cinnamon**

coriander

cranberries

cumin

***desserts****, e.g., custards*

*drinks*

fenugreek

**fruits**, esp. cooked/stewed

*garam masala*

ginger

lemon, e.g., zest

lentils

maple syrup

*marinades*

nutmeg

nuts

onions

**ORANGE**, e.g., juice, zest

pears, e.g., *poached*

pepper, e.g., black

*pilafs*

*puddings*

pumpkin

*quatres épices*

*ras el hanout*

*relishes, e.g., cranberry*

**rice**

*salad dressings*

***sauces****, e.g., barbecue, dessert, mole*

*sloppy Joes, vegetarian*

*soups*

soy sauce

squash, winter

*stews*

stock, vegetable

sugar, e.g., brown

sweet potatoes

tamarind

*teas*

turmeric

vanilla

wine, e.g., *mulled*

COCOA POWDER (see also CACAO and CHOCOLATE, DARK)

**avocado**

***BAKED GOODS****, e.g., brownies, cakes, cookies*

***beverages****, e.g., hot chocolate, hot cocoa*

***chili****, vegetarian*

**coconut**

coconut milk

**milk**, e.g., almond, dairy, hemp, rice, soy

**nuts**

**nut butters**, e.g., almonds

COCONUT, COCONUT CREAM, COCONUT MILK (see also COCONUT BUTTER, COCONUT NECTAR, COCONUT WATER, MILK, COCONUT)

**almonds**

apricots

*“bacon”*

***BAKED GOODS****, e.g., breads, cakes, cobblers, cookies (e.g., oatmeal), macaroons, muffins, pie crusts*

**bananas**

basil

beans, e.g., green

bell peppers, e.g., red

*beverages*

cabbage, e.g., julienned, napa

caramel

*Caribbean cuisines*

**carrots**

cauliflower

***cereals, breakfast,*** *e.g.,* ***granola****, muesli*

cherries

**chiles**, e.g., dried, serrano

**CHOCOLATE**, e.g., dark, white

**cilantro**

cinnamon

coconut water

coriander

cranberries, dried

crème fraîche

cucumbers

cumin

***CURRIES****, e.g., Indian, Thai, vegetable*

curry paste

curry powder

dates

***DESSERTS****, e.g., cakes, custards,* ***ICE CREAMS****, pies, puddings, sorbets*

eggplant

**FRUITS**, esp. fresh, tropical, e.g., guavas, lychees, **MANGOES**, papayas, **passion fruit, pineapple**

galangal

**garlic**

**ginger**

graham crackers

grapefruit

*icings*

*Indian cuisine*

Kaffir lime leaves

kale

kiwi

**LEMON**

**lemongrass**

lentils, e.g., red

lettuce, e.g., romaine

**LIME**

*macaroons*

maple syrup

*marinades*

melon, e.g., honeydew

milk, e.g., almond, rice

mint

miso

**NUTS**, e.g., Brazil, **cashew**, hazelnuts, macadamia, peanuts, pecans, pistachios, walnuts

oats / oatmeal

oil, e.g., sesame

orange

paprika

parsnips

peas

pepper, e.g., black

plantains

pomegranates

potatoes

raspberries

**RICE**, e.g., jasmine, sticky

**rum**

***salads****, e.g., fruit, green*

***sauces***

scallions

**sesame seeds**

***SMOOTHIES***

***SOUPS***

*Southeast Asian cuisines*

soy sauce

spinach

squash, e.g., butternut

strawberries

**sugar**, e.g., brown, coconut

**sweet potatoes**

tapioca

tempeh

***THAI CUISINE***

**tofu**

tomatoes

***trail mix***

**turmeric**

**VANILLA**

vinegar, wine

watercress

**yogurt**

zucchini

COCONUT BUTTER

apples

avocado

*baked goods, e.g., cakes, pie crusts*

bananas

*breads*

*quick breads*

chia seeds

**chocolate**

cinnamon

coconut

dates

***desserts****, e.g., cheesecake, flan,* ***ice cream****, pudding*

*dressings*

*frostings*

goji berries

lentils, e.g., red

milk, e.g., almond, hemp

muffins

pistachios

pumpkin

*raw cuisine*

*sauces*

*sautéed dishes*

*smoothies*

*soups, e.g., lentil*

*spreads*

vanilla

COCONUT MILK (see COCONUT MILK, COCONUT) and COCONUT NECTAR

*cereals, breakfast*

*cheesecake*

*desserts*

nuts, e.g., almond, macadamia

oatmeal

*pancakes*

peanut butter

*raw cuisine*

*sauces, fruit, e.g., raspberry*

*smoothies*

*waffles*

COCONUT WATER

almonds

avocados

*beverages, e.g., cocktails*

coconut

lemon

lime

mangoes

pineapple

*puddings*

rum

*sauces*

*smoothies*

*sorbets*

*soups*

COFFEE / ESPRESSO

allspice

*baked goods*

*beverages, e.g., lattes*

*caramel*

cardamom

chicory

**chocolate**, e.g., dark, white

**cinnamon**

cocoa

coconut

coconut milk

*desserts, e.g., custards*

fruits

ice cream

Kaffir lime leaf

**lemon**

lime

liqueurs, e.g., brandy, cognac, Irish whiskey

mango

**milk**, e.g., dairy, nondairy (e.g., almond, hemp, soy)

**nuts**, e.g., almonds, **hazelnuts**, macadamia

*salsas, e.g., cooked*

*sauces*

*smoothies*

*sorbets*

spices

sugar, e.g., brown

tamarind

**vanilla**

walnuts

CORIANDER

apples

*Asian cuisines*

***baked goods****, e.g., biscuits, breads, cookies, pastries, pies*

**beans**, e.g., red

beets

bok choy

*cakes*

**carrots**

chiles, e.g., green

*chili, vegetarian*

cinnamon

citrus

citrus zest

cloves

coconut milk

coffee

couscous

**cumin**

***curries****, e.g., Indian*

**curry powder**

***desserts***

fennel

fenugreek

*garam masala*

ginger

grains

***Indian cuisine***

**lemon**

**lentils**, e.g., red

*marinades*

*Mediterranean cuisines*

*Middle Eastern cuisines*

mushrooms

onions

orange

peas

pepper, e.g., black

polenta

potatoes

pumpkin

*salad dressings*

***salads***

sesame seeds

***soups****, e.g., lentil*

squash, winter

***stews***

tofu

turmeric

vegetables

CORN

*American cuisine*

arugula

**avocados**

***baked goods****, e.g., corn bread, corn muffins*

barley

pearl barley

**BASIL**, e.g., lemon, sweet, Thai

**BEANS, e.g., BLACK,** fava, **green**, kidney, **lima**, pinto

**BELL PEPPERS**, e.g., green, red

black-eyed peas

blueberries

bulgur

caraway seeds

carrots

***casseroles***

cauliflower

**cayenne**

celery

celery seeds

*Central American cuisines*

chayote

**CHILES**, e.g., Anaheim, chipotle, jalapeño, poblano, red, roasted

*chili, vegetarian*

chili pepper sauce

chili powder

**chives**

**CILANTRO**

**coconut**, **coconut milk**, coconut oil

**coriander**

***corn on the cob***

**cumin**

***curries***, curry powder, curry spices

**dill**

**edamame**

epazote

**fennel**

*fritters*

**GARLIC**

**ginger**

grits

herbs, e.g., basil, parsley

jícama

leeks

lemon

**LIME**, e.g., juice

lovage

maple syrup

marjoram

mayonnaise

*Mexican cuisine*

milk

**millet**

mint

miso, e.g., light, white

**mushrooms**, e.g., chanterelle, morels, oyster, **porcini**, shiitake, wild

mustard

mustard seeds

nectarines

nutmeg

**oil**, e.g., coconut, **olive**, sesame

**ONIONS**, e.g., green, red, yellow

**oregano**

***pancakes***

**parsley**

*pastas*

**pepper**, e.g., black, white

pepper, e.g., Szechuan

*pesto*

pine nuts

**polenta**

**POTATOES**

***puddings***

pumpkin

pumpkin seeds

**quinoa**

***relishes***

**rice**, esp. wild

saffron

**sage**

***SALADS****, e.g., bean, corn, egg, pasta, potato, vegetable*

*salsas*

**SALT, e.g., kosher, sea,** smoked

savory

**scallions**

sesame seeds

shallots

*soufflés*

***SOUPS***

***CHOWDERS****, e.g., corn, potato, vegetable*

*Southwestern (U.S.) cuisine*

soy sauce

**squash**, e.g., butternut, summer, yellow

***stews***

**stock**, vegetable

***succotash***

sugar

sweet potatoes

**tarragon**

**thyme**

tomatillos

**TOMATOES**, e.g., cherry, red, yellow

tortillas, e.g., corn

turmeric

**vinegar**, e.g., apple cider, champagne, rice wine, white wine

wheat berries

yogurt

zucchini

CORNMEAL and POLENTA (see also GRITS)

almonds

almond milk

amaranth

apples

apple butter

artichokes

asparagus

***BAKED GOODS****, e.g., cakes, corn bread, corn muffins*

**BASIL**

beans, e.g., black, kidney

berries, e.g., blueberries

*breading*, e.g., for mushrooms or tofu

broccoli

broccoli rabe

carrots

*casseroles*

*cereals, hot breakfast*

cherries

chiles, e.g., chipotle, jalapeño, chili powder

chives

cinnamon

coconut cream

coriander

corn

cranberries, e.g., dried

milk

*croquettes*

*crusts, e.g., breads, pizzas*

*dumplings*

eggplant

escarole

fennel

flours, e.g., spelt, whole wheat

*“fries,” e.g., baked*

**GARLIC**

*gratins*

greens, e.g., dandelion

*hush puppies*

*(Northern)* ***ITALIAN CUISINE***

*johnnycakes*

kale

lemon, e.g., juice, zest

maple syrup

**mascarpone**

milk, dairy or nondairy, e.g., soy

molasses

*muffins*

**MUSHROOMS**, e.g., chanterelle, porcini, portobello, shiitake, trumpet, wild

nutmeg

nutritional yeast

**OILS, e.g., corn,** nut, **OLIVE**, sesame, truffle, walnut

**olives**, e.g., kalamata

**ONIONS**, e.g., green, **white**

**orange**

**oregano**

*pancakes*

*waffles*

**parsley**

**pepper, black**

***pesto***

***POLENTA***

*porridges*

rhubarb

**ROSEMARY**

**SAGE**

**salt**, e.g., sea

“sausage,” vegan, e.g., Field Roast Italian

seeds, e.g., poppy, sesame, sunflower

sesame, e.g., oil, seeds

sour cream

spinach

*spoonbread*

squash, winter

**stock, vegetable**

sugar, brown

thyme

**TOMATOES, TOMATO SAUCE, sun-dried tomatoes**

*tortillas*

truffles

vanilla

vegetables, root

vinegar, e.g., balsamic

walnuts

yogurt

zucchini

CORNSTARCH

*baked goods, e.g., cookies*

*curries*

*custards*

*fondues*

*gravies*

milk

*pie fillings*

*puddings, e.g., chocolate, coconut*

*sauces*

*soups, e.g., fruit*

*stir-fries*

sugar

vanilla

COUSCOUS, ISRAELI

agave nectar

allspice

almonds

apples

apricots, dried

artichokes

asparagus

basil

beans, e.g., black, white

bell peppers, e.g., roasted

cardamom

**carrots**

cashews

cauliflower

celery

**chickpeas**

chiles, e.g., poblano

chives

cinnamon

coconut

coconut milk

cranberries, dried

**cucumbers**

cumin

currants

curry

dill

**eggplant**

fennel

figs

fruit, dried

garlic

herbs

lemon, e.g., juice, preserved, zest

lentils, e.g., French, red

lettuce, e.g., butter

lime, e.g., juice, zest

milk, e.g., coconut

**mint**

miso

**mushrooms**, e.g., shiitake

**oil, e.g., olive**

**olives**, e.g., kalamata

**onions**, e.g., red

**oranges**

paprika, e.g., smoked

**parsley**

peas

pepper, e.g., black, white

*pesto*

pine nuts

pistachios

purslane

raisins

*“risottos”*

**saffron**

*salads, e.g., grain, green*

salt, sea

scallions

shallots

*soups, e.g., tomato, zucchini*

spinach

squash, e.g., butternut

*stews, vegetable*

stock, vegetable

*stuffed tomatoes*

sugar, brown

tahini

tarragon

thyme

**tofu**

**tomatoes**

**tomato sauce**

turmeric

vinegar, e.g., balsamic or sherry

watercress

wine, e.g., dry white

yams

yogurt

COUSCOUS, WHOLE-WHEAT

allspice

apples

apple juice

**APRICOTS, e.g., DRIED,** fresh

arugula

asparagus

**beans**, e.g., broad, white

**bell peppers**, e.g., green, red

cabbage

**cardamom**

carrots

cauliflower

cayenne

celery

chervil

**chickpeas**

chiles, e.g., poblano

chives

**cilantro**

**CINNAMON**

citrus

coriander

corn

cucumbers

**cumin**

**currants**

curry, e.g., powder, spices

**dates**

**eggplant**

**fennel**

**fruit, e.g., dried,** juice

**garlic**

**ginger**

grapefruit, e.g., fruit, juice, zest

harissa

herbs

kale

**LEMON**, e.g., juice, zest

lime

melon

milk, e.g., almond, rice

**MINT**

***MOROCCAN CUISINE***

mushrooms

***NORTH AFRICAN CUISINES***

**NUTS**, e.g., **almonds**, hazelnuts, **pine nuts, PISTACHIOS,** walnuts

**oil, olive**

**olives**, e.g., black

**onions, esp. red**

**ORANGES**, e.g., fruit, juice, zest

oregano

papaya

paprika

**parsley**

peas

pepper, black

peppers

*pilafs*

pomegranates

potatoes

pumpkin

radicchio

**raisins**

*“risottos”*

**saffron**

*salads, e.g., grain*

salt, sea

*sauces*

scallions

shallots

spinach

**squash**, summer, e.g., yellow, zucchini;

**winter**, e.g., acorn, butternut

*stews, e.g., vegetable tagines*

stock, vegetable

sugar

sweet potatoes

***“tabbouleh”***

tahini

tarragon

**TOMATOES** (including cherry tomatoes), tomato juice, tomato paste

turmeric

turnips

vegetables

**zucchini**

CRANBERRIES

agar-agar

agave nectar

allspice

*American cuisine*

**APPLES, apple cider, apple juice**

**apricots**, e.g., dried

***baked goods****, e.g., breads, cakes, cookies, muffins, pies, quick breads, scones*

beets

caramel

chestnuts

chiles, e.g., jalapeño or serrano

**CINNAMON**

**cloves**

*cobblers*

*compotes*

**cornmeal**

currants

dates

*desserts, e.g., fruit cobblers or crisps*

*drinks, e.g., cocktails, juices, punches*

figs

**ginger**

***granola***

hazelnuts

*juices*

kale

**lemon**, e.g., juice, zest

**lime**, e.g., juice, zest

**maple syrup**

miso

*muffins*

nutmeg

**NUTS**, e.g., almonds, macadamias, **PECANS**, pistachios, **WALNUTS**

**oats**

**oatmeal**

onions, e.g., pearl

\***ORANGE**, e.g., juice, zest

oranges, mandarin

*pancakes*

**pears**

**PECANS**

pepper, e.g., black

persimmons

pomegranates

*puddings, e.g., bread*

**pumpkin**

pumpkin seeds

raisins

raspberries

***RELISHES****, e.g., cranberry*

**rice**, e.g. brown, **wild**

*salad dressings*

*salads, e.g., green*

*salsas*

salt, sea

***sauces****, e.g., cranberry*

*sorbets*

*soups, e.g., fruit*

**squash, winter,** e.g., acorn, **butternut**

*stuffings*

**SUGAR**, e.g., brown

sweet potatoes

tangerines

*trail mix*

**vanilla**

vinegar, e.g., balsamic

*vodka*

watermelon

wine, e.g., port

yogurt

CRANBERRIES, DRIED

allspice

almonds

almond butter

***American cuisine***

**apples**

**apple juice**

arugula

***baked goods****, e.g., breads, cookies, pastries*

beets

bread crumbs

Brussels sprouts

*cereals, hot breakfast*

cinnamon

*desserts*

**grains**, e.g., farro, quinoa

***granola***

hazelnuts

maple syrup

milk

mint

*muesli*

nutmeg

oatmeal

oats

onions, e.g., caramelized

oranges, e.g., juice, zest

pears

pecans

persimmons

***pilafs***

pomegranates

popcorn

*puddings, e.g., rice*

pumpkin seeds

**rice**, e.g., long-grain, wild

***salads****, e.g., grain, green*

*sauces, e.g., cranberry*

spinach

*stuffings, e.g., corn bread*

sugar

***trail mixes***

vanilla

**walnuts**

“CREAM,” CASHEW

*baked goods, e.g., cakes, muffins*

crepes

***desserts****, e.g., mousses, puddings, semifreddos*

fruit

*gratins*

*gravies*

*ice cream*

*pancakes*

*pastas, e.g., ravioli*

potatoes, e.g., *mashed*

***sauces****, e.g., alfredo, cream, pasta*

*smoothies*

***soups****, e.g., broccoli, butternut squash,* ***creamy****, tomato*

CUBAN CUISINE

bay leaf

**BEANS, e.g., BLACK, pinto**

bell peppers

cabbage

cilantro

corn

cucumbers

**garlic**

lettuce

**lime**

oranges

peanuts

**plantains**

pumpkin

**RICE**

scallions

squash, e.g., calabaza

sweet potatoes

tomatoes

CUCUMBERS

almonds

anise

anise hyssop

apples

apricots

**arugula**

**avocado**

**basil**

beans, e.g., black

beets

**bell peppers**, e.g., green

***beverages****, e.g., sparkling water*

borage

cabbage, e.g., Chinese

**capers**

caraway seeds

carrots

**cayenne**

celery

celery seeds

**chervil**

chickpeas

**CHILES**, e.g., Anaheim, jalapeño, red, serrano;

chili pepper sauce

**CHIVES**

garlic chives

**CILANTRO**

citrus

coconut

coconut milk

couscous, e.g., Israeli

cress, e.g., land

*crudités*

**CUMIN**

*curries*, curry powder, curry spices

\***DILL**

*dips*

*drinks, e.g., cocktails, sparkling waters*

eggplant

endive

escarole

**fennel**

galangal

**GARLIC**

**ginger**

**grains**, e.g., bulgur, farro, spelt

**grapes**, e.g., white

***Greek cuisine***

greens, salad

hibiscus

**horseradish**

*Indian cuisine*

**jícama**

kale

kefir

lamb’s lettuce

**LEMON**, e.g., juice, zest

lemongrass

**lentils**, e.g., red

**lettuce**, e.g., butter, romaine

**lime**, e.g., juice, zest

lovage

mangoes

marjoram

mayonnaise

**melon**, e.g., cantaloupe, honeydew

*Middle Eastern cuisines*

milk, soy

\***MINT**, esp. spearmint

mushrooms, e.g., shiitake

**mustard**, e.g., Dijon, powder

**noodles, Asian,** e.g., soba, udon

**OIL**, e.g., avocado, flaxseed, grapeseed, **OLIVE**, sesame, sunflower, vegetable

**olives**, e.g., kalamata

**ONIONS**, e.g., green, red, spring, white

orange, e.g., juice

**oregano**

palm, hearts of

papaya

**paprika**

**PARSLEY**

peaches

**PEANUTS**

pears

**peas, green**

**pepper**, e.g., black, white

*pesto*

**pickles**

pineapple

pine nuts

plums

**pomegranates**

potatoes

pumpernickel

**quinoa**

**radishes**

***RAITAS***

rice

saffron

*salad dressings*

***SALADS****, e.g., chopped, cucumber, Greek, green, pasta*

salsify

**salt**, e.g., kosher, sea

***sandwiches***

***sauces****, e.g., raita, tzatziki*

savory

**scallions**

sea vegetables

seeds, e.g., poppy, pumpkin, sesame

**sesame**, e.g., oil, sauce, seeds

**shallots**

shiso

***SOUPS****, e.g., cold,* ***cucumber, GAZPACHO,*** *summer, vichyssoise,* ***white gazpacho***

**SOUR CREAM**

**soy sauce**

spinach

sprouts, e.g., radish

*stews*

strawberries

*stuffed cucumbers*

sugar

*summer rolls*

sushi, e.g., nori rolls

*tabbouleh*

tahini

**tarragon**

*Thai cuisine*

thyme

tofu, esp. silken

**TOMATOES**

turmeric

***tzatziki sauce***

**VINEGAR**, e.g., champagne, **cider, red wine, rice wine,** tarragon, white balsamic, **white wine**

**wakame**

walnuts

wasabi

**watercress**

watermelon

\***YOGURT**

za’atar

CUMIN

***(North) African cuisines***

avocados

*baba ghanoush*

***baked goods****, e.g., breads*

**beans**, e.g., black, kidney, long

bell peppers

bulgur

*burritos*

cabbage

**carrots**

cayenne

**chickpeas**

**chiles**

***chili powder***

***CHILI*, *VEGETARIAN***

chives

cilantro

cinnamon

cloves

cocoa

**coriander**

couscous

*Cuban cuisine*

*CURRIES, e.g., Indian*

*curry leaves*

*curry powder*

*dals*

eggplant

***enchiladas***

fenugreek

garlic

ginger

grains

*Greek cuisine*

*hummus*

***INDIAN CUISINE***

*kebabs*

***Latin American cuisines***

lemon

**LENTILS**, e.g., red

**lime**

*marinades*

*Mediterranean cuisines*

***MEXICAN CUISINE***

***MIDDLE EASTERN CUISINES***

mint

*Moroccan cuisine*

mushrooms, e.g., oyster

**onions**

oregano

paprika, e.g., sweet

peas

pepper, e.g., black

**potatoes**

*purees*

**rice**, e.g., basmati

*salad dressings*

*salads, e.g., bean, rice*

**salsas**

*sauces, e.g., tomato*

sauerkraut

sesame seeds

*soups, e.g., bean, lentil*

*Southeast Asian cuisines*

*Spanish cuisine*

squash, e.g., kabocha

***stews***

*tacos*

tamarind

***Tex-Mex cuisine***

tomatoes

tomato sauce

*Turkish cuisine*

turmeric

**vegetables**, e.g., root

walnuts

**yogurt**

CURRY LEAVES (aka CURRY LEAF)

*Asian cuisines*

beans

*breads, e.g., naan*

cabbage

cardamom

**carrots**

cauliflower

**chiles**

***chutneys***

**cinnamon**

citrus, e.g., lemon, lime

cloves

**coconut**

**coconut milk**

**coriander**

**cumin**

*CURRIES, e.g.,* ***Indian****, Southeast Asian*

*dals*

**eggplant**

fennel seeds

fenugreek

garlic

**ginger**

***Indian cuisine***

**lentils**

**mustard seeds**

**okra**

onions

peas

pepper, e.g., black

potatoes

**rice**

*salad dressings, e.g., yogurt-based*

*soups*

*stews*

sweet potatoes

tamarind

tomatoes

**TURMERIC**

**vegetables**

yogurt

CURRY PASTE, THAI (e.g., GREEN or RED)

avocado

bamboo shoots

**BASIL, THAI**

beans, e.g., green

**BELL PEPPERS**

carrots

cauliflower

chickpeas

chili pepper paste

cilantro

\***COCONUT MILK**

***CURRIES, THAI***

edamame

eggplant

galangal

grains

Kaffir lime leaf

lemongrass

**lime**

“mock duck”

noodles, e.g., Asian

onions

peanuts

pineapple

pistachios

potatoes, e.g., red

**rice**, e.g., brown, jasmine

scallions

*soups*

**soy sauce**

*stir-fries*

**sugar**, e.g., brown, palm

sugar snap peas

**sweet potatoes**

***THAI CUISINE***

**tofu**

vegetables, e.g., mixed

zucchini

# D

DAIKON

agave nectar

apples

*Asian cuisines*

bamboo shoots

bell peppers

bok choy

cabbage, e.g., Chinese, napa

**CARROTS**

**chiles**, e.g., jalapeño; chili pepper flakes or chili powder

*Chinese cuisine*

**cilantro**

*crudités*

**cucumbers**

**dashi**

dulse

*fatty foods*

*fried foods*

**garlic**

**ginger**

grains

greens, daikon

***JAPANESE CUISINE***

kohlrabi

kombu

**lemon, e.g., juice,** zest

lettuce

lime

*macrobiotic cuisine*

maple syrup

**mirin**

miso, e.g., sweet white

**mushrooms**, e.g., porcini, shiitake

mustard

**noodles, Asian,** e.g., buckwheat, soba, udon

**oil**, e.g., olive, peanut, sesame

onions, e.g., green, red

orange, e.g., juice, zest

papaya

parsley

pears, e.g., Asian

persimmons

*pickles*

potatoes

quinoa

radishes

*raitas*

rice, e.g., brown

sake

*SALADS, e.g., fruit, vegetable*

*salsas*

salt

*sandwiches, e.g., bánh mì*

**scallions**

sea vegetables

**sesame**, e.g., oil, seeds

sesame seeds, e.g., black

*slaws, e.g., Asian*

snow peas

***SOUPS***, e.g., miso, mushroom

**SOY SAUCE**

*spring rolls*

*stews*

***stir-fries***

stock, vegetable

**sugar**

tamari

**tofu**

umeboshi paste

**VINEGAR**, **e.g.**, **balsamic**, cider, **rice**, **sherry**, **umeboshi**, wine

wasabi

yogurt

**yuzu**, e.g., juice, zest

DASHI (aka KOMBU DASHI) (see also STOCK, VEGETABLE)

cilantro

ginger

hiziki

kombu

mirin

miso

**mushrooms**, e.g., shiitake

*noodles, soba*

nori

scallions

***soups, miso***

soy sauce

*tofu*

vinegar, brown rice

DATES

*(North) African cuisine*

amaranth

**APPLES**, dried or fresh;

apple juice

**apricots**

***BAKED GOODS****, e.g., breads, cakes, muffins, pie crusts, scones*

**bananas**

bourbon

bran

cabbage, red

caramel

cardamom

carrots

cherries

**chocolate**, e.g., dark, white

**cinnamon**

cloves coffee

**coconut**

*confections, e.g., truffles*

cranberries

*desserts*

flax seeds

**ginger**

*granola*

**LEMON**

**maple syrup**

mascarpone

*Middle Eastern cuisine*

milk, almond or other nondairy

miso, e.g., light, sweet

nutmeg

**NUTS**, e.g., **ALMONDS, pecans,** pine nuts, **pistachios, WALNUTS**

oat flour

**OATS**

**OATMEAL**

oil, olive

onions, e.g., caramelized

**ORANGE**, e.g., juice, zest

parsley

parsnips

**peanuts**

**peanut butter**

**pears**

**pear juice**

*puddings*

pumpkin

quinoa

rice

rum

*salad dressings*

salt, sea

*sauces*

sesame, e.g., seeds

*smoothies, e.g., fruit*

*soups*

*spreads*

**squash, winter,** e.g., butternut

sugar, e.g., brown

tahini

tamarind

toffee

tofu, silken

**vanilla**

vinegar, e.g., balsamic

yogurt

DILL (see also DILL SEEDS and DILL WEED)

artichokes

asparagus

*baked goods, e.g., breads*

basil

**BEANS**, e.g., dried, **green**, lima, white

**beets**

bell peppers, e.g., red

black-eyed peas

**cabbage**

capers

caraway seeds

**CARROTS**

cauliflower

celery

chickpeas

chives

cilantro

corn

\***CUCUMBERS**

*dips*

***Eastern European cuisines***

eggplant

*(Northern) European cuisines*

fennel

**garlic**

***German cuisine***

ginger

grains, e.g., barley

**horseradish**

kale

kasha

kohlrabi

lemon, e.g., juice

mayonnaise

millet

miso

mushrooms

*noodles*

*Northern European cuisines*

oil, olive

onions

paprika

parsley

*pasta, e.g., farfalle, fettuccine, pappardelle, penne*

peas

pepper, e.g., black, green

***PICKLES,*** *esp. dill seeds + cucumbers*

*Polish cuisine*

poppy seeds

**POTATOES**

pumpkin

**rice**

*Russian cuisine*

***salad dressings***

***SALADS****, e.g., egg, potato*

***SAUCES****, e.g., cheese, tomato, yogurt*

sauerkraut

***Scandinavian cuisines***

*slaws*

***soups***

***chowders****, e.g., cold, spinach, yogurt*

**SOUR CREAM**

***spinach***

squash, e.g., summer

*stews*

tahini

tofu, e.g., soft

**tomatoes**

tomato sauces

*Turkish cuisine*

vegetables

vinegar, e.g., balsamic

wheat berries

**YOGURT**

**zucchini**

DILL SEEDS (see also DILL and DILL WEED)

bay leaf

**beets**

*breads, e.g., rye*

**cabbage**

carrots

chili powder

cucumbers

cumin

*gravies*

lemon

lentils

onions

paprika

parsley

***PICKLES***

potatoes

rice

*salad dressings*

*sauces*

***soups****, e.g., beet, cucumber, potato*

spinach

thyme

turmeric

vegetables, e.g., roasted

vinegar

DILL WEED (see also DILL and DILL SEEDS)

asparagus

beans, e.g., green

**beets**

**cabbage**

**carrots**

**cucumbers**

*Greek cuisine*

*Indian cuisine*

lemon

mayonnaise

*Middle Eastern cuisines*

mustard

potatoes, esp. new

rice

*Russian cuisine*

*salads, e.g., egg, potato*

*sauces, e.g., creamy, mustard*

sour cream

yogurt

DULSE (FLAKES)

apples

avocado

beans, e.g., black

cabbage, e.g., Chinese, napa, red

capers

cashews

celery

*chili, vegetarian*

coconut

curry

dill

*dips*

ginger

*gomashio*

**grains**, e.g., oats

greens, e.g., collard

*Irish cuisine*

**lemon, e.g.,** juice, zest

miso

mushrooms, e.g., shiitake

**noodles**, e.g., soba

oil, e.g., olive, sesame

onions, e.g., red

parsley

*pastas*

*pâtés, e.g., “fish”*

peanuts

peanut butter

*pizza*

**popcorn**

**potatoes**, e.g., baked

rice, e.g., brown

***salads***

salt, e.g., sea

***sandwiches****, e.g., “BLTs”*

scallions

*Scottish cuisine*

**sesame**, e.g., oil, paste, seeds

***SOUPS****, e.g., bean*

spinach

sprouts, bean

*stews*

*stir-fries*

tahini

**tofu**

umeboshi paste

vegetables

wakame

walnuts

watercress

*wraps*

# E

EDAMAME

arugula

avocado

beans, green

beets

bell peppers, e.g., red, yellow

**carrots**

cashews

**chiles**, e.g., jalapeño;

chili pepper flakes

**cilantro**

coconut

**corn**

cucumber

daikon

*dips*

*dumplings*

escarole

**garlic**

**ginger**

**grains**, e.g., bulgur, couscous, quinoa, rice

greens, e.g., mesclun

**herbs**

*hummus*

***Japanese cuisine***

kombu

leeks

**LEMON**, e.g., juice

lime

**mint**

miso

mushrooms, e.g., cremini

**noodles, Asian,** e.g., rice, soba, udon

**OIL**, e.g., canola, **OLIVE, SESAME,** white truffle

**onions**, e.g., green, **red**, yellow

parsley

*pastas, e.g., linguini*

*“pâtés”*

peanuts

**pepper, black**

potatoes, e.g., new

**quinoa**

radishes

**rice**, e.g., Arborio, black, brown

*risottos*

***salads****, e.g., Asian, corn, green, potato*

**SALT,** esp. **SEA**

*sauces*

**scallions**

sea vegetables

**seeds**, e.g. pumpkin, **sesame**

shallots

*soups, e.g., miso*

**soy sauce**

spinach

*spreads*

squash, butternut

*stir-fries*

stock, vegetable

sugar snap peas

**tamari**

tofu

tomatoes, e.g., cherry

*veggie burgers*

**vinegar, rice wine**

wasabi

watercress

zucchini

EGGPLANT (aka AUBERGINE)

*African cuisines*

artichoke hearts

arugula

***Asian cuisines***

***BABA GHANOUSH***

**BASIL, esp. Thai**

bay leaf

**beans**, e.g., black, butter, cannellini, white

**BELL PEPPERS**, e.g., roasted green, red, or yellow

bok choy

**bread crumbs**, e.g., panko, whole-grain

bulgur

**capers**

***caponata***

cardamom

carrots

cashews

***casseroles***

celery

chard

\***CHEESE**, e.g., Asiago, **feta, goat,** Gruyère, **MOZZARELLA, PARMESAN, RICOTTA,** ricotta salata, sheep’s milk, Swiss

chervil

**chickpeas**

**CHILES**, e.g., green, jalapeño, red, serrano

chili pepper flakes

chili pepper

sauce, chili powder

***Chinese cuisine***

**cilantro**

cinnamon

coconut

coconut milk

**coriander**

**couscous**

Israeli couscous

**cumin**

***curries***

**curry powder**

**curry spices**

*custards*

dashi

**dill**

***dips***

***eggplant Parmesan***

***eggplant rollatini***

***eggplant, stuffed***

fennel seeds

fenugreek

***French cuisine***

\***GARLIC**

**ginger**

*gratins*

***Greek cuisine***

hoisin

***INDIAN CUISINE***

***Italian cuisine***

***Japanese cuisine***

kohlrabi

**LEMON, e.g., juice**

lemongrass

lentils

lime

mace

**marjoram**

*Mediterranean cuisines*

***Middle Eastern cuisines***

millet

**mint**

mirin

**miso**, e.g., white, yellow

*Moroccan cuisine*

***moussaka***

**mushrooms**, e.g., portobello

noodles, Asian, e.g., soba

nutmeg

nuts

**OIL, e.g., OLIVE,** peanut, **sesame**, sunflower

okra

**OLIVES**, e.g., black, green, niçoise

**ONIONS**, e.g., green, red, white, yellow

orange, e.g., juice, zest

**oregano**

**paprika**

**smoked paprika**

**PARSLEY**

***PASTA****, e.g., lasagna, linguini, orzo, penne, rigatoni*

peanuts

peanut sauce

**pepper**, e.g., black, white

***pesto***

**pine nuts**

***pizza***

**polenta**

**pomegranates**

**pomegranate molasses**

**potatoes**

quinoa

radicchio

**raisins**

***RATATOUILLE*** (+ bell peppers + garlic + onions + tomatoes + zucchini)

**rice**, e.g., brown, jasmine, wild

***risotto***

**rosemary**

saffron

sage

sake

***salads****, e.g., Asian, Mediterranean*

**salt**, e.g., sea

***sandwiches****, e.g., grilled mozzarella*

savory

scallions

seitan

**sesame seeds**, e.g., white

**shallots**

shiso leaves

***soups***

*Southeast Asian cuisines*

**soy sauce**

spinach

*spreads*

sprouts, e.g., bean

*“steaks”*

***stews***

***stir-fries***

stock, vegetable

*tagines*

**TAHINI**

tamari

**tarragon**

tempeh

*Thai cuisine*

**thyme**

**tofu**

\***TOMATOES**

**TOMATO PASTE**

**TOMATO SAUCE**

**turmeric**

**VINEGAR**, e.g., balsamic, cider, red wine, sherry

**walnuts**

**yogurt**

za’atar

**zucchini**

EGGPLANT, JAPANESE

**basil**

**Thai basil**

bell peppers, red or yellow, esp. roasted

cabbage

capers

**chiles**, e.g., red

*Chinese cuisine*

*dips*

five-spice powder

**GARLIC**

**ginger**

gomashio

*Indian cuisine*

***Japanese cuisine***

lemon

lime

mint

mirin

**miso**

mushrooms, e.g., shiitake

**oil, olive**

*olives*

onions, red

*pastas, e.g., lasagna*

peanuts

peanut sauce

pine nuts

*pizzas*

*relishes*

rice

sake

*salads*

salt

sauces, e.g., oyster (vegetarian), peanut

**scallions**

**sesame**, e.g., oil, seeds

shiso

**soy sauce**

spinach

sugar, e.g., brown

tamari

tofu

**vinegar**, e.g., apple cider, balsamic, red wine, rice, sherry

yogurt

EGYPTIAN CUISINE

baba ghanoush

beans, e.g., fava

chickpeas

coriander

cucumbers

cumin

dill

*dukkah*

fennel seeds

garlic

grape leaves

*hummus*

lentils, e.g., red

marjoram

mint

nuts, e.g., almonds, hazelnuts, pistachios

oil, e.g., olive

*pasta, e.g., macaroni*

pepper, black

pine nuts

rice

salt, sea

seeds, e.g., sesame

*soups, e.g., red lentil*

spinach

*stuffed cabbage*

*tabbouleh*

tahini

thyme

tomatoes

tomato sauce

yogurt

ENDIVE (aka BELGIAN ENDIVE)

almonds

**APPLES**

artichokes, Jerusalem

**arugula**

**avocado**

basil

**beans**, e.g., broad, white

**BEETS**

bell peppers, e.g., red

berries, e.g., blackberries

**bread crumbs**, e.g., whole-grain

**capers**

caraway seeds

celery

chervil

chiles

chili pepper flakes

chives

cilantro

**citrus**

clementines

*crudités*

cucumbers

dill

escarole

farro

**fennel**

figs

frisée

**garlic**

grapefruit

grapes

*gratins*

greens

**hazelnuts**

kumquats

leeks

**LEMON**, e.g., juice, zest

lettuce, e.g., romaine

mayonnaise

**mint**

**mushrooms**, e.g., portobello

**mustard**, e.g., Dijon, dry

nutmeg

nuts

**OIL**, e.g., grapeseed, hazelnut, **nut, OLIVE**, walnut

**olives**, e.g., black

onions, red

**ORANGE**

**blood orange**, e.g., juice, zest

oregano

palm, hearts of

papaya

**parsley**

**PEARS**

pecans

pepper, e.g., black

*pizzas*

polenta

pomegranate

**potatoes**

**RADICCHIO**

radishes

rice

***SALADS****, e.g., spinach, tricolore salad (i.e., endive + arugula + radicchio)*

scallions

shallots

*soups*

**stock**, e.g., vegetable

*stuffed endive leaves*

sugar

sugar snap peas

tangerines

tarragon

thyme

tomatoes, e.g., cherry

truffles, black

vinaigrette

**VINEGAR**, e.g., **BALSAMIC**, fruit, sherry, **WHITE BALSAMIC**, wine

**WALNUTS**

**watercress**

**yogurt**

EPAZOTE

avocados

**BEANS, e.g., BLACK, pinto**

*beans, refried*

*Central American cuisines*

chayote

chilaquiles

**chiles**, e.g., chipotle; chili pepper flakes, chili pepper sauce, chili powder

*chili, vegetarian*

cilantro

corn

crema

cumin

garlic

huitlacoche

lime

***MEXICAN CUISINE***

mushrooms

onions

potatoes

***quesadillas, e.g., cheese***

*queso fundido*

*refried beans*

rice

*salads*

*salsas*

*sauces, e.g., mole*

***soups****, e.g., bean, black bean, garlic, mushroom, tortilla*

*South American cuisines*

*Southwestern (U.S.) cuisine*

squash, summer

*stews*

*teas, Mexican*

tomatillos

tomatoes

tortillas, e.g., corn

zucchini

zucchini blossoms

ESCAROLE

almonds

apples

artichokes

**BEANS,** e.g., borlotti, cannellini, white

beets

bell peppers, e.g., roasted

**bread crumbs**

**croutons**

*bruschetta*

cabbage, e.g., red

**capers**

carrots

cauliflower

**chickpeas**

chiles

**chile pepper flakes**

citrus

crème fraîche

cucumbers

currants

dill

endive

fennel

fennel seeds

**GARLIC**

hazelnuts

***ITALIAN CUISINE***

kamut

leeks

**LEMON,** e.g., **juice**

lentils

lettuce, e.g., butter

mint

**mushrooms**, e.g., porcini

mustard, e.g., Dijon

nutritional yeast

**OIL,** e.g., nut, **OLIVE**

olives, e.g., black, green

**ONIONS**, e.g., white, yellow

**oranges**

blood oranges

**parsley**

parsnips

***pasta****, e.g., fettuccine, orzo, penne, spaghetti*

pears

**pepper**, e.g., black, white

persimmons

**pine nuts**

***pizzas***

polenta

pomegranates

**potatoes**

radicchio

**raisins**

**rice**, e.g., Arborio, brown

***salads***

**salt**, e.g., kosher, sea

*sauces, e.g., pasta*

**shallots**

***SOUPS****, e.g., escarole, minestrone, potato, white bean*

squash, e.g., yellow

*stews, e.g., white bean*

**stock, vegetable**

sumac

thyme

tofu

**tomatoes**

**sun-dried tomatoes**

**vinegar**, e.g., apple cider, balsamic, red, sherry, white wine

**walnuts**

watercress

ETHIOPIAN CUISINE

beans, green

beets

bell pepper, red

**berbere**

cabbage

carrots

cloves

garlic

**ginger**

greens, e.g., collard

***INJERA***

**legumes**, e.g., chickpeas, lentils, split peas

**onions**

paprika

peas

potatoes

spices

*tibs (i.e., sautés)*

turmeric

vegetables, stewed

*wats (i.e., stews)*

# F

FARRO (aka EMMER WHEAT)

apples

apple juice

apricots, dried

artichokes

arugula

asparagus

**basil**

bay leaf

**beans**, e.g., cannellini, fava, white

beets

bell peppers, esp. roasted

*breads*

cabbage, e.g., green, savoy

carrots

*casseroles*

**celery**

chicory

chickpeas

chiles, e.g., guajillo

**chives**

citrus

coconut

coconut milk

corn

**cucumbers**

dates

dill

dukkah

eggplant

fennel

**garlic**

ginger

grapes

*gratins*

***ITALIAN CUISINE***

**kale**

kefir

leeks

**lemon**, e.g., juice, zest

lemon, preserved

lentils

lovage

mangoes

**marjoram**

*Mediterranean cuisines*

**mint**

**MUSHROOMS**, e.g., chanterelle, cremini, porcini, shiitake, white, wild

nutmeg

**nuts**, e.g., almonds, cashews, pistachios

**OIL,** nut, **OLIVE**

olives, black

onions, e.g., caramelized, yellow

**orange**, e.g., juice, zest

oregano

**PARSLEY**

parsnips

***pastas***

pears

*pilaf*

pine nuts

pomegranates

quinoa

radicchio

radishes

rice, brown

***“risottos,”*** *i.e., made with farro*, aka ***FARROTTOS***

rosemary

***salads****, e.g., grain, green*

**shallots**

***SOUPS****, e.g., hearty, minestrone, mushroom, winter*

spinach

**squash, winter**, e.g., acorn, butternut, kabocha

***stews***

**stock**, e.g., mushroom or vegetable

sugar, e.g., brown

**thyme**

tofu

**tomatoes**

**vinegar**, e.g., apple cider, red wine, sherry

walnuts

wine, dry white

zucchini

FENNEL

**almonds**

anise

**apples**, e.g., green

**artichokes**

artichoke hearts

artichokes, Jerusalem

**ARUGULA**

**asparagus**

**avocado**

basil

bay leaf

**BEANS**, e.g., **CANNELLINI**, fava, green, **WHITE**

**beets**

**beet juice**

**bell peppers**, e.g., red, yellow

bread crumbs

**capers**

**carrots**

cashews

*casseroles*

cauliflower

**celery**

**celery root**

chard

cherries, e.g., dried

chervil

chestnuts

**chickpeas**

chicory

chiles, e.g., jalapeño;

chili pepper flakes

*Chinese cuisine*

chives

citrus

clementines

**coriander**

couscous

**cranberries**, e.g., dried

**cucumbers**

*curries*

curry powder

curry spices

**dill**

edamame

eggplant

**endive**

escarole

**fennel fronds**

**fennel pollen**

**FENNEL SEEDS**

**figs**

*French cuisine*

frisée

**GARLIC**

ginger

grains, e.g., millet, quinoa, spelt

**grapefruit**

*gratins*

greens, e.g., mesclun, winter

**hazelnuts**

***Italian cuisine***

**leeks**

**LEMON**, e.g., juice, zest

lentils

lettuce, e.g., romaine

lime

**liqueurs** with anise/licorice flavor, such as Pernod, Ricard, sambuca

mâche

mango

***Mediterranean cuisines***

mint

**MUSHROOMS**, e.g., porcini, portobello, white, wild

mustard, e.g., Dijon, mustard seeds

nuts

**OIL**, e.g., canola, hazelnut, nut, **OLIVE**, vegetable, walnut

**olives**, e.g., black, green, Italian

**ONIONS**, e.g., cippolini, red, spring

**ORANGE**, e.g., juice, zest

**orange, blood**

oregano

palm, hearts of

**parsley**

***pasta****, e.g., linguini, orecchiette, orzo*

peaches

***pears***

**pecans**

**pepper**, e.g., black, white

Pernod

pistachios

*pizza*

pomegranates

**potatoes**

pumpkin seeds

radicchio

radishes

*relishes*

rice

wild rice

***risottos***

saffron

sage

***SALADS****, e.g., fennel, grain, green, tomato*

**salt**, e.g., kosher, sea

***sauces****, e.g., tomato*

scallions

sesame seeds, white

shallots

*slaws*

snap peas

*soufflés*

***SOUPS****, e.g., fennel, potato, tomato, vegetable*

soy sauce

**squash**, e.g., spaghetti, summer, winter

**star anise**

***stews****, e.g., vegetable*

*stir-fries*

**stock**, e.g., fennel, vegetable

*stuffings*

tamari

**tarragon**

**thyme**

**TOMATOES**

**tomato sauce**

turnips

vanilla

verjus

vermouth

**VINEGAR**, e.g., **balsamic**, champagne, cider, raspberry, sherry, **white wine**

**WALNUTS**

**watercress**

**wine**, dry white

zucchini

FENNEL FRONDS (or LEAVES)

beans

cabbage

citrus

*cocktails, e.g., vodka-based*

*egg dishes*

fennel

*Italian cuisine*

lemon

*Mediterranean cuisines*

oil

onions, e.g., red

*pastas*

*“pestos” (+ garlic + olive oil + Parmesan cheese + pine nuts)*

rice

*risottos*

*salad dressings, e.g., citrus vinaigrettes*

***salads****, e.g., carrot, citrus, fennel, green*

*salsas*

*sausages, vegetarian*

***soups****, e.g., barley, cucumber*

FENNEL POLLEN

apricots

asparagus

*baked goods, e.g., cakes, cookies*

carrots

chocolate

cinnamon

citrus

crème fraîche

eggplant

fennel

fennel seeds

garlic

*(Central and Northern) Italian cuisine*

leeks

lemon, e.g., juice, zest

mushrooms

nuts, e.g., almonds, pistachios

oatmeal

orange

*pastas, e.g., ravioli*

pepper, black

*polentas*

potatoes

rice

*risottos*

*salads*

salt, e.g., sea

tomatoes

tomato sauce

vegetables, e.g., roasted, spring

yogurt

FENNEL SEEDS

apples

artichokes, Jerusalem

***baked goods****, e.g., breads, cakes, cookies, flatbreads*

basil

**beans**, e.g., green

beets

broccoli

Brussels sprouts

**cabbage**

carrots

cauliflower

celery root

chickpeas

*Chinese cuisine*

cinnamon

cloves

coriander

cucumbers

*curries*

cumin

*desserts, e.g., Indian*

eggplant

*English cuisine*

*European cuisines*

**fennel**

fenugreek

figs

five-spice powder

*garam masala*

garlic

ginger

grapefruit, e.g., juice, zest

greens, e.g., beet

*herbes de Provence*

*Italian cuisine*

kohlrabi

leeks

lemon, e.g., juice

lentils

*liqueurs*

mangoes

*marinades*

marjoram

*Mediterranean cuisines*

mushrooms

mustard, e.g., Dijon

oil, olive

olives

orange

paprika

parsley

parsnips

*pastas*

peas, split

pepper, black

***pickles***

*pizza*

**potatoes**

pumpkin

*ras el hanout*

rice

saffron

*salad dressings*

***salads****, e.g., pasta,* ***potato***

***SAUCES****, e.g., pasta*

sauerkraut

*Scandinavian cuisine*

shallots

***soups****, e.g., carrot, celery root, split pea, tomato*

star anise

*stuffings*

sweet potatoes

tarragon

*tea*s

thyme

**tomatoes**

**tomato sauce**

vegetables, e.g., green, roasted

walnuts

FENUGREEK

*(Northern) African cuisine*

*baked goods*

**beans**, e.g., dried, green, kidney, mung

*breads*

broccoli

cabbage

caraway seeds

cardamom

**carrots**

**CAULIFLOWER**

chickpeas

**chiles**

**chili paste**

chutneys

**cilantro**

cinnamon

cloves

coriander

cumin

***CURRIES***

**curry leaves**

**curry powder**

***dals***

*dosai, i.e., Indian crêpes*

eggplant

fennel seeds

flours, e.g., lentil, rice

**garlic**

ginger

greens, e.g., collard, turnip

***INDIAN CUISINE***

lemon

**LENTILS**

mayonnaise

***Mediterranean cuisines***

Middle Eastern cuisines

mustard seeds

onions

parsnips

peas

peas, split

pepper, e.g., black

pickles

**POTATOES**, e.g., curried, mashed

**rice**, e.g., basmati, long-grain

*salad dressings*

***salads****, e.g., potato*

*sauces, e.g., raita, white*

***soups****, e.g., lentil*

**spinach**

squash, winter, e.g., butternut

***stews****, vegetable*

teas, e.g., mint

**tomatoes**

*Turkish cuisine*

turmeric

turnips

walnuts

**yogurt**

zucchini

FIDDLEHEAD FERNS

almonds

arugula

asparagus

brown butter

chiles, e.g., green

chives

coriander

cumin

*custards*

fenugreek seeds

**garlic**

ginger

leeks

**lemon**

marjoram

milk

miso

**MUSHROOMS**, e.g., chanterelle, maitake, morel, wild

**mustard**

nettles

noodles, soba

nutmeg

**oil**, e.g., hazelnut, nut, **olive**

**onions**, e.g., green, red

oregano

paprika

**parsley**

***pastas***

peas

pepper, black

*“pestos”* (e.g., fiddleheads + almonds + olive oil + Parmesan)

ponzu sauce

**potatoes**, e.g., new

rice, wild

***risottos***

***salads****, e.g., warm*

salt

sauces, e.g., cheese, cream, hollandaise

savory

sesame, e.g., oil, seeds

shallots

*soufflés*

*soups*

soy sauce

squash, summer

stock, vegetable

turmeric

**vinaigrette**

**vinegar**, e.g., apple cider, balsamic, sherry

zucchini

FIGS (see also FIGS, DRIED)

**anise seeds**

apples

Armagnac

**ARUGULA**

***baked goods****, e.g., cakes, corn bread, muffins, quick breads*

**basil**

bay leaf

berries, e.g., blackberries, blueberries

caramel

cardamom

*cereals, e.g., breakfast*

chiles, e.g., jalapeño

**chocolate**

*chutneys*

**cinnamon**

cloves

coconut

coconut milk

Cointreau

*compotes*

cranberries

*desserts*

**endive**, e.g., red

fennel

fennel seeds

frisée

**ginger**

grapes

**lavender**

**lemon**, e.g., juice, zest

lettuce, butter

lime, e.g., juice, zest

mascarpone

*Mediterranean cuisines*

melon, e.g., cantaloupe

*Middle Eastern cuisines*

milk, coconut

**mint**

molasses

**NUTS, e.g., ALMONDS, hazelnuts, pecans, pistachios, WALNUTS**

oatmeal

oats

**oil**, e.g., coconut, grapeseed, **olive**

**onions**, caramelized

**ORANGE**, e.g., juice, liqueur, zest

*pancakes*

peaches

**pears**

**pepper**, black

persimmons

phyllo dough

*pizza*

**pomegranates**

quince

**raspberries**

*relishes*

rice

rosemary

salad dressings, e.g., blue cheese

*salads, e.g., green, spinach*

salt, sea

sesame seeds

sour cream

spinach

star anise

strawberries

*stuffed figs*

**SUGAR**, e.g., brown

*tarts*

**thyme**

**vanilla**

**VINEGAR**, e.g., **balsamic**, red wine, sherry, **white balsamic**

watercress

**wine**, e.g., Madeira, Marsala, red, sweet (e.g., port)

yogurt

FIGS, DRIED

almonds

anise seeds

apples

*baked goods, e.g., cakes, muffins, quick breads*

bananas

brandy

cardamom

chestnuts

cinnamon

coconut

cranberries

dates

*desserts*

*granola*

*jams*

lemon, e.g., juice, zest

**NUTS**, e.g., almonds, macadamia, pecans, walnuts

oats

oatmeal

olives

**orange**, e.g., juice, zest

pears

pecans

pistachios

pumpkin seeds

raisins

*snacks*

*stews*

*tagines*

vinegar, e.g., balsamic

**WALNUTS**

**wine**, e.g., red, sweet

yogurt

FIVE-SPICE POWDER

*braised dishes*

***Chinese cuisine***

garlic

ginger

*marinades*

nuts, e.g. almonds, pistachios, walnuts

rice

*roasted dishes*

*sauces*

seeds, e.g., pumpkin

*stews*

*stir-fries*

tofu

FLAXSEEDS

apples

applesauce

avocados

***BAKED GOODS****, e.g.,* ***breads****, crackers, muffins, pie crusts, pizza crusts, quick breads*

**bananas**

carrots

carrot juice

***CEREALS****, e.g., breakfast*

citrus

coriander

cottage cheese

*desserts*

fennel

flour, e.g., whole wheat

*French toast*

grains

***granola***

herbs

*juices*

kale

*“meatloaf,” vegetarian*

nuts, e.g., peanuts, peanut butter, walnuts

**oats**

**oat bran**

**oatmeal**

oil, olive

*pancakes*

*waffles, e.g., add to batter*

*pizza doughs*

rice

***salads****, e.g., as a topping*

sesame seeds

***SMOOTHIES***

***soups***

squash, winter

vegetables

*veggie burgers*

**yogurt**

zucchini

FREEKEH (aka FRIKEH)

*(North) African cuisines*

allspice

apples

apricots, dried

asparagus

*baked goods, e.g., breads*

beans, e.g., adzuki, black, soy

beets

bell peppers, e.g., red

bread crumbs, e.g., panko

carrots

cayenne

celery

*cereals, hot breakfast*

**chickpeas**

chiles, e.g., green

**cilantro**

**cinnamon**

cloves

coriander

cucumbers

**cumin**

eggplant

fruit, dried, e.g., apricots, cranberries, plums, raisins

**GARLIC**

grains, other, e.g., oats

**lemon**, e.g., juice, zest

lentils

***“meatballs”***

*Mediterranean cuisines*

***Middle Eastern cuisines***

mint

mushrooms, e.g., button, enoki, oyster, shiitake

*North African cuisines*

nutmeg

**nuts**, e.g., cashews, hazelnuts, walnuts

**oil**, e.g., nut, **olive**

**olives**, e.g., kalamata

**ONIONS**, e.g., red

oregano

paprika, e.g., hot, sweet

**parsley**

pepper, black

***PILAFS***

**pine nuts**

pistachios

pomegranate seeds

***“risottos”***

saffron

***salads****, e.g., grain*

salt, sea

seeds, e.g., pumpkin, sesame, sunflower

shallots

***soups***

squash, butternut

***stews***

stock, e.g., mushroom, vegetable

*stuffings*

sweet potatoes

*tabbouleh*

thyme

**tomatoes**

**tomato paste**

tomatoes, sun-dried

***veggie burgers***

walnuts

**yogurt**

zucchini

FRENCH CUISINE

apples

apricots

*cassoulets, vegetarian*

garlic

*gratins*

**herbs**, e.g., fines herbes

mirepoix (carrots + celery + onions)

**mustard**, e.g., Dijon

onions

parsley

*pastries*

pears

potatoes

*rémoulades, e.g., celery root*

*salads, e.g., lentil*

***SAUCES***

*sautéed dishes*

shallots

spirits

*stocks*

tarragon

*tarts, e.g., savory (e.g., onion, zucchini), sweet (e.g., fruit)*

thyme

tomatoes

truffles, e.g., black

vegetables, root

*vinaigrettes*

vinegars, wine, e.g., red, white

wheat, esp. as flour

FRISÉE (aka CURLY ENDIVE)

apples

arugula

asparagus

beans, green

beets

bread crumbs

cashews

celery

chives

**endive**

**escarole**

fennel

**garlic**

ginger

grapefruit

greens, other salad

hazelnuts

lemon, e.g., juice

mâche

maple syrup

mint

mushrooms, e.g., chanterelle, king oyster, porcini, portobello, shiitake

**mustard, Dijon**

**nuts**, e.g., cashews, hazelnuts, walnuts

**oil**, e.g., canola, grapeseed, hazelnut, nut, **olive**, sunflower seed, walnut

**oranges**

blood oranges, their juices

palm, hearts of

parsley

**pears**

**pepper**, e.g., black, white

pomegranates

potatoes

**radicchio**

radishes

***salads***, e.g., green, potato

**salt**, e.g., kosher, sea

savory

seeds, e.g., sunflower

shallots

*soups*

spinach

sprouts, e.g., sunflower

tarragon

thyme

tomatoes

**VINEGAR**, e.g., apple cider, balsamic, red wine, sherry, white wine

wakame

**walnuts**

watercress

FROMAGE BLANC

apricots

asparagus

bananas

basil

**berries**, e.g., blueberries, strawberries

*blintzes*

blueberries

breads

*cheesecakes*

chives

citrus, e.g., juice, zest

*crêpes*

*desserts*

*dips*

figs

fines herbes

***French cuisine***

fruit

fruit jams

preserves

garlic

granola

herbs

*ice cream*

lavender

leeks

maple syrup

mustard, e.g., Dijon

nectarines

nuts

onions, e.g., spring

parsley

peaches

pistachios

*pizzas*

potatoes

*salads, e.g., fruit*

*sandwiches*

*sorbets*

*soups, e.g., carrot*

*spreads*

strawberries

sugar

tarragon

tomatoes

vanilla

# G

GALANGAL (see also GINGER)

*baked goods, e.g., cakes (e.g., carrot), cookies, quick breads (e.g., banana)*

cauliflower

**chiles**, e.g., Thai

chocolate

cilantro

citrus, e.g., lemon, lime

**COCONUT**

**COCONUT MILK**

coriander

***curries****, e.g., green, red*

**GARLIC**

**ginger**

*Indonesian cuisine*

**Kaffir lime leaves**

**LEMONGRASS**

*Malaysian cuisine*

miso, e.g., white

mushrooms

onions

parsley

pears, e.g., Asian

potatoes

rice

*sauces*

scallions

**shallots**

shiso

***SOUPS****, e.g., coconut*

*Southeast Asian cuisines*

squash, e.g., butternut, kabocha

***stews***

***stir-fries***

**stock**, e.g., vegetable

sugar, e.g., brown

tamarind

***THAI CUISINE***

turmeric

*Vietnamese cuisine*

GARLIC

**almonds**

*American cuisine*

**artichokes**

artichokes, Jerusalem

asparagus

**BASIL**

bay leaf

**BEANS**, e.g., black, broad, cannellini, fava, green, lima, **pinto**, shell, **white**

beets

***bread***

**bread crumbs**

broccoli

broccoli rabe

capers

carrots

*casseroles*

cauliflower

chard

chickpeas

**chiles**, e.g., chili pepper flakes, chili pepper paste, chili pepper sauce

*Chinese cuisine*

chives

cloves

corn

couscous

*curries*

***dips***

**eggplant**

escarole

fennel

fiddlehead ferns

*French cuisine*

**GINGER**

*Greek cuisine*

**greens**, e.g., bitter, dandelion

herbs

*Indian cuisine*

***Italian cuisine***

**kale**

*Latin American cuisines*

leeks

legumes

**LEMON**, e.g., juice, zest

lentils

lettuce, e.g., romaine

*Mexican cuisine*

*Middle Eastern cuisines*

mint

mirin

**MUSHROOMS**, e.g., porcini

**mustard**, e.g., Dijon

noodles, Asian, e.g., pad thai

**OIL, OLIVE**

olives, e.g., kalamata

**onions**

orange

oregano

paprika

**PARSLEY**

***PASTA****, e.g., linguini, penne, spaghetti*

peanuts

peas

pepper, e.g., black

*pesto*

pine nuts

*pistou*

*pizza*

**POTATOES**, e.g., mashed

*purees*

**rosemary**

saffron

sage

***SALAD DRESSINGS****, e.g., vinaigrettes*

***salads***

**salt**, e.g., sea

***sauces****, e.g., mole, skordalia, tzatziki*

sesame oil

shallots

sorrel

***SOUPS****, e.g., garlic*

sour cream

soy sauce

*Spanish cuisine*

**spinach**

*spreads*

**squash**, e.g., spaghetti, summer

*stews*

*stir-fries*

**stock**, vegetable

tahini

tamari

**thyme**

**tofu**

tomatillos

**TOMATOES**

**TOMATO SAUCE**

*Turkish cuisine*

turmeric

*Vietnamese cuisine*

**vinegar**, e.g., balsamic, red wine, rice wine

yams

yogurt

zucchini

GARLIC, BLACK

*Asian cuisines*

basil

bell peppers, roasted

brown butter

celery root

chiles, e.g., milder

chives

*dips*

garlic

kale

*Korean cuisine*

lemon

mushrooms

*noodles, e.g., Asian*

oil, olive

olives

parsley

*pastas*

*pizza*

potatoes

*risottos*

*salad dressings*

*salads*, e.g., potato

shallots

*tapenades*

**tomatoes**

vinegar, e.g., balsamic, white balsamic

wine

GARLIC, GREEN (aka BABY GARLIC or SPRING

GARLIC)

*aioli*

artichokes

asparagus

*baked goods, e.g., breads*

basil

garlic

*gratins*

leeks

lemon, e.g., juice, zest

oil, e.g., vegetable

parsley

*pasta*

*pestos*

pine nuts

*pizza*

potatoes, e.g., mashed

*risottos*

*salad dressings*

*salads*

*sauces*

*soups*

*stir-fries*

GARLIC SCAPES

almonds

basil

beans, green

*bread*

*bruschetta*

celery

chickpeas

dill

garlic

greens, e.g., beet

*hummus*

**lemon**, e.g., juice, zest

lovage

mushrooms

**nuts**, e.g., almonds

oil, nut, e.g., walnut

**OIL, OLIVE**

parsley

***pasta****, e.g., penne, spaghetti*

peanuts

pepper, black

***PESTOS***

pine nuts

potatoes

rice

sage

*salad dressings*

*salads*

**salt**, e.g., sea

*soups, e.g., garlic, leek, potato*

sour cream

spinach

***stir-fries***

***stock, vegetable***

sunflower seeds

teriyaki sauce

thyme

tomatoes

**walnuts**

wine, dry white

GINGER—IN GENERAL

*African cuisines*

agave nectar

almonds

**apples**

apple cider

apricots

***ASIAN CUISINES***

asparagus

***baked goods****, e.g., breads, cakes, cookies, muffins, pies*

bananas

**basil**

**beans, green**

**bell peppers**, e.g., green, red

berries

***beverages****, e.g., ales, beers, teas*

blueberries

**bok choy**

broccoli

broccolini

burdock

cabbage, e.g., red, savoy

cardamom

*Caribbean cuisine*

**CARROTS**

cashews

cauliflower

celery

cherries, e.g., tart

chickpeas

**chiles**, e.g., jalapeño; chili pepper flakes, chili powder

***CHINESE CUISINE***

**chocolate**, e.g., dark, white

**cilantro**

cinnamon

**coconut**

**coconut milk**

coriander

corn

**cranberries**

*ice cream*

cumin

***CURRIES****, esp. Asian or Indian*

*deep-fried dishes, e.g., tofu, vegetables*

*desserts*

*dips*

edamame

**eggplant**

fennel

fennel seeds

**figs**

fruit

garam masala

\***GARLIC**

*ginger ale*

*gingerbread*

grains, whole, e.g., buckwheat

grapefruit

**greens**, e.g., Asian, collard

hiziki

*hoisin sauce*

*ice cream*

***INDIAN CUISINE***

***Jamaican cuisine***

***Japanese cuisine***

kiwi

kombu

leeks

**LEMON**

**lemongrass**

lentils

**lime**

lotus root

*low-salt dishes*

lychees

**mango**

maple syrup

***marinades***

melons, e.g., cantaloupe

**mint**

mirin

**miso**

molasses

*Moroccan cuisine*

**mushrooms**, e.g., shiitake

**NOODLES**, Asian, e.g., rice, soba, udon

oats

oatmeal

oil, e.g., grapeseed, sesame

okra

**onions**, e.g., green, spring

**ORANGE**, e.g., juice, zest

papaya

parsley

parsnips

passion fruit

*pasta, e.g., orzo*

**peaches**

**peanuts**

**PEARS**

peas

*pickled ginger*

*pilafs*

pineapple

**plums**

**potatoes**

**pumpkin**

**raisins**

rhubarb

**RICE**, e.g., basmati, brown

rum

sake

***salad dressings***

salt, e.g., kosher, sea

***sauces***, e.g., dipping, Kung Pao

**scallions**

seitan

**sesame**, e.g., oil, seeds

*slaws, e.g., Asian*

**snow peas**

***SOUPS****, e.g., Asian, hot-and-sour, sweet potato*

***Southeast Asian cuisines***

**SOY SAUCE**

**spinach**

sprouts, e.g., bean, mung bean

**squash, winter**, e.g., butternut

*stews, e.g., Moroccan*

***stir-fries***

**sugar**, e.g., brown

sugar snap peas

**sweet potatoes**

tahini

tamari

tamarind

***teas***

**TOFU**, e.g., silken

tomatoes

turmeric

vegetables, e.g., Chinese, root

**VINEGAR**, e.g., apple cider, **brown rice**, champagne, red wine, **rice**, sherry, white wine

wasabi

water, soda

watercress

wheat berries

yams

yogurt

zucchini

GINGER, POWDERED (i.e., dried, ground)

almonds

***American cuisine***

anise

apples

apricots

***baked goods****, e.g., breads, cakes, cookies,* ***gingerbread****, gingersnaps*

*braised dishes*

**carrots**

*chutneys*

cinnamon

cloves

coconut

*compotes, fruit*

cumin

*curries*

dates

***desserts***

***European cuisines***

**fruits**

**lemon**

mangoes

maple syrup

molasses

***Moroccan cuisine***

nutmeg

oranges

peaches

**pumpkin**

*puddings*

raisins

saffron

*salad dressings*

*soups*

**squash, winter**, e.g., butternut

*stews*

sugar, e.g., brown

sweet potatoes

*tagines*

turmeric

vanilla

GOJI BERRIES

**almonds**

apricots, e.g., dried

*Asian cuisines*

*baked goods, e.g., cookies, muffins, scones*

bananas

berries

*cereals, hot breakfast*

**chocolate**

**cacao nibs**

coconut

dates

*energy bars*

ginger

***granola***

lemon

lime

maple syrup

muesli

**nuts**, e.g., macadamia

oatmeal

oats

orange, e.g., juice, zest

pears

pomegranates

pomegranate juice

raspberries

salt, sea

*sauces, e.g., fruit*

seeds, e.g., flax, sesame, sunflower

***smoothies***

*soups*

*stews*

sweet potatoes

***trail mix***

**walnuts**

yogurt

GRAINS OF PARADISE

*(North and* ***West****)* ***African cuisines***

allspice

apples

*baked goods, e.g., cakes, pies*

beer

cinnamon

cloves

coriander

couscous

cumin

**eggplant**

gin

ginger

lemon

lentils

*Moroccan cuisine*

nutmeg

okra

pepper, black

**potatoes**

pumpkin

*ras el hanout*

rice

rosemary

*salad dressings*

*soups, e.g., butternut squash, lentil, potato*

squash, e.g., butternut

*stews*

tomatoes

vegetables, root

vinegar

zucchini blossoms

GRAPEFRUIT

agave nectar

artichokes, Jerusalem

arugula

**AVOCADOS**

bananas

beets

cabbage, e.g., napa

Campari

cashews

celery

celery root

chicory

chiles

chili pepper flakes

cilantro

cinnamon

citrus fruits, other

coconut

*compotes*

coriander

***drinks****, e.g., sparkling wine cocktails*

endive, Belgian

fennel

fromage blanc

**ginger**

*granita*

greens

hazelnuts

*ices*

jícama

kale

kiwi

**lemon**

lime

**maple sugar**

**maple syrup**

mascarpone

melon

**mint**

mirin

mustard

**oil, olive**

**oranges**

parsley

passion fruit

pears

pineapple

**pistachios**

**pomegranates**

raspberries

rosemary

***salad dressings***

***SALADS, e.g., fruit, green***

salt, sea

*sauces*

scallions

*smoothies*

***sorbets***

soy sauce

**strawberries**

**SUGAR**, e.g., brown

tarragon

vanilla

vinegar, e.g., champagne, rice wine, sherry, white wine

vodka

walnuts

watercress

wine, e.g., sparkling

**yogurt**

GRAPE LEAVES

allspice

apricots, dried

beans

bulgur

**cinnamon**

currants

**DILL**

fennel

figs

**garlic**

**GRAINS**, e.g., quinoa, **RICE**

*Greek cuisine*

hazelnuts

*Iraqi cuisine*

*Lebanese cuisine*

**LEMON**, e.g., juice

lentils, e.g., red

**MINT**

mushrooms

nuts

**oil, olive**

**onions**, e.g., red, yellow

**parsley**

pepper, black

**PINE NUTS**

**raisins**

**RICE**, e.g., basmati, brown, long-grain

rosemary

scallions

*soups, e.g., cabbage*

stock, vegetable

\****STUFFED GRAPE LEAVES, aka dolmades or dolmas*** *(this region’s*

*answer to sushi!)*

thyme

tomatoes

*Turkish cuisine*

vinegar, e.g., balsamic

yogurt

GRAPES (and GRAPE JUICE)

**almonds**

**apples**

**apple juice**

arugula

bananas

basil

blueberries

Brussels sprouts

bulgur

cabbage, red

caramel

cardamom

carrots

celery

celery root

chocolate

cinnamon

cloves

cucumbers

*desserts, e.g., tarts*

endive, Belgian

farro

fennel

fennel seeds

figs

garlic

*gazpacho, white*

ginger

grains, e.g., brown rice, quinoa

grapefruit

greens, e.g., mesclun, salad

hazelnuts

jícama

**lemon**, e.g., zest

lime

mango

mascarpone

melon

milk, almond

mint

nutmeg

**nuts**, e.g., almonds, walnuts

**oil**, e.g., grapeseed, **olive**, walnut

onions, e.g., red, sweet

orange

**parsley**

peanuts

peanut butter

pears

pecans

*pizzas*

raspberries

rice, e.g., brown

rosemary

rum

***salads****, e.g., fruit, grain, green, vegetable*

*salsas*

salt

scallions

*soups, e.g., fruit, white gazpacho*

sour cream

sprouts, e.g., radish, sunflower

star anise

strawberries

**sugar**, e.g., brown

sumac

tomatoes

vanilla

verjus

**vinegar**, e.g., balsamic, sherry, white wine

**WALNUTS**

watercress

watermelon

wine

**yogurt**

GREEK CUISINE (see also MEDITERRANEAN CUISINES)

*allspice*

anise seeds

*baklava*

basil

bay leaf

beans, e.g., gigante

bell peppers

cinnamon

cloves

dill

*dolmades (stuffed grape leaves)*

**eggplant**

fennel

figs

**GARLIC**

grape leaves

*gyros, vegetarian, e.g., eggplant + pita bread + tzatziki sauce*

*kebabs*

**LEMON**

mint

nutmeg

nuts

**OIL, OLIVE**

olives, e.g., kalamata

onions

**OREGANO**

parsley

phyllo dough

pine nuts

*pita breads*

potatoes

raisins

rice

*salads, esp. mint-garnished*

soups, e.g., bean

*spanakopita, or spinach + cheese pie*

spinach

*stuffed grape leaves*

thyme

tomatoes

tomato sauce

yogurt

zucchini

GREENS—IN GENERAL OR MIXED (see also ARUGULA; BOK CHOY; CABBAGE; CHARD, SWISS; GREENS, BEET; GREENS, BITTER; GREENS, COLLARD; GREENS, DANDELION; GREENS, SALAD; GREENS, TURNIP; KALE; LETTUCE; SPINACH)

arugula

basil

beans, e.g., white

chiles, chili pepper flakes, chili pepper sauce

**GARLIC**

ginger

**grains**, e.g., quinoa, rice, spelt

lemon

mushrooms

mustard

**nuts**, e.g., walnuts

**OIL, OLIVE**

onions, e.g., green, red

*pastas*

pepper, black

**potatoes**, e.g., new, red

*salads*

salt, e.g., kosher, sea

*sandwiches*

seeds, e.g., caraway, celery, sesame

*smoothies*

*soups, e.g., bean, lentil*

soy sauce

*stews*

stock, vegetable

*veggie burgers*

**VINEGAR**, e.g., balsamic, red wine

GREENS, AMARANTH (LEAVES/STEMS, aka CALLALOO; see also LAMB’S-QUARTER and SPINACH)

basil

**bell peppers**, e.g., green, red butter

*Caribbean cuisines*

celery root

**chiles**, e.g., dried, Scotch bonnet

coconut milk

coriander

corn

cumin

curry powder

curry spices

**GARLIC**

ginger

grains, e.g., bulgur, rice

*Jamaican cuisine*

kale

leeks

lemon, e.g., juice

lentils, e.g., red

lime

**oil**, e.g., corn, **olive**, peanut, sesame

okra

**onions**

parsley

plantains

rice

***salads***

salt

*sandwiches*

scallions

sesame seeds

shallots

***soups***

soy sauce

***stews****, e.g., callaloo*

*stir-fries*

stock, vegetable

sweet potatoes

**thyme**

***tomatoes***

vinegar, e.g., apple cider

wine, dry white

GREENS, BEET

apples

beans, e.g., fava, fermented black, white

**BEETS**

cabbage

chard, e.g., rainbow

chickpeas

chili pepper flakes

*chili, vegetarian*

cinnamon

coconut milk *curries*

dill

figs

**GARLIC**

ginger

grains, e.g., buckwheat, bulgur

greens, other, e.g., chard or kale

hazelnuts

horseradish

kale, e.g., Tuscan

leeks

lemon

lentils

nutmeg

oil, olive

oranges

oregano

***pastas***

pecans

pine nuts

*pizzas*

potatoes

raisins

*risottos*

*salad dressings, e.g., vinaigrettes*

*smoothies*

***SOUPS****, e.g., beet, borscht, chickpea*

*stews*

*stock, vegetable*

vinegar, e.g., balsamic, red wine, sherry

walnuts

yogurt

GREENS, COLLARD

*African cuisines*

agave nectar

allspice

almonds

almond butter

apples, e.g., cider, juice

barley, e.g., pearl

bay leaf

**BEANS**, e.g., black, cannellini, navy, pinto, white

beer

bell peppers, red

**BLACK-EYED PEAS**

buckwheat

bulgur

cabbage, e.g., green, red

cardamom

**carrots**

celery

chickpeas

**chiles**, e.g., chipotle, jalapeño; **chili pepper flakes**, **chili pepper sauce**, chili powder

cinnamon

citrus

cloves

**coconut**, e.g., butter, milk, water

*collard wraps, i.e., stuffed with tofu, vegetables, etc.*

***corn bread***

coriander

cumin

curry powder

curry spices

dill

*“dolmas”*

dulse

*Egyptian cuisine*

*Ethiopean cuisine*

farro

**GARLIC**

**ginger**

grains

hazelnuts

*Indian cuisine*

*Jamaican cuisine*

kale

kamut

leeks

**lemon**, e.g., juice

**lentils**

liquid smoke

milk, coconut

mushrooms

mustard, Dijon

noodles, e.g., udon

nutmeg

**OIL**, e.g., canola, mustard, nut, **olive**, peanut (e.g., toasted), sesame (e.g., roasted)

olives

**ONIONS**, e.g., yellow

**orange**, e.g., juice

paprika, smoked

***pasta****, e.g., lasagna, whole-grain*

**peanuts**

**peanut butter**

pepper, black

pine nuts

**potatoes**

quinoa

**raisins**

**RICE**, e.g., brown

**salt**, e.g., sea, smoked

scallions

seeds, e.g., hemp, sesame

**sesame**, e.g., oil, seeds

shallots

*smoky-flavored foods, e.g., smoked paprika or tofu*

***soups****, e.g., bean, lentil, sweet potato*

**sour cream**

*South American cuisines*

***SOUTHERN (U.S.) CUISINE***

soy sauce

*Spanish cuisine*

squash, e.g., buttercup, kabocha

*stews*

**stock, vegetable**

*stuffed collard greens*

*sushi rolls, vegetarian*

sweet potatoes

**tamari**

tempeh

tofu

**tomatoes**

turmeric

vegetables, root

**VINEGAR**, e.g., apple cider, rice

wheat berries

zucchini

GREENS, DANDELION

almonds

apples

avocado

basil

beans, e.g., cannellini

beets

carrots

*casseroles*

cayenne

celery

chickpeas

chiles, e.g., jalapeño;

chili pepper flakes

chives

croutons, e.g., whole-grain

curry powder

dill

endive

fennel

French cuisine

**GARLIC**

ginger

*gratins*

**greens, other,** e.g., milder, mustard

hazelnuts

hemp seeds

kale

**LEMON**, e.g., juice

lentils, e.g., red

lettuce, e.g., butter, romaine

maple syrup

*Mediterranean cuisines*

miso

mulberry

**mushrooms**, e.g., shiitake

**mustard**, e.g., Dijon

noodles, e.g., udon

oranges, e.g., blood

**OIL**, e.g., flaxseed, **OLIVE**, peanut, walnut

**onions**, e.g., raw, sliced

orange, e.g., juice

parsley

**pasta**, e.g., penne

peanuts

pepper, e.g., black

**pine nuts**

*potatoes*

raisins

risottos

sage

***SALADS,*** *e.g., dandelion, green, pasta*

salt, e.g., sea

scallions

shallots

*soups, e.g., vegetable*

soy sauce

spinach

*stews*

*stir-fries*

strawberries

sunflower seeds

tarragon

tempeh

**tomatoes**, e.g., cherry

tomatoes, sun-dried

vegetables, milder

**VINEGAR**, e.g., **balsamic**, **cider**, raspberry, **red wine**, sherry

walnuts

*wasabi*

GREENS, MIZUNA

almonds

apples

arugula

asparagus

avocado

beans, e.g., fava

beets

carrots

celery

chestnuts

*Chinese cuisine*

chives

coriander

cranberries, dried

cucumbers

edamame

frisée

ginger

**grains**, e.g., quinoa

**greens, milder salad**

***Japanese cuisine***

lemon

miso, e.g., dark, light

**noodles, Asian,** e.g., soba, somen

**oil**, e.g., olive, peanut, sesame

onions, green

orange, blood

pears, e.g., Asian

peas

plums

**potatoes**, e.g., new

radicchio

rice, e.g., brown

***SALADS*** *(esp. young leaves), e.g., Asian, green, noodle*

**seeds**, e.g., pumpkin, sesame

**SESAME**, e.g., oil, seeds

***soups****, e.g., Asian*

**soy sauce**

***STIR-FRIES*** *(esp. older leaves)*

tahini

tamari

tatsoi

tempeh

**tofu**

tomatoes

**vinegar**, e.g., balsamic, **rice wine,** sherry

GREENS, MUSTARD

*African cuisines*

*Asian cuisines*

**beans**, e.g., kidney

black-eyed peas

bread crumbs

capers

carrots

cashews

cayenne

celery

chickpeas

**chiles**, e.g., jalapeño; chili pepper paste, chili pepper flakes

chili powder

***Chinese cuisine***

cumin

currants

curry powder

dill

farro

frisée

**GARLIC**

**ginger**

grains

*gratins*

greens, other, e.g., dandelion, milder (e.g., spinach)

***Indian cuisine***

*Japanese cuisine*

kale

**lemon**, e.g., juice

mango

millet

miso

mizuna

molasses

mushrooms

noodles, e.g., Asian, soba

**OIL,** e.g., chili, mustard, **OLIVE**, peanut, **sesame**, sunflower seed

olives

**ONIONS**, e.g., green, red, yellow

oranges

**peanuts**

**peanut butter**

pears

pepper, black

pine nuts

**potatoes**

**raisins**

rice

***salads****, e.g., pasta, potato*

salt, e.g., sea

*sandwiches*

*sauces*

scallions

sesame seeds

shallots

***SOUPS****, e.g., bean*

*Southeast Asian cuisines*

***Southern (U.S.) cuisine***

**soy sauce**

*stews*

***stir-fries***

**stock**, e.g., vegetable

sweet potatoes

tamari

thyme

**tofu**

*tofu scramble*

**tomatoes**

vegetables, milder and/or sweeter

**VINEGAR**, e.g., apple cider, balsamic, red wine, white wine

walnuts

wine, e.g., rice

Worcestershire sauce, vegetarian

yams

GREENS, SALAD—IN GENERAL MIXED (e.g., MESCLUN) (see also ARUGULA, ENDIVE, ESCAROLE, FRISÉE, LETTUCE, MÂCHE, MIZUNA, RADICCHIO, SALAD DRESSINGS, SPINACH, WATERCRESS, etc.)

almonds

anise seeds

**apples**

**avocados**

basil

beets

blackberries

capers

celery

chervil

chives

cilantro

cranberries, dried

croutons

dill

fennel

**garlic**

hazelnuts

**lemon**, e.g., juice

lentils

mâche

mangoes

marjoram

mint

**mustard**, e.g., Dijon, dry

nuts

**oil**, e.g., flaxseed, grapeseed, **olive**

onions, red

oranges, e.g., blood

parsley

**pears**

pepper, e.g., black

pine nuts

pistachios

potatoes, e.g., new

radishes

rice

***SALADS****, e.g., grain, green, potato*

salt, e.g., sea

savory

sesame seeds

shallots

tamari

tarragon

thyme

tofu

*veggie burgers*

**vinegar**, e.g., balsamic, red wine, sherry, white wine

walnuts

GREENS, TURNIP

apples

beans, e.g., pinto, white

black-eyed peas

bread crumbs

cayenne

chickpeas

**chiles**

**chili pepper flakes**

coconut

coconut milk

cumin

curry powder

dashi

**GARLIC**

ginger

grains

**lemon**, e.g., juice, zest

lime

mint

miso

mushrooms, e.g., oyster

mustard, e.g., Dijon

noodles, Asian, e.g., somen

**oil, olive**

olives, e.g., black

**onions**

orange

parsley

***pastas***

pecans

potatoes

rice

saffron

*salads*

salt, e.g., kosher

“sausage”

sesame, e.g., oil, seeds

***soups****, e.g., bean, potato, root vegetable*

*Southern (U.S.) cuisine*

soy sauce

stock, vegetable

sweet potatoes

tofu

**tomatoes**

turmeric

turnips

vinegar, e.g., apple cider

walnuts

wine, dry white

GRITS

cayenne

*cereals, hot breakfast*

chard

chiles, e.g., green; chili pepper flakes

chili pepper sauce

cilantro

**corn**

fruit

**garlic**

greens, e.g., collard

kale

maple syrup

mascarpone

**milk**

molasses

nutmeg

oil, olive

**onions**, e.g., sweet, yellow

paprika

pepper, e.g., black

*polenta*

*porridges*

*puddings*

**salt**, e.g., kosher, sea

scallions

seeds, sunflower

***Southern (U.S.) cuisine***

stock, e.g., corn, vegetable

vinegar, e.g., apple cider

watercress

wine, e.g., dry white

GUAVA, GUAVA JUICE (or NECTAR), GUAVA PASTE

apples

*baked goods, e.g., cakes, muffins, tarts*

**BANANAS**

*beverages, e.g., cocktails, juices*

cashews

chili pepper sauce

chocolate, e.g., white

*chutneys*

cinnamon

**citrus**, e.g., lemon, lime, orange

cloves

**coconut**

**coconut cream**

**coconut milk**

*compotes*

***desserts****, e.g., cakes, cheesecakes*

fruits, other tropical, e.g., kiwi, mango, papaya, pineapple, star fruit

ginger

greens, e.g., salad

hazelnuts

*Indian cuisine*

*jams*

*preserves*

lemon

**lime**, e.g., zest

mangoes

mascarpone

mustard

nutmeg

**nuts**, e.g., cashews, macadamia

oil, olive

onions

**orange**

papayas

pears, e.g., Asian

phyllo dough

pineapple

plums

quince

raisins

rum

*salads, e.g., fruit*

*sauces*

*smoothies*

*sorbets*

*South American cuisine*

soy sauce

stock, vegetable

**strawberries**

**sugar**, e.g., brown

*tamales*

**vanilla**

vinegar, e.g., balsamic

wine, e.g., sparkling

yogurt, e.g., low-fat

# H

HAZELNUTS (aka FILBERTS)

almonds

**apples**

apricots, e.g., dried

artichokes

**arugula**

asparagus

***BAKED GOODS****, e.g., biscotti, cakes, cookies, pies*

**bananas**

beans, e.g., green

beets

berries, e.g., blackberries, blueberries

**Brussels sprouts**

caramel

cauliflower

celery root

*cereals, hot breakfast*

cherries

**CHOCOLATE**, e.g., dark, white

*chutneys*

**cinnamon**

coffee

espresso

couscous

cranberries

*ice cream*

***desserts****, e.g., crisps*

dukkah

eggplant

endive

fennel

**figs**

frisée

fruits, e.g., dried, fresh

*granola*

grapes

greens, bitter, e.g., beet

**greens, salad**, e.g., mesclun

*ice cream*

kale

leeks

lentils

lettuce

liqueurs, e.g., almond

*loaves*

maple syrup

meringue

mint

**mushrooms**, e.g., morel, wild

oil, e.g., hazelnut, orange

**oranges**, e.g., mandarin, e.g., juice, zest

parsley

passion fruit

*pastas*

*pâtés*

**peaches**

**PEARS**

persimmons

*pesto*

pineapple

plums, dried

*puddings*

pumpkin

quinoa

radicchio

raisins

**raspberries**

rhubarb

*risottos*

rosemary

***SALADS****, e.g., fruit, green, spinach, tricolore*

***sauces****, e.g., romesco*

*soups*

*Spanish cuisine*

**spinach**

**squash, winter**, e.g., acorn, butternut

strawberries

*stuffings*

sugar, e.g., brown

sweet potatoes

*toffee*

tomatoes, sun-dried

*trail bars*

**vanilla**

*veggie burgers*

**vinegar**, e.g., balsamic, champagne, sherry, white wine

zucchini

HIZIKI (aka HIJIKI)

*Asian cuisines*

beans, e.g., green

bell peppers, e.g., red, yellow

bok choy

**Bragg Liquid Aminos**

brown rice syrup

burdock

cabbage, napa

**CARROTS**

*casseroles*

cayenne

celery

chiles, e.g., jalapeño

cilantro

**citrus**

corn

*“crabcakes,” vegetarian*

edamame

eggplant

**GARLIC**

**GINGER**

**grains**

herbs

*Japanese cuisine*

leeks

lotus root

*macrobiotic cuisine*

mirin

**miso**, e.g., red

**mushrooms**, e.g., shiitake

**NOODLES, ASIAN,** e.g., brown rice or soba

oil, e.g., olive, sesame

**onions**, e.g., green, white, yellow

parsley

*pâtés*

peanuts

peas, green

**rice**, e.g., brown

*salad dressings, e.g., miso*

***SALADS****, e.g., green, noodle, sea vegetable*

salt, sea

**scallions**

**SESAME OIL**

**sesame seeds**

shallots

***SOUPS****, e.g., miso*

soybeans

**SOY SAUCE**

squash

***stews***

*stir-fries*

sugar, e.g., brown

sunflower seeds

tahini

**tamari**

*tartar sauce*

tempeh

**TOFU**

tomatoes, e.g., cherry

turnips

**vegetables**, esp. root, sweet

**vinegar**, e.g., **brown rice**, rice, umeboshi

water chestnuts

watercress

yams

HOMINY

avocado

**beans**, e.g., Anasazi, pinto, red

bell peppers

carrots

*casseroles*

celery

**CHILES**, e.g., dried red, fresh green, jalapeño; chili pepper sauce

chili

powder

**cilantro**

corn

cumin

**garlic**

**lime**

*Mexican cuisine*

mushrooms, e.g., portobello

*Native American cuisine*

**oil**, e.g., olive, sesame, sunflower, vegetable

**ONIONS**, e.g., white

**OREGANO, MEXICAN**

pepper, black

***POSOLE, vegetarian***

pumpkin seeds

radishes

sage

***SOUPS***

***Southwest (U.S.) cuisine***

squash, butternut

***STEWS***

stock, vegetable

thyme

tomatillos

**tomatoes**

HORSERADISH— PREPARED or FRESH

**apples**

applesauce

arugula

avocado

**beans**, e.g., adzuki, green

*baked beans*

*bean purees*

**BEETS**

**beet juice**

*Bloody Marys*

cabbage

carrots

cauliflower

celery

*chilled dishes*

**chives**

crème fraîche

cucumbers

**dill**

***dips***

*(Central and Northern) European cuisines*

**garlic**

greens, bitter, e.g., beet

ketchup

**lemon**, e.g., juice, zest

lime, e.g., juice, zest

mascarpone

**mayonnaise**

miso, e.g., light

mushrooms, e.g., porcini

mustard, e.g., Dijon

oil, olive

**onions**

parsley

parsnips

pasta, e.g., gnocchi

peas, e.g., green

pepper, black

**potatoes**

ramps

*relishes*

rosemary

sage

***salad dressings***

***salads****, e.g., grain, macaroni, potato*

salt

***sandwiches***

***SAUCES****, e.g., creamy*

scallions

sorrel

**SOUR CREAM**

soy sauce

sugar, brown

tempeh

thyme

tofu, e.g., silken

**tomatoes**

**tomato juice**

sun-dried tomatoes

vegetables, root

*veggie burgers*

**VINEGAR**, e.g., apple cider, balsamic, red wine, white wine

watercress

**YOGURT**

zucchini

HUCKLEBERRIES

agave nectar

**apples**

bananas

*cheesecake*

**cinnamon**

*coulis*

crème fraîche

***desserts****, e.g., cobblers, crisps, custards, galettes, ice creams, panna cottas, pastries, pies, soufflés, tarts*

**graham crackers**

*jams*

lemons, e.g., Meyer

lime, e.g., juice

orange

*pancakes, e.g., buckwheat*

**pears**

pine nuts

*puddings, e.g., bread*

sugar

walnuts

HUITLACOCHE

avocado

*Central American cuisines*

chiles

*chiles rellenos*

chocolate

cilantro

**corn**

*crêpes*

*empanadas*

epazote

garlic

*ice cream*

lettuce

lime

***Mexican cuisine***

**mushrooms**, e.g., wild

***onions***

*quesadillas*

*soups*

*stews*

sweet potatoes

*tacos*

*tamales*

tortillas, e.g., corn

vanilla

zucchini blossoms

# I

INDIAN CUISINE

allspice

almonds

anise seeds

beans

*breads*, esp. in northern India

**cardamom**

cashews

cassia (or cinnamon)

cauliflower

cayenne

chickpeas

chiles

cilantro, esp. in southern India

cinnamon

cloves

coconut, esp. in desserts

southern India

**coriander**

**cumin**, esp. in northern India

***CURRIES***

**curry leaves**

**curry powder**

**curry spices**

*dosas*

eggplant

fennel seeds

fenugreek

**garam masala**

**garlic**, esp. in northern India

**ginger**, esp. in northern India

herbs

lentils

mint

mustard seeds, esp. in southern India

nutmeg

oil, e.g., canola, grapeseed

onions

paprika

peas

pepper, e.g., black

pistachios, esp. in desserts

poppy seeds

potatoes

**rice, basmati,** esp. in southern India

saffron

sage

*sauces, e.g., raita*

**SPICES**

spinach

star anise

sugar, palm

tamarind, esp. in southern India

**tomatoes**

turmeric

vegetables, esp. in southern India

wheat, esp. in northern India

yogurt

INDONESIAN CUISINE

chiles

coconut

coriander

garlic

*grilled dishes*

lemongrass

molasses

noodles

peanuts

*peanut sauces*

pepper

**rice**

*satays, i.e., skewers*

seitan

soy sauce

spices, e.g., cloves, nutmeg, pepper

*stir-fries*

sugar, e.g., brown

tamarind

**tempeh**

vegetables

IRISH MOSS

almond milk

bananas

*breads*

cacao

chocolate

cinnamon

**coconut**

**coconut milk**

***desserts****, e.g., creamy, custards, flans, mousses, pies*

ice creams

jams

jellies

*salad dressings, creamy, e.g., ranch*

*smoothies*

*soups*

*stocks*

*tiramisu*

vanilla

*yogurt, vegan, e.g., nut-based*

ISRAELI CUISINE (see also MEDITERRANEAN CUISINES)

beans, e.g., fava

beets

bell peppers, red

*bread, e.g., pita*

chickpeas, e.g. *hummus*

couscous, Israeli

*dips*

eggplant, e.g. *baba ghanoush*

*falafel*

harissa

***salads****, e.g., cucumber, tabbouleh, tomato*

sandwiches, e.g., sabich (eggplant + hard-boiled egg + hummus), seitan

shawarma

tahini

tomatoes

yogurt, e.g., strained (aka *labneh)*

za’atar

ITALIAN CUISINE, NORTHERN

asparagus

**basil**

**beans**

hazelnuts

**lemon**, e.g., juice

mascarpone

nuts

*pasta*, esp. fresh, richer egg-based or ribbon-shaped (e.g., *fettuccine, linguini, ravioli*), often combined with other starches, such as beans

*pesto*

pine nuts

***polenta***

potatoes

**rice**, e.g., Arborio, carnaroli;

***risottos***

rosemary

sage

*sauces, e.g., cream-based*

truffles, white

**vinegar**, esp. balsamic, wine

wine, e.g., Marsala, red, white

ITALIAN CUISINE, SOUTHERN

artichokes

basil

**bell peppers**

chiles

chili pepper flakes

cinnamon

**eggplant**

fennel

**garlic**

herbs

marjoram

nutmeg

**oil, olive**

olives

**oregano**

***pasta****, esp. dried, tube-shaped*, served with tomato sauce

**pizza**, e.g., Neopolitan

raisins

*sauces, e.g., red tomato-based*

**tomatoes**

**tomato sauce**

wine

zucchini

# J

JACKFRUIT, UNRIPE GREEN

*Asian cuisines*

bananas

***barbecue dishes***

barbecue sauce

bay leaf

bell peppers

*biryani*

*carnitas*

carrots

cashews

cauliflower

chiles, e.g., chipotle, green;

chili powder

*chili, vegetarian*

*Chinese cuisine*

cilantro

coconut milk

coriander

*“crabcakes”*

cumin

***curries****, e.g., Indian, Thai*

*desserts, i.e., made with* ripe *jackfruit*

*enchiladas*

garam masala

**garlic**

ginger

*gyros*

*Indian cuisine*

Kaffir lime leaf

leeks

lemon, e.g., juice

lemongrass

lime, e.g., juice

*Malaysian cuisine*

molasses

mushrooms

*nachos*

oil, e.g., canola

**onions**, e.g., red, white

oregano

*pasta*

peas, green

potatoes

rice, e.g., basmati

***sandwiches****, e.g., baos, “pulled pork,” “Reuben”*

smoke, liquid

*Southeast Asian cuisines*

soy sauce

*stews*

stock, vegetable

*tacos*

**tomatoes**, tomato paste, tomato sauce

tortillas, e.g., corn

turmeric

wine, e.g., dry

JAGGERY

almonds

bananas

*beverages, e.g., coffee, tea*

*breads*

*candies*

cardamom

cashews

chickpeas

coconut milk

***desserts****, e.g., puddings*

***Indian cuisine***

milk

peanuts

raisins

rice

**syrups**

**yogurt**

JAMAICAN CUISINE (see also CARIBBEAN CUISINES)

avocados

**beans**, e.g., black, **red**

bell peppers

black-eyed peas

cabbage

carrots

cilantro

coconut

coconut milk

***curries***

garlic

ginger

greens, mustard

*jerk dishes, e.g., tempeh, tofu, vegetables*

onions

oranges

plantains

raisins

**rice**

spinach

***stews***

sweet potatoes

tomatoes

JAPANESE CUISINE

broccoli

*broiled dishes*

burdock root

carrots

chiles

daikon

***DASHI***

**edamame**

eggplant, Japanese

garlic

**ginger**

*grilled dishes*

*gyoza*

kelp

*kinpira*

kombu

mirin, i.e., rice wine

miso

**MUSHROOMS**, e.g., maitake, oyster, shiitake

**noodles, Asian,** e.g., ramen, soba

*udon nori rolls, e.g., avocado, cucumber*

*pickled dishes*

pineapple

*poached dishes*

**RICE**, e.g., black, brown, sushi

*sauces, e.g., ponzu, teriyaki*

**scallions**

**sea vegetables**, e.g., kelp, nori

**sesame**, e.g., oil, seeds

***soups****, e.g., miso*

\***SOY SAUCE**

squash

*steamed dishes*

sweet potatoes

tea, e.g., green

*tempura*

vinegar, rice wine

wasabi

wine, rice, e.g., sake

yuzu

zucchini

JÍCAMA

**apples**

arugula

**AVOCADO**

**basil**, e.g., Thai

beans, black

beans, green, e.g., haricots verts

beets

**bell peppers**, e.g., green, red

blackberries

broccoli

Brussels sprouts

cabbage, e.g., green, red

**carrots**

**cayenne**

***Central American cuisines***

chayote

chickpeas

\***CHILES**, e.g., jalapeño, serrano; **chili pepper flakes**

**chili powder**

**CILANTRO**

citrus

**corn**

*crudités*

**CUCUMBERS**

**fruit**

garlic

**ginger**

**grapefruit**

***guacamole***

horseradish

kumquats

**lemon**, e.g., juice

lemon, preserved

lettuce, mild, e.g., Bibb, butter, romaine

\***LIME**, e.g., juice

*Malaysian cuisine*

**mangoes**

melon

***Mexican cuisine***

millet

**mint**

mushrooms, e.g., button

mustard

noodles, e.g., rice

**oil**, e.g., chili, grapeseed, olive, peanut, sesame

olives

**onions**, e.g., green, red

**ORANGES**, e.g., fruit, juice

**papaya**

paprika

**peanuts**

pears

pecans

pepper, e.g., black, white

**pineapple**

pumpkin seeds

quinoa

radishes

*relishes*

rice

***SALADS****, e.g., fruit, green*

***salsas***

**salt**

**scallions**

sesame, e.g., oil, seeds

**SLAWS**

*South American cuisine*

soy sauce

spinach

**sprouts**, e.g., sunflower

sugar

*tacos*

tangerines

tomatoes

vinaigrette

**vinegar**, e.g., balsamic, rice, white wine

**watercress**

watermelon

wheat berries

zucchini

JUNIPER BERRIES

apples

artichokes, Jerusalem

bay leaf

*bread*

**cabbage**, e.g., red

caraway seeds

*choucroute*

fennel

garlic

*gin*

*marinades*

oil, olive

*pastas*

pepper, black

*pickles*

**potatoes**

rice

rosemary

sage

***sauerkraut***

squash, winter

*stuffings*

sweet potatoes

vegetables, root

vinegar

# K

KAFFIR LIME and KAFFIR LIME LEAVES

apples, e.g., juice

*Asian cuisines*

*Balinese cuisine*

basil, e.g., Thai

*Cambodian cuisine*

carrots

**chiles (esp. Thai)**

**chili pepper paste**

*chili, vegetarian*

cilantro

**coconut**

**coconut milk**

corn

cucumbers

***CURRIES***

*custards*

*drinks*

fruits, tropical

**galangal**

**garlic**

**ginger**

*Indian cuisine*

*Indonesian cuisine*

**lemongrass**

lime, e.g., juice

***Malaysian cuisine***

mangoes

*marinades*

mint

mushrooms

noodles, e.g., Asian

okra

pears, e.g., Asian or prickly

*“pestos”*

rice

*salad dressings*

***salads****, e.g., Thai, tomato*

***sauces***

sesame, e.g., seeds

***SOUPS****, e.g., coconut, hot-and-sour, Thai*

***SOUTHEAST ASIAN CUISINES***

star anise

*stews*

***stir-fries***

*stocks, e.g., vegetable*

sugar

tamarind

***THAI CUISINE***

turmeric

vegetables, e.g., green

KALE

**almonds**

anise

**apples**

arame

arugula

**avocados**

**barley**

**basil**

**BEANS**, e.g., adzuki, cranberry, green, kidney, mung, red, **white**

**beets**

**bell peppers**, e.g., red, esp. grilled

black-eyed peas

bok choy

bread crumbs, e.g., whole-grain

**Brussels sprouts**

bulgur

**cabbage**, e.g., red

capers

**caraway seeds**

**carrots**

cashews

*casseroles*

cauliflower

cayenne

celery

celery root

chard

cherries, dried

chestnuts

**chickpeas**

**CHILES**, e.g., chipotle, dried red, poblano, serrano; **chili paste**, **chili pepper flakes**, chili pepper sauce

***chips****, e.g., dehydrated (not fried)*

**chives**

cilantro

coconut milk

corn

**cranberries, dried**

cumin

curries

dates

dill

dulse

escarole

farro

fennel seeds

**GARLIC**

garlic scapes

**ginger**

grapefruit

*gratins*

**greens, other**, e.g., collard, dandelion, mustard

*juices*

kombu

**leeks**

**LEMON**, e.g., juice, zest

**lentils**

maple syrup

mint

miso

mizuna

**MUSHROOMS**, e.g., brown, porcini, portobello, shiitake

**mustard**, e.g., Dijon

**noodles, Asian**, e.g., soba, udon

nori

**nuts**

**OIL**, e.g., canola, **flaxseed**, grapeseed, nut, **OLIVE, sesame,** vegetable

**olives**, e.g., black

**ONIONS,** e.g., caramelized,**RED**, Spanish, spring, white, yellow

**oranges**, e.g., juice

oregano

papaya, e.g., green

paprika, e.g., smoked

parsley

***pastas***, e.g., *lasagna*

**peanuts**

pecans

**pepper, black**

***pestos***

**pine nuts**

pistachios

*pizza*

polenta

*Portuguese cuisine*

**POTATOES**

*purees*

quinoa

radicchio

radishes

**raisins**, e.g., brown, yellow

**RICE**, e.g., Arborio, **brown**, wild

*risottos*

**rosemary**

***SALADS***

**SALT**, e.g., kosher, pink, sea, smoked

savory

**scallions**

sea vegetables

**seeds**, e.g., **hemp**, pumpkin, **sesame**

sesame, e.g., sauce, seeds

shallots

*slaws*

*smoothies*

snow peas

***SOUPS****, e.g., bean, kale, minestrone, potato, vegetable, white bean*

**soy sauce**

spelt

spinach

**squash, summer**

**esp. winter,** e.g., butternut, delicata, kabocha

***stews****, e.g., barley, winter*

*stir-fries*

stock, vegetable

*stuffings*

sunflower seeds

**sweet potatoes**

tahini

**tamari**

thyme

**tofu**

**tomatoes**

turnips

**VINEGAR**, e.g., apple cider, **BALSAMIC**, **brown rice**, red wine, sherry, umeboshi

**walnuts**

yogurt

yuca

KALE, BLACK (aka CAVOLO NERO, DINOSAUR KALE, LACINATO KALE, or TUSCAN KALE)

almonds

beans, e.g., borlotti, white

bread crumbs, e.g., whole-wheat

chestnuts

chili pepper flakes

croutons, whole-grain

**garlic**

***Italian cuisine****, esp. Tuscan*

lemon juice

millet

mushrooms, e.g., porcini, portobello

**oil, olive**

*pastas, e.g., lasagna*

**potatoes**

*risottos*

sage

salt

*soups*

tomatoes

vinegar, red wine

KAMUT

almonds

**apples**

**apple juice**

asparagus

avocado

***baked goods****, e.g., breads*

**basil**

bay leaf

**beans**, e.g., kidney, lima

beets

**bell peppers**, e.g., red, yellow

broccoli

broccoli rabe

cabbage, e.g., savoy

**carrots**

cashews

**celery**

celery root

***cereals****, hot breakfast*

chervil

chickpeas

chili pepper flakes

*chili, vegetarian*

chives

**cilantro**

cinnamon

coriander

cumin

**dill**

escarole

fennel

**fruit, dried**, e.g., apricots, cranberries

**GARLIC**

ginger

grains, other, e.g., barley, quinoa, rice

kefir

**lemon**, e.g., juice, zest

**lentils**, e.g., green

lime

lovage

marjoram

**mushrooms**, e.g., maitake, oyster

mustard, e.g., Dijon

nuts

**oil**, e.g., avocado, nut, **olive**

olives, e.g., kalamata

**ONIONS**, e.g., green, red

oranges

**PARSLEY**

parsnips

pecans

pepper, black

***PILAFS***

*pizzas*

pomegranates

raisins

rice, e.g., wild

*risottos*

sage

***SALADS****, e.g., grain, green, tomato, vegetable*

salt, sea

scallions

***SOUPS****, e.g., minestrone*

soy sauce

spinach

squash, e.g., winter, e.g., acorn

*stews*

**stock**, e.g., vegetable

***stuffings***

sugar snap peas

*tabbouleh*

**thyme**

**tomatoes**, tomato paste, tomato puree

tomatoes, sun-dried

vanilla

vegetables, root

*veggie burgers*

**vinegar**, e.g., balsamic, brown rice, cider, wine

watercress

yogurt

KANTEN

apples

**APPLE JUICE**

berries, e.g., blueberries, raspberries, strawberries

cherries

cherry juice

citrus, e.g., grapefruit, lemon

cranberries

cranberry juice

mangoes

mango juice

melons

melon juice

oranges, e.g., mandarins, orange juice

peaches

peach juice

pears

**pear juice**

pomegranates

pomegranate juice

yuzu

yuzu juice

KASHA (aka TOASTED BUCKWHEAT GROATS; see also BUCKWHEAT)

apples

beans, green

beets

bell peppers

**cabbage**

**carrots**

*casseroles*

cauliflower

celery

chickpeas

chili pepper paste

corn

*croquettes*

cucumbers

dates

**DILL**

***Eastern European cuisines***

grated

garlic

*gravies, e.g., mushroom*

jícama

kale

leeks

lemon, e.g., juice

lentils, e.g., red

mint

**MUSHROOMS**, e.g., portobello, shiitake

oil, e.g., olive, vegetable

**onions**

oranges

peas, split

parsley

***PASTA*, whole-grain, e.g., FARFALLE**

pepper, black

***pilafs***

pistachios

rice, brown

*Russian cuisine*

***salads****, e.g., corn, grain*

salt, sea

scallions

***SOUPS****, e.g., beet, cabbage, lentil, mushroom, split pea, vegetable*

soy sauce

spinach

squash, acorn

*stews*

stock, vegetable

*stuffed vegetables, e.g., cabbage, squash, tomatoes*

*stuffings*

sunflower seeds

tofu

tomatoes

*varnishkes, i.e., kasha + farfalle*

vegetables, root

*veggie burgers*

vinegar, e.g., balsamic

**walnuts**

watercress

yogurt

frozen yogurt (e.g., as a topping)

zucchini

KELP, KELP GRANULES, KELP POWDER (see also ARAME, KOMBU, SEA VEGETABLES, WAKAME)

almonds, e.g., raw

barley

beans

bonito flakes, dried

carrots

chickpeas

***chips****, e.g., deep-fried*

citrus, e.g., lemon, lime

***“crabcakes,” meatless***

daikon

***DASHI***

*“fish filets” (i.e., with tofu)*

garlic

ginger

grains

*Japanese cuisine*

kimchi

lemon

lettuces, e.g., romaine

lime

mirin

miso

**mushrooms**, e.g., oyster

nutritional yeast

oil, e.g., canola

onions

pepper, black

popcorn

potatoes

rice, e.g., sushi

***salad dressings***

***salads****, e.g., mock tuna*

*sauces, e.g., ponzu*

sesame, e.g., oil, seeds

***soups***

***chowders****, e.g., oyster mushroom*

**soy sauce**

spinach

*stews*

*stir-fries*

***STOCKS****, e.g., dashi*

sugar

tamari

tempeh

tofu

**vinegar, rice**

zucchini

KIWI (aka KIWIFRUIT)

almonds

apples

**avocado**

**bananas**

berries

brown rice syrup

cashews

**cereals, breakfast**

cherries

chocolate, e.g., dark, white

cinnamon

citrus

**coconut**

Cointreau

**ice cream**

cucumbers

*desserts*

*drinks*

ginger

grapefruit

grapes

greens, e.g., baby

hazelnuts

jícama

*kebabs*

Kirsch

**lemon**, e.g., juice, zest

**LIME**, e.g., juice, zest

lychees

macadamia nuts

**mangoes**

*marinades*

melon, e.g., honeydew

**mint**

nuts

**orange**, e.g., juice, zest

oranges, blood

**papaya**

**passion fruit**

**pineapple**

pistachios

pomegranates

poppy seeds

*puddings*

raspberries

rum

*salad dressings*

***salads, fruit***

*sorbets*

star fruit

**strawberries**

sugar, brown

*tarts, fruit*

vanilla

watermelon

wine, sparkling, e.g., Champagne;

wine, sweet, e.g., ice wine

yogurt

KOHLRABI

almonds

anise

apples

basil

beans

blueberries

broccoli

**cabbage**, e.g., napa

caraway seeds

carrots

*casseroles*

cayenne

celery

**celery root**

chervil

chiles

*(Southern) Chinese cuisine*

chives

corn

couscous

*crudités*

cucumbers

cumin

curry powder

curry spices

daikon

**DILL**

*(Northern) European cuisines*

fennel

**garlic**

*German cuisine*

**ginger**

*gratins*

greens, e.g., mustard

horseradish

*Hungarian cuisine*

*Indian cuisine*

leeks

**lemon**, e.g., juice, zest

lentils, e.g., red

lettuces, e.g., romaine

maple syrup

marjoram

mayonnaise

melon, esp. muskmelon

mint

mushrooms

**mustard**, e.g., Dijon, mustard seeds

**nutmeg**

**oil**, e.g., grapeseed, mustard, **olive**, peanut, sesame

**onions**, e.g., green, spring, Vidalia

paprika

**parsley**

peas

*pies*

**potatoes**

*purees*

radishes

*rémoulades*

*risottos*

rosemary

*salad dressings*

***SALADS***, *e.g., grain, green, vegetable*

salt, e.g., sea

*sauces*

sesame, e.g., oil, seeds

**shallots**

***slaws***

***soups***

**sour cream**

**soy sauce**

*spring rolls*

***stews***

***stir-fries***

stock, vegetable

sugar, e.g., brown

tarragon

**thyme**

lemon thyme

tomatoes

turmeric

turnips

vegetables, root

**VINEGAR**, e.g., balsamic, fruit, red wine, rice wine, white wine

za’atar

KOMBU

**BEANS,** e.g., adzuki, cannellini, dried, lima

carrots

cilantro

daikon

***DASHI***

***dips***

eggplant

garlic

**ginger**

**grains**

***JAPANESE CUISINE***

kale

**legumes**

lemon

*macrobiotic cuisine*

millet

**mirin**

**miso**

**MUSHROOMS**, e.g., dried, oyster (e.g., smoked), shiitake

**noodles**, e.g., soba, udon

nori

oil, e.g., chili, sesame

onions

pumpkin seeds

radishes

rice, e.g., brown

sage

*salads*

***sauces, esp. dipping sauces***

scallions

sea vegetables, e.g., dulse, wakame

***SOUPS****, e.g., bean, onion*

**soy sauce**

squash, e.g., kambocha

***stews****, e.g., root vegetable*

***STOCKS****, e.g., Japanese, soup*

tamari

thyme

**tofu**

**vegetables, esp. root**

vinegar, brown rice

wakame

KOREAN CUISINE

bean paste

**CHILES**

**chili pepper flakes**

**chili paste**

**chili powder**

garlic

ginger

*grilled dishes*

kimchi

mustard

noodles, Asian, e.g., buckwheat

**RICE**, e.g., short- to medium-grain

scallions

**sesame**, e.g., oil, seeds

*soups (served very hot)*

soy bean paste

**SOY SAUCE**

sprouts, mung bean

*stews (served very hot)*

sugar

**tofu**

vegetables, e.g., cold/raw, pickled (e.g., kimchi), warm/steamed

vinegar

wine

KUMQUAT

anise

apples, esp. green

apricots

arugula

avocado

*baked goods, e.g., cakes, muffins*

bananas

**beets**

blueberries

brandy

bulgur

chili powder

*Chinese cuisine*

chocolate, e.g., dark, white

*chutneys*

cilantro

**citrus**

cloves

*compotes*

couscous

**cranberries**

currants

dates

figs

**ginger**

graham cracker, e.g., crust

grapefruit

*ice cream*

*Japanese cuisine*

jícama

**lemon**, e.g., juice

lemon curd

**lime**, e.g., juice

mangoes

***marmalades***

mint

mushrooms, e.g., shiitake

onions, red

**ORANGE**, e.g., juice

**papaya**

parsley

pepper, e.g., pink

pineapples

pistachios

***preserves***

*puddings, e.g., bread*

raisins

rhubarb

**rum**

*salad dressings*

***salads****, e.g., fruit, grain, green*

sauces

*smoothies*

star fruit

strawberries

*stuffings*

**sugar**, e.g., brown

*syrups*

tangerine

vanilla

vinegar, wine

walnuts

KUZU (aka KUDZU ROOT)

bay leaf

*breadings*

*Chinese cuisine*

dashi

*desserts, e.g., kanten, puddings*

*gelled dishes*

ginger

grains

*gravies*

*Japanese cuisine*

lemon

*macrobiotic cuisine*

maple

mirin

noodles, e.g., Asian

oil, sesame

onions

parsley

peaches

pears

*pie fillings, e.g., fruit*

plums

*puddings*

radishes

rice

***SAUCES***

scallions

sesame, e.g., seeds

shiso

***soups***

soy sauce

*stews*

stock, mushroom, e.g., shiitake

tamari

umeboshi plum

# L

LAMB’S-QUARTER (aka QUELITE or WILD SPINACH; see also tips for GREENS, AMARANTH; SPINACH)

almonds

asparagus

avocado

**beans**, e.g., Anasazi, pinto

*casseroles*

cayenne

celery root

**chiles**, e.g., jalapeño

chili paste

chives

cilantro

crema, Mexican

freekeh

**GARLIC**

herbs

leeks

lemon

miso, esp. light

**mushrooms**, e.g., morel

mustard, e.g., Dijon

nutmeg

nuts

**oil**, e.g., nut, **olive**, sesame

**olives**, e.g., kalamata

**onions**

orange

*pastas*

pea shoots

peas

*pestos*

potatoes

pumpkin

***purees***

*SALADS*

*sauces*

scallions

***soups***

sour cream

squash, e.g., butternut

*stews*

*stir-fries*

**tomatoes**

**tortillas**, e.g., corn

vegetables, milder

vinaigrette

**walnuts**

LAND CRESS (aka GARDEN CRESS; see also WATERCRESS)

beets

carrots

cauliflower

celery

dashi

endive

lemon, e.g., juice

*Mediterranean cuisines*

noodles, Asian, e.g., somen

peas

*pizzas*

potatoes

sake

***SALADS****, e.g., green, vegetable*

***sandwiches***

***soups****, e.g., creamy, potato*

soy sauce

spinach

vinegar

LAVENDER

**apricots**

arugula

***BAKED GOODS****, e.g., biscotti, cakes, cookies, scones, shortbread*

basil

**BERRIES**, e.g., blackberries, blueberries, raspberries, strawberries

*candies*

caraway seeds

carrots

cherries

cinnamon

citrus, e.g., juice

coconut

corn

**crème fraîche**

***ice cream***

***custards***

*desserts*

*drinks, e.g., lemonade*

**figs**

***French cuisine****, esp. Provençal*

fruit

fruit preserves

guava

***herbes de Provence***

***ICE CREAMS***

**LEMON**, e.g., zest

***lemonades***

mangoes

mayonnaise

*Mediterranean cuisines*

**mint**

nectarines

**oil**, e.g., nut, olive, walnut

oranges

peaches

plums

potatoes

pumpkin seeds

rhubarb

rice

**rosemary**

saffron

*salad dressings*

*salads, e.g., fruit*

*sauces*

savory

***soups***

*stews*

**sugar**, e.g., powdered

*syrups*

*teas, herbal*

thyme

tofu

**vanilla**

vinegar, e.g., white wine

walnuts

watercress

yogurt

LEEKS

**artichokes**

artichokes, Jerusalem

**asparagus**

barley

basil

**bay leaf**

**BEANS**, e.g., cannellini, fava, flageolet, green, **white**

beets

**bell peppers**, e.g., red, esp. roasted

**bread crumbs**/croutons, e.g., whole-grain

cabbage

capers

**carrots**

***casseroles***

**celery**

**chervil**

chestnuts

**chives**

coconut milk

crème fraîche

*custards*

*flans*

**dill**

**FENNEL**

**garlic**, e.g., green, scapes, spring

**ginger**

***gratins***

kale

**LEMON**, e.g., juice, zest

**lentils**, e.g., green

lovage

**mint**

**mushrooms**, e.g., oyster, shiitake, wild

**mustard**, e.g., Dijon

**OIL,** e.g., hazelnut, nut, **olive**, peanut, walnut

**olives**, e.g., black, kalamata

**onions**, e.g., green, white

oranges

oregano

**PARSLEY**

***pasta****, e.g., fettuccine, gnocchi*

**peas**

pepper, e.g., black, white

*pesto*

*pizzas*

**POTATOES**

pumpkin

pumpkin seeds

quinoa

**rice**, e.g., Arborio, brown

***risotto***

romesco sauce

rosemary

saffron

*salad dressings, e.g., mustard vinaigrette*

***salads***

salt, e.g., kosher, sea

***sauces****, e.g., cheese*

scallions

shallots

sorrel

***SOUPS****, e.g., barley, Jerusalem artichoke, lentil, potato, vichyssoise*

soy sauce

**spinach**

squash, e.g., butternut

***stews***

*stir-fries*

***STOCKS, VEGETABLE***

**tarragon**

***tarts****, e.g., cheese, potato*

**thyme**

**tofu**, *e.g., scrambles*

**tomatoes**

**tomato sauce**

turnips

**vinegar**, e.g., white wine

walnuts

watercress

wheat berries

**WINE**, e.g., **dry** red, **white**

**yogurt**

zucchini

LEMONGRASS

***Asian cuisines***

bamboo shoots

basil, Thai

*Cambodian cuisine*

**carrots**

**chiles**, e.g., fresh, green, red

chili paste

**cilantro**

**coconut**

**COCONUT MILK**

coriander

corn

***CURRIES, esp. Thai***

*desserts*

eggplant

galangal

**garlic**

**ginger**

grains

*Indonesian cuisine*

Kaffir lime leaf

lemon, e.g., juice, zest

**lime, e.g.,** juice, zest

lotus root

*Malaysian cuisine*

**mushrooms**, e.g., shiitake

*noodle dishes*

oil, sesame

onions, e.g., yellow

*pho, vegetarian*

pineapple

**rice**, e.g., brown

*salad dressings*

*salads, e.g., tomato*

***sauces***

scallions

shallots

***SOUPS****, e.g., Asian or fruit*

***SOUTHEAST ASIAN CUISINES***

soy sauce

***stews***

***stir-fries***

stocks, vegetable

sugar, e.g., palm

tamari

tamarind

*teas*

***THAI CUISINE***

**tofu**

tomatoes

turmeric

***VIETNAMESE CUISINE***

vinegar, rice

yogurt

LEMONS

*aioli*

**almonds**

amaranth

**artichokes**

arugula

**asparagus**

**avocados**

***baked goods****, e.g., biscuits, cakes, cookies, quick breads, scones*

**basil**

beans, e.g., fava, green

beets

bell peppers, red

**BERRIES**, e.g., **blackberries**, **BLUEBERRIES**, gooseberries, **raspberries**, **strawberries**

**broccoli**

**capers**

cardamom

carrots

**cauliflower**

***cheesecake***

chickpeas

chives

chocolate

**COCONUT**

coriander

corn

couscous

cucumbers

cumin

currants

*desserts, e.g., cheesecake, puddings*

dill

***drinks****, e.g., cocktails, lemonade*

edamame

eggplant

**fennel**

flax, e.g., oil, seeds

**GARLIC**

**GINGER**

**grains, whole**, e.g., barley, bulgur

***Greek cuisine***

*gremolatas*

guavas

hazelnuts

herbs

kale

lavender

leeks

*lemon curd*

lentils, e.g., red

lime

mango

maple syrup

*marinades*

mascarpone

milk, almond

**mint**

miso

mushrooms, e.g., portobello

**mustard**, e.g., Dijon

noodles

**nuts**, e.g., hazelnuts

**OIL, OLIVE**

olives, e.g., green

onions

**orange**, e.g., juice, zest

\***OREGANO**

*pancakes*

papaya

paprika

**parsley**

parsnips

***pastas****, e.g., linguini, orzo, spaghetti*

peaches

pears

peas

pecans

**pepper**, **black**

**pistachios**

plantains

**poppy seeds**

potatoes

radicchio

radishes

**rice**

rice, wild

*risottos*

**rosemary**

saffron

***SALAD DRESSINGS****, e.g., lemon “vinaigrette”*

*sauces*

shallots

***soups****, e.g., avgolemono, lentil*

squash, e.g., summer

**sugar**, e.g., brown sugar snap peas

*tabbouleh*

**tahini**

**tarragon**

teas

**thyme**

**tofu**

tomatoes

**vanilla**

vinegar, e.g., champagne, rice, sherry, wine

wasabi

wine, e.g., dry white

yogurt

za’atar

**zucchini**

LEMONS, MEYER

almonds

arugula

**asparagus**

*baked goods, e.g., cakes, cookies, muffins, scones, tarts*

bananas

**berries**, e.g., blackberries, blueberries, raspberries

*beverages, e.g., cocktails*

celery

*cheesecake*

**citrus**, e.g., grapefruit, lemon, lime

coconut

*compotes*

*custards*

dates

*desserts, e.g., puddings*

fennel

fruit, e.g., dried, other

ginger

grains, e.g., bulgur

grapefruit

*ice creams*

lemon

lime

maple syrup

mint

*mousses*

onions, e.g., Maui, sweet

orange, e.g., juice

parsley

*pastas*

pine nuts

pineapple

pistachios

poppy seeds

*risottos*

***salad dressings***

*salads, e.g., grain, green, vegetable*

*sauces, e.g., butter*

shallots

sugar, e.g., brown

tarragon

thyme

tomatoes, cherry

**vanilla**

vegetables, e.g., root, steamed

zucchini

LEMONS, PRESERVED

apricots, e.g., dried, fresh

arugula

barley, e.g., pearl

beans, e.g., green, white

bell peppers, e.g., green, red

cardamom

carrots

chickpeas

chiles, e.g., red

cinnamon

cloves

couscous, e.g., Israeli

cucumbers

eggplant

fennel

**garlic**

ginger

grains

legumes, e.g., chickpeas, lentils

lemon, fresh, e.g., juice

lentils

mint

***MOROCCAN CUISINE***

nigella seeds

**olives, e.g., black, green**

onions

**parsley**

*pastas*

pine nuts

potatoes

*relishes*

rice

*risottos*

saffron

***salad dressings***

***salads****, e.g., green, pasta, potato*

***soups****, e.g., lentil*

spinach

squash, e.g., butternut

*stews*

stock, vegetable

***tagines****, e.g., root vegetable*

tofu, e.g., extra-firm

tomatoes

turnips

LEMON THYME

asparagus

basil

bay leaf

beets

*beverages*

**carrots**

chives

fennel

figs

**fruits**

ginger

mint

mushrooms

orange

parsley

potatoes

rice

*salad dressings*

***salads****, e.g., fruit, green*

sauces

spinach

*stuffings*

tofu

turnips

vegetables, esp. spring

LEMON VERBENA

almonds

**apricots**

*baked goods, e.g., cakes, shortbread*

**berries**, e.g., blueberries, raspberries, strawberries

***beverages****, e.g., fruity, iced teas, lassis*

cherries

*compotes*

***custards***, ***flans****,* ***panna cottas***

***desserts***

*European cuisines*

fruits

*ice creams*

lemon, e.g., juice

lime, e.g., juice

*marinades*

*mayonnaise*

mint

mushrooms

nectarines

peaches

puddings

raspberries

***salads****, e.g., fruit, green*

*sauces, e.g., crème anglaise*

*sorbets*

strawberries

sugar

tamarind

***teas****, e.g., green, herbal*

vanilla

*waters, mineral*

zucchini

LENTILS—IN GENERAL (see also specific LENTILS)

apples

apple juice

artichokes

arugula

asparagus

barley

**basil**

**bay leaf**

beans, green

beer

**beets**

**BELL PEPPERS**, e.g., red, roasted

buckwheat

bulgur

cabbage

capers

cardamom

**CARROTS**

cashews

*casseroles*

cauliflower

cayenne

**celery**

celery root

**CHARD**, e.g., Swiss

**chickpeas**

**chiles**, e.g., ancho or green, or serrano, chili powder

*chili, vegetarian*

chives

**cilantro**

**cinnamon**

cloves

coconut

coriander

cucumbers

**CUMIN**

**curry powder**

**curry spices**

***CURRIES***

***DALS****, i.e., Indian stewed lentils*

dill

*dips*

**eggplant**

escarole

*European cuisines*

fennel

*French cuisine, esp. French lentils*

frisée

garam masala

**GARLIC**

**GINGER**

*gratins*

greens

hazelnuts

herbs

*“hummus”*

***Indian cuisine***

***Italian cuisine***

kale

leeks

**LEMON**, e.g., juice, zest

lemon, preserved

lime

*loaves, e.g., mock meatloaf*

marjoram

*Mediterranean cuisines*

*Middle Eastern cuisines*

**mint**

***mujadara***

**mushrooms**

**MUSTARD** (e.g., Dijon)

**mustard seeds** (e.g., black)

nutmeg

**OIL**, e.g., canola, coconut, **OLIVE**, peanut, sunflower, walnut

**ONIONS**, e.g., green, red, white, yellow

orange, e.g., juice, zest

oregano

palm, hearts of

paprika

**PARSLEY**

***pasta****, e.g., macaroni, spaghetti*

*pâtés*

**pepper**, e.g., black, white

***pilafs***

pine nuts

potatoes

*purees*

quinoa

**RICE**, e.g., basmati, brown, wild

rosemary

***SALADS****, e.g., lentil, vegetable*

**salt**, e.g., kosher, sea

*sauces*

scallions

**shallots**

**sorrel**

***soups***

soy sauce or tamari

**SPINACH**

**squash**, e.g., butternut

***STEWS***

**STOCK, VEGETABLE**

sunflower seeds

**sweet potatoes**

*tabbouleh*

*tacos* (season lentils with taco spices)

*tagines*

tamarind

tarragon

**THYME**

**TOMATOES**

sun-dried

tomatoes

**turmeric**

**vegetables**, esp. root or winter

***veggie burgers****, e.g., with rice*

**VINEGAR**, e.g., **red wine**, rice wine, **sherry**, wine

wakame

walnuts

watercress

**yogurt**, e.g., low-fat or sheep’s milk

zucchini

LENTILS, BLACK (aka BELUGA)

bay leaf

bell peppers

bread crumbs

carrots

celery

cilantro

coriander

cumin

dill

eggplant

*Indian cuisine, esp. northern*

*Middle Eastern cuisines*

oil, olive

onions

pasta

purslane

rice

***SALADS****, e.g., lentil, vegetable*

***soups****, e.g., lentil, winter*

*South Asian cuisines*

stock, e.g., vegetable

*stuffed bell peppers or stuffed eggplant*

sweet potatoes

thyme

vegetables

walnuts

wine, e.g., red

yogurt

LENTILS, BROWN

avocados

bell peppers

celery seeds

couscous

*dals*

eggplant

*loaves*

oil, olive

onions

*pâtés*

*patties*

***purees***

rice

*salads*

scallions

***SOUPS****, e.g., winter*

*South Asian cuisines*

soy sauce

*stews*

*stuffed vegetables, e.g., bell peppers, eggplant*

tamari

*veggie burgers*

walnuts

LENTILS, FRENCH

**bay leaf**

*beer*

bell peppers, e.g., red, yellow

**carrots**

cayenne

**celery**

celery root

chard

chili pepper flakes

cilantro

couscous

croutons, whole-grain

cumin

*dals*

***French cuisine***

**garlic**

*gravies*

kale

leeks

**lemon**, e.g., juice

mint

**mustard**, e.g., Dijon

**oil, olive**

**ONIONS**, e.g., red, Spanish, yellow

paprika

**parsley**

*pastas*

pepper, black

radishes

rice, long-grain white

rosemary

sage

***SALADS****, e.g., lentil*

*sauces*

***SOUPS****, e.g., lentil, minestrone, winter*

*South Asian cuisines*

*stuffed vegetables, e.g., bell peppers, eggplant*

**tarragon**

**thyme**

**tomatoes**

tomato paste

vinegar, e.g., balsamic, red wine, sherry

wine, e.g., dry red

yogurt

LENTILS, GREEN

*baked dishes*

**bay leaf**

beets

**bell peppers**, red, e.g., roasted

**carrots**

**celery**

chard, Swiss

chili pepper flakes

cilantro

coriander

cucumbers

cumin

*curries*

curry powder

*dals*

dill

garlic

grains

greens

*Indian cuisine*

leeks

lemon, e.g., juice

*Middle Eastern cuisines*

mint

mushrooms, shiitake

mustard

nettles

*North American cuisines*

**oil**, e.g., **olive**, sunflower

olives, e.g., kalamata

onions

parsley

*pasta*

*pâtés*

pepper, e.g., black

rice, e.g., brown

***SALADS****, e.g., green, lentil*

salt, sea

scallions

sorrel

***SOUPS****, e.g., lentil*

*South American cuisines*

spinach

*stews*

stock, vegetable

tarragon

thyme

tomatoes

turmeric

yogurt

zucchini

LENTILS, RED

asafoetida powder

arugula

avocado

**basil**

**bay leaf**

beets

**bell peppers**, e.g., green or red

bread, e.g., pita

broccoli

**bulgur**

burdock

cardamom

**CARROTS**

cashews, e.g., raw

cauliflower

**cayenne**

**celery**

chard, e.g., feta, Swiss

chickpeas

**CHILES**, e.g., Indian, jalapeño, serrano, Thai; **chili pepper flakes / chili**

**powder**

**CILANTRO**

**cinnamon**

**coconut milk**

**coriander**

corn

*croquettes*

cucumbers

**CUMIN**

**CURRY LEAVES**

**CURRY PASTE**

**CURRY POWDER**

***CURRIES***

***dals***

dill

eggplant

fennel seeds

fenugreek seeds

**GARLIC**

**ginger**

greens, e.g., amaranth, mustard

*hummus*

***INDIAN CUISINE***

*Italian cuisine*

*kibbe*

kombu

*Lebanese cuisine*

leeks

**LEMON**, e.g., juice, zest

lettuce, e.g., romaine

**lime**, e.g., juice

*loaves*

mango

marjoram

milk, coconut

mint

miso

mushrooms

**MUSTARD**, e.g., Dijon, mustard powder, mustard seeds

**OIL**, canola, **OLIVE**, sesame

olives, e.g., black

**ONIONS**, e.g., red, white, yellow

orange

oregano

paprika, e.g., sweet

**PARSLEY**

*pasta, e.g., fettuccine, orecchiette*

*pâtés, vegetarian, e.g., lentil, nut*

*patties*

**pepper, black**

*pilafs*

pistachios

pomegranates

pomegranate molasses

potatoes, e.g., red, sweet, white

***purees***

**RICE**, e.g., basmati, black, brown

rosemary

*salads*

**salt, sea**

*sauces, e.g., “Bolognese”*

scallions

seeds, sunflower

shallots

***SOUPS***, *e.g., harira, lentil, Mulligatawny, pureed, winter*

**spinach**

*spreads*

squash, winter, e.g., butternut

***stews***

**STOCK, vegetable**

sweet potatoes

tamarind

thyme

**TOMATOES**

**TOMATO PASTE**

**turmeric**

***veggie burgers***

vinegar, e.g., cider, umeboshi, wine

wheat berries

wine, e.g., white

**yogurt**

LENTILS, YELLOW

asafoetida powder

chili powder

cumin

*dals*

*Indian cuisine*

oil, e.g., canola

onions

rice, e.g., basmati

salt

turmeric

LETTUCES—IN GENERAL OR MIXED (see also specific LETTUCES, e.g., LETTUCE, BUTTER; LETTUCE, ROMAINE)

arugula

avocado

carrots

cashews

celery

citrus, e.g., juice

cucumbers

fennel

garlic

ginger

greens, e.g., baby, other, salad

jícama

leeks

**lemon**, e.g., juice

*lettuce wraps*, e.g., around vegetables, firm tofu, etc.

mint

mushrooms, e.g., shiitake

mustard

**OIL,** e.g., hazelnut, **nut, olive,** peanut, walnut

olives, Greek

**onions**, e.g., spring

pears

peas

**pepper, black**

pine nuts

pomegranate seeds

radishes

rice

***SALAD DRESSINGS***, *e.g., vinaigrettes*

***SALADS***

**salt**

scallions

shallots

*soups*, *e.g., lettuce, pea*

tofu

tomatoes

*vinaigrettes*

**vinegar**, e.g., balsamic, cider, red wine

walnuts

LETTUCE, BUTTER (aka BIBB or BOSTON LETTUCE)

almonds

**apples**, e.g., green

**avocado**

**basil**

beans, e.g., black

**bell peppers**, e.g., red, roasted

bulgur, e.g., fine-grain

carrots

cauliflower

cayenne

celery

celery root

chayote

chervil

chickpeas

**chiles**, e.g., red; chili paste

chili pepper flakes

chives

cilantro

cranberries, e.g., dried

crème fraîche

cucumbers

cumin

dill

fennel

frisée

**garlic**

ginger

grapefruit

**hazelnuts**

**herbs, delicate,** e.g., chervil, chives, parsley, tarragon

jícama

**LEMON**, e.g., juice, zest

*lettuce wraps*, e.g., around firm tofu, vegetables, etc.

lovage

mint

miso, e.g., light

mushrooms

mustard, e.g., Dijon

**OIL,** e.g., **OLIVE**, sesame

olives, e.g., black

onions, e.g., green, red

**oranges**

**blood oranges**

**parsley**

parsnips

**pecans**

pepper, black

persimmons

pistachios

pomegranate seeds

quinoa

radicchio

radishes

***SALADS***, *e.g., green, tomato*

*sandwiches*

scallions

seeds, e.g., pumpkin, sesame

**shallots**

squash, e.g., butternut

sugar snap peas

tangerines

**tarragon**

thyme

tofu, e.g., extra-firm

tomatoes

sun-dried tomatoes

*vinaigrette, e.g., shallot*

**VINEGAR**, e.g., balsamic, champagne, cider, red wine, sherry, white wine

walnuts

***wraps, lettuce***

yogurt

LETTUCE, LAMB’S (aka CORN SALAD or MÂCHE)

almonds

apples, e.g., green

artichokes

arugula

basil

**BEETS**, e.g., roasted

celery

chervil

chives

citrus

endive

**fennel**

**fennel seeds**

frisée

**garlic**

**greens, other salad**, e.g., mesclun

jícama

lemon, e.g., juice, zest

lettuce, Bibb

mint

mustard

**oils, e.g., nut**, olive, peanut, walnut

olives

orange, e.g., juice, zest

pears

pepper

radicchio

radishes

***SALADS***

salt

*sandwiches*

shallots

tarragon

tomatoes

*vinaigrette*

**vinegar**, e.g., balsamic, champagne, Pedro Ximénez sherry, sherry, wine

walnuts

yogurt

LETTUCE, ROMAINE

**almonds**, e.g., sliced

apples

**AVOCADO**

basil

beans, black

beets

bell peppers, e.g., green, red

*bread, e.g., croutons*

capers

carrots

cayenne

celery

“cheese,” nut, e.g., pinenut, pumpkin seed–macadamia “Parmesan”

chervil

**chickpeas**

chiles, e.g., jalapeño, serrano

**chives**

cilantro

corn

corn chips

corn tortillas

**croutons**, e.g., whole-grain

**CUCUMBERS**

**dill**

frisée

**GARLIC**

ginger

grapefruit

jícama

leeks

**LEMON**, e.g., juice, zest

**lime**, e.g., juice, zest

lovage

mangoes

mayonnaise, e.g., vegan

miso, e.g., barley, white

mushrooms, e.g., shiitake

**MUSTARD**, e.g., creamy Dijon, powdered

nori

**OIL**, e.g., canola, **OLIVE**, sesame, vegetable

**olives**, e.g., kalamata, niçoise

**ONIONS**, e.g., green, **red**

oranges

**parsley**

pears

pecans

**pepper**, e.g., black, white

pistachios

pomegranates

potatoes, esp. new

raisins

salad dressings, e.g., Caesar, vinaigrette, yogurt

***SALADS,*** *e.g.,* ***CAESAR****, chopped, Greek, green*

**salt**, e.g., kosher, sea

*sandwiches*

**scallions**

seeds, e.g., pumpkin, sesame, sunflower

shallots

shiso

soy sauce

sprouts

tahini

tamari

**tarragon**

tempeh

thyme

**tofu**, e.g., silken, smoked, soft

**TOMATOES**

sun-dried tomatoes

umeboshi paste

**VINEGAR**, e.g., balsamic, champagne, cider, red wine, rice wine, sherry, tarragon, white balsamic

**walnuts**

watercress

**Worcestershire sauce, vegetarian**

**yogurt**

LIMES (e.g., JUICE, ZEST)

almonds

apples

apricots

arugula

**AVOCADOS**

*baked goods, e.g., pies, tarts*

bananas

basil

bell peppers

**berries**, e.g., blackberries, **strawberries**

*beverages, e.g., limeade, margaritas, mojitos*

broccoli

caramel

carrots

**CHILES**, e.g., chipotle, jalapeño, serrano;

chili powder

**CILANTRO**

**COCONUT**

**COCONUT MILK**

coriander

**corn**

cucumbers

**cumin**

*drinks, e.g., margaritas*

**fruits, esp. tropical**

*garlic*

**ginger**

**graham crackers**

grapes

***guacamole***

guavas

hoisin

*Indian cuisine*

**jícama**

lemon

lemongrass

lettuces, e.g., romaine

lychees

**mangoes**

***marinades***

mayonnaise

melon, e.g., honeydew

***Mexican cuisine***

**mint**

mushrooms

mustard powder

**noodles, e.g., Asian, rice**

nuts, e.g., macadamia

**oil**, e.g., grapeseed, olive, sunflower seed

onions

orange

*Pacific Rim cuisines*

**papayas**

peanuts

pears

*pies*

pomegranates

*puddings, e.g., rice*

quinoa

**raspberries**

***rice***

rosemary

rum

***salad dressings***

*salads, e.g., fruit*

***salsas***

*sauces, e.g., ponzu*

scallions

sesame, e.g., oil

shallots

*soups, e.g., noodle, Thai*

*Southeast Asian cuisines*

soy sauce

squash, butternut

**sugar**, e.g., brown

tapioca

tarragon

*tarts*

tequila

*Thai cuisine*

tofu

tomatillos

**tomatoes**

*Vietnamese cuisine*

vinegar, e.g., champagne, rice, sherry

watermelon

yogurt

LIQUID SMOKE

***baked beans***

**beans**, e.g., black, navy, red

cabbage

*casseroles*

*chili, vegetarian*

*dips*

*gravies*

greens, e.g., collard, mustard

mushrooms

oil, olive

potatoes

***sauces***, *e.g., barbecue*

seitan

***soups***, *e.g., bean, split pea*

soy sauce

*stews*

stock, vegetable

tempeh, e.g., *tempeh bacon* or

*sausage*

tofu

*veggie burgers*

LOTUS ROOT

avocado

bean sprouts

beans, e.g., long

bell peppers

broccoli

cherries

**chiles**, e.g., jalapeño, chili pepper flakes

***Chinese cuisine***

*chips*

cilantro

citrus

cloves

*compotes, e.g., fruit*

cucumbers

*curries*

fennel seeds

garlic

**ginger**

*Indian cuisine*

*Japanese cuisine*

leeks

**LEMON**, e.g., juice

lemongrass

lettuce, e.g., butter

**lime**, e.g., juice

lychees

*macrobiotic cuisine*

mangoes

miso

mushrooms, esp. Asian

noodles, Asian, e.g., rice

**oil**, e.g., olive, vegetable

okra

onions, e.g., spring

orange

*pickles*

pumpkin

radishes

rice, e.g., sweet

*rice, fried*

saffron

***salads***

salt, sea

**sesame oil**

**snow peas**

***SOUPS***, *e.g., Asian*

*Southeast Asian cuisine*

**soy sauce**

***stews***

***STIR-FRIES***

stock, vegetable

sugar

sugar snap peas

sunchokes

tamari

*tempura*

tofu

turmeric

vegetables, root

**vinegar**, e.g., rice, white wine

water chestnuts

watercress

wine, rice

LOVAGE

apples

*baked goods, e.g., breads, pastries*

beans, e.g., dried, green

bell peppers

*British cuisine*

*bruschetta*

caraway seeds

carrots

*casseroles*

**celery**

chard

chervil

chiles

chives

**corn**

cucumbers

dill

fennel

*French cuisine*

**garlic**

garlic scapes

greens

*Italian cuisine*

leeks

lemon, e.g., juice

lettuce

marjoram

mint

mushrooms

mustard

nettles, stinging

oil, olive

onions, e.g., sweet

oregano

parsley

*pesto*

pine nuts

**POTATOES**, e.g., mashed

radishes

rice

***SALADS***, *e.g., carrot, egg, green*

*sandwiches, e.g., tea*

*sauces, e.g., tomato*

sorrel

***SOUPS***, *e.g., lentil, tomato*

spinach

***stews***

stock, vegetable

*stuffings*

sugar snap peas

*“tabbouleh”*

tarragon

thyme

**tomatoes**

**tomato juice**

**turnips**

vegetables, esp. root

vinegar

zucchini

LYCHEES

almonds

bell peppers

**BERRIES**, e.g., blackberries, blueberries, raspberries, strawberries

cherries

chiles, e.g., jalapeño, serrano

*Chinese cuisine*

chocolate, white

cilantro

**coconut**

**coconut milk**

*desserts, e.g., fruit tarts*

*drinks, e.g., cocktails*

garlic

gin

**ginger**

grapefruit

*ice cream*

jícama

kiwi

**lemon**, e.g., juice

lemongrass

**LIME**, e.g., juice

mango

melon, e.g., honeydew

mint

nectarines

nuts

onions, e.g., green or red

oranges, e.g., mandarins, tangerines

passion fruit

peaches

pears, e.g., Asian

**pineapple**

plums

*puddings, e.g., bread, rice*

rice

rose water

**rum**

sake

***salads, fruit***

*salsas*, *fruit*

**sugar**, e.g., brown, palm

vanilla

vodka

wine, e.g., plum, sparkling

yogurt

# M

MACA, MACA POWDER, or MACA ROOT

**bananas**

berries, e.g., goji, raspberries, strawberries

*candy, e.g., chocolate truffles*

*cereals, hot breakfast, e.g., oatmeal*

chia seeds

**chocolate**

**cacao nibs**

cinnamon

coconut

coconut water

coffee, espresso

dates

*desserts, e.g., puddings*

*drinks, e.g., coffee-based*

fruit, esp. tropical, e.g., mango, pineapple

maple syrup

milk, e.g., almond, coconut, hemp, rice

nuts, nut butters, nut milks, e.g., almonds, macadamias

orange, e.g., juice

*pancakes*

*waffles*

***smoothies***

vanilla

MACE

apples

***baked goods***, *e.g., cakes, cookies, muffins, pies*

carrots

cherries

**chocolate**

*chocolate, hot*

*chutneys*

**milk**

*custards*

***doughnuts***

*drinks, e.g., eggnog, hot chocolate*

**fruits**, e.g., dried, fresh

*hot dogs, vegetarian*

ice cream

lemon

maple syrup

nutmeg

nuts

oats

orange

*puddings*

pumpkin

*purees, vegetable*

raisins

rhubarb

*salads, fruit*

***sauces****, e.g., béchamel, cream, onion*

***soups****, e.g., clear, cream*

*stuffings*

sugar

sweet potatoes

vanilla

vegetables

walnuts

wine, e.g., *mulled wine*

MAMEY (aka MAMEY APPLE or MAMEY SAPOTE)

*baked goods, e.g., breads, cakes, muffins, pies, tarts*

*beverages*

*Central American cuisines*

citrus, e.g., kumquats, oranges

cloves

*coulis*

*Cuban cuisine*

*desserts, e.g., custards, mousses, puddings*

ginger

greens, salad

*ice creams*

*sorbets*

*Mexican cuisine*

milk

*milkshakes*

nutmeg

sake, e.g., dry

*salads, e.g., fruit*

*smoothies*

sugar, e.g., brown

vanilla

*West Indies cuisine*

MANGOES

**almonds**

**almond milk**

arugula

**avocados**

**bananas**

basil, Thai

**BEANS,** e.g., **BLACK**, cannellini

**bell peppers**, e.g., red, yellow

**berries**, e.g., **blackberries**, **blueberries**, **raspberries**, strawberries

*beverages, e.g., juices, lassis, punch*

cardamom

cashews

cayenne

chayote

chickpeas

**CHILES**, e.g., green, habanero, jalapeño, red, serrano, Thai

chocolate, white

***chutneys***

**CILANTRO**

cinnamon

cloves

**COCONUT**

**coconut milk**

coriander

corn

*coulis*

*crepes*

cucumbers

cumin

*curry*

***desserts****, e.g., cheesecake*

endive

fennel

fenugreek

**garlic**

**GINGER**

ginkgo nuts

*Indian cuisine*

**jícama**

Kaffir lime leaf

kiwi

***lassis***

lavender

**lemon**, e.g., juice

lettuce

\***LIME**, e.g., juice

lime, Kaffir

liqueurs, e.g., Kirsch

melon, e.g., cantaloupe

*Mexican cuisine*

milk, coconut

**MINT**

nectarines

**noodles**, **Asian**, e.g., soba

nuts

oil, e.g., canola, olive, peanut

**ONIONS**, e.g., green, **RED**, sweet

**oranges**

mandarin oranges, e.g., juice, zest

oregano

**PAPAYAS**

paprika, smoked

parsley

**passion fruit**

peaches

peanuts

pears

**pineapple**

plantains

*puddings*

quinoa

rhubarb

**rice**, e.g., sticky

**rum**

***salads****, e.g., Asian noodle,* ***fruit****, green, pasta, rice*

***SALSAS***

salt

*sauces*

scallions

seaweed

sesame, e.g., oil, seeds

shallots

***smoothies***

snow peas

***SORBETS***

*soups, e.g., fruit*

spinach

star anise

*stir-fries*

**sugar**, e.g., brown, palm

sweet potatoes

tamarind

**tapioca**

*tarts*

tempeh

tofu

tomatillos

**tomatoes**

tortillas, e.g., whole-grain

tropical fruits

vanilla

**vinegar**, e.g., champagne, red wine, rice wine

wine, e.g., sparkling, sweet, and/or white (e.g., Sauternes)

**yogurt**

yuzu

MANGOES, GREEN (see also MANGOES)

*Caribbean cuisines*

**chiles, e.g., green, Thai**

*chutneys*

cilantro

*curries*

*Filipino cuisine*

ginger

lime, e.g., juice

mint

oil, e.g., sesame

onions, e.g., red

*pickles*

*relishes*

*salads*

sesame seeds

**sugar, e.g., brown, palm**

*Thai cuisine*

MAPLE SYRUP

allspice

**apples**

artichokes, Jerusalem

*baked goods*

**bananas**

beans, dried

**berries**, e.g., **blueberries**, raspberries, strawberries

bourbon

***breakfast dishes****, e.g., French toast, pancakes, waffles*

Brussels sprouts

cardamom

carrots

chiles, e.g., jalapeño

**cinnamon**

citrus

cloves

*cookies*

corn

cornmeal

cranberries

figs

**ginger**

*glazes*

***granola***

lemon

mascarpone

miso

**mustard**, e.g., Dijon

nutmeg

**NUTS**, e.g., **ALMONDS**, cashews, hazelnuts, macadamias, **PECANS**, **walnuts**

**oats**

**oatmeal**

oranges

**pancakes**

peaches

**pears**

*pies, e.g., maple, pumpkin*

poppy seeds

*porridges*

**pumpkin**

pumpkin seeds

raisins

rice

rum

rutabagas

seeds, sesame, e.g., black, white

squash, winter

sugar, e.g., brown

sweet potatoes

turnips

**vanilla**

**waffles**

MARJORAM

artichokes

**basil**

bay leaf

**BEANS**, e.g., dried, green, lima

beets

bell peppers

*bouquets garnis*

cabbage

capers

carrots

cauliflower

chiles, e.g., dried

**corn**

cumin

**eggplant**

*European cuisines*

fennel seeds

fiddlehead ferns

*fines herbes*

*French cuisine*

**garlic**

*Greek cuisine*

greens, e.g., beet

*grilled dishes*

*Italian cuisine*

**lemon**

*marinades*

***MEDITERRANEAN CUISINES***

**mushrooms**, e.g., wild

nuts

**oil**, e.g., olive

olives, e.g., green

**onions**

orange, e.g., juice

**oregano**

paprika

**parsley**

parsnips

***pastas***

pine nuts

*pizzas*

*Portuguese cuisine*

**potatoes**, e.g., new

*ratatouille*

**rice**

risotto

**rosemary**

***salad dressings***

***salads****, e.g., bean, green, pasta, tomato*

***sauces****, e.g., barbecue, butter, marjoram, mushroom, pasta, tomato*

***soups****, e.g., bean, onion, tomato, vegetable*

*spreads*

**squash**, e.g., summer (esp. **zucchini**), winter (esp. butternut)

*stews*

***stuffings***

sugar snap peas

tarragon

**thyme**

**TOMATOES**

**tomato sauces**

**vinegar**, e.g., red wine

walnuts

wine

MATCHA POWDER

agave nectar

avocado

*baked goods, e.g., cakes, cookies*

bananas

berries

***beverages****, e.g., lattes*

cocoa

coconut water

*desserts*, *e.g., puddings*

ginger

*ice creams*

mangoes

milk, nondairy, e.g., almond, rice, soy

pineapple

quinoa

*salad dressings*

***smoothies***

***TEAS***

VEGAN MAYONNAISE

beans, e.g., green

bell peppers, e.g., red, roasted

capers

carrots

chiles, e.g., chipotle, green, red

corn, e.g., on the cob

garlic

**herbs**, e.g., basil, chervil, chives, cilantro, dill, marjoram, parsley, **tarragon**

lemon

mustard, e.g., Dijon

orange, e.g., juice, zest

pickles

potatoes

***salad dressings****, e.g., blue cheese, ranch*

***salads****, e.g., egg, pasta, potato, vegetable*

***sandwiches***

*sauces*

scallions

***slaws***, *e.g., cole*

spices, e.g., cayenne, saffron

*veggie burgers*

MELON—IN GENERAL, or MIXED (see also MELON, CANTALOUPE; MELON, HONEYDEW; WATERMELON; etc.)

arugula

bananas

basil

bell peppers

**berries**, e.g., blackberries, **raspberries**, **strawberries**

chiles

cilantro

**coconut**

**coconut milk**

cucumber

*desserts*

garlic

**GINGER**

*granitas*

**grapes**

**LEMON**

lemongrass

**LIME**

**mint**

onions, e.g., red

**oranges**

**pears**

pepper, e.g., black, white

**rum**

***salads***, *e.g., fruit*

*salsas*

*soups, fruit*

Thai basil

tomatoes

**vanilla**

**wine**, e.g., **sparkling**, e.g., Champagne,

**wine, sweet**, e.g., Moscato d’Asti, port

yogurt

MELON, BITTER

***Asian cuisines***

**beans**, e.g., black, fermented black

*Cambodian cuisine*

**chiles**, e.g., green, jalapeño, red

*Chinese cuisine, esp. Cantonese*

**cilantro**

**coconut**

**coconut milk**

coriander

cumin

*curries*

*East Indian cuisine*

**garlic**

ginger

*ice creams*

*Indian cuisine*

kamut

**lemon**

lime

miso

oil, e.g., canola, olive, peanut, sesame

**onions**

*pickles*

pomegranate seeds

poppy seeds

potatoes

rice

salt, e.g., sea

sesame, e.g., oil, paste, seeds

*sorbets*

*soups*

soy sauce

squash, e.g., kabocha

***stir-fries***

***stuffed bitter melon***

sugar, e.g., brown

**tofu, e.g., firm**

tomatoes

turmeric

vinegar, e.g., cider

yogurt

MELON, CANTALOUPE

agave nectar

**basil**

**BERRIES**, e.g., **blackberries**, **blueberries**, raspberries

chiles, e.g., jalapeño

cilantro

cinnamon

**CITRUS, e.g., lemon, LIME, orange**

cucumber

dates

figs

garlic

**GINGER**

*ices*

*granitas*

lemongrass

mango

maple syrup

melon, other, e.g., honeydew

**MINT**

nectarines

nut butter, e.g., cashew

nutmeg

**oil, olive**

onions, red

**papaya**

peaches

**PEPPER**, e.g., black or white

raisins

**raspberries**

rice, brown

***salads***, *e.g., fruit*

*salsas*

**salt**, e.g., sea

*sorbets*

sorrel

***SOUPS, FRUIT***

vanilla

vinegar, e.g., balsamic

watermelon

wine, e.g., sparkling, sweet

**YOGURT**

MELON, HONEYDEW

arugula

**basil**

**BERRIES**, e.g., blackberries, blueberries, raspberries

*beverages, e.g., fruit punch*

cayenne

cinnamon

cucumbers

**GINGER**

kiwi

**LEMON**, e.g., juice, zest

lemongrass

**LIME**

maple syrup

melon, other, e.g., cantaloupe

**MINT**

papaya

pepper, e.g., white

pomegranates

***salads***, *e.g., fruit*

*salsas*

salt

*skewers, fruit*

*smoothies*

*sorbets*

***SOUPS, FRUIT***

sugar

tofu

vanilla

vinegar, esp. fruit, e.g., apple, raspberry

**wine**, e.g., sparkling, sweet

yogurt

MELON, WINTER

bamboo shoots

chili powder

*Chinese cuisine*

cilantro

**coconut milk**

garlic

ginger

Kaffir lime

lemongrass

mushrooms, e.g., shiitake

scallions

shallots

***soups****, e.g., Chinese, winter melon*

*stews*

*stir-fries*

MEXICAN CUISINE

achiote

avocados

bay leaf

**BEANS**, esp. black, pinto, red

*burritos*

canela

*chalupas*

chayote

*chilaquiles*

\***CHILES, e.g., dried, fresh;**

chili powder

chocolate, Mexican

**cilantro**

cinnamon

**citrus**, e.g., lemon, lime, (bitter) orange

cloves

**CORN**

crema

**cumin**

*enchiladas*

epazote

*fried dishes*

**garlic**

*gorditas*

***guacamole***

lemon

lime, e.g., juice

masa harina, i.e., ground corn dough

milk, condensed

**nuts**

**onions**, e.g., white

orange, esp. bitter

**oregano, Mexican**

potatoes

*quesadillas*

*refried beans*

rice

saffron

***salsas***

scallions

seeds, e.g., pumpkin, sesame

*soups, e.g., tortilla*

**SQUASH**

*tacos*

*tamales*

tomatoes

**tortillas**, e.g., corn

*tostadas*

vanilla

vegetables

vinegar

wheat

MIDDLE EASTERN CUISINES

beans, e.g., fava

bulgur wheat

chickpeas

cinnamon

cloves

coriander

couscous

cumin

dill

eggplant

*falafel*

fruits, e.g., dried

garlic

ginger

*hummus*

**lemon**, e.g., fresh, **preserved**

lentils

mint, e.g., dried

nutmeg

**nuts**, e.g., almonds, pine nuts, pistachios, walnuts

oil, olive

olives

onions

oregano

parsley

pepper, black

pita, e.g., whole-wheat

pomegranates

poppy seeds

raisins

ras el hanout

rice

*roasted dishes*

sesame, e.g., oil, sauce (tahini), seeds

**sumac**

tomatoes

**yogurt**

za’atar

MILK, ALMOND

agave nectar

*baked goods, e.g., breads, cakes, cookies, muffins*

**cacao**

***cereals****, breakfast*

cinnamon

coffee

***desserts, esp. creamy***

***dressings***

***drinks, creamy***

*French toast*

fruit

mango

mint

nutmeg

oats

oatmeal

*puddings*

raspberries

***sauces****, e.g., dessert*

***smoothies***

**vanilla**

MILK, COCONUT

agar-agar

agave nectar

***Asian cuisines***

***baked goods***

bananas

basil

**beans**, e.g., **green**, kidney

*beverages*

brandy

broccoli

*Caribbean cuisines*

carrots

cashews

**cauliflower**

chard

chickpeas

chocolate

coconut

coconut oil

corn

***CURRIES***, *e.g., Thai*

*custards*

***DESSERTS***

eggplant

espresso

galangal

garlic

greens, e.g., bitter

*Hawaiian cuisine*

***ICE CREAMS***

***Indian cuisine***

Kaffir lime leaf

kuzu

*Latin American cuisines*

leeks

**lemongrass**

lentils

**limes**

**key limes**

mangoes

mushrooms

noodles, Asian, e.g., rice

onions, e.g., red

passion fruit

**peanuts**

peas

pineapple

plantains

**potatoes**

***puddings****, e.g., pumpkin, rice*

pumpkin

pumpkin seeds

**RICE**, e.g., **brown**, **sticky**, wild

*salad dressings*

***sauces***

sesame seeds

*smoothies*

***sorbets***

***SOUPS****, e.g., bisque, carrot, mushroom, pea, potato, tomato*

**spinach**

**squash, winter**, e.g., acorn, Hubbard

*stews, e.g., Indian*

sugar, e.g., brown

sugar snap peas

**sweet potatoes**

**tapioca, pearl**

tempeh

Thai basil

***THAI CUISINE***

tofu

vanilla

“*whipped cream”*

zucchini

MILK, HEMP

agave nectar

*baked goods, e.g., cakes, muffins*

*breakfast dishes, e.g., pancakes, waffles*

brown rice syrup

cashews

*casseroles*

*cereals, breakfast, e.g. granola, oatmeal*

chocolate

**coffee**

dates

*dips*

ice cream

***lattes***

maple syrup

*puddings, e.g., chia seed*

*smoothies*

*soups, e.g., mushroom*

vanilla

MILK, RICE

*baked goods, e.g., breads, cakes, cookies, muffins*

bananas

cinnamon

***desserts, e.g., creamy*** *(e.g., custards)*

*horchata*

*“ice cream”*

*Latin American cuisine*

*Mexican cuisine*

*pastas, e.g., mac-n-cheese*

*puddings, e.g., banana, rice*

raisins

*sauces, e.g., béchamel*

*smoothies*

sugar

vanilla

MILK, SOY

*baked goods, e.g., breads, cakes, cookies, muffins*

banana

chocolate

coffee

*coffee drinks, e.g., cappuccinos, lattes*

*desserts, creamy (e.g., panna cotta)*

gelatin

lime, e.g., Kaffir

mangoes

*mashed potatoes*

*puddings*

raspberries

*salad dressings*

*sauces, e.g., creamy, pasta*

*smoothies*

tofu, e.g., silken

**vanilla**

MILLET

***(NORTH) AFRICAN CUISINES***

**almonds**

amaranth

apples, e.g., apple juice, applesauce

apricots, e.g., dried

arugula

*Asian cuisines*

avocado

***baked goods****, e.g., breads, muffins*

basil

*batters, e.g., pancake, waffle*

bay leaf

**BEANS**, e.g., adzuki, **black**, broad, green, white

beets

**bell peppers, red**

berries, e.g., blueberries

*“bowls”*

broccoli

**burdock**

cabbage

cardamom

**CARROTS**

*casseroles*

**CAULIFLOWER**

celery

celery root

***CEREALS, HOT BREAKFAST***

**chard**

cherries

chervil

chickpeas

chiles, e.g., Anaheim, jalapeño chili pepper sauce

chili powder

chives

**cilantro**

cinnamon

coconut

coriander

**CORN**

*“couscous”*

*croquettes*

**CUMIN**

currants

curry powder

curry spices

*curries*

*dals*

dates

**dill**

eggplant

fennel

**GARLIC**

ginger

**grains, other**, e.g., bulgur, corn, oats, quinoa, rice

*granola*

**greens, e.g., bitter, mesclun, salad**

***(East) Indian cuisine***

leeks

lemon, e.g., juice, zest

lentils

**lime**, e.g., juice

mango

maple syrup

**milk**, e.g., almond, other nondairy

*millet cakes*

mint

*muffins*

**mushrooms**, e.g., porcini, portobello

**nuts**, e.g., hazelnuts, **peanuts**, pecans, pine nuts

oats

**OILS**, e.g., canola, corn, **olive**, peanut, vegetable

**ONIONS**, e.g., green, spring, yellow

**orange**

**oregano**

**PARSLEY**

parsnips

peaches

peas

pepper, black

***PILAFS***

***“POLENTAS”***

***porridges***

*puddings*

**pumpkin**

raisins, e.g., golden

raspberries

rice, e.g., brown, long-grain

*“risottos”*

rosemary

saffron

***salads, e.g., fruit, green***

**salt, sea**

*sandwiches, e.g., “sloppy Joes”*

scallions

**seeds**, e.g., poppy, pumpkin, **sesame**, sunflower

sesame, e.g., oil, seeds

shallots

***SOUPS***

sour cream

soy sauce

**SQUASH,** e.g., acorn, butternut, kabocha, summer

***stews*** *(e.g., to thicken)*

*stir-fries*

**STOCK**, e.g., corn, vegetable

*stuffed mushrooms or vegetables, e.g., artichokes or onions*

*stuffings*

sweet potatoes

*“tabbouleh”*

tamari

tarragon

tempeh

thyme

tomatillos

tomatoes, sun-dried

**TOMATOES**

**tomato paste**

**tomato sauce**

turmeric

turnips

vanilla

vegetables, e.g., baby, sautéed

***veggie burgers***

vinegar, e.g., balsamic, red wine, umeboshi

walnuts

watercress

yams

yogurt

zucchini

MINT (typically SPEARMINT)

almonds

apples

artichokes

*Asian cuisines*

barley

**basil**

**beans**, e.g., black, fresh, green, white

bell peppers

berries, e.g., blueberries, raspberries, strawberries

***BEVERAGES****, e.g.,* ***juleps****, lassis, lemonades, mojitos*, *teas*

bourbon

Brussels sprouts

cabbage

cardamom

**CARROTS**

cashews

**chickpeas**

**CHILES**, e.g., green, jalapeño

chives

**CHOCOLATE**, e.g., dark

***chutneys***

**cilantro**

citrus

**coconut**

**coconut milk**

coriander

couscous, e.g., Israeli, whole-wheat

\***CUCUMBERS**

*curries*

***desserts***

dill

**eggplant**

endive

falafel

figs

frisée

**fruits**, e.g., dried, fresh

**garlic**

gin

ginger

**grains**

grapefruit

grapes

grape juice

*ice cream*

*Indian cuisine*

jícama

kale

**LEMON**

**lemongrass**

lentils

lettuce

**LIME**

lovage

lychees

mangoes, e.g., green

*Mediterranean cuisines*

**MELON**, e.g., honeydew

*Middle Eastern cuisine*

millet

*mojitos*

*Moroccan cuisine*

mushrooms, portobello

**noodles, Asian**, esp. rice

olives

**onions**

oranges

orange juice

**papaya, e.g., green**

**parsley**

pasta

**peaches**

pears

**PEAS**

*“pestos”*

*pilafs*

pineapple

pine nuts

pistachios

**potatoes**, e.g., new

quinoa

*raitas*

**RICE**

*risotto*

rum

***SALADS****, e.g., bean,* ***fruit****, grain, green, Thai, vegetable*

***salsas***

***sauces****, e.g., “chimichurri”*

scallions

shallots

shoots, bean

*soups*

*Southeast Asian cuisines*

spinach

**squash**, e.g., acorn, butternut, yellow

*stuffings, e.g., grain*

**sugar**, e.g., brown

***TABBOULEH***

***TEAS****, e.g., green,* ***mint, Moroccan***

**TOMATOES**

vegetables, e.g., marinated

*Vietnamese cuisine*

**vinegar**, e.g., balsamic, white wine

watermelon

wheat berries

**YOGURT**

**zucchini**

MIRIN

***Asian cuisines***

carrots

daikon

garlic

ginger

hiziki

***JAPANESE CUISINE***

*macrobiotic cuisine*

***marinades***

miso

sake

*salad dressings*

***SAUCES****, e.g., dipping, teriyaki*

sesame oil

*soups*

**SOY SAUCE**

*stews*

*stir-fries*

sugar

tofu

vegetables, esp. sweet

vinegar, rice

MISO—IN GENERAL (or MIXED MISOS), ORGANIC

asparagus

avocado

beans, e.g., adzuki, black, green, pinto

bok choy

Brussels sprouts

burdock

**cabbage**, e.g., Chinese, napa

**CARROTS**

chives

**cilantro**

daikon

dashi

*dips, e.g., bean*

*dressings*

dulse

edamame

eggplant

garlic

**GINGER**

*glazes*

*gravies*

**greens**, e.g., Asian, dandelion

hoisin

***JAPANESE CUISINE***

kombu

leeks

**lemon**, e.g., juice, zest

lemongrass

lotus root

*macrobiotic cuisine*

maple syrup

\****MARINADES***

melon, bitter

millet

mint

mirin

**MUSHROOMS**, e.g., enoki, **SHIITAKE**, wild

mustard

**NOODLES, ASIAN**, e.g., ramen, rice, **SOBA**, **udon**

nori

oil, e.g., canola, sesame

**onions**, e.g., green, spring, white, yellow

orange, e.g., juice, zest

parsley

parsnips

peas

*“pestos”*

potatoes

pumpkin

radishes

**rice**, e.g., brown

sake

***SALAD DRESSINGS***

***SAUCES***

**SCALLIONS**

sea vegetables

**sesame**, e.g., oil, seeds

shiso

snow peas

***SOUPS****, e.g., kale, miso*

soybeans

soy sauce

**spinach**

*spreads*

**sprouts, bean**

squash, e.g., kabocha

*stews*

*stir-fries*

*stock, vegetable*

sweet potatoes

tahini

tamari

**TOFU**

tomatoes

turnips

vegetables

vinegar, e.g., rice wine

**WAKAME**

walnuts

**watercress**

MISO, BROWN

basil

beer

garlic

***GRAVIES***

mushrooms

oil, grapeseed

onions

*soups*

tamari

thyme

tofu

tomato paste

wine, dry, e.g., sherry

MISO, DARK

**beans**, e.g., black, pinto

brown rice syrup

burdock

carrots

*casseroles*

*chili, vegetarian*

daikon

**ginger**

*gravies*

lentils

***marinades***

mirin

mustard

nuts

onions

parsley

***sauces****, e.g., red wine, tomato*

sesame paste

***SOUPS****, e.g., carrot, dark or mixed miso, vegetable (esp. winter)*

squash, winter

***stews****, e.g., vegetable*

*stir-fries, e.g., with root vegetables*

tofu

tomatoes

tomato sauce

vegetables, root

vinegar, rice

MISO, LIGHT (aka SWEET MISO)

almonds

avocados

beans, e.g., green, pinto

chickpeas

corn, e.g., grilled

dill

***dips****, e.g., bean*

garlic

ginger

*gravies*

*“hummus”*

lemon, e.g., juice, zest

***marinades***

mirin

oil, e.g., canola

orange, e.g., juice, zest

parsley

potatoes, e.g., mashed

sake

***salad dressings***

***sauces***

sea vegetables

sesame, e.g., paste, seeds

***soups****, e.g., “creamy”*

***spreads***

tofu

**vinegar, rice wine**

wine, rice

MISO, RED

basil

beer

daikon

dashi

eggplant

garlic

ginger

*glazes*

***gravies***

*heartier dishes*

leeks

lemon, e.g., zest

***marinades***

mirin

mushrooms, e.g., shiitake

oil, grapeseed

onions

parsley

sake

scallions

sea vegetables, e.g., wakame

**sesame**, e.g., oil, paste, seeds

***SOUPS****, e.g., richer*

sprouts, bean

*stews*

tahini

tamari

thyme

tofu

tomato paste

wine, dry, e.g., sherry

yuzu

MISO, WHITE (see also MISO, LIGHT)

almonds

almond butter

carrots

*dips, e.g., bean*

*marinades*

mushrooms, e.g., portobello

mustard

oil, e.g., peanut, sesame

peanuts

peanut butter

potatoes

*mashed potatoes*

***SALAD DRESSINGS***

***SAUCES****, light*-*colored*

*scrambles, i.e., tofu*

sesame, e.g., seeds

***SOUPS****, e.g., miso*

*stir-fries*

tahini

tofu

vinegar, e.g., brown rice, rice

MISO, YELLOW (see also MISO, LIGHT)

*glazes*

***marinades***

***salad dressings***

*sauces*

***SOUPS****, miso*

tofu

MOLASSES

*baked beans*

***BAKED GOODS****, e.g., breads, cookies, gingerbread*

blueberries

***cereals****, e.g., hot breakfast*

chili pepper flakes

**cinnamon**

cloves

coffee

garlic

**GINGER**

*glazes*

grains

lemon, e.g., juice

milk

**nutmeg**

**oatmeal**

**orange**, e.g., juice, zest

pears

*sauces, e.g., barbecue, Thai barbecue*

*smoothies*

squash, winter

**sweet potatoes**

tempeh

tofu

**vanilla**

walnuts

MOROCCAN CUISINE

almonds

apricots

bell peppers, e.g., green

carrots

cayenne

*chermoula*

chickpeas

chiles

cilantro

cinnamon

coriander

***couscous***

cucumbers

cumin

dates

figs

fruits

garlic

ginger

harissa

lemons, e.g., fresh, preserved

nuts

oil, olive

olives

onions

oranges

paprika

parsley

pepper

pine nuts

pistachios

raisins

**ras el hanout**

saffron

*salads, e.g., carrot*

sesame seeds

*stews, aka* ***tagines****, vegetarian, e.g., carrot, chickpea, root vegetable*

sugar

tomatoes

turmeric

MUSHROOMS—IN GENERAL

**almonds**

artichokes

**arugula**

asparagus

avocado

bamboo shoots

**BARLEY**

**basil**

bay leaf

**beans**, e.g., navy, pinto, white

bok choy

**BREAD CRUMBS**, e.g., *panko,* whole-wheat

*bread pudding, savory*

Brussels sprouts

cardamom

carrots

*casseroles*

cayenne

celery

chard

**chervil**

chickpeas

chiles

**CHIVES**

**cilantro**

cinnamon

**coriander**

cornmeal, e.g., to crust

cornstarch

*crepes*

cumin

*Czech cuisine*

daikon

dashi

dill

eggplant

endives

farro

fennel

\***GARLIC**

**ginger**

grains, whole

***gravies****, e.g., mushroom*

kale

**leeks**

**LEMON**, e.g., juice, zest

lemongrass

**MARJORAM**

**mascarpone**

*“meatloaf,” i.e., loaf made with mushrooms*

*nuts*

milk, e.g., coconut

millet

**mint**

mirin

mizuna

**mushrooms, other**

**mustard**

**noodles**, e.g., egg, rice, udon

**nutmeg**

**NUTS**, e.g., **almonds**, hazelnuts, pecans, pine nuts, pistachios, **walnuts**

**OIL**, e.g., **OLIVE**, peanut, sesame, truffle (e.g., white), walnut

olives

**ONIONS**, e.g., green, white

orange

**oregano**

paprika

**PARSLEY**

***PASTAS***, e.g., pappardelle, ravioli

*pâtés*

**peas**

**PEPPER**, e.g., black, white

phyllo dough, whole-wheat

***PIZZA***

**POLENTA**

**POTATOES**

quinoa

**rice**

wild rice

*risottos*

**ROSEMARY**

sage

***salads***

**salt**, e.g., kosher, sea

***sauces****, e.g., mushroom*

sauerkraut

savory

**scallions**

sesame, e.g., oil (esp. toasted), seeds

**SHALLOTS**

sorrel

***SOUPS****, e.g., mushroom, vegetable*

sour cream

**spinach**

sprouts, e.g., sunflower

squash, e.g., butternut, winter

**STOCK**, e.g., mushroom, vegetable

***stuffed mushrooms***

*stuffings*

tahini

**TARRAGON**

**THYME**

tofu

**tomatoes**

turmeric

*veggie burgers*

**vinegar**, e.g., balsamic, sherry, white wine

watercress

**WINE**, e.g., dry red or white, dry sherry, Madeira

*won tons*

yogurt

zucchini

MUSHROOMS, BLACK TRUMPET

artichokes

*casseroles*

garlic, e.g., green

horseradish

onions

parsley

*pastas*

*pizzas*

potatoes

rice

sage

*salads, e.g., bean*

*sauces, e.g., creamy*

seitan

shallots

*soups, e.g., butternut squash*

squash, e.g., butternut

*stir-fries*

stock, vegetable

thyme

wine, e.g., dry, white

MUSHROOMS, BUTTON (aka WHITE MUSHROOMS)

barley

buckwheat

chile pepper flakes

cilantro

coconut milk

*curries*

fennel

garlic

lemon, e.g., juice

miso, e.g., red

mushrooms, other, e.g., wild

noodles, e.g., egg

oil, olive

olives, e.g., Italian

**paprika**

parsley

rice, wild

***salads****, e.g., green, mushroom*

*sauces, e.g., mushroom*

scallions

***soups***

sour cream

*stews*

stock, e.g., mushroom

*stuffed mushrooms*

tamari

yogurt

MUSHROOMS, CHANTERELLE

beans, e.g., shell

bread or toast

buckwheat

celery root

chestnuts

**corn**

fiddlehead ferns

**GARLIC**

**black garlic**

*gravies*

hazelnuts

herbs, e.g., chervil, chives, sage, thyme

leeks

**lemon**

mascarpone

millet

mushrooms, other, e.g., porcini

mustard

**oils**, e.g., hazelnut, **olive**, peanut

**onions**, e.g., red, white

oranges

orange liqueur

**parsley**

***pastas***

**PEPPER**, e.g., black, white

polenta

ramps

**rice**, e.g., Arborio, brown, wild

***risottos***

rosemary

*salads*

**salt**, e.g., kosher, sea

***SAUCES****, e.g., white*

**SHALLOTS**

*soups*

**squash**, e.g., acorn, buttercup, butternut, delicata, spaghetti

*stews*

*stir-fries*

**stock**, e.g., mushroom, vegetable

tamari

tarragon

tempeh

**thyme**

vinegar, e.g., balsamic, cider, sherry, white wine

wine, dry white

wine, fortified, e.g., Madeira or Marsala

MUSHROOMS, CHICKEN OF THE WOODS

carrots

celery root

garlic

greens, salad

**lemon,** e.g., juice

mushrooms, other, e.g., button, shiitake

noodles

nuts

onions

orange

parsley

*pastas*

**pepper**, e.g., black, white

polenta

rice

*risottos*

rosemary

salt

sauces, e.g., pasta, teriyaki

shallots

stock, mushroom

tarragon

thyme

wine, e.g., dry white

MUSHROOMS, CREMINI (aka CRIMINI or ITALIAN BROWN MUSHROOMS)

allspice

barley

bay leaf

beans, green

**beans, white, e.g., cannellini**

chili pepper flakes

chives

cloves

**garlic**

*gravies, e.g., mushroom*

hazelnuts

*Italian cuisine*

lemon

lentils, French

maple syrup

marjoram

milk

**MUSHROOMS, OTHER**, e.g., portobello, shiitake

oil, nut, e.g., hazelnut

**oil, olive**

**onions**

oregano

parsley

***PASTAS****, e.g., lasagna, ravioli*

*pâtés, e.g., walnut-mushroom*

peas

**pepper, black**

***pizzas***

polenta

**quinoa**

**rosemary**

sage

salt

***SAUCES****, e.g., mushroom, tomato*

**shallots**

***SOUPS****, e.g., mushroom barley*

**soy sauce**

**spinach**

***stews****, e.g., bean*

*stir-fries*

**stock**, e.g., mushroom, vegetable

***stuffed mushrooms***

*stuffings, e.g., for ravioli*

sweet potatoes

**tarragon**

**THYME**

tofu, e.g., *scrambles*

**tomatoes**

**tomato sauce**

*veggie burgers*

**vinegar**, e.g., balsamic

walnuts

**wine**, e.g., dry white

zucchini

MUSHROOMS, ENOKI (aka ENOKITAKE)

apples

*Asian cuisines*

basil

Thai basil

beans, long

**bell peppers**, e.g., red

carrots

cayenne

chives

**cucumbers**

dill

**garlic**

**ginger**

hoisin

***JAPANESE CUISINE***

lemon, e.g., juice

lemongrass

**miso**

mushrooms, other, e.g., portobello, shiitake, white

oil, olive

**pepper**, e.g., black, white

radishes

***SALADS***

salt

***sandwiches***

*sauces*

**scallions**

shallots

*slaws*

***SOUPS****, e.g., clear, miso*

**SOY SAUCE**

*spring rolls*

***stir-fries***

stock, vegetable

*sushi*

tamari

tofu

vinegar

**watercress**

MUSHROOMS, HEDGEHOG

*casseroles*

garlic

lemon

mascarpone

orange

parsley

*pastas, e.g., fettuccine*

pepper, black

*pizzas*

potatoes

shallots

wine, e.g., dry sherry

MUSHROOMS, HEN OF THE WOODS (aka MAITAKE MUSHROOMS)

breadcrumbs

*bruschettas*

celery root

chiles, e.g., jalapeño

*Chinese cuisine*

cilantro

cornmeal

dashi

fiddlehead ferns

**garlic**

grains

*gravies*

herbs

horseradish

hot sauce

*Japanese cuisine*

leeks

**lemon juice**

lentils, e.g., black

lime juice

Madeira

mascarpone

**miso, white**

mushrooms, other, e.g., oyster, shiitake

mustard

**noodles**, e.g., soba

**oil**, e.g., grapeseed, **olive**, truffle

onions

spring onions

orange, e.g., juice

**PARSLEY**

*pastas*

*pâtés, mushroom*

**PEPPER, BLACK**

*pizzas*

polenta

**RICE**

*salads*

salt, e.g., kosher

*sauces, e.g., pasta*

scallions

**SESAME,** e.g., oil, seeds

shallots

***SOUPS***

**soy sauce**

**spinach**

*stews*

*stir-fries*

**stock**, e.g., mushroom, vegetable

sweet potatoes

**tamari**

thyme

vinegar, e.g., balsamic, sherry

walnuts

wine, e.g., port

Worcestershire sauce, vegetarian

MUSHROOMS, LOBSTER

**corn**

dill

garlic

ginger

mushrooms, other, e.g., oyster

oil, olive

onions

*pastas*

rice

***risottos***

rosemary

salt

*sauces, creamy*

***soups***

***bisques***

*stews*

*stir-fries*

stock, mushroom or vegetable

*stuffings*

tarragon

*terrines, mushroom*

thyme

**tofu**

vinegar

zucchini

zucchini blossoms

MUSHROOMS, MATSUTAKE

apples

*Asian cuisines*

asparagus

bay leaf

bok choy

cabbage, e.g., savoy

carrots

celery

celery root

chervil

chiles, e.g., Thai

**chives**

cloves

*custards*

**DASHI**

frisée

garlic

ginger

*gohan*

***JAPANESE CUISINE***

Kaffir lime

leeks

lemon, e.g., juice, zest

mâche

mirin

miso

mizuna noodles, buckwheat

oil, olive

onions, white

orange, e.g., juice, zest

pepper, e.g., black, Szechuan

pine nuts

**rice**, e.g., short-grain

rosemary

sake

salt

scallions

**shallots**

*soups*

soy sauce

*stir-fries*

sugar

*sukiyaki*

tamari

**thyme**

vinegar, rice wine

wine, dry white

MUSHROOMS, MOREL

artichokes, Jerusalem

**ASPARAGUS**, e.g., green, white

**beans, e.g., fava**

**breadcrumbs**

**caraway seeds**

carrots

celery root

chard

**chervil**

**chives**

corn

fennel seeds

fiddlehead ferns

*French cuisine*

**GARLIC**

greens, bitter

lamb’s-quarter

**lemon**

nettles

**oil, nut**, e.g., hazelnut, peanut

**oil, olive**

**onions**, e.g., spring

**parsley**

***PASTAS****, e.g., gnocchi*

**peas**

**pepper**, e.g., black, white

**potatoes**

rice

*risottos*

rosemary

saffron

**salt**

***sauces****, e.g., creamy*

**SHALLOTS**

sour cream

spinach

*stews*

**stock**, e.g., mushroom, vegetable

tarragon

**thyme**

tomatoes

vinegar, e.g., champagne

watercress

wine, e.g., dry, sherry, white

MUSHROOMS, OYSTER

artichokes (including Jerusalem)

arugula

***Asian cuisines***

**asparagus**

basil

bay leaf

**beans, black**

beans, fermented black

beans, green

bread crumbs

**cabbage, e.g., red**

**carrots**

**celery**

**celery root**

chervil

**chiles**, e.g., chipotle, green, jalapeño

*Chinese cuisine*

chives

*chowders*

cider

cilantro

cinnamon

coconut

coconut milk

coriander

cornmeal

*crepes*

cumin

curries, e.g., green

dashi

dill

eggplant, e.g., Japanese

**fennel**

**GARLIC**

**ginger**

*gratins*

greens, e.g., Asian

horseradish

*Japanese cuisine*

kale

*Korean cuisine*

leeks

**lemon,** e.g., juice, zest

lemongrass

lettuce

lime

**mint**

mirin

**MUSHROOMS, OTHER**, e.g., button, enoki, lobster, shiitake

mustard, Dijon

noodles, e.g., rice, soba

nutmeg

**NUTS**, e.g., almonds, **hazelnuts**, peanuts, pecans, pine nuts, **walnuts**

**OIL,** e.g., canola, hazelnut, nut, **OLIVE**, pecan, sesame, walnut

**ONIONS**, e.g., red, yellow

oranges

orange juice

*panko*

**PARSLEY**

parsnips

***PASTA****, e.g., fettuccine, linguini, pappardelle, ravioli, tagliatelle*

pesto

*pizza*

polenta

**potatoes**

radicchio

rice, e.g., brown, jasmine

rosemary

sage

sake

*salads*, *e.g., warm*

salsify

***SAUCES****, e.g., cream, white*

scallions

seitan

**SHALLOTS**

***SOUPS, BISQUES***

***CHOWDERS****, e.g., mushroom*

sour cream

soy sauce

**spinach**

squash, e.g., delicata, kabocha

*stews*

***stir-fries***

stock, e.g., mushroom, vegetable

sumac

tamarind

tarragon

*tarts*

*tempura*

*teriyaki*

**THYME**

**TOFU**

tomatoes

**vegetables**

**vinegar**, e.g., balsamic, cider, rice wine

wine, e.g., rice, white

za’atar

zucchini

MUSHROOMS, POM POM

mushrooms, other, e.g., maitake

oil, olive

onions

parsley

*pastas*

pepper, black

salt, sea

*sauces*

*stews*

stock, e.g., mushroom, vegetable

tarragon

tomatoes

MUSHROOMS, PORCINI (aka BOLETES or CÈPES; see also MUSHROOMS, WILD)

almonds

artichokes

asparagus

**BARLEY**

basil

bay leaf

bread crumbs

*bruschetta*

*carpaccio, mushroom*

carrots

*casseroles*

chard

chickpeas

chives

cloves

corn

*crostini*

dill

*dumplings, e.g., bread*

eggplant

endive, Belgian

escarole

figs

*French cuisine*

**GARLIC**

grains

*gravies*

greens, bitter

***Italian cuisine***

leeks

**lemon**, e.g., juice

marjoram

mint

**mushrooms, other**, e.g., portobello

**OIL**, e.g., hazelnut, nut, **OLIVE**, **porcini**

**onions**, e.g., green, yellow

palm, hearts of

**PARSLEY**

***PASTAS****, e.g., fettuccine, gnocchi, lasagna*

peanuts

peas

**PEPPER**, e.g., black, white

phyllo dough, whole-wheat

*pilafs*

pine nuts

**polenta**

potatoes

pumpkin

quinoa

rice

***RISOTTOS***

rosemary

sage

*salads*

**salt**, e.g., sea

***sauces****, e.g., mushroom, tomato*

savory, e.g., summer

**shallots**

***SOUPS***

spinach

squash, e.g., winter

***stews***

*stocks, e.g., mushroom, vegetable*

*stuffed peppers or zucchini*

***stuffings***

*tarts*

tempeh

**thyme**

**tomatoes**

**tomato paste**

**truffles, white**

**vinegar,** e.g., **balsamic**, red wine, **sherry**, white balsamic

**WINE**, e.g., dry red or white, Madeira, or sherry

MUSHROOMS, PORTOBELLO

almonds

**ARUGULA**

asparagus

*“bacon,” i.e., made from smoked portobello mushrooms*

**barley, e.g., pearl**

**basil**

**beans**, e.g., black, shell, white

**BELL PEPPERS, e.g., green or red**, esp. grilled or roasted

breadcrumbs

broccoli

*bruschetta*

buns, e.g., whole-grain “burger”

cayenne

celery

celery leaves

chard, Swiss

chervil

chickpeas

chiles, e.g., chipotle, jalapeño; chili pepper flakes, chili powder

chives

cilantro

couscous, e.g., Israeli, whole-wheat

*crepes*

dill

eggplant

endive, Belgian

escarole

*fajitas*

fennel

focaccia

**GARLIC**

ginger

*gravies, e.g., mushroom*

greens, e.g., bitter, salad

hazelnuts

herbs

*Italian cuisine*

leeks

**lemon**, e.g., juice

mâche

marjoram

millet

mint

*mousses*

**mushrooms**, other, e.g., cremini, porcini, shiitake, white

mustard

**oil**, e.g., canola, grapeseed, nut, **OLIVE**, truffle, walnut

**ONIONS**, e.g., green, red, white, yellow

orange, e.g., juice

oregano

paprika, smoked

**parsley**

parsnips

**pasta**, *e.g., fettuccine, lasagna, penne*

*pâtés*, *e.g., mushroom, vegetable*

pears

**pepper, black**

**PESTO**

pine nuts

pistachios

*pizza*

**polenta**

potatoes

*quesadillas*

**rice**, e.g., basmati, brown

**rosemary**

***salads****, e.g., mushroom*

**salt, sea**

***sandwiches***, *e.g.,* “*French dip,” panini, wraps*

*sauces*

scallions

sesame, e.g., oil, seeds

**shallots**

*soups*

**soy sauce**

**SPINACH**

squash, summer

squash, winter, e.g., butternut

*“steaks,” mushroom*

*stews*

*stir-fries*

**stock**, e.g., mushroom, vegetable

***STUFFED MUSHROOMS***

*tacos*

tamari

tarragon

**thyme**

tofu

**tomatoes**

**tomato paste**

**TOMATOES, SUN-DRIED**

**tortillas**

**“*veggie burgers”***

**VINEGAR, e.g., BALSAMIC**, red wine, sherry

walnuts

**watercress**

**wine**, e.g., dry white or Madeira

zucchini

MUSHROOMS, SHIITAKE—DRIED and FRESH

arame

artichoke hearts

arugula

***(EAST) ASIAN CUISINES***

asparagus

avocado

bamboo shoots

basil

**Thai basil**

bay leaf

beans, e.g., adzuki, fermented black, green

beer

ale

**bell peppers**, e.g., green, red

bok choy

brandy

broccoli

*burritos*

**cabbage**, e.g., Chinese or napa

**carrots**

*casseroles*

cayenne

**celery**

**chard**, e.g., Swiss

**chiles**, e.g., ancho, chili pepper paste

***Chinese cuisine***

**chives**

coconut milk

daikon

dashi

**dumplings**, e.g., Asian, potstickers

**eggplant**

escarole

**GARLIC**

**GINGER**

**GRAINS**, e.g., **barley, brown rice**, buckwheat, kamut, kasha, **pearled**

**barley**, quinoa, **rice**, wild rice

*gravies*

greens, e.g., mizuna

hazelnuts

***JAPANESE CUISINE***

Kaffir lime leaves

kale

kombu

***Korean cuisine***

leeks

lemon, e.g., juice, zest

lemongrass

lettuce, e.g., romaine

lime

*macrobiotic cuisine*

marjoram

milk, dairy or nondairy, e.g., soy

mirin

**MISO**

**MUSHROOMS, OTHER**, e.g., button, cremini, maitake, oyster, porcini, portobello, wild

**NOODLES, ASIAN**, e.g., buckwheat, ramen, soba, udon

*nori rolls (i.e., vegetarian sushi)*

**nuts**, e.g., cashews, hazelnuts, pistachios, walnuts

**OIL**, e.g., grapeseed, hazelnut, **nut**, **OLIVE**, peanut, sesame

**ONIONS, e.g., caramelized, green, pickled, yellow**

**parsley**

***pastas****, e.g., fettuccine, linguini*

*pâtés, mushroom*

**pepper, black**

*pizza*

polenta

*ponzu sauce*

rice

*risotto*

**rosemary**

sage

**sake**

***salads****, e.g., mushroom*

salt, e.g., kosher

*sauces, e.g., vegan XO*

savory

**scallions**

seitan

**sesame**, e.g., oil, sauce, seeds

**shallots**

shiso

***SOUPS, e.g., hot-and-sour, lentil, miso, noodle, vegetable***

soybeans

**SOY SAUCE**

**spinach**

*spring rolls*

squash, e.g., winter

sriracha sauce

***stews***

***STIR-FRIES***

***STOCKS****, e.g., mushroom and/or vegetable*

*stuffings*

sugar, e.g., brown

sugar snap peas

*sushi*

sweet potatoes

*tacos*

**tamari**

**thyme**

**tofu**

*tofu scrambles*

tomatoes, sun-dried

tomato paste

tomato sauce

turnip

*veggie burgers*

**vinegar, e.g., balsamic**, brown rice, rice, white wine

**wine**, e.g., Madeira, red

yuzu, e.g., juice, zest

MUSHROOMS, WILD—IN GENERAL, or MIXED (see also CHANTERELLE, HEN OF THE WOODS, MOREL, PORCINI, etc.)

asparagus

**barley**

beans, e.g., cannellini

*crepes*

*crostini*

*enchiladas*

flour, e.g., brown rice

**garlic**

garlic, green

herbs

**leeks**

mirin

nutmeg

**OIL, e.g., OLIVE**, truffle

**onions**, e.g., cipollini

**parsley**

pecans

pepper, black

phyllo dough

*pilafs*

pine nuts

*pizza*

**rosemary**

**sage**

salt

seitan

**SHALLOTS**

**soy sauce**

spinach

***stews****, e.g., mushroom*

**stock, vegetable**

tamari

**tarragon**

***tarts****, e.g., mushroom*

**THYME**

**tofu**, e.g., firm, smoked

wine, e.g., Madeira

MUSTARD, e.g., DIJON (see also GREENS, MUSTARD; MUSTARD POWDER; MUSTARD SEEDS)

agave nectar

arugula

**asparagus**

avocado

basil

*beans, baked*

**beans**, e.g., fava, **green**, pinto

black-eyed peas

**BROCCOLI**

**CHINESE BROCCOLI**

Brussels sprouts

**cabbage**

**capers**

*casseroles*

**cauliflower**

celery root

**chives**

cilantro

crème fraîche

cucumbers

cumin

fennel

***French cuisine, esp. Dijon mustard***

fruits, e.g., mostardo

**GARLIC**

*glazes*

grains

**greens, salad**

leeks

**LEMON**, e.g., juice, zest

lettuce

lime

**maple syrup**

***marinades***

marjoram

mayonnaise

**mushrooms**

**oil**, e.g., flaxseed, grapeseed, olive

**parsley**

pecans

**pepper, e.g., black**, green, white

**potatoes**

radishes

rice

***SALAD DRESSINGS****, e.g., vinaigrettes*

***salads***

***sandwiches***

***SAUCES***

sauerkraut

sausages, vegan

scallions

seitan

**shallots**

snow peas

sour cream

soy sauce

spinach

sugar, e.g., brown

**tarragon**

tempeh

thyme

verjus

**VINEGAR**, e.g., fig, raspberry, red wine, sherry, wine

**wine**, e.g., dry red

yogurt

MUSTARD POWDER (aka DRY MUSTARD)

beans, e.g., pinto

beer

cabbage

*dips*

herbs, e.g., oregano, tarragon

lentils

maple syrup

mayonnaise

nutritional yeast

oil, e.g., olive

paprika

*pastas, e.g., macaroni*

popcorn

***salad dressings***

*sauces, e.g., barbecue, hollandaise*

*slaws*

spinach

split peas

tofu

vinegar

MUSTARD SEEDS

*African cuisines*

*American cuisine*

*Asian cuisines*

clarified butter

cauliflower

chickpeas

***curries****, e.g., Indian*

*European cuisines*

***Indian cuisines***

lentils

*marinades*

***mustard***

***pickles***

rice

***salad dressings***

***sauces***

spinach

turmeric

vegetables, e.g., boiled

vinegar

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NAMA-FU (see also recommendations for SEITAN)

asparagus

***confections***

dashi

***JAPANESE CUISINE***

mirin

miso

mushrooms, e.g., black trumpet

oil, e.g., canola

palm, hearts of

sake

*sauces*

sea vegetables

sesame, e.g., oil, paste, seeds

shiso

***soups****, e.g., miso, vegetable*

soy sauce

*stews*

*sukiyaki*

umeboshi plum paste

wasabi

water chestnuts

NATIVE AMERICAN CUISINE

**BEANS**

berries, e.g., cranberries, strawberries

bread, e.g., fry

chiles

chocolate

**CORN**

fruit, e.g., dried

garlic, e.g., wild

grains

maple sugar

nuts

onions, e.g., wild

potatoes

seeds, e.g., pumpkin, sunflower

**SQUASH**

tomatoes

NECTARINES (see also tips for PEACHES)

*baked goods, e.g., breads, cakes*

**basil**

**BERRIES, e.g., blackberries, blueberries, RASPBERRIES, strawberries**

brandy

**caramel**

*cereals, hot breakfast*

cherries

**cinnamon**

cloves

***desserts****, e.g., crisps, fruit cobblers, shortcakes*

figs

**GINGER**

greens, salad

hazelnuts

***ice creams***

**LEMON**, e.g., juice

mangoes

maple syrup

mascarpone

melon, e.g., cantaloupe

mint

**nutmeg**

**NUTS**, e.g., **ALMONDS**, hazelnuts, **macadamias**

oats or oatmeal

oil, olive

orange

*pancakes*

peaches

pepper, black

*pies*

plums

*relishes*

rosemary

***salads****, e.g., fruit*

*green*

***salsas***

*sorbets*

*soups, e.g., fruit*

**SUGAR**, e.g., brown

tarragon

**VANILLA**

vinegar, e.g., balsamic

**wine**, e.g., red or white, still or sparkling, e.g., Champagne

**yogurt**

NETTLES (aka STINGING NETTLES)

almonds

*(North) American cuisines*

asparagus

basil

brown butter

chiles, e.g., red

chives

crème fraîche

*curries*

*European cuisines*

fennel

*French cuisine*

**garlic**

*Italian cuisine*

kale

**leeks**

**LEMON**, e.g., juice

miso

mushrooms, e.g., morel

nuts

**OIL, OLIVE**

**onions**

***PASTAS***, e.g., gnocchi, manicotti, ravioli

peas

**pepper, black**

***pestos***

pine nuts

*pizza*s

**potatoes**

rice, e.g., Arborio

***risotto***

sage

salt, e.g., sea

***sauces***

shallots

*soufflés*

***SOUPS***

**STOCK**, e.g., mushroom, vegetable

*teas*

vegetables, milder

walnuts

wine, e.g., dry white

yogurt

NIGELLA SEEDS

allspice

***baked goods****, e.g.,* ***breads***

*flatbreads*

**cardamom**

chickpeas

cinnamon

coriander

cumin

*curries*

**EGGPLANT**

*Egyptian cuisine*

endive

**FENNEL SEEDS**

fenugreek

ginger

greens, e.g., turnip

***Indian cuisines***

legumes, e.g., lentils

*Middle Eastern cuisines*

mustard seeds

pepper, e.g., black

**potatoes**

pumpkin

rice, e.g., basmati

saffron

**squash**, e.g., butternut, Hubbard

sweet potatoes

*Turkish cuisine*

turmeric

vegetables, e.g., green

za’atar

NOODLES, CELLOPHANE (aka BEAN THREAD NOODLES, GLASS NOODLES, MUNG BEAN NOODLES)

agave nectar

*Asian cuisines*

asparagus

bell peppers, e.g., red

bok choy

broccoli

Chinese broccoli

**cabbage**, e.g., Chinese, napa

**carrots**

chiles, e.g., jalapeño, Thai

cilantro

coconut milk

**cucumbers**

curry powder

*curries*

dulse

eggplant, Asian

garlic

ginger

***Japanese cuisine***

jícama

mirin

miso, e.g., yellow

**MUSHROOMS, e.g., SHIITAKE**

**OIL**, e.g., chili, peanut, **SESAME**, vegetable

onions

pea shoots

peanuts

pepper, e.g., black, Szechuan

sake

*salads, e.g., noodle*

**scallions**

sea vegetables, e.g., arame, hiziki, wakame

sesame, e.g., oil, seeds

*soups, e.g., hot*

*sour*

*Southeast Asian cuisines*

**SOY SAUCE**

**spinach**

*spring rolls*

*stir-fries*

stock, e.g., mushroom, vegetable

sugar

tamari

*Thai cuisine*

tofu, e.g., silken

vegetables

*Vietnamese cuisine*

**vinegar**, e.g., rice wine, white wine

watercress

NOODLES, CHINESE EGG

asparagus

bok choy

carrots

***Chinese cuisine***

*chow mein*

cilantro

*curries*

garlic

**ginger**

greens, Asian

*lo mein*

mushrooms, e.g., Asian

oil, e.g., chili, sesame

peanuts

peanut sauce

scallions

**sesame**, e.g., oil, sauce, seeds

*soups*

soy sauce

*stir-fries*

sugar, e.g., brown

vinegar, e.g., balsamic

NOODLES, GREEN TEA SOBA

cilantro

cucumbers

edamame

garlic

ginger

**mushrooms**, e.g., Asian, black trumpet, chanterelle, oyster, shiitake

nori

oil, sesame

**peanuts**

sauces, e.g., dipping

**scallions**

sesame seeds

**soy sauce**

spinach

vinegar, rice

wasabi

NOODLES, KELP

agave nectar

almonds

almond butter

*Asian cuisines*

bell peppers

bok choy

*“bowls”*

cabbage

carrots

**cashews**

**cashew butter**

**chiles, e.g., Thai**

chili pepper flakes

chili powder

cilantro

cucumbers

garlic

greens, e.g., Asian, salad

lemon, e.g., juice

lime

miso

mushrooms, e.g., Asian, oyster

**oil, e.g., olive**, sesame

**onions, e.g., green**

orange

***pad thai***

*raw cuisine*

***salads****, e.g., green, noodle*

sea vegetables

**sesame**, e.g., oil, sauce, seeds

shallots

shiso

snow peas

*soups*

soy sauce

spinach

***stir-fries***

tahini

tamari

tamarind paste

tomatoes

vegetables

zucchini

NOODLES, RAMEN

**bamboo shoots**

bean sprouts

bok choy

**carrots**

**chiles**, e.g., dried

cilantro

**corn**

cucumbers

eggplant

**garlic**

**GINGER**

greens, e.g., collard

***Japanese cuisine***

kale

kombu

lemongrass

**MISO**

**MUSHROOMS**, e.g., Asian, shiitake, wood ear

**nori**

oil, e.g., canola, grapeseed, red chili, sesame

onions

peas

pickles

*salads*

**salt**, e.g., kosher

**SCALLIONS**

sea vegetables

seitan

***SOUPS***

**SOY SAUCE**

sprouts, bean

**stock**, e.g., mushroom, vegetable

sugar

tamari

tofu

vegetables

vinegar, e.g., sherry

wine, rice

NOODLES, RICE (aka RICE STICKS—or RICE VERMICELLI, which are thinner strands)

almonds

*Asian cuisines*

**basil**

**Thai basil**

**beans, e.g., green**

**bell peppers**, e.g., red

**bok choy**

**broccoli**

**cabbage**, e.g., purple, savoy

**carrots**

cashews

cauliflower

cayenne

**chiles**, e.g., jalapeño, serrano, Thai; chili pepper paste

chili pepper sauce

**CILANTRO**

coconut

**cucumber**

eggplant

five-spice powder

**GARLIC**

**ginger**

greens, e.g., mustard

**hoisin sauce**

*Indonesian cuisine*

kimchi

lettuce, e.g., romaine

**LIME**, e.g., juice

maple syrup

**mint**

miso

**mushrooms**, e.g., Asian, shiitake

nori, e.g., strips

**oil**, e.g., olive, peanut, scallion, sesame

onions, e.g., red

***PAD THAI, VEGETARIAN***

parsley

**PEANUTS**

ponzu sauce

*salads, e.g., green, noodle*

sauces, e.g., sriracha

**scallions**

**SESAME, e.g., oil, paste, seeds**

shallots

*Singapore cuisine*

*soups*

**SOY SAUCE**

**SPROUTS**, e.g., mung bean

***STIR-FRIES***

stock, vegetable

**sugar**, e.g., brown, palm

**tamari**

**TAMARIND**

tempeh

***Thai cuisine***

**TOFU**, e.g., extra-firm, smoked

tomatoes, e.g., cherry

vegetables, esp. crisp, green

*Vietnamese cuisine*

**vinegar**, e.g., balsamic or rice

walnuts

water chestnuts

watercress

zucchini

NOODLES, SHIRATAKI and TOFU SHIRATAKI

bell peppers, e.g., red

bok choy

coconut milk

*curries, esp. Thai*

curry paste

curry spices

garlic

ginger

lime, e.g., juice

miso

*pad thai*

*salads, e.g., noodle, vegetable*

sauces, e.g., creamy

scallions

*soups*

soy sauce

*stir-fries*

stock, vegetable

tofu, e.g., grilled, smoked

NOODLES, SOBA—WHOLE-GRAIN

asparagus

avocado

**basil**

Thai basil

**beans, e.g., green**

beans, fermented black

**BELL PEPPERS**, e.g., red, yellow

**broccoli**

**broccolini**

**broccoli rabe**

Brussels sprouts

**CABBAGE**, e.g., napa, red, savoy

**CARROTS**

**cashews**

celery

chard

**chiles**, e.g., jalapeño, **chili pepper flakes**

**CILANTRO**

coconut milk

corn

**cucumber**

**daikon**

**dashi**

*dips, e.g., hot broths*

edamame

eggplant

**GARLIC**

**GINGER**

**greens, salad**

hoisin sauce

***Japanese cuisine***

Kaffir lime leaves

kale

**kombu**

lemon, e.g., juice

lettuce, e.g., romaine

lime

lotus root

mirin

**MISO**, e.g., red

**MUSHROOMS**, e.g., enoki, portobello, shiitake, wild

**nori**

**OIL**, e.g., canola, corn, grapeseed, **olive**, peanut, **SESAME**

onions, red

**orange**, e.g., juice

**peanuts**

**peanut sauce**

peas

pea shoots

pickled cabbage, e.g., red

plums

plum sauce

radishes, e.g., icicle

sake

***SALADS****, e.g., Asian, chilled noodle*

**SCALLIONS**

**sea vegetables**, e.g., arame, dulse, hiziki, wakame

**SESAME**, e.g., oil, paste, seeds

**snow peas**

***SOUPS****, e.g., coconut, miso*

**SOY SAUCE**

**SPINACH**

**sprouts**, e.g., alfalfa, buckwheat, mung bean, sunflower

***stir-fries***

**stock**, e.g., vegetable

sugar, e.g., brown

sugar snap peas

*sushi, noodle*

sweet potatoes

**TAHINI**

**TAMARI, e.g., low-sodium**

**tempeh**

teriyaki sauce

**TOFU**, e.g., firm, silken, smoked

**tomatoes**, e.g., cherry or grape, tomato paste

**VINEGAR**, e.g., apple cider, balsamic, **RICE WINE**, **white wine**

**wasabi**

water chestnuts

watercress

wine, e.g., dry sherry

*wraps, e.g., in rice paper*

NOODLES, SOMEN

bell peppers

carrots

celery

cilantro

cucumber

edamame

garlic

ginger

*Japanese cuisine*

*Korean cuisine*

**lime**

palm, hearts of

papaya

parsnips

**peanuts**

**peanut sauce**

***salads****, e.g., noodle*

sauces, dipping

scallions

shiso

*soups, e.g., cold or hot*

soy sauce

turnips

vinegar, e.g., rice

NOODLES, UDON

agave nectar

almonds

beans, green

**bell peppers**, e.g., red, yellow

bok choy

broccoli cabbage, e.g., napa

**carrots**

celery

chili paste

chili pepper flakes

cilantro

coconut milk

*cold sesame noodles*

cucumbers

daikon

dashi

**garlic**

**GINGER**

hoisin

***Japanese cuisine***

kombu

lemon, e.g., juice

maple syrup

**mirin**

miso

**MUSHROOMS**, e.g., Asian, button, cremini, oyster, **shiitake**

**nori**

oil, e.g., olive, sesame

onions

**peanuts**

**peanut butter**

**peanut sauce**

radishes

sake

***SALADS****, e.g., Asian, chilled noodle*

sauces, dipping

**scallions**

**SESAME**, e.g., oil, paste, sauce, seeds

snow peas

***soups, e.g., coconut milk–based***

**SOY SAUCE**

squash, e.g., kabocha

***stir-fries***

**stock**, e.g., mushroom, vegetable

sugar snap peas

tahini

tamari

tempura

**TOFU**, e.g., baked, extra-firm

vegetables

**vinegar, rice**

wasabi

watercress

NORI (aka LAVER)

arugula, e.g., micro

asparagus

**AVOCADO**

barley, e.g., hulled, pearled

beans, e.g., haricots verts

bell peppers, red

burdock

**carrots**

chayote

chili pepper flakes

cilantro

**CUCUMBER**

daikon

**ginger, pickled**

**GRAINS, WHOLE**, e.g., brown rice, hulled barley, pearl barley, quinoa, rye

berries

greens, dandelion

***Japanese cuisine***

kiwi

kombu

*macrobiotic cuisine*

mango

mirin

miso

**MUSHROOMS**, e.g., enoki, shiitake

**noodles**, e.g., soba, udon

***NORI ROLLS***

onions

popcorn

**RICE**, esp. **black**, **brown**, **Japanese**, red, **short-grain**, **sticky**, **sushi**, white

*rice balls*

rye berries

***SALADS, e.g., bean, grain, green***

**salt, sea**

scallions

sea vegetables

**SESAME SEEDS**, e.g., white

shiso

snow peas

***SOUPS***

**SOY SAUCE**

spinach

sprouts, e.g., alfalfa

*stews*

***SUSHI, VEGETARIAN***

sweet potato

tamari

tempeh

teriyaki sauce

**tofu**

umeboshi

umeboshi paste

**vegetables**

**VINEGAR**, e.g., brown rice, rice wine

wakame

**WASABI**

NUTMEG

apples

***BAKED GOODS****, e.g., biscuits, cakes, cookies, pastries, pies*

bananas

carrots

*cereals, hot breakfast*

chocolate

cinnamon

cloves

coconut milk

**milk**

***desserts****, e.g., cheesecake, custards, puddings*

***drinks****, esp. cream- or milk-based, e.g., eggnogs*

*egg dishes, e.g., quiches*

*French cuisine*

**fruit**, e.g., dried, fresh

ginger

greens, bitter, e.g., sautéed

*ice cream*

*Indian cuisine*

*Italian cuisine, e.g., sauces*

lemon

lemongrass

**mace**

**milk**

mushrooms

***noodle dishes****, e.g., macaroni*

***pastas***

**potatoes**, e.g., mashed

***puddings****, e.g., rice*

pumpkin

*quatre épices*

**rice**

***sauces****, e.g., barbecue, béchamel,* ***cheese****, cream, pasta, tomato*

*soups, e.g., cream*

**SPINACH**

squash, e.g., winter

*stews, e.g., vegetable*

sweet potatoes

vanilla

yams

NUTRITIONAL YEAST (aka affectionately as NOOCH)

almonds

arrowroot

artichokes

barley

beans

bread, garlic

*breadings*

broccoli

cashews, raw

***casseroles***

chard

*dips*

*dressings*

**garlic**, e.g., fresh, powder

***gravies***

hummus

kelp powder

**lemon**, e.g., juice

macaroni

milk, nondairy

**mustard**, e.g., Dijon

nuts, raw, e.g., cashews, macadamia

**oil**, e.g., grapeseed, olive

onion, e.g., powder

paprika

***pastas***

pepper, black

pizza

**POPCORN**

potatoes, e.g., baked

rice

***salad dressings***

*salads*

**salt**, e.g., sea

***SAUCES, e.g., “cheese-y”***

**sesame seeds**

***soups***

spinach

*spreads*

*stews*

***stocks, vegetable***

tamari

thyme

**tofu**, e.g., *scrambles*

turmeric

vegetables

NUTS, BRAZIL

apples

***baked goods****, e.g., cakes, cookies, pies*

*cereals, hot breakfast*

chocolate

dates

*desserts*

figs

nuts, mixed

*piecrusts*

raisins

*salads*

*smoothies*

*snacks*

***stuffings***

*trail mix*

NUTS, MACADAMIA

almonds

***baked goods****, e.g., breads, cookies, muffins*

bananas

broccoli

cabbage

**chiles, e.g., chipotle**

**CHOCOLATE, e.g., DARK**, **white**

cinnamon

coconut

coconut milk

coffee

***desserts***

fruits, dried, e.g., cranberries

garlic

ginger

grapes

***HAWAIIAN CUISINE***

hazelnuts

*ice cream*

kiwi

lemon

lime

mangoes

nectarines

**oats**

**oatmeal**

orange

*pancakes*

papaya

pears

*pestos*

**pineapple**

**rice**, e.g., basmati, wild

rum

*salads*

*salsas, e.g., pineapple*

*sauces, e.g., chocolate, nut*

*soups*

*spreads*

starfruit

*stir-fries*

strawberries

sugar, brown

tangerines

**vanilla**

# O

OATMEAL and OATS

**ALMONDS**

**APPLES**

**APPLE JUICE**

**apricots, e.g., dried**

***BAKED GOODS, e.g., biscuits, breads, cakes, COOKIES, muffins, quick***

***breads***

**bananas**

**berries**, e.g., **blueberries**, raspberries

*breading, e.g., for seitan*

cardamom

cashews

celery

***CEREALS, HOT BREAKFAST***

**CINNAMON**

coconut

***DESSERTS***, *e.g., fruit crisps*

*crumbles*

dill

fennel seeds

**FRUITS, DRIED, e.g., cherries, cranberries, currants, dates, figs, peaches, plums, RAISINS**

ginger

***GRANOLA***

***Irish cuisine***

juice, fruit, e.g., apple, pear

kefir

**MAPLE SYRUP**

*“meatballs” or “meatloaf,” vegetarian*

**milk, dairy or nondairy**, e.g., almond, coconut, hemp, rice, soy

molasses

***muesli***

nutmeg

**NUTS**, e.g., **ALMONDS**, cashews, hazelnuts, macadamias, peanuts, **pecans**, pistachios, **walnuts**

\****OATMEAL***

oil, e.g., coconut, flaxseed, safflower, sesame

orange, e.g., juice, zest

*pancakes*

*waffles*

parsley

**peaches**

pears

**PLUMS**

**RAISINS**

sage

salt, sea

***Scottish cuisine***

**SEEDS**, e.g., flax, pumpkin, sesame, **sunflower**

*soups, e.g., Irish, Scottish, or as a thickener, to make creamier*

stock, vegetable

**sugar, e.g., brown**

*trail mix*

**vanilla**

***veggie burgers***

yogurt

OIL, ACORN SQUASH SEED

Brussels sprouts

*casseroles*

*marinades*

*salads*

*soups, e.g., winter*

squash, esp. winter, e.g., acorn, butternut

vegetables, e.g., roasted, sautéed

OIL, ALMOND

almonds

asparagus

*baked goods*

*Chinese cuisine*

*dressings*

*Indian cuisine*

lettuce, e.g., romaine

mustard

*pastas*

*salad dressings*, e.g., vinaigrettes

*salads*

*sauces*

*sautéed dishes*

*stir-fries*

vegetables

vinegar, e.g., champagne

OIL, ARGAN

**almonds**

**almond paste**

basil

bell peppers, e.g., red, roasted

chickpeas

chocolate

couscous

cucumbers

*desserts*

*dips*

*hummus*

lemon, e.g., juice

**lentils**

***Moroccan cuisine***

*pastas*

*pestos*

pine nuts

rice

***salad dressings***

***salads***

*sauces*

sesame, e.g., paste, seeds

***soups****, e.g., bean, cucumber, lentil, pea, potato, vegetable*

*stews, e.g., tagines*

sweet potatoes

tomatoes

vegetables, e.g., grilled

verjus

vinegar, e.g., apple cider, champagne

yogurt

za’atar

zucchini

OIL, AVOCADO

avocado

cilantro

**fruit**, e.g., citrus

grapefruit

lemon, e.g., juice, zest

lime, e.g., juice, zest

melon

orange, e.g., juice, zest

*pestos*

***salad dressings***

***salads***

vegetables, e.g., grilled, roasted

vinegar, e.g., fruit, sherry, tarragon

yogurt

OIL, CAMELINA SEED

asparagus

*baked goods, e.g., muffins, quick breads*

cabbage

carrots

*cereals, hot breakfast*

chickpeas

dill

*dips, e.g., baba ghanoush, hummus*

eggplant

garlic, e.g., green

*granola*

kale

lemon, e.g., caramelized

*marinades*

mustard, e.g., Dijon

*pastas, e.g., primavera*

pepper, black

*pestos*

*pilafs*

rice

***salad dressings***

***salads***

*sauces, oil-based*

*slaws, e.g., Asian, cole*

*smoothies*

vegetables, e.g., roasted

vinegar, e.g., apple cider, balsamic

zucchini

OIL, CANOLA

*Asian cuisines*

***baked goods****, e.g., muffins, quick breads*

chiles

*curries, e.g., Asian*

*dips*

*dressings*

*Mexican cuisine*

*pancakes*

*salad dressings*

*salads*

*sauces*

*soups*

*spicy dishes*

*stews*

OIL, CHILI

*Asian cuisines*

cabbage, e.g., Chinese, napa

cilantro

garlic

ginger

mangoes

noodles, Asian

oil, sesame

peanuts

*salad dressings*

*sauces, e.g., dipping, peanut*

shallots

soy sauce

sugar, e.g., brown

sweet potatoes

tatsoi

vinegar, e.g., red wine, rice wine

OIL, COCONUT

agave nectar

**almonds**

**almond butter**

*Asian cuisines*

***baked goods****, e.g., cakes, cookies*

**chocolate**

**cocoa powder**

coconut

*confections, e.g., truffles*

coriander

*curries*

*desserts, e.g., raw*

*doughnuts*

garlic

ginger

greens, e.g., bitter

*“ice creams”*

*icings*

*Indian cuisine*

lime

nutmeg

oatmeal

onions

**popcorn**

scallions

*Southeast Asian cuisine*s

*stir-fries*

sweet potatoes

OIL, FLAXSEED

artichokes

bell peppers, e.g., roasted red

bread

***cereals, breakfast***

herbs

lemon

mustard, Dijon

popcorn

*porridges*

rice

***SALAD DRESSINGS***

*salads*

*sauces*

***smoothies***

*spreads*

vinegar, apple cider

OIL, GRAPESEED

citrus

coconut

herbs

*marinades*

***mayonnaises***

oils, other, e.g., nut, olive

***SALAD DRESSINGS****, e.g., vinaigrettes*

*salads*

sauces, oil-based

***sautéed dishes***

vinegar

OIL, HAZELNUT

apples

**artichokes**

*baked goods*

beans, e.g., green

berries, e.g., blackberries, raspberries

bread

broccoli

chicory

citrus juices

*desserts, e.g., confections, cookies*

*dips*

*dressings*

endive

figs

garlic

greens, e.g., bitter, dandelion

**hazelnuts**

lemon, e.g., juice

**mustard**, e.g., Dijon

oils, other quieter

***pastas***

pears

persimmons

potatoes

rice, e.g., wild

***SALAD DRESSINGS****, e.g., vinaigrettes*

*salads*

***sauces***

shallots

spinach

tomatoes

OIL, HEMP

garlic

grains, e.g., oats, quinoa

lemon, e.g., juice

mustard, e.g., Dijon

oils, other quieter

*pestos*

popcorn

***salad dressings***

*salads*

*sauces*

*smoothies*

*soups, e.g., avocado, cold*

vegetables

vinegar, e.g., balsamic

OIL, LEMON

artichokes

arugula

asparagus

*baked goods, e.g., pastries*

beans, green

beets

broccoli

broccolini

carrots

chili pepper flakes

fennel

garlic

olives, black

parsley

*pastas*

pepper, e.g., black

rosemary

***salad dressings****, e.g., lemon vinaigrettes*

*salads*

thyme

OIL, OLIVE

almonds

arugula

*baked goods, esp. Italian, e.g., cakes, cookies, piecrusts*

basil

beans, e.g., cannellini, white

beets

bread

breadcrumbs

*bruschetta*

capers

chickpeas

chiles

citrus

coriander

cornmeal

cumin

*dressings*

eggplant

fennel

*French cuisine, e.g., Provençal*

**GARLIC**

greens, bitter

salad

herbs, e.g., fresh

hummus

*Italian cuisine*

**LEMONS**, e.g., juice, zest

limes, e.g., juice, zest

***marinades***

*mayonnaises*

***Mediterranean cuisines***

*Middle Eastern cuisines*

*Moroccan cuisine*

mushrooms, e.g., portobello

mustard, e.g., Dijon

oils, other, e.g., hazelnut, walnut

**olives**

onions

oranges, e.g., juice, zest

**parsley**

***pastas***

pepper, black

*pesto*

pine nuts

*pizzas*

**potatoes**

rosemary

***salad dressings****, e.g., vinaigrettes*

*salads, e.g., bean, green, panzanella, pasta, potato*

salt

*sauces, e.g., cold*

*sautéed dishes*

*soups*

*Spanish cuisine*

thyme

**tomatoes**

vegetables

**vinegar**, e.g., balsamic, champagne, fruit, red wine, sherry, white wine

walnuts

OIL, PEANUT

***ASIAN CUISINES***

*baked goods*

*Chinese cuisine*

*curries*

*fried dishes*

fruits

garlic

ginger

lentils

noodles, e.g., Asian

pasta

**peanuts**

***salad dressings, e.g., Asian, fruit***

*salads, e.g., fruit*

*sauces, e.g., peanut*

scallions

sesame, e.g., oil, seeds

soy sauce

***STIR-FRIES***

tofu

vinegar, e.g., balsamic, malt

OIL, PINE NUT

basil

broccoli

broccoli rabe

chard

chili pepper flakes

garlic

parsley

*pastas*

*pestos*

pine nuts

rice

*sauces*

soy sauce

spinach

*stuffings*

thyme

tomatoes

vinegar, e.g., rice, wine

OIL, PISTACHIO

apples

asparagus

avocado

*baked goods, e.g., breads*

beets

*dips*

*dressings*

garlic

grapes

lettuce

*mayonnaise*

orange

*pastas*

pears

*pestos*

**pistachios**

*salad dressings*

*salads*

*sauces*

tomatoes

vinegar, e.g., balsamic, red wine, tarragon

zucchini

zucchini blossoms

OIL, PUMPKIN SEED

*American cuisine*

***Austrian cuisine***

avocados

*baked goods, e.g., pastries*

citrus

corn

*Croatian cuisine*

*desserts*

*dips*

*dressings*

ice cream, e.g., vanilla

*Indian cuisine*

maple syrup

*marinades*

*Mexican cuisine*

mustard, e.g., Dijon

oils, other quieter, e.g., vegetable

***pastas***

**pumpkin**

**pumpkin seeds**

rice

***salads***

*sauces*

*Slovenian cuisine*

***soups***

squash, e.g., winter

vegetables

vinegar, e.g., apple cider, balsamic, rice wine

OIL, RED PALM

*(West) African cuisine*

*baked goods, e.g., muffins*

bananas

chiles

*chili, vegetarian*

cilantro

coconut

couscous

*curries*

egg dishes

garlic

ginger

lemon

lime

*macaroni*

oils, other, e.g., canola, coconut, neutral

onions

*pastas, homemade (for yellow/orange color)*

plantains

popcorn

rice

*salad dressings*

*sauces, e.g., tomato*

*soups, e.g., pumpkin*

tomatoes

tomato sauce

vegetables, e.g., roasted, sautéed

OIL, SAFFLOWER

artichokes, Jerusalem

***baked goods***

chicory

*curries*

*granola*

lettuces

noodles, e.g., Asian

*salad dressings*

***salads***

salsify

*stir-fries*

OIL, SESAME

***ASIAN CUISINES***

*baked goods*

**beans, e.g., green**

*Chinese cuisine*

*dips*

*dipping sauces*

*dressings*

garlic

**ginger**

grains

greens

*Japanese cuisine*

*Korean cuisine*

lemon, e.g., juice

**lime**, e.g., juice

***MARINADES***

mirin

**miso**

**mustard**, e.g., Dijon

**noodles**, e.g., Asian

**oil**, other, e.g., canola, olive, sunflower

orange

*pastas*

pumpkin

***SALAD DRESSINGS****, e.g., Asian*

*salads, e.g., Asian, green, noodle*

***SAUCES***

**SEEDS, SESAME**

***soups****, e.g., miso*

**SOY SAUCE**

***STIR-FRIES***

sugar snap peas

**tamari**

**tofu**

vinegar, e.g., apple cider, rice

OIL, SUNFLOWER SEED

***salad dressings***

*salads, e.g., green, spinach*

***sauces***

sprouts, sunflower

sunflower seeds

**vinegar**, e.g., apple cider, red wine

OIL, TRUFFLE—IN GENERAL (i.e., BLACK or WHITE)

leeks

mushrooms, e.g., chanterelle, portobello

***pastas***

potatoes

***risottos***

*salad dressings*

OIL, TRUFFLE—BLACK

*French cuisine*

*marinades*

mushrooms

potatoes

*salads*

OIL, TRUFFLE—OREGON

mushrooms, e.g., wild

*pastas, esp. creamy*

*pizzas*

popcorn

potatoes, e.g., baked, mashed

*risottos*

*sauces, e.g., creamy*

OIL, TRUFFLE—WHITE

artichokes

asparagus

***Italian cuisine***

*marinades*

mushrooms, e.g., porcini

***pastas****, e.g., fettuccine, gnocchi*

potatoes

***risottos***

OIL, WALNUT

apples

artichokes, Jerusalem

arugula

asparagus

***baked goods****, e.g., breads, scones*

**beets**

breads

celery

celery leaves

chicory

citrus, e.g., juices

*dips*

**endive**

escarole

fennel

figs

frisée

garlic

grapes

**greens**, e.g., bitter, dandelion, salad

ice cream

lemon, e.g., juice

lentils

**mustard, Dijon**

oil, other quieter, e.g., olive

parsley

***pasta*s**

**peaches**

**pears**

pepper, black

persimmons

pomegranates

radicchio

***SALAD DRESSINGS****, e.g., vinaigrettes*

***salads****, e.g., grain, green*

*sauces*

**shallots**

**tomatoes**

vegetables, e.g., grilled

**VINEGAR**, e.g., **balsamic**, champagne, cider, **red wine**, **sherry**, **tarragon**, white wine

**WALNUTS**

OKRA

***African cuisine***

apricots, dried

**BASIL**

beans, e.g., green

**bell peppers**, e.g., green, red, yellow

bulgur

*Caribbean cuisine*

cayenne

celery

chickpeas

**chiles**

chili pepper flakes

chili pepper sauce

chili powder

cilantro

cinnamon

coconut

**coriander**

**CORN**

cornmeal

***CREOLE CUISINE***

cucumbers

**cumin**

***CURRIES***

**curry powder**

dill

eggplant

*Ethiopian cuisine*

fennel

garam masala

**GARLIC**

**GINGER**

grits

***GUMBOS***

*Indian cuisine*

**LEMON**, e.g., juice

lime

*Mediterranean cuisines*

*Middle Eastern cuisines*

mint

mushrooms

mustard seeds

nutmeg

**OIL**, e.g., grapeseed, **OLIVE**, sesame

**ONIONS**, e.g., green, **red**

orange

**PARSLEY**

pepper, black

plantains

**potatoes**

*ratatouille*

**RICE**, e.g., long-grain

*salads*

salt, e.g., kosher

**SAUCES**, e.g., hot (e.g., Tabasco), **TOMATO**

***SOUPS***

***Southern (U.S.) cuisine***

***STEWS***

sweet potatoes

**thyme**

\***TOMATOES**

**turmeric**

**vinegar**

yogurt

OLIVES—IN GENERAL, or MIXED

**almonds**

artichokes, e.g., globe, Jerusalem

arugula

asparagus

avocados

*baked goods, e.g., breads, focaccia*

basil

bay leaf

beans, e.g., black, cannellini, fava, green

**bell peppers**, esp. roasted

*breads*

**CAPERS**

*caponata*

cauliflower

chard, Swiss

**chickpeas**

**chiles**, e.g., jalapeño, chili pepper flakes

cilantro

citrus

coriander

couscous

cumin

*dips*

eggplant

endive

**fennel**

figs

**GARLIC**

grains

***Greek cuisine***

greens, e.g., salad

**herbs**

hummus

kale

leeks

**LEMON**, e.g., juice, zest

mayonnaise

***Mediterranean cuisines***

*Moroccan cuisine*

*muffulettas*

mushrooms

nuts

**OIL, OLIVE**

onions, e.g., red

**ORANGE,** e.g., juice, zest

oregano

paprika

**parsley**

***PASTAS****, e.g., linguini, spaghetti*

pepper, e.g., black, white

pesto

**pine nuts**

***PIZZA***

polenta

**potatoes**, e.g., new

*Provençal cuisine*

rice

*risottos*

**ROSEMARY**

***SALADS****, e.g., bean, chopped, grain, Greek, niçoise, pasta*

*salsas*

salt, e.g., kosher, sea

***sandwiches***

***SAUCES****, e.g., pasta, puttanesca (vegetarian)*

spinach

*spreads*

***TAPENADES***

**thyme**

**TOMATOES**

sun-dried tomatoes

vegetables, roasted

vinegar, e.g., red wine, sherry

walnuts

zucchini

OLIVES, KALAMATA

brine

artichoke hearts

**basil**

bell peppers

**capers**

*caponata*

cardoons

chard, Swiss

chickpeas

**chili pepper flakes**

cucumbers

cumin

**GARLIC**

***GREEK CUISINE***

herbs

leeks

**lemon**, e.g., juice, zest

miso

mushrooms

mustard, Dijon

**OIL, OLIVE**

onions

orange, e.g., zest

**oregano**

paprika

parsley

***pasta****, e.g., linguini, penne, rigatoni*

*pastes, olive*

pepper, black

***pizza***

polenta

potatoes, e.g., red

rosemary

*salad dressings*

***salads****, e.g., Greek, spinach*

salt, sea

*sauces, e.g., pasta, puttanesca*

scallions

spinach

*spreads*

*tapenades*

tofu, e.g., extra-firm, soft

**tomatoes**

**tomato sauce**

tomatoes, sun-dried

vinegar, e.g., red wine

wine, dry

OLIVES, MANZANILLA (aka SPANISH OLIVES)

almonds, e.g., Spanish

***cocktails****, e.g., martinis*

**garlic**

oil, olive

**pimento**

*pizza*

*salads*

*Spanish cuisine*

OLIVES, NIÇOISE

herbs

lemon, e.g., juice, zest

lettuce, e.g., romaine

onions

oranges, e.g., blood

*pastes, olive*

potatoes

rosemary

*salads, e.g., niçoise, vegetable*

salt

*tapenades*

thyme

OLIVES, PICHOLINE

artichokes

avocadoes

bay leaf

chickpeas

citrus, e.g., lemon, orange

fennel

*French cuisine, esp. Provençal*

garlic

lemon

mustard

oil, olive

onions, e.g., red

orange

*salads, e.g., egg, fennel, green*

thyme

vinegar

ONIONS—IN GENERAL, or MIXED

**APPLES, e.g., cider, fruit, juice**

arame

arugula

avocado

barley

pearl barley

**basil**

**bay leaf**

**BEANS**, e.g., black, green, kidney, pinto, white

beets

**bell peppers**

black-eyed peas

breadcrumbs

***breads****, e.g., focaccia*

*caramelized onions*

cardamom

**CARROTS**

*casseroles*

cauliflower

cayenne

**CELERY**

celery seeds

chard

chestnuts

**chickpeas**

chiles

*chili, vegetarian*

**cinnamon**

**cloves**

*compotes*

*confit*

coriander

corn

couscous

crème fraîche

croutons

*curries*

curry powder

dates

dill

*dips*

eggplant

fennel

fennel seeds

figs

*French cuisine, e.g., soups, tarts*

frisée

**GARLIC**

grains, whole

***gravies***

**greens**, e.g., bitter (e.g., collard) or salad

kale

**lemon**, e.g., juice, zest

**LENTILS**

Madeira

marjoram

milk

mint

miso

**MUSHROOMS, e.g., porcini**

**mustard, Dijon**

**nutmeg**

**OIL, e.g., OLIVE**

olives

oregano

**PARSLEY**

parsnips

***pastas***, e.g., ziti

**PEPPER**, e.g., black, white

*pies*

pine nuts

***pizza***

polenta

poppy seeds

**potatoes**

pumpkin

quinoa

raisins

*relishes*

**RICE**, e.g., Arborio, brown, **wild**

*risottos*

**ROSEMARY**

**sage**

*salad dressings*

***SALADS***

salt, e.g., kosher, sea

*sandwiches*

***sauces***

savory

shallots

sherry

sorrel

***SOUPS, e.g., onion, vegetable***

**soy sauce**

**spinach**

squash, e.g., spaghetti

***stews***

***STOCKS, e.g., vegetable***

*stuffed onions, e.g., with cheese, herbs, and/or rice*

sugar (i.e., a pinch)

sumac

sweet potatoes

tahini

tamari

***tarts, onion***

**THYME**

**TOMATOES**

**tomato paste**

vegetables, e.g., root

*veggie burgers*

**VINEGAR**, e.g., balsamic, **red wine**, sherry, tarragon, white balsamic

walnuts

**WINE**, e.g., dry red or white

yogurt

zucchini

ONIONS, CIPOLLINI

bay leaf

cinnamon

*Italian cuisine*

*kebabs*

oil, olive

onions, other

*pastas*

raisins

rosemary

sage

*salads*

*sauces*

shallots

stock, vegetable

sugar, e.g., brown

thyme

vinegar, e.g., balsamic, champagne, sherry

wine, dry red

ONIONS, PEARL

breadcrumbs

Brussels sprouts

burdock

carrots

*casseroles*

garlic

grains, e.g., barley, couscous

*gratins*

*kebabs*

lentils

mushrooms, e.g., porcini, portobello

oil, e.g., olive

parsley

pasta

potatoes

rice

rosemary

*salads*

*sauces*

shallots

*soups, e.g., mushroom*

spinach

*stews*

stock, e.g., mushroom, vegetable

tempeh

vinegar, e.g., balsamic

ONIONS, RED (see also ONIONS)

avocado

beans, e.g., black

beets

carrots

cauliflower

celery

chickpeas

cilantro

fennel

**fruits**, e.g., apples, mangoes, melons, oranges, papayas, peaches, pineapple

garlic

ginger

jícama

lemon, e.g., juice

lime, e.g., juice, zest

maple syrup

miso, e.g., dark or red

mushrooms, e.g., portobello

**OIL, OLIVE**

olives

*onion rings*

orange, e.g., juice, zest

parsley

pepper, black

*pizza*

potatoes

*quesadillas*

***SALADS****, e.g., green, potato, tomato*

***SALSAS****, e.g., fruit, tomato*

**salt**, e.g., kosher, sea

*soups*

squash, winter, e.g., butternut

**stock, vegetable**

sweet potatoes

**thyme**

tomatoes

*veggie burgers*

**VINEGAR**, e.g., balsamic, red wine, rice wine, sherry, white wine

wine, e.g., dry red

ONIONS, VIDALIA

onions

basil

breadcrumbs

garlic

mustard, Dijon

**oil, olive**

pepper, black

pine nuts

salt

*sauces*

*stuffed onions*

thyme

vinegar, e.g., balsamic, red wine

wine, dry white

zucchini

ORANGES, ORANGE JUICE, ORANGE ZEST

anise seeds

**apples**

apricots

Armagnac

arugula

*Asian cuisines*

asparagus

**avocados**

***BAKED GOODS****, e.g., cakes, muffins, quick breads, scones, tarts*

**bananas**

barley, e.g., pearl

basil

**beans, e.g., black**, white

**BEETS**

**berries**, e.g., **blueberries**, raspberries, **strawberries**

*beverages, e.g., juices, sangrias, smoothies*

brandy

broccoli

broccolini

bulgur

cabbage, e.g., red

**cardamom**

**CARROTS**

celery root

*cereals, hot breakfast*

chickpeas

chili pepper flakes

**chiles, e.g., chipotle**

*Chinese cuisine (native ingredient)*

chives

**CHOCOLATE**, e.g., dark, white

cilantro

**CINNAMON**

**citrus fruits, other**, e.g., **grapefruit**, **lemon**, lime

**cloves**

**coconut**

*compotes*

**coriander**

**couscous**

**CRANBERRIES**

cumin

daikon

**DATES**

*desserts, e.g., puddings*

endive

escarole

**FENNEL**

figs

fruit, dried

fresh

**garlic**

**GINGER**

**greens**, e.g., dandelion, salad

*“gremolata”*

horseradish

**jícama**

kiwi

lettuce, e.g., Bibb

liqueurs, orange, e.g., Cointreau, Grand Marnier

**mangoes**

maple syrup

*marinades*

*marmalade*

mascarpone

mesclun

millet

**mint**

miso

mushrooms, e.g., shiitake, wild

**mustard, Dijon**

noodles, Asian

**NUTS, e.g., ALMONDS, cashews, hazelnuts,** peanuts, **PECANS, pine nuts, pistachios, WALNUTS**

**oil, e.g., olive**, sunflower seed

**OLIVES**, e.g., black, kalamata

**onions**, e.g., green, red, Vidalia

oranges, blood

papayas

parsley

**parsnips**

**pears**

pepper, black

pineapple

plums

pomegranates

pumpkin

quinoa

radicchio

radishes

rhubarb

**rice**

wild rice

**rosemary**

rutabagas

sage

*salad dressings*

***salads****, e.g., avocado, carrot, fruit, green*

***sauces***

scallions

seitan

sesame, e.g., oil, seeds

shallots

*smoothies, e.g., berry*, *pineapple*

snow peas

*soups, e.g., fruit*

*sorbets*

**soy sauce**

spinach

squash, e.g., butternut

star anise

starfruit

*stir-fries*

**sugar**, e.g., brown

**sweet potatoes**

tamari

tofu

turnips

**vanilla**

**vinegar**, e.g., balsamic, champagne, cider, red wine, rice wine, sherry, white wine

watercress

wine, e.g., red

yams

**yogurt**

ORANGES, BLOOD (see also ORANGES)

almonds

arugula

avocado

beets

***beverages****, e.g., juices, mimosas*

Brussels sprouts

caramel

chicory

chiles

chocolate, e.g., white

cilantro

cinnamon

citrus, other, e.g., limes, regular oranges

cloves

*desserts, e.g., fruit tarts*

endive

**FENNEL**

grains, e.g., quinoa

grapefruit

greens, salad

*ices/granitas*

jícama

kiwi

kumquats

lemon

lettuce, e.g., romaine

mangoes

mint

oil, e.g., olive

olives, e.g., black

onions, red

papaya

**pomegranates**

poppy seeds

radishes, e.g., black

***salad dressings***

***SALADS, e.g., fruit, green***

*salsas*

***sauces***

spinach

sugar, e.g., brown

tangerines

thyme

vanilla

vinegar, e.g., balsamic, milder

walnuts

watercress

wine, sparkling, e.g., Champagne

ORANGES, MANDARIN

agave nectar

almonds

bananas

basil

berries

**caramel**

cashews

*cheesecake*

chili paste

*Chinese cuisine*

chives

**chocolate, dark**

cilantro

**coconut**

*compotes*

cranberries

ginger

greens, salad

**hazelnuts**

hoisin sauce

*ice creams*

jícama

kumquats

**lemon**, e.g., juice

lettuce, e.g., romaine

lime

mangoes

mint

nutmeg

oil, e.g., flaxseed, olive

**onions, e.g., red**

orange, e.g., zest

parsley

peaches

pears

**pecans**

pepper, black

rice

***salad dressings***

***SALADS, e.g., fruit, green, spinach***

*salsas*

*sauces*

shallots

***sorbets***

spinach

strawberries

**sugar**, e.g., brown

*tarts*

tomatoes

vinegar, e.g., champagne, sherry

yogurt

OREGANO

**basil**

**BEANS, dried**, e.g., black, white

**bell peppers**, red

yellow, esp. roasted

capers

cayenne

chickpeas

chiles, e.g., red

*chili, vegetarian*

cilantro

citrus, e.g., lemon, orange

corn

cumin

**EGGPLANT**

endive

fennel

**garlic**

grains

***Greek cuisine***

***Italian cuisine***

*kebabs*

\***LEMON,** e.g., juice, zest

*marinades*

marjoram

***MEDITERRANEAN CUISINES***

***Mexican cuisine***

*Middle Eastern cuisines*

mushrooms

mustard, Dijon

**oil, olive**

**olives**

onions

orange

***PASTA***

pepper, black

\****PIZZA***

**potatoes**

**rice**

***salad dressings***

***SALADS*, e.g., Greek**

salt, sea

***SAUCES, esp. pasta, PIZZA, tomato***

scallions

***soups****, e.g., minestrone, spinach, tomato*, *yogurt*

*Southwest (American) cuisine*

**squash, summer**

squash, winter

*stews*

*stuffings*

tahini

\***TOMATOES**

**TOMATO SAUCE**

**vegetables**, e.g., roasted, stir-fried, summer

zucchini

OREGANO, MEXICAN

beans, e.g., black

*burritos*

*Central American cuisines*

chiles, e.g., green

***chili, vegetarian***

chili powder

**cumin**

*empanadas*

*enchiladas*

garlic

***MEXICAN CUISINE***

**onions**

paprika

*salsas*

*sauces*

*soups*

***Southwest (American) cuisine***

*spicy dishes*

*stews, vegetable*

*tacos*

*Tex-Mex cuisine*

# P

PALM, HEARTS OF (aka HEARTS OF PALM)

**almonds**, e.g., marcona

artichokes

artichoke hearts

arugula

asparagus

**AVOCADO**

**bell peppers**

breadcrumbs

cabbage, red

carrots

cashews

**cayenne**

celery

*Central American cuisines*

cilantro

**corn**

*Costa Rican cuisine*

***“CRABCAKES”***

*dips*

**garlic**

grains, whole

herbs

jícama

kelp

*Latin American cuisines*

**LEMON**, e.g., juice, zest

lemongrass

lentils

lettuce, e.g., romaine

**LIME**, e.g., juice, zest

mango

mayonnaise

mushrooms, e.g., shiitake

mustard, e.g., Dijon

noodles, Asian, e.g., somen

oil, e.g., olive, vegetable

Old Bay seasoning

**onions**, e.g., green, red

**oranges**

blood oranges

oregano

papaya

parsley

pepper, black

pineapple

***SALADS***, *e.g., green, noodle*

salt

scallions

***soups***

*South American cuisines*

spinach

*spreads*

sprouts

stock, vegetable

*tacos*

tangerines

thyme

**TOMATOES**, e.g., cherry, grape

**vinaigrette**

vinegar, e.g., balsamic

PALM SHORTENING

*baked goods, e.g., cakes, cookies, crumbles, piecrusts*

*desserts*

*fries, e.g., French*

*icings*

PAPAYA (i.e., RED)

agave nectar

arugula

**AVOCADOS**

bananas

beans, e.g., black

**bell peppers**, red

**berries**, e.g., raspberries, **strawberries**

*Caribbean cuisines*

carrots

**cayenne**

**CHILES**, e.g., ancho, jalapeño, chili pepper sauce

*chutneys*

**CILANTRO**

cinnamon

**CITRUS, e.g., grapefruit, LEMON, \*LIME**

**coconut**

**cucumbers**

cumin

*curries*

daikon

garlic

**GINGER**

grapefruit

greens, salad

*ice creams*

*jams*

**jícama**

kiwi

lavender

lemongrass

lettuce

**MANGO**

*marinades*

melon, e.g., cantaloupe, honeydew

**MINT**

nutmeg

**nuts**, e.g., almonds, cashews, macadamia nuts, peanuts

oil, olive

**ONIONS**, **RED**

**orange**, e.g., fruit, juice, zest

**passion fruit**

peaches

**pineapple**

rice

*salad dressings*

***SALADS, e.g., fruit***

***SALSAS***

salt

scallions

shallots

***SMOOTHIES***

*sorbets*

soy sauce

spinach

sprouts, mung bean

**sugar**, e.g., brown

*summer rolls*

tofu

tomatoes

tortillas, corn

vanilla

vinegar, e.g., rice wine, tarragon

**yogurt**

PAPAYA, GREEN (UNRIPE)

basil, Thai

beans, green

carrots

chiles, e.g., fresh red, chili pepper paste

cucumbers

**garlic**

**ginger**

**lettuce**, e.g., Boston, butter

**LIME,** e.g., juice

mint

onions, red

**PEANUTS**

***SALADS, e.g., Thai***

**soy sauce**

**sugar**, e.g., brown, palm

**tamari**

tamarind

***Thai cuisine***

tomatoes, e.g., cherry

vinegar, rice

PAPRIKA (see also PAPRIKA, SMOKED)

beans, black

cayenne

chiles

chili powder

***chili, vegetarian***

cilantro

coriander

corn

**cumin**

***deviled eggs***

*Eastern European cuisines, e.g.,* ***Hungarian***

**garlic**

*goulash, vegetarian*

***Hungarian cuisine***

lemon

lime

*marinades*

mushrooms, e.g., stuffed

**onions**

orange

oregano

pecans

pepper, black

**potatoes**

purees

rice

*salad dressings*

***salads****, e.g., macaroni, potato*

***sauces****, e.g., cream, tomato*

sauerkraut

***soups***

**sour cream**

*Southwestern (U.S.) cuisine*

***Spanish cuisine,* esp. smoked paprika**

*spreads*

***stews***

*stroganoff, e.g., mushroom*

sweet potatoes

*Texas cuisine*

**tomatoes**

turmeric

vegetables

vinegar, e.g., balsamic, sherry

PAPRIKA, SMOKED

Pimenton

Pimenton De La Vera

almonds

avocados

bell peppers, e.g., red

*casseroles*

chickpeas

coriander

cumin

eggplant

**garlic**

greens, e.g., collard

*hummus*

kale

**legumes**, e.g., **beans** (e.g., black, kidney, white), black-eyed peas, **chickpeas**, lentils, split peas

lemon, e.g., juice

mushrooms, e.g., portobello

nuts

**oil, olive**

onions

orange

*paella, e.g., mushroom, vegetarian*

*pastas*

**potatoes**

rice

root vegetables, e.g., carrots, rutabagas

*salad dressings*

salt, sea

***sauces****, e.g., romesco, tomato, yogurt*

*sausage, vegan chorizo (e.g., seitan + olive oil + smoked paprika)*

seitan

***SOUPS****, e.g., bean, chickpea, kale, lentil, split pea, tomato, vegetable, winter*

*squash*

sour cream

***Spanish cuisine***

*stews*

stock, vegetable

sweet potatoes

tahini

*tempeh bacon*

**tomatoes**

yogurt

PARSLEY, generally ITALIAN (aka FLAT-LEAF PARSLEY)

**almonds**

apples

artichokes

avocados

*baba ghanoush*

barley

**basil**

bay leaf

**beans**, e.g., black, green

**beets**

bell peppers, red

*bouquets garnis*

breadcrumbs

**bulgur**

cabbage

**CAPERS**

**CARROTS**

cauliflower

**celery root**

**chervil**

**chickpeas**

chiles

chili pepper flakes

*chimichurri sauce*

**chives**

cilantro

corn

couscous

cucumbers

cumin

*dips*

eggplant

endive

fennel

fennel seeds

*fines herbes*

**GARLIC**

ginger

*gravies*

greens, salad

**herbs, other**

*hummus*

legumes

**LEMON**, e.g., juice, zest

**lentils**

lovage

marjoram

*Mediterranean cuisines*

*Middle Eastern cuisines*

**MINT**

*Moroccan cuisine*

**mushrooms**

noodles

**OIL, OLIVE**

olives

**onions**

orange, e.g., juice, zest

**parsnips**

***PASTAS****, e.g., fettuccine, linguini, penne, spaghetti*

peas

pepper, black

***pestos***

pine nuts

*pizza*

**POTATOES**

radishes

**rice**

rosemary

*salad dressings*

***SALADS****, e.g., egg, green, parsley, pasta, potato, rice, tabbouleh*

*salsas, e.g., verde*

salt, sea

*sandwiches*

***SAUCES****, e.g., chimichurri, parsley, pasta*

**savory**

scallions

**SHALLOTS**

sorrel

***SOUPS****, e.g., bean, carrot, onion*

spinach

squash, e.g., summer, winter (e.g., butternut)

***stews***

***STOCKS****, e.g., vegetable*

*stuffings*

sumac

sweet potatoes

***TABBOULEH***, or Middle Eastern parsley salad with bulgur

**tarragon**

thyme

**tomatoes**

sun-dried tomatoes

**vinegar**, e.g., balsamic, red wine, sherry

**walnuts**

**zucchini**

PARSLEY ROOT

apples

bay leaf

beans, e.g., cannellini, white

caraway seeds

**carrots**

cauliflower

celery

chestnuts

crème fraîche

*European cuisines, esp. Central*

*Eastern*

fennel

garlic

*gratins*

*hash*

hazelnuts

lemon, e.g., juice

maple syrup

*mashed potatoes*

mushrooms, e.g., chanterelle, hedgehog

oil, olive

**ONIONS**

orange, e.g., zest

**PARSLEY**

pepper, black

*pilafs*

**POTATOES**

***purees****, e.g., parsnip, potato*

*rémoulades*

sage

*salads*

salt, e.g., kosher

sauces, e.g., chimichurri

shallots

*slaws*

***SOUPS, e.g., celery root, potato***

squash, e.g., butternut

***stews, e.g., vegetable***

**stock, vegetable**

thyme

truffles, e.g., black

turnips

vegetables, other root

vinegar, e.g., champagne

watercress

wine, dry white

PARSNIPS

**allspice**

anise seeds

**APPLES**

**apple cider**

**apple juice**

***baked goods****, e.g., breads, cakes, muffins, pies*

**basil**

bay leaf

beans

**BREADCRUMBS**

**brown butter**

capers

caramel

cardamom

**CARROTS**

**celery**

celery leaves

celery seeds

**celery root**

chayote

chervil

*chips, parsnip*

**CHIVES**

**cilantro**

**CINNAMON**

cloves

coconut

**coriander**

couscous

crème fraîche

**cumin**

**CURRY, e.g., powder, spices**

***curries***

**dates**

*desserts, e.g., cakes, custards*

dill

fennel

**GARLIC**

**GINGER**

***gratins***

greens, bitter, e.g., dandelion, mustard

*hash browns*

horseradish

*“hummus”*

kale

**LEEKS**

**LEMON**, e.g., juice, zest

**lentils**

lettuce

lime, e.g., juice, zest

mace

**MAPLE SYRUP**

marjoram

mayonnaise

**milk**, e.g., almond, rice, soy

**mint**

miso

**MUSHROOMS**, e.g., porcini, portobello, shiitake

**MUSTARD**, e.g., Dijon, whole-grain

**NUTMEG**

**nuts**, e.g., **almonds**, hazelnuts, pecans, **walnuts**

**OILS**, e.g., flaxseed, grapeseed, hazelnut, **OLIVE**, peanut, sesame, sunflower, walnut

**ONIONS**, e.g., pearl, red, yellow

**ORANGE, e.g., juice, zest**

*pancakes*

paprika

**PARSLEY**

**pasta**, e.g., gnocchi, ravioli

**pears**

**PEPPER**, e.g., black, white

**POTATOES**

**pumpkin**

***PUREES****, e.g., carrot, parsnip, potato, pumpkin*

rice

“root rice” (a raw alternative to rice)

**root vegetables, other, e.g., carrots, celery root, rutabagas, turnips**

**ROSEMARY**

**rutabaga**

**sage**

***SALADS****, e.g., parsnip, vegetable*

**SALT, SEA**

savory

scallions

sesame, e.g., oil, seeds

shallots

*slaws*

sorrel

***SOUPS***

***BISQUES, e.g., cream, lentil, parsnip, potato, winter vegetable***

sour cream

squash, winter

star anise

***STEWS***

**STOCK, vegetable**

**sugar**, e.g., brown

sweet potatoes

**tarragon**

**THYME**

tofu, e.g., silken

**turmeric**

**turnips**

**vanilla**

**VEGETABLES, other root**

**vinegar**, e.g., **balsamic**, **cider**, rice, **sherry**, white wine

**wine**, e.g., dry red

yogurt

PASSION FRUIT

agave nectar

apples

bananas

**basil**

*cakes*

**caramel**

chiles, chipotle

chocolate, e.g., dark, white

cinnamon

**citrus**, e.g., grapefruit, lemon, **orange**

**COCONUT**

**COCONUT MILK**

***desserts****, e.g., filled, frozen, panna cottas, puddings (e.g., rice), sorbets, tarts*

fruit, other tropical

ginger

ice cream

**kiwi**

lemongrass

lime

mangoes

*marinades*

melon, e.g., cantaloupe

meringue

mint

**nuts**, e.g., almonds, cashews, hazelnuts, macadamia, peanuts, pistachios

papayas

pineapple

plums

raspberries

rum

*salad dressings*

*salads, fruit*

*sauces*

*smoothies*

**STRAWBERRIES**

**sugar**, e.g., brown

**vanilla**

vinegar, e.g., white wine

wine, e.g., sparkling (e.g., Champagne)

yogurt

PEACHES

allspice

apples

apple juice

**apricots**, e.g., dried, fresh, pureed

arugula

*baked goods, e.g., pies, scones*

**basil**

**BERRIES**, e.g., **blackberries, BLUEBERRIES, RASPBERRIES, strawberries**

**caramel**

cardamom

salata

chiles, e.g., chipotle, serrano

chocolate

*chutneys*

cilantro

**CINNAMON**

**cloves**

coconut

*compotes*

coriander

\***CREAM**

crème fraîche

cress, e.g., pepper

currants

***DESSERTS****, e.g., cobblers, crisps, crumbles, Melba, pies*

endive

**fennel**

**GINGER**

**grains**, whole, e.g., quinoa, wheat berries

grapes

**greens, salad**, e.g., baby chard

hazelnuts

***ice cream***

kefir

lavender

**LEMON**, e.g., juice, zest

lemongrass

**LEMON VERBENA**

**lime**

lychees

mangoes

**MAPLE SYRUP**

**mascarpone**

**MINT**

nutmeg

**NUTS**, e.g., **ALMONDS**, cashews, macadamias, **PECANS**, **pistachios**, walnuts

**oats**

**oatmeal**

**oil, olive**

onions, red

**ORANGE**, e.g., juice, liqueur, zest

pepper, black

pomegranates

pumpkin seeds

radishes

rosemary

rum

saffron

***salads****, e.g., fruit, grain, green*

*salsas*

salt, sea

scallions

sherry

***smoothies***

*sorbets*

***soups****, e.g., cold and/or fruit*

sour cream

*Southern (U.S.) cuisine*

spirits, e.g., bourbon, brandy, cognac, Cointreau, Kirsch

**STONE FRUITS, OTHER**, e.g., cherries, nectarines, plums

**SUGAR**, e.g., brown, maple

tarragon

**VANILLA**

**VINEGAR**, e.g., apple cider, balsamic, champagne, rice, wine

watercress

whiskey

**wine, red or white; fruity, sparkling, and/or sweet**, e.g., Champagne, Prosecco, Sauternes

**yogurt**

yuzu

PEANUTS and PEANUT BUTTER

***African cuisines***

**agave nectar**

apples

*American cuisine*

*Asian cuisines*

***baked goods****, e.g., cookies, muffins*

**bananas**

basil, Thai

**beans, green**

**bell peppers**, e.g., red

bran, e.g., oat, wheat

broccoli

**cabbage**, e.g., green, napa

*candy*

carrots

**cayenne**

**CHILES**, e.g., serrano; chili oil, chili paste, chili pepper flakes, chili sauce

*Chinese cuisine*

**CHOCOLATE**, e.g., dark, milk

**CILANTRO**

cinnamon

cloves

**COCONUT**

**COCONUT MILK**

**cucumbers**

cumin

***curries***

*desserts*

***dips***

***dipping sauces***

fruit, dried

**GARLIC**

**GINGER**

*granola*

grapes

**greens, bitter**, e.g., collard, mustard

**greens, salad**, e.g., arugula

lemongrass

**lime, e.g.,** juice, zest

mangoes

**mint**

**NOODLES, esp. Asian**, e.g., Chinese egg, **rice**, **soba**, **udon**

nuts, other

oats

oatmeal

**OILS**, e.g., olive, **peanut**, **sesame**, vegetable

onions, red

orange, e.g., juice

*pad thai*

paprika

*pastas*

pepper, black

*pesto*

potatoes

pumpkin

raisins

**rice**

***salad dressings****, e.g., Thai*

***SALADS****, e.g., cabbage, noodle, Thai*

salt

*sandwiches*

*satays*

***SAUCES****, e.g., peanut, vegetable*

**scallions**

seeds, e.g., sesame, sunflower

sesame, e.g., paste, seeds

*smoothies*

***SOUPS****, e.g., peanut, sweet potato*

*Southeast Asian cuisines*

**SOY SAUCE**

spinach

*stews*

*stir-fries*

**sugar**, e.g., brown

sweet potatoes

tahini

**tamari**

**tamarind**

tamarind juice

**tempeh**

***Thai cuisine***

**TOFU**

tomatoes

*trail mix*

turmeric

vanilla

*Vietnamese cuisine*

**VINEGAR, e.g., apple cider, brown rice, red wine, RICE WINE**

PEARS—IN GENERAL

agave nectar

allspice

**anise seeds**

**APPLES**

**apple cider**

**apple juice**

**ARUGULA**

*baked goods, e.g., cakes, pies, tarts*

**bananas**

blackberries

bourbon

brandy, e.g., pear

cabbage, e.g., red, white

**CARAMEL**

**cardamom**

cashew cream

celery

cherries, e.g., dried, fresh

chestnuts

chicory

chives

**CHOCOLATE (esp. dark)**

**cocoa**

**CINNAMON**

citrus

**cloves**

**CRANBERRIES**

crème fraîche

**currants, e.g., black**

**dates**

***DESSERTS****, e.g., crisps, crumbles, ice creams, sorbets, tarts*

**endive**

**fennel**

fennel seeds

**figs**

fruits, dried

**GINGER**

gingerbread

grapefruit

**GREENS, BITTER OR SALAD**, e.g., baby, mesclun

juniper berries

**LEMON**, e.g., juice, zest

lettuces, e.g., butter, romaine

lime

**MAPLE SYRUP**

**mascarpone**

mint

molasses

**nutmeg**

**NUTS**, e.g., **ALMONDS, hazelnuts, PECANS,** pistachios, **walnuts**

oats

oatmeal

oils, e.g., grapeseed, olive

onions, e.g., red

**ORANGE**, e.g., juice, zest

*pancakes*

parsley

**parsnips**

passion fruit

pepper, black

persimmons

phyllo dough

pineapple

*pizzas*

plums, dried

*poached pears*

pomegranates

**quinces**

radicchio

**raisins**

**raspberries**

*rémoulade*

rhubarb

rosemary

***SALADS****, e.g., fruit, green, spinach*

salt, sea

*sauces, e.g., dessert*

shallots

*smoothies*

*soups*

sour cream

**SPINACH**

**squash, winter**, e.g., butternut

**star anise**

*stews, esp. dried pears*

**sugar**, e.g., brown

**tarragon**

thyme

*trail mixes, esp. dried pears*

**VANILLA**

**VINEGAR**, e.g., balsamic, cider, fruit, raspberry, rice, sherry, white balsamic

**WATERCRESS**

**WINE, RED or WHITE**—dry or sweet, e.g., port

yogurt

PEAS (aka ENGLISH PEAS, GARDEN PEAS, or GREEN PEAS; see also BLACK-EYED PEAS snd PEAS, SPLIT)

allspice

**almonds**

**artichokes**

**ASPARAGUS**

avocados

barley

**BASIL**

bay leaf

**beans, fava**

breadcrumbs

bulgur

cabbage

cardamom

**CARROTS**

**cashews**

*casseroles*

cauliflower

**celery**

**chervil**

**chiles**, e.g., green, red

**chives**

**cilantro**

**coconut milk**

coriander

couscous

crème fraîche

cucumbers

***CURRIES****, esp. green*

curry powder

**dill**

fennel

garam masala

**GARLIC**, e.g., green, white

**GINGER**

grapefruit

greens, bitter

*“guacamole”*

*“hummus”*

Kaffir lime leaf

**LEEKS**

**LEMON**, e.g., juice, zest

lemongrass

**LETTUCE**, e.g., butter

lime

marjoram

mayonnaise

**MINT**

**MUSHROOMS**, e.g., morel, oyster, shiitake, wild

noodles

nutmeg

**OILS, e.g., OLIVE, peanut,** sesame, sunflower

**ONIONS**, e.g., green, pearl, red, spring, white, yellow

oregano

*paellas, vegetarian*

**PARSLEY**

***PASTAS,*** *e.g., fettuccine, fusilli, penne*

**pepper**, e.g., black, green

pesto

**POTATOES, e.g., new**

quinoa

**RICE, e.g., brown**

***RISOTTOS***

rosemary

saffron

**sage**

***SALADS****, e.g., pasta, vegetable*

salt, e.g., kosher, sea

*sauces*

**savory**

**scallions**

**sesame**, e.g., oil, seeds

**shallots**

snow peas

sorrel

***SOUPS, e.g., pea, spinach, vegetable***

sour cream

soy sauce

spelt

**spinach**

squash, e.g., butternut, delicata

***stews***

*stir-fries*

**stock**, e.g., vegetable

sugar snap peas

**tarragon**

**thyme**

**tofu**, e.g., silken

tomatoes

turmeric

turnips

vinegar

yogurt

PEAS, SPLIT

barley

basil

**BAY LEAF**

bell peppers, e.g., red

**CARROTS**

**celery**

chili pepper flakes

chili powder

chives

cilantro

croutons, e.g., whole-grain

cumin

***curries***

curry powder

curry spices

*dals*

dill

*dips*

dulse

**GARLIC**

ginger

greens, salad

herbs

kale

leeks

lemon, e.g., juice

marjoram

mint

**OIL, OLIVE**

**ONIONS**, e.g., green, red, white, yellow

oregano

**paprika, smoked**

**PARSLEY**

*pastas*

peas, fresh

**PEPPER**, e.g., black, white

pesto

potatoes

***purees***

purslane

**rice**, e.g., basmati, brown

**rosemary**

*salads*

**salt, sea**

*sauces*

savory

sorrel

***SOUPS, e.g., SPLIT PEA***

soy sauce

spices

spinach

*spreads*

*stews*

**STOCK, VEGETABLE**

tarragon

**THYME**

tofu, smoked

tomatoes

tomato paste

turmeric

vegetables, root

*veggie burgers* (e.g., with rice)

vinegar, e.g., red wine, white wine

PECANS

almonds

***(Native and North) American cuisines***

**APPLES**

asparagus

***BAKED GOODS****, e.g., breads, cakes, cookies, pastries, pies*, *scones*

bananas

**berries**, e.g., blueberries

bourbon

brown rice syrup

Brussels sprouts

cabbage, red

**caramel**

*casseroles*

cayenne

celery

***cereals****, breakfast, e.g.,* ***granola***

**cherries**, esp. dried

chili powder

**chocolate**

cinnamon

clementines

**CRANBERRIES, DRIED**

**dates**

***DESSERTS***

endive

figs

garlic

ginger

**grains, whole**, e.g., amaranth, spelt

***granola***

grapes

greens, bitter

*ice cream, e.g., butter pecan*

kale

lemon, e.g., juice

lentils

lettuce, e.g., romaine

**MAPLE SYRUP**

**molasses**

*muesli*

**MUSHROOMS**, e.g., shiitake, wild

mustard

nutmeg

nuts

oats

**ORANGES**

*pancakes*

paprika

parsley

*pâtés*

peaches

**PEARS**

***PIES***, *e.g., pecan, sweet potato*

*pilafs*

pineapple

*pizzas*

pomegranate seeds

popcorn

*puddings*

**PUMPKIN**

*purees, vegetable*

radicchio

raisins

**RICE**, e.g., brown, red, **WILD**

***salads***

salsify

**salt, sea**

seitan

*soups, e.g., butternut squash*

***Southern (U.S.) cuisine***

spinach

**SQUASH, WINTER, e.g., butternut**

*stuffings*

**sugar**, e.g., brown, maple

sumac

**SWEET POTATOES**

tamari

*tarts*

**vanilla**

*veggie burgers*

*waffles*

wheat germ

yogurt

PEPPER, BLACK

allspice

*(North) American cuisine*

apricots

*baked goods, e.g., spice cakes*

basil

berries

*Cajun cuisine*

cardamom

cherries

cinnamon

cloves

coconut milk

coriander

*Creole cuisine*

cumin

*European cuisines*

fruit, fresh, e.g., berries, pineapple

garlic

ginger

*gravies*

*Indian cuisine*

lemon, e.g., juice

lentils

lime, e.g., juice

*marinades*

nutmeg

nuts

oil, olive

olives

onions

parsley

*pickles*

potatoes

pumpkin

rosemary

*salad dressings*

*salads*

**SALT**

*sauces, e.g., black pepper*

*soups*

*Southeast Asian cuisine*

*Southern (U.S.) cuisine*

*stocks*

strawberries

thyme

tomatoes

turmeric

vegetables

vinegar, e.g., cider

PEPPER, ESPELETTE

almonds

***Basque cuisine***

bell peppers

*breads*

chocolate

*drinks, e.g., Bloody Marys*

garlic

mayonnaise

oil, olive

onions

parsley

potatoes

PEPPER, SZECHUAN

*Asian cuisines*

beans, e.g., black

chiles

*Chinese cuisine*

**citrus fruit**, e.g., lemon, lime, orange

*deep-fried dishes*

*five-spice powder*

garlic

**ginger**

*Indian cuisine*

*Japanese cuisine*

mushrooms

noodles, Asian

onions

salt

scallions

sesame, e.g., oil, seeds

*soups*

soy sauce

star anise

*stir-fries*

PEPPER, WHITE

allspice

*Asian cuisines*

cloves

coriander

*European cuisines*

ginger

*gravies, e.g., white*

*Japanese cuisine*

lemongrass

*macaroni*

*mashed potatoes*

nutmeg

*pastas*

potatoes

*salad dressings, e.g., clear*

***sauces, e.g., white***

***soups, e.g., cream, light-colored, white***

*Southeast Asian cuisines*

*stocks*

*Thai cuisine*

*white*

*light-colored foods*

PEPPERMINT

apples

***baked goods****, e.g., brownies, cakes, cookies*, *esp. as icing*

berries, e.g., strawberries

chiles

**CHOCOLATE**

**cocoa**

cilantro

cucumbers

***desserts****, esp. chocolate*

***drinks***

ice cream

mangoes

***salads****, e.g., spinach*

***sauces***

*smoothies*

*sorbets*

*stews*

***TEAS***

vanilla

yogurt

PEPPERS, PIQUILLO

aioli

almonds

artichokes

asparagus

**beans, white**

bread

chickpeas

chocolate, dark

**garlic**

lemon

**mushrooms**

**oil, olive**

olives

onions

orange

*“paella,” vegetarian*

paprika, e.g., smoked, Spanish

parsley

pepper, black

potatoes

rice, e.g., bomba

*salads*

salt

*soups*

***Spanish cuisine***

*spreads*

*stews*

***stuffed piquillo peppers****, e.g., with goat cheese or white beans*

sugar

tomatoes

vinegar, e.g., sherry

PERSIMMONS

agave nectar

avocados

***BAKED GOODS****, e.g., breads, cakes, cookies, muffins, pies, quick breads*

(esp. Hachiya)

bananas

barley

brandy

caramel

cherries, e.g., dried or fresh

**CINNAMON**

cloves

cranberries

*custards*

daikon

endive, Belgian

escarole

figs

frisée

**ginger**

graham crackers

grapefruit

grapes, e.g., red

greens, salad

*ice cream*

*jams*

kiwi

leeks

**LEMON**, e.g., juice

lettuces, e.g., butter, mixed

lime

**maple syrup**

mushrooms, wild

**nutmeg**

**NUTS**, e.g., almonds, hazelnuts, pecans, walnuts

**oil**, e.g., grapeseed, hazelnut, olive, walnut

onions, e.g., Bermuda, red

oranges

orange juice

parsnips

pears

Asian pears

pepper, black

pineapple

pomegranates

***puddings*** (esp. Hachiya)

radicchio

radishes

raisins

rice, e.g., Arborio, wild

rum

***SALADS*** (esp. Fuyu)

salt, e.g., sea

*sauces, e.g., dessert*

sesame, e.g., paste, seeds

shallots

*smoothies*

*sorbets*

*soups*

soy sauce

stock, vegetable

**sugar**, e.g., brown

sweet potatoes

tofu

tofu paste

turnips

**vanilla**

**vinegar**, e.g., rice, sherry

watercress

yams

**yogurt**

yuzu

PHYLLO, WHOLE-WHEAT

apples

***baklava***

figs

***Greek cuisine***

***Middle Eastern cuisines***

mushrooms

nuts

oil, e.g., coconut, grapeseed

pears

*phyllo triangles*

***spanakopita***

spinach

*strudels*

vegetables, roasted

PINEAPPLE

agave nectar

apricots

avocados

***baked goods****, e.g., cakes (esp. pineapple upside-down)*

**BANANAS**

basil

**beans, black**

beets

**bell peppers, red**

**berries**, e.g., blueberries, **raspberries, strawberries**

caramel

*Caribbean cuisines*

cashews

**chiles**, e.g., chipotle, jalapeño, red, serrano

chili powder

chocolate, e.g., dark, white

*chutneys*

**CILANTRO**

**cinnamon**

cloves

**COCONUT**

**COCONUT MILK**

**ice cream**

**cucumbers**

*curries*

curry powder/spices

*drinks, e.g., piña coladas*

fruit, other tropical

**garlic**

**ginger**

grapefruit

***Hawaiian cuisine***

jícama

kiwi

kumquats

lavender

**lemon,** e.g., juice, zest

lemongrass

**LIME**, e.g., juice, zest

**liqueurs,** e.g., brandy, Cointreau, Grand Marnier, Kirsch, orange

**mangoes**

maple syrup

melon

**mint**

molasses

mushrooms, portobello

nutmeg

**nuts**, e.g., **almonds**, hazelnuts, macadamia, peanuts, pistachios, walnuts

**oil**, e.g., grapeseed, olive

onions, e.g., red

**orange**, e.g., juice, zest

palm, hearts of

papayas

parsnips

**passion fruit**

**pepper, e.g., black**, Szechuan

raisins

**RICE**, e.g., brown

rosemary

rum, e.g., white

sage

*salad dressings*

*salads, e.g., fruit*

***SALSAS***

salt, e.g., kosher

*sauces, e.g., teriyaki*

scallions

seeds, e.g., pumpkin, sunflower

seitan

*skewers, fruit*

***SMOOTHIES***

*sorbets*

*soups*

sour cream

**spirits**, e.g., gin, **RUM**

**star anise**

*stews, e.g., vegetable*

*stir-fries*

**SUGAR, e.g., BROWN**

sweet potatoes

tempeh

tofu

**tomatoes**

**VANILLA**

*Vietnamese cuisine*

vinegar, e.g., apple cider, red wine, rice, white wine

**YOGURT**

PINE NUTS (aka PIGNOLI)

*(North) African cuisine*

**anise**

apples

apricots

**arugula**

**asparagus**

***baked goods, e.g., cookies***

**BASIL**

beans, green

**beets**

bell peppers, e.g., red

breadcrumbs

**BROCCOLI**

broccoli rabe

carrots

chard, Swiss

chickpeas

couscous

cranberries, dried

**currants**, e.g., dried

***desserts***

**eggplant**

endive

escarole

fennel

**GARLIC**

**GRAINS, WHOLE**, e.g., bulgur, couscous, millet, quinoa, spelt, wheat

berries

**GREENS, BITTER**, e.g., beet, collard

greens, salad

***Italian cuisine****, esp. southern*

kale

**lemon**, e.g., juice

lettuce, e.g., romaine

maple syrup

mascarpone

***(Eastern) Mediterranean cuisines***

*Mexican cuisine*

*Middle Eastern cuisines*

nuts, other, e.g., almonds, pistachios, walnuts

oil, nut, e.g., pine nut, walnut

**olive oil**

**olives**

onions

**oranges**, e.g., blood

parsley

***PASTAS: fettuccine, orzo, penne, ravioli, spaghetti***

\****PESTOS***

***pilafs***

potatoes, e.g., new

radicchio

**RAISINS**

**rice**

*“ricotta,” pine nut*

*risottos*

rosemary

saffron

sage

***SALADS****, e.g., fruit, green, pasta, spinach*

*sauces*

*soups*

**SPINACH**

squash, e.g., summer, winter

*stuffed grape leaves*

sweet potatoes

tahini

tangerines

tofu, e.g., silken

**TOMATOES**

**sun-dried tomatoes**

*Turkish cuisine*

vanilla

vegetables, e.g., roasted

watercress

wheat berries

zucchini

PISTACHIOS

**almonds**

**APRICOTS**, e.g., dried

arugula

asparagus

avocados

***BAKED GOODS***, *e.g.,* ***BAKLAVA****, cakes, cookies, muffins, quick breads*

**basil**

beets

*biryani*

broccoli

Brussels sprouts

**bulgur**

**CARDAMOM**

carrots

celery

cherries

chili powder

**chocolate**, e.g., dark, white

**coconut**

cornmeal

couscous

cranberries

currants

*curries*

curry powder/spices

**dates**

*desserts*

*dips*

eggplant

endive

**FIGS**

fruit, dried

garlic

ginger

*granola*

**grapefruit** grapes

***ICE CREAM***

*Italian cuisine*

**lemon**

lentils

lime, e.g., juice, zest

mangoes

maple syrup

*Mediterranean cuisines*

***Middle Eastern cuisines***

**mint**

oatmeal

oats

**ORANGE**

***PASTAS***

*pâtés*

**peaches**

***“PESTOS”***

phyllo dough

*pilafs*

pineapple

pine nuts

pomegranate

*puddings*

quinces

**quinoa**

rhubarb

**rice, esp. wild**

*rice puddings*

**rose water**

saffron

***salads****, e.g., grain*

salt, e.g., sea

*sauces*

*smoothies*

squash, e.g., butternut

sugar, e.g., maple

sumac

tahini

tomatoes

*Turkish cuisine*

vanilla

vegetables

vinegar, e.g., raspberry

walnuts

watercress

watermelon

**YOGURT**

PLANTAINS—IN GENERAL, or MIXED

*African cuisine*

almonds

**BEANS, BLACK**

bell peppers

***Caribbean cuisine***

*Central American cuisine*

chiles

chili pepper flakes

chili pepper sauce

cinnamon

coconut

coconut milk

*Cuban cuisine*

fruit, tropical, e.g., papaya, **pineapple**

ginger

***Latin American cuisines***

lemon

**LIME**, e.g., juice

oils, e.g., coconut, olive, vegetable

**onions**, e.g., red, yellow

**rice**, e.g., jasmine

PLANTAINS, GREEN

*African cuisine*

beans, e.g., black, pinto

cardamom

*Caribbean cuisine*

*Central American cuisine*

chickpeas

chiles

chili powder

***chips, plantain***

cilantro

cinnamon

cloves

coconut

coconut cream

coriander

cumin

curry

fruits, tropical

garam masala

**garlic**

ginger

**lime**, e.g., juice

*Mexican cuisine*

molasses

mole sauces

**oils**, e.g., achiote, almond, **olive**, vegetable

**olives**

onions, e.g., red

paprika

**pepper, black**

*Puerto Rican cuisine*

rice

salsa

salt, e.g., kosher

scallions

shallots

***soups***

***STEWS***

thyme

***TOSTONES***

yogurt

PLANTAINS, SWEET (e.g., BROWN or YELLOW)

*African cuisine*

allspice

beans, black

bell peppers, e.g., green

*Central American cuisine*

chocolate

cilantro

cinnamon

cloves

coconut milk

*Cuban cuisine*

*desserts, e.g., puddings*

fruits, tropical

garlic

ginger

lemon

lime

*Mexican cuisine*

molasses

oil, olive

onions, red

orange

pepper, black

raisins

rice, e.g., brown

rum, esp. dark

salt

scallions

*soups*

star anise

*stews, vegetable*

sugar, e.g., brown

PLUMS

allspice

anise hyssop

**apples**

**apple juice**

**apricots**

arugula

bananas

bay leaf

beans, e.g., black

bell peppers, e.g., red

blackberries

caramel

cardamom

**cherries**

**chiles**, e.g., jalapeño, chili powder

chocolate

*chutneys*

cilantro

**CINNAMON**

**cloves**

*compotes, fruit*

coriander

crème fraîche

custard

dates

***DESSERTS****, e.g., cobblers, crisps, crumbles, pies, tarts*

garlic

**GINGER**

grapefruit

Kirsch

**LEMON**, e.g., juice, zest

lime

liqueurs, e.g., brandy (e.g., plum)

maple syrup

mascarpone

mint

molasses

nectarines

nutmeg

**NUTS**, e.g., **ALMONDS**, hazelnuts, pecans, **walnuts**

oatmeal

oats

oil, olive

onions, red

**ORANGE,** e.g., juice, liqueur, zest

parsley

passion fruit

**peaches**

pears

pepper, e.g., black

ponzu

port

raspberries

rhubarb

sage

***SALADS****, e.g., fruit, green, spinach*

***salsas,*** *e.g., plum*

salt

***sauces***, e.g., plum

***sesame, e.g., seeds***

shallots

*sorbets*

star anise

strawberries

**SUGAR**, e.g., brown

**VANILLA**

**VINEGAR**, e.g., **balsamic**, champagne, red wine, umeboshi

walnuts

wine, e.g., red, sweet, white

yogurt

PLUMS, DRIED (aka PRUNES) and DRIED PLUM PUREE

**ALMONDS**

apples

apricots

***BAKED GOODS****, e.g., breads, cakes, muffins*

bananas

caramel

chestnuts

***CHOCOLATE***, e.g., dark

**CINNAMON**

cloves

coffee

*compotes*

cornmeal

crème fraîche

*crisps*

currants

***desserts, e.g., cobblers***

*granola*

hazelnuts

ice cream

*jams*

*preserves*

**LEMON**

**LIQUEURS**, e.g., \***ARMAGNAC**, brandy (e.g., apple, pear), cognac

mascarpone

nuts

oatmeal

oats

**ORANGE**, e.g., juice, zest

*pancakes*

pears

pecans

pistachios

poppy seeds

*porridges*

*puddings, e.g., bread*

raisins

*salads*

*snacks*

squash, winter, e.g., acorn

star anise

*stews*

**sugar**, e.g., brown

vanilla

vinegar, balsamic

**WALNUTS**

**wine**, e.g., fruity red (e.g., Beaujolais), port (e.g., tawny), sweet white (e.g., Muscat, Sauternes)

yogurt

POMEGRANATE MOLASSES

allspice

arugula

bananas

beans

bell peppers

*beverages*

bulgur

cardamom

carrots

chickpeas

chiles

**cinnamon**

cloves

cumin

***desserts***

*dips*

*drinks*

eggplant

garlic

**ginger**

*glazes*

grapefruit

lemon, e.g., juice

lentils

*marinades*

*Middle Eastern cuisines*

mustard

mustard seeds

**oil, olive**

pears

*pilafs*

***SALAD DRESSINGS***

***salads***

*sauces*

*sorbets*

spinach

*stews, e.g., lentil*

*Turkish cuisine*

vegetables, esp. root

vinegar, e.g., balsamic

**walnuts**

POMEGRANATES and POMEGRANATE JUICE (see also POMEGRANATE MOLASSES)

agave nectar

allspice

almonds

**apples**

arugula

**avocado**

bananas

barley

beans

bell peppers

bulgur

cardamom

carrots

cherries, e.g., dried, fresh

chickpeas

chiles, e.g., poblano

chocolate

**cinnamon**

cloves

coconut

**couscous**

**cranberries**, e.g., dried, fresh

**cucumbers**

cumin

*curries*

***desserts****, e.g., fruit cobblers*

*crisps, ices, sorbets*

*dips*

*drinks*

**eggplant**

endive

figs

frisée

**garlic**

**ginger**

*glazes*

grains

*granita*

**grapefruit**

greens, salad

legumes

**LEMON**, e.g., juice

lentils, e.g., red

**lime**

maple syrup

*marinades*

*Mediterranean cuisines*

melon, e.g., bitter

***Middle Eastern cuisines***

**mint**

mustard

mustard seeds

**oil, olive**

olives, e.g., green

**onions**, e.g., red

**ORANGES**

**orange juice**, e.g., blood, navel

parsley

pears

pecans

*pilafs*

pine nuts

pistachios

quinces

quinoa

rice

***SALAD DRESSINGS***

***SALADS, e.g., cucumber, fruit, green***

***sauces***

*smoothies*

***SORBETS***

***soups****, esp. autumn*

spinach

**squash**, winter, e.g., butternut, delicata

*stews, e.g., lentil*

**sugar**, e.g., brown

sumac

sweet potatoes

tahini

thyme

tomatoes

*Turkish cuisine*

vegetables, esp. root

**vinegar**, e.g., balsamic, sherry, red/white wine

**WALNUTS**

watermelon

wheat berries

**yogurt**

yuzu, e.g., juice

POPCORN, e.g., air-popped

almonds

**caramel**

cayenne

chili pepper flakes

cinnamon

coconut, e.g., oil, sugar

coriander

cumin

**curry powder**

dill, dried

dulse

**garlic**

**garlic powder**

gomashio

herbs, esp. dried

lemon

**nutritional yeast**

oil, e.g., coconut, grapeseed, peanut

**oil, truffle**

onion powder

oregano, dried

**parsley**

**peanut butter**

**peanuts**

pecans

**rosemary**

sage

**salt, sea**

sesame seeds

soy sauce

sugar, brown

tamari

**thyme**

turmeric

vanilla

POTATOES—IN GENERAL, WITH SKIN

arugula

asparagus

*baked goods, e.g., breads, cakes*

**basil**

**bay leaf**

**beans**, e.g., fava, **green**

**bell peppers**, e.g., green and/or roasted

broccoli

**cabbage**, e.g., savoy

capers

caraway seeds

cardamom

**carrots**

cashews

*casseroles*

**cauliflower**

**cayenne**

**celery**

**CELERY ROOT**

celery seeds

**chard**

**chervil**

chicory

**chickpeas**

**chiles**, e.g., chipotle

**CHIVES**

**garlic chives**

**cilantro**

cinnamon

cloves

coconut

coconut cream

coriander

**corn**

crème fraîche

**cumin**

**curry powder**

**spices**

***curries***

**dill**

eggplant

**fennel**

fenugreek

*French cuisine*

garam masala

**GARLIC**

ginger

grains, whole, e.g., quinoa, spelt

*gratins*

**greens**, e.g., collard, mustard, salad, winter

**horseradish**

*Indian cuisine*

**kale**

lavender

**LEEKS**

**lemon**, e.g., juice, **zest**

lentils

**lovage**

**marjoram**

**mayonnaise**

**milk**, dairy or nondairy (e.g., rice, soy)

**mint**

**MUSHROOMS**, e.g., **morel**, porcini, portobello, **wild**

**mustard**, e.g., Dijon, oil, seeds

**nutmeg**

**OIL,** e.g., canola, chili, **OLIVE**, peanut, vegetable

okra

**olives**, e.g., black, green

**ONIONS**, e.g., **green**, red, Spanish, Vidalia, yellow

oregano

**paprika**

**PARSLEY, esp. flat-leaf**, parsley root

**parsnips**

**pasta, e.g., gnocchi**

peas

peas, split

**PEPPER**, e.g., **BLACK**, white

**pesto**

pine nuts

***potato cakes / potato pancakes***

ramps

**ROSEMARY**

**rutabagas**

**saffron**

**SAGE**

***SALADS, e.g., egg, green, potato (cold or hot)***

**SALT**, e.g., kosher, sea, smoked

**savory**

scallions

shallots

*skordalia*

**SORREL**

***SOUPS****, e.g., leek, potato, sorrel, vegetable*

**sour cream**

**spinach**

squash, winter, e.g., butternut, delicata

***stews***

stock, vegetable

*stuffed baked potatoes* / *twice-baked potatoes*

sweet potatoes

tahini

**tarragon**

**THYME**

**tomatoes**

truffles, e.g., black, white

**turmeric**

**turnips**

**vegetables, root**

vinegar, e.g., champagne, sherry, white wine

**walnuts**

watercress

wine, e.g., dry white

**yogurt**

POTATOES, BLUE (or PURPLE)

artichokes

beans

chiles, e.g., poblano

*chips*

chives

cilantro

corn

garlic

greens, e.g., salad

lemon, e.g., juice

*mashed potatoes*

oil, e.g., chive, olive

paprika, e.g., smoked

parsley

*Peruvian cuisine*

*salads, e.g., green, potato*

salt, e.g., sea

shallots

*soups, e.g., potato, vegetable*

thyme

vinegar, e.g., apple cider, red wine

POTATOES, FINGERLING

beans, green

capers

cashew cream

chervil

chiles, e.g., jalapeño

chives

dulse

fines herbes

garlic

horseradish

mayonnaise

oil, olive

paprika, smoked

**parsley**

pepper, black

*pizzas*

**rosemary**

sage

***salads, e.g., green, green bean, potato***

**salt**, e.g., sea

shallots

*soups*

*chowders, e.g., corn*

tarragon

Worcestershire sauce, vegetarian

POTATOES, NEW (aka RED POTATOES)

capers

carrots

cashews, e.g., ground raw

chives

dill

**garlic**

*gratins*

herbs

horseradish

leeks

**lemon**, e.g., juice

mint

mustard, e.g., Dijon

**oil, olive**

paprika

**parsley**

pepper, e.g., black, white

**rosemary**

saffron

***salads****, e.g., green, potato*

salt, e.g., sea

savory

scallions

shallots

***soups***

***bisques***

sour cream

*stews*

stock, vegetable

tarragon

**thyme**

vinegar, e.g., apple cider

walnuts

yogurt

PUMPKIN (see also SQUASH, WINTER)

**ALLSPICE**

almonds

*American cuisine*

**APPLES**

**apple cider**

**apple juice**

*baked baby pumpkins*

***BAKED GOODS****, e.g., bread puddings, breads, cookies, muffins, pies, quick*

*breads, scones*

basil

**BAY LEAF**

**BEANS**, e.g., Anasazi, black, **cannellini**, kidney, lima, pinto, **white**

brandy

breadcrumbs

brown butter

caramel

cardamom

carrots

cashews

**cayenne**

**celery**

*cheesecake*

chestnuts

**chickpeas**

**CHILES**, e.g., ancho, chipotle, green, guajillo, habanero, orange, red, Scotch

bonnet

chili pepper flakes

chives

chocolate, e.g., dark, white

**cilantro**

**CINNAMON**

**CLOVES**

**COCONUT**

**COCONUT MILK**

cognac

**coriander**

corn

couscous

**cranberries**, e.g., dried, cranberry juice

**cumin**

***curries***

**curry leaves**

**curry paste**

**curry powder**

*custards*

***desserts****, e.g., cheesecakes, pies*

fennel

fennel seeds

frisée

garam masala

**GARLIC**

**GINGER**

graham cracker crumbs

*gratins*

greens

hazelnuts

**leeks**

**lemon**, e.g., juice, zest

lemongrass

**lime**, e.g., juice, zest

mace

**MAPLE SYRUP**

**milk**, dairy or nondairy, e.g., coconut, soy

**millet**

mint

mirin

miso, e.g., light

molasses

**mushrooms**, e.g., shiitake, wood ear

mustard

mustard seeds

**NUTMEG**

**nuts**

**oats**

**oatmeal**

**OILS**, e.g., **nut**, **olive**, peanut, pumpkin seed, sesame, sunflower, vegetable, walnut

**ONIONS**, e.g., red, white

**ORANGE**, e.g., juice, zest

*pancakes*

*waffles*

paprika

**parsley**

**parsnips**

***PASTAS****, e.g., cannelloni, gnocchi, orzo, ravioli, tortellini*

peanuts

pears

**PECANS**

**pepper**, e.g., **black**, white

***PIES***

pineapple

pine nuts

pistachios

plantains

plums, dried

potatoes

***puddings***

**PUMPKIN SEEDS**

quinces

radicchio

**raisins**

**RICE**, e.g., Arborio, brown, long-grain

rice, wild

rice syrup ***risottos***

**rosemary**

rum

**SAGE**

**salt**, e.g., kosher, sea

sesame seeds, e.g., black

***soufflés***

***SOUPS****, e.g., pumpkin, winter vegetable*

*Southeast Asian cuisines*

soy sauce

spinach

***stews***

**stock, vegetable**

*stuffed mini-pumpkins*

**SUGAR, e.g., brown**

tarragon

**thyme**

**tofu**, e.g., firm

**TOMATOES, e.g., paste, sauce, sun-dried**

**vanilla**

vegetables, root

**vinegar, e.g., balsamic, champagne**

**WALNUTS**

wine, white

yogurt

zucchini

PURSLANE (aka VERDOLAGA)

arugula

**basil**

beans, e.g., green, pinto

**beets**

bell peppers

bread, e.g., pita

Brussels sprouts

carrots

chickpeas

**chiles**, e.g., green, jalapeño

chives

cilantro

**CITRUS**

couscous, Israeli

**cucumbers**

dill

*dips*

eggplant

**garlic**

grapefruit

hazelnuts

kale, e.g., baby

lemon

lentils, e.g., beluga

lettuce, e.g., romaine

*Mexican cuisine*

mint

mustard, Dijon

noodles, rice

oil, olive

olives

**onions**, e.g., cipollini, green, red, white

oranges

**parsley**

pepper, black

pistachios

**potatoes**

*Provençal (French) cuisine*

radishes

*salad dressings*

***SALADS****, e.g., bread, chopped, cucumber, egg, fattoush, green,* ***potato****, vegetable*

*salsas*

salt, sea

*sandwiches*

**scallions**

shallots

sorrel

***soups****, e.g., Bonne Femme*

sour cream

squash, e.g., delicata, summer

stock, vegetable

sumac

**tahini**

tarragon

**tomatillos**

**TOMATOES**

**vinegar**, e.g., rice

yogurt

zucchini

# Q

QUELITES (see LAMB’S-QUARTER)

QUINCES

\***APPLES**

**APPLE JUICE**

*baked goods, e.g., cakes, crisps, pies*

cherries, dried tart

chicory

chili pepper flakes

***chutneys***

cilantro

**CINNAMON**

***compotes***

coriander

crème fraîche

*crepes*

cumin

*desserts, e.g., apple or pear: crisps, crumbles, tarts*

**ginger**

**lemon**, e.g., juice

**maple syrup**

nutmeg

**nuts**, e.g., almonds, pecans, pistachios, walnuts

oil, e.g., nut, walnut

orange

*pancakes*

***paste****, aka membrillo*

\***PEARS**

***pies***

***tarts****, e.g., apple, pear*

**pomegranates**

pomegranate molasses

*preserves/jams*

*puddings, e.g., bread, rice*

raspberries

*salads, e.g., green*

**SUGAR, e.g., BROWN**

**vanilla**

**vinegar**, e.g., balsamic, champagne, rice

wine, e.g., sweet, white

yogurt

QUINOA

**almonds**

**almond milk**

**arugula**

**avocados**

*baked goods, multigrain, e.g., breads, muffins*

basil

**BEANS**, e.g., adzuki, **BLACK**, fava, green, kidney, lima, navy, pinto, **white**

beets

**bell peppers, esp. red or yellow**

carrots

celery

***cereals, hot breakfast***

chard, Swiss

chiles, e.g., chipotle, green

chives

**cilantro**

**CITRUS**, e.g., lemon, lime, orange, i.e., juice, zest

**CORN**

**cucumbers**

**cumin**

endive

**fruit, dried**, e.g., apricots, cranberries, currants, raisins

**garlic**

grains, other, e.g., quieter-flavored

**greens**, e.g., beet, collard

kale

*Mexican cuisine, e.g., enchiladas, fajitas, salsas*

**mint**

**mushrooms,** esp. cremini, shiitake

**NUTS**, esp. almonds, **cashews**, peanuts, **PECANS**, pine nuts (esp. toasted), pistachios, walnuts

**OIL**, e.g., **OLIVE**, walnut

**ONIONS**, e.g., green, red, spring, white, yellow

oregano

**parsley**

***pilafs***

pineapple

pomegranate seeds

***SALADS, e.g., grain, green***

salt, esp. sea

scallions

***soups, e.g., cucumber***

*South American cuisines*

**SPINACH**

squash, esp. winter, e.g., acorn, butternut

*stews*

stock, e.g., mushroom, vegetable

*stuffed vegetables, e.g., bell peppers, tomatoes, zucchini*

*stuffings*

*“sushi,” e.g., maki rolls stuffed with quinoa*

***“tabbouleh”***

**TOMATOES**, e.g., cherry, **red**, sun-dried

*veggie burgers*

**vinegar**, e.g., balsamic, champagne, red wine, rice, sherry, umeboshi

yogurt

zucchini

# R

RADICCHIO

**apples**

**arugula**

basil

bay leaf

**BEANS, e.g., cannellini, white**

beets

**breadcrumbs**

cabbage, e.g., savoy

capers

carrots

chickpeas

chicory

chili pepper flakes

chives

citrus

**endive**

escarole

**FENNEL**

fennel seeds

figs

frisée

**fruit, dried**, e.g., cherries, cranberries, raisins

**fruit, tree, e.g., apples, pears**

**GARLIC**

grains

grapefruit

*gratins*

**greens**, e.g., dandelion, **other salad**, winter

hazelnuts

horseradish

***ITALIAN CUISINE***

**lemon**, e.g., juice, zest

lettuce

lime, e.g., juice, zest

mango

**MUSHROOMS**, e.g., porcini, shiitake, wild

**mustard**, e.g., Dijon

**OIL**, e.g., corn, hazelnut, **nut**, **OLIVE**, peanut, pumpkin seed, walnut

**onions**, e.g., red

**orange**, e.g., juice, zest

**parsley**, e.g., flat-leaf

***PASTAS****, e.g., lasagna, orecchiette, penne, spaghetti*

**pears**

pecans

**pepper**, e.g., black, white

**pine nuts**

pistachios

***pizza***

polenta

potatoes

pumpkin

radishes

rice, e.g., Arborio, wild

***RISOTTO*S**

**rosemary**

sage

***SALADS*, e.g., grain, mixed green, tricolore** (radicchio + arugula + endive)

**salt**, e.g., sea

**shallots**

***soups***

soy sauce

spinach

squash, winter

*stews*

stock, e.g., mushroom, vegetable

tamari

thyme

tomatoes

**VINEGAR**, e.g., **BALSAMIC**, cider, fruit, **red wine**, **sherry**

**WALNUTS**

watercress

wine, e.g., dry white

Worcestershire sauce, vegan

RADISHES—IN GENERAL (see also DAIKON)

almonds

arugula

asparagus

**avocados**

basil

**beans**, e.g., **fava**, green, white

beets

bell peppers, e.g., green

**bread**, e.g., crusty whole-grain (e.g., rye, wheat)

**cabbage**

capers

**carrots**

cayenne

**celery**

celery salt

chervil

chickpeas

**chives**

**cilantro**

**cucumbers**

curry powder

**dill**

edamame

*European cuisines, e.g., French, German*

**fennel**

**garlic**

grains, whole, e.g., barley, brown rice, quinoa

greens, e.g., radish, salad

*hummus*

**LEMON**, e.g., juice, zest

**lettuce**, e.g., iceberg, romaine

lime, e.g., juice, zest

lovage

mâche

marjoram

mesclun

**MINT**

mushrooms

mustard

**oil**, e.g., **olive**, pistachio, sesame, walnut

**olives**, e.g., black

**onions**, e.g., red

**ORANGES**

blood oranges, e.g., juice, zest

oregano

**parsley**, e.g., flat-leaf

pears

pecans

**pepper, black**

pistachios

purslane

radish sprouts

rosemary

**salad dressings**, esp. cheese-, lemon-, or vinegar-based, e.g., vinaigrettes

***SALADS****, e.g., bean, grain, green, potato, radish, vegetable*

**SALT**, e.g., *fleur de sel*, **sea**, smoked

**scallions**

sesame, e.g., oil, seeds

shallots

**snow peas**

*soups, e.g., gazpacho, vegetable*

**soy sauce**

*spring rolls, e.g., Vietnamese*

**sugar snap peas**

tamari

**thyme**

turnips

**VINEGAR**, e.g., cider, rice wine, white wine

watercress

**yogurt**

RADISHES, BLACK

almonds

apples

beans, e.g., mung, pinto

bell peppers, e.g., red

chili pepper flakes

*chips*

chives

cilantro

**garlic**

ginger

greens

**lemon**

mint

mirin

**oil, e.g., olive, sesame**

**onions, e.g., red**

oranges, blood

**parsley**

parsnips

pepper, e.g., black

potatoes

*salads, e.g., green, potato*

**salt**, e.g., sea

shallots

shiso

*soups*

squash, e.g., butternut

***stews***

sweet potatoes

vinegar, rice

walnuts

RADISHES, WATERMELON

apples, e.g., green

arugula

asparagus

**avocado**

brown butter

carrots

cayenne

celery

chives

cilantro

**CITRUS**, e.g., lemon, lime

crème fraîche

cucumbers

dill

fennel

figs

frisée

**GARLIC**

jícama

kale

leeks

**lemon**

lime

mayonnaise

mint

mustard, e.g., Dijon

noodles, Asian, e.g., soba, udon

**nuts**, e.g., hazelnuts, pistachios, walnuts

**oil**, e.g., **olive**, sesame

olives, e.g., green

onions, white

**orange**, e.g., juice

parsnips

peas

pepper, black

pomegranate seeds

pumpkin seeds

quinoa

***salads****, e.g., citrus, grain, green, three-bean*

**salt, sea**

sesame seeds

soy sauce

spinach

strawberries

sugar

sugar snap peas

tarragon

**vinegar**, e.g., apple cider, balsamic, rice, white balsamic, white wine

watercress

watermelon

RAISINS

allspice

**almonds**

anise

**apples**

apricots, e.g., dried

***BAKED GOODS****, e.g., breads, cookies, fruitcakes, muffins, scones*

bananas

barley, pearl

brandy

broccoli rabe

cabbage

caramel

cardamom

**CARROTS**

celery root

***cereals, cold or hot breakfast***

**chard**, e.g., Swiss

chestnuts

chickpeas

chocolate, e.g., dark, white

**cinnamon**

cloves

cognac

*compotes*

corn

**couscous**

crème fraîche

currants

custard

dates

***desserts***

escarole

fruit, other dried, e.g., figs

garlic

**ginger**

***granola***

greens, e.g., collard

hazelnuts

*ice cream, e.g., rum*

*Indian cuisine*

*Italian cuisine, esp. Venetian*

**kale**

**lemon**, e.g., juice, zest

liqueurs, e.g., nut

maple syrup

mascarpone

*Moroccan cuisine*

nutmeg

**nuts**

**OATS**

**OATMEAL**

**onions**, e.g., sweet

**orange**, e.g., juice, zest

parsley

pasta, e.g., orzo

peanuts

**pears**

pecans

**pineapples**

**pine nuts**

pistachios

plums, dried

***puddings****, e.g., bread, rice*

**pumpkin**

pumpkin seeds

quinces

**quinoa**

**rice**, e.g., basmati

**RUM**

***salads****, e.g. carrot, Waldorf*

*sauces, e.g., mole*

*snacks*

sour cream

Southern Comfort

**spinach**

squash, e.g., acorn

*stews*

*stuffings*

sugar, e.g., brown

sunflower seeds

sweet potatoes

*tagines*

*trail mix*

vanilla

**walnuts**

whiskey

**wine**, e.g., red, sweet, white

yogurt

RAMPS

*(North) American cuisine*

**ASPARAGUS**

beans, fava

breadcrumbs

carrots

cayenne

chard

chiles, e.g., jalapeño

fiddlehead ferns

**garlic**

*gratins*

greens

hazelnuts

lemon, e.g., zest

lentils

lovage

mascarpone

**MUSHROOMS, WILD**, e.g., morel

mustard, e.g., Dijon

nettles

oil, nut, e.g., walnut

**oil, olive**

**onions, spring**

**oranges**

**parsley**

*pasta, e.g., fettuccine, linguini, spaghetti*

peas

pepper, black

*“pestos”*

polenta

**potatoes, e.g., new**

rice, e.g., Arborio

***risottos***

shallots

***soups, e.g., asparagus***

soy sauce

spinach

*stews*

stock, e.g., vegetable

sunflower seeds

tarragon

thyme

tomatoes

**vinegar**, e.g., balsamic, sherry, wine

**walnuts**

wine, dry white

yogurt

RASPBERRIES

**ALMONDS**

apples

**apricots**

***baked goods****, e.g., breads, muffins, scones*

bananas

**BERRIES, other,** e.g., blackberries, blueberries, strawberries

*beverages*

**CHOCOLATE**, e.g., dark

\***CHOCOLATE, WHITE**

**cinnamon**

citrus fruits

cloves

*coulis*

crème anglaise

crème fraîche

***DESSERTS****, e.g., crepes, crisps, crumbles, custards*

**figs**

ginger

graham crackers

grapefruit

grapes

**hazelnuts**

**ice cream**

**LEMON**, e.g., juice, zest

**lime**, e.g., juice, zest

**liqueurs**, e.g., berry, brandy, cognac, Cointreau, framboise, Grand Marnier, Kirsch, rum (esp. dark), tequila

**mangoes**

maple syrup

mascarpone

**melons**, e.g., honeydew

meringue

milk

**mint**

**nectarines**

nuts, e.g., macadamia

**oats**

**oatmeal**

oil, e.g., olive, walnut

**orange**, e.g., juice, zest

*pancakes*

papaya

**PEACHES**

**pears**

pecans

pepper, black

pineapple

pine nuts

**pistachios**

plums

poppy seeds

*preserves*

quince

rhubarb

*salad dressings, e.g., vinaigrettes*

***salads, e.g., fruit,*** *green*

***sauces***

*smoothies*

***sorbets***

sour cream

star anise

**sugar**, e.g., brown

tangerine

**vanilla**

verbena

**vinegar**, e.g., balsamic, red wine, sherry

watermelon

**wine**, e.g., red, sparkling (e.g., Champagne), sweet (e.g., Moscato d’Asti)

**YOGURT**

RHUBARB

**ALMONDS**

almond-flavored *cookies* or cream

**ANGELICA**

**APPLES**

**apple juice**

apricots

***BAKED GOODS, e.g., cakes, pies, tarts***

bananas

**BERRIES**, e.g., blackberries, **blueberries, STRAWBERRIES**

caramel

**cardamom**

celery

cherries

*chutneys*

**CINNAMON**

citrus

**cloves**

coconut cream

coconut milk

***compotes****, fruit*

crème fraîche

crème de cassis

***DESSERTS, e.g., cobblers, crisps, crumbles, custards, fools***

drinks, esp. sparkling

elderflower syrup

fruit

**GINGER**

grapefruit, e.g., juice, zest

hazelnuts

*ice creams*

**lemons**

Meyer lemons, e.g., juice, zest

lime, e.g., juice, zest

**mangoes**

**maple syrup**

**milk**, e.g., goat’s

mint

nutmeg

**oats**

**oatmeal**

**ORANGE**, e.g., juice, zest

peaches

pepper, e.g., black, pink

pineapple, e.g. fruit, juice

pistachios

plums

polenta

pomegranates

*puddings, e.g., tapioca*

raisins

**raspberries**

raspberry juice

rose water

*salads*

***sauces***

***soups****, e.g., rhubarb, strawberry, sweet-and-sour*

*sorbets*

sour cream

spinach

star anise

*stews*

\***STRAWBERRIES**

**SUGAR, e.g., brown**

**VANILLA**

**vinegar**, e.g., balsamic, fruit, sherry

**wine**, e.g., red; sparkling, e.g., Champagne; sweet

**YOGURT**

RICE—IN GENERAL

amaranth

*American cuisine, esp. Southern*

*Southwestern*

anise seeds

***ASIAN CUISINES***

basil

bay leaf

**BEANS, e.g., black**

bell peppers, e.g., red, roasted, *stuffed*

*beverages, e.g., horchata*

*biryani*

broccoli

*cabbage, stuffed*

**cardamom**

*Caribbean cuisines*

carrots

*casseroles*

cayenne

chervil

chili powder

chili sauce

*Chinese cuisine*

chives

cilantro

**cinnamon**

cloves

**COCONUT**

**COCONUT MILK**

cumin

**curry powder**

***curries***

*custard*

dill

eggplant

fennel

**fruit, dried,** e.g., apricots, plums, raisins

**garlic**

**ginger**

greens, Asian

*Indian cuisine*

*Italian cuisine*

*Japanese cuisine*

*Korean cuisine*

leeks

legumes, e.g., lentils

**lemon**, e.g., juice, zest

lemon thyme

lemongrass

marjoram

*Mexican cuisine*

*Middle Eastern cuisines*

**milk**

mushrooms

nutmeg

**nuts**, e.g., almonds, pecans, pine nuts, pistachios, walnuts

**onions**

oranges

oregano, e.g., Mexican

*paellas*

paprika

**parsley**

peas

***pilafs***

pineapples

plantains

*puddings*

pumpkin

**raisins**

rhubarb

**SAFFRON**

sage

salt

savory

sea vegetables

*soups*

**soy sauce**

*Spanish cuisine*

squash, summer

**stock, vegetable**

***stuffed mushrooms or vegetables***, *e.g., bell peppers, eggplants, tomatoes*

sugar, e.g., brown

tamari

tarragon

*terrines, vegetable*

thyme

**tomatoes**

turmeric

vanilla

vegetables, e.g., spring

vinegar, rice

yogurt

RICE, ARBORIO (aka RISOTTO)

**artichokes**

arugula

**ASPARAGUS**

**basil**

beans, e.g., fava, green

beer, e.g., IPA

**beets**

bell peppers

**carrots**

cauliflower

celery

**chard, Swiss**

chiles, e.g., red

chives

corn

**fennel**

fiddlehead ferns

**garlic**

garlic, green

greens, e.g., beet

***(NORTHERN) ITALIAN CUISINE***

juice, vegetable, e.g., cauliflower

kale

**leeks**

**LEMON**, e.g., juice, zest

lemon thyme

lime, e.g., juice, zest

maple syrup

mascarpone

**mint**

**MUSHROOMS**, e.g., button, chanterelle, cremini, morels, oyster, porcini, shiitake, wild

mustard seeds

nettles

nutmeg

**oil, olive**

**onions**, e.g., spring, yellow

*paellas*

**PARSLEY**

**PEAS**

pepper, e.g., black, white

*pesto*

**pine nuts**

*puddings, rice*

radicchio

\****RISOTTOS***

***risotto cakes***

**SAFFRON**

**sage**

salt, kosher

**scallions**

**shallots**

**sorrel**

**spinach**

**squash**, summer or winter, e.g., butternut

**STOCK**, e.g., mushroom or vegetable

tarragon

**thyme**

**tomatoes**

tomatoes, sun-dried

**truffles, white**

vanilla

vermouth

vinegar, balsamic

**WINE**, e.g., dry red or white

**zucchini**

zucchini blossoms

RICE, BASMATI, BROWN BASMATI RICE

**ALMONDS**

apricots, e.g., dried

basil

**bay leaf**

beans, e.g., fava, mung

bell peppers, esp. red

*biryani*

**CARDAMOM**, e.g., black, green

carrots

cashews

cauliflower

cherries, dried

chervil

chickpeas

chiles, esp. dried red

chives

cilantro

**cinnamon**

**cloves**

coconut

coconut milk

**cumin**

currants

***CURRIES****, e.g., Indian*

dates

dill

**fennel seeds**

garam masala

**garlic**

**ginger**

***INDIAN CUISINE***

lemon, e.g., juice, zest

lime

mangoes

mascarpone

milk

mint

**mustard seeds**, e.g., black

**oil,** e.g., canola, **olive**, safflower

**onions**, e.g., green, red, yellow

**orange**, e.g., juice, zest

***Pakistani cuisine***

parsley

pasta, e.g., orzo

peas

***pilafs***

**pine nuts**

**pistachios**

*puddings*, *rice*

**raisins**, e.g., golden

**saffron**

*salads, e.g., rice*

**salt, e.g., kosher, sea**

scallions

seeds, pumpkin

*soups*

squash, winter, e.g., acorn

stock, vegetable

strawberries

*stuffings*

sugar, e.g., brown

tarragon

**turmeric**

**vanilla**

RICE, BLACK (aka FORBIDDEN RICE)

***Asian cuisines***

avocados

bananas

basil

beets

bell peppers, e.g., red, yellow

bok choy

cabbage, e.g., red

carrots

cashews

celery

chickpeas

chiles, e.g., chipotle, jalapeño

***Chinese cuisine***

chives

cilantro

cinnamon

**COCONUT**

**coconut** butter/ cream/**milk**

***desserts***

garlic

ginger

greens, e.g., collard

kimchi

lettuces

lime

mangoes

maple syrup

**milk**, dairy or nondairy, e.g., almond, **coconut**, hemp, rice, soy

mirin

mushrooms, porcini

nutmeg

nuts, e.g., cashews, peanuts

oil, e.g., olive, peanut, sesame

**onions**, e.g., red

onions, green

**orange**, e.g., juice, zest

peanuts

peas

pepper, black

*pilafs*

***PUDDINGS, e.g., rice***

pumpkin seeds

*risottos*

*salads, e.g., rice*

salt

scallions

*Southeast Asian cuisines*

soy sauce

soybeans, green

spinach

star anise

*stir-fries*

stock, vegetable

**sugar**, brown, palm

*sushi*

tempeh

*Thai cuisine*

tofu

vanilla

wine, white

RICE, BOMBA (see also SPANISH CUISINE)

asparagus

garlic

mushrooms

oil, olive

olives, e.g., green

onions, yellow

***PAELLAS***

paprika, e.g., smoked, sweet

parsley

saffron

***Spanish cuisine***

stock, vegetable

tomatoes

wine, dry white

RICE, BROWN—IN GENERAL

basil

bay leaf

bell peppers, e.g., red

*bibimbap*

broccoli

broccoli rabe

burdock

cabbage, e.g., green, savoy, stuffed

**carrots**

cayenne

*cereals, hot breakfast*, e.g., with fruit

nuts

chili, vegetarian

cilantro

coriander

cucumbers

edamame

fennel seeds

*fried rice*

**garlic**

**GINGER**

**GRAINS, other whole,** e.g., barley, buckwheat, farro, millet, oats, rye, wheat berries, wild rice

greens

**kale**

**LEGUMES**, e.g., adzuki or black beans, chickpeas, lentils

**lemon**, e.g., juice, zest

lime

*macrobiotic cuisine*

*“meatballs” (e.g., brown rice + onion + parsley + walnuts)*

miso

**MUSHROOMS**, e.g., shiitake

**nuts**, e.g., almonds, walnuts

oil, e.g., canola, olive, sesame

**onions**, e.g., green, red

**PARSLEY**

peas

***pilafs***

*puddings*

raisins

*“risottos”*

***salads****, e.g., grain*

scallions

sea vegetables, e.g., hiziki, kombu

seitan

**sesame seeds**, e.g., black, **sesame paste**

*soups, e.g., tomato*

**SOY SAUCE**

**SPINACH**

sprouts, e.g., bean, pea

squash, e.g., butternut

*stir-fries*

**stock, vegetable**

sweeteners, e.g., mirin, brown sugar

**tahini**

**tamari**

tarragon

thyme

**TOFU**

**tofu skin**

turmeric

vegetables, esp. root

*veggie burgers*

vinegar, e.g., brown, umeboshi

**walnuts**

watercress

RICE, JASMINE (see also THAI CUISINE)

bay leaf

cashews

cilantro

**coconut**

**coconut milk**

cranberries, dried

*curries*

dates

*desserts*

fennel seeds

garlic

ginger

grapes

lemon, e.g., juice, zest

lemongrass

melon, e.g., cantaloupe

milk, coconut

orange, e.g., juice

peanuts

pecans

*pesto*

*pilafs*

plantains

*salads*

seitan

***THAI CUISINE***

tofu

walnuts

yogurt

RICE, STICKY

*Asian cuisines*

banana leaves

bananas

*bibimbap*

carrots

coconut

coconut milk

cucumber

*desserts, Asian*

gomashio

*Japanese cuisine*

kimchi

*Korean cuisine*

mango

mushrooms, shiitake

oil, e.g., grapeseed, sesame

pineapple

scallions

sprouts, mung bean

strawberries

sugar, e.g., brown

*sushi*

*Thai cuisine*

vanilla

zucchini

RICE, WILD

**almonds**

***AMERICAN CUISINE***

**apples**

apple cider

apple juice

artichoke hearts

**asparagus**

*baked goods, e.g., breads, cakes*

bay leaf

beans, e.g., green, white

**bell peppers**, e.g., red, yellow

bulgur

cardamom

carrots

*casseroles*

**celery**

celery leaves

celery seeds

**celery root**

chives

cinnamon

**corn**

*crepes*

dates

dill

**FRUIT, DRIED, e.g., cherries, CRANBERRIES**

**GARLIC**

grains, other, e.g., barley, rice

greens, e.g., collard

hazelnuts

**leeks**

**LEMON**, e.g., juice, zest

maple syrup

*Midwestern American cuisine*

**MUSHROOMS**, e.g., chanterelle, cremini, morel, porcini, shiitake, white

mustard

*Native American cuisine*

**nuts**, e.g., macadamia

**OIL, e.g.,** hazelnut, **olive**, walnut

**ONIONS**, e.g., green, red, white, yellow

**orange**, e.g., juice, zest

oregano

***pancakes***

*waffles*

**parsley**

**pecans**

**pepper, black**

***pilafs***

**PINE NUTS**

pumpkin

raisins

**RICES, OTHER,** e.g., basmati, **brown**, long-grain brown, red

**sage**

***salads****, e.g., wild rice*

**salt**, e.g., kosher, sea

**scallions**

seeds, e.g., sunflower

**shallots**

***soups, e.g., mushroom***

sour cream

soy sauce

**spinach**

**squash, summer**

**winter,** e.g., acorn, butternut, kabocha

**stock, vegetable**

***stuffings****, e.g., cabbage, mushrooms, peppers, pumpkins, squash*

tamari

tangerines

**tarragon**

**thyme**

**vinegar**, e.g., champagne, red wine, white balsamic, white wine

**WALNUTS**

watercress

**wine, dry white**

zucchini

ROSEMARY

apples

apricots

asparagus

***BAKED GOODS****, e.g., breads, cakes, cookies, focaccia, scones, shortbread*

barley

bay leaf

**BEANS**, e.g., **cannellini, dried, fava,** green, **white**

beets

bell peppers

***bouquet garni***

bread crumbs

***breads***

Brussels sprouts

**cabbage**, e.g., savoy

carrots

cauliflower

celery

chives

**citrus**

*desserts*

**eggplant**

*egg dishes*

fennel

fennel seeds

**figs**

*French cuisine, esp. Provençal*

**fruit**, e.g., poached

\***GARLIC**

gin

grains

grapefruit

grapes

*grilled dishes, e.g., vegetables*

*herbes de Provence*

*Italian cuisine*

*kebobs, vegetable*

lavender

leeks

**LEMON**, e.g., juice, zest

lentils

lime

lovage

***marinades***

marjoram

***Mediterranean cuisines***

milk

mint

**mushrooms**, e.g., morel, oyster, porcini, portobello, shiitake

**oil, olive**

**olives**

**onions**

**orange**, e.g., juice, zest

oregano

**parsley**

**parsnips**

*pastas, e.g., orzo*

pears

**peas, e.g., split**

pepper, black

pine nuts

***pizza***

polenta

**POTATOES**

pumpkin

quinoa

radicchio

rice, e.g., Arborio

*risotto*

sage

*salad dressings*

***salads****, e.g., bean, fruit*

***SAUCES****, e.g., barbecue, cream, pasta, tomato*

savory

scallions

shallots

sherry

***SOUPS****, e.g., bean, minestrone, tomato*

**spinach**

**squash**, summer

winter, e.g., acorn, butternut

***stews***

stock, vegetable

strawberries

***stuffings***

**sweet potatoes**

**thyme**

tofu

**TOMATOES**

**tomato juice**

**tomato sauce**

**vegetables**, esp. grilled, kebabs, roasted

**vinegar**, e.g., balsamic, red wine

wine

yogurt

**zucchini**

RUTABAGAS

agave nectar

allspice

almonds

**APPLES**

**apple cider**

**apple juice**

artichokes, Jerusalem

*baked goods, e.g., pies, tarts*

barley

basil

bay leaf

beets

bok choy

broccoli

**caraway seeds**

cardamom

**CARROTS**

*casseroles*

cayenne

celery

**celery root**

chestnuts

chives

**cinnamon**

coconut milk

coriander

cumin

**dill**

farro

fennel

fennel seeds

**garlic**

**ginger**

**greens**, e.g., bitter, collard, dandelion

***hash****, e.g., served with eggs*

**hazelnuts**

*herbes de Provence*

horseradish

kale

**leeks**

**lemon**, e.g., juice

lentils

lime

**mace**

**maple syrup**

marjoram

mint

miso

mushrooms, wild

**mustard**

**nutmeg**

nuts, e.g., peanuts, pistachios

**OIL**, e.g., hazelnut, nut, **olive**, sunflower, vegetable

**onions**, e.g., red, yellow

orange, e.g., juice, zest

oregano

paprika, e.g., smoked

**PARSLEY**

parsley root

**parsnips**

**pears**

**pepper**, e.g., black, white

**POTATOES, e.g., MASHED**

***purees***

quinoa

raisins

**rosemary**

saffron

**sage**

***salads***

**salt, sea**

savory

**scallions**

*Scottish cuisine*

***SOUPS, e.g., rutabaga***

**sour cream**

squash, winter, e.g., butternut

star anise

***stews***

*stir-fries*

**stock**, e.g., root vegetable, vegetable

sugar, e.g., brown

*Swedish cuisine*

sweet potatoes

tarragon

**THYME**

tofu

tomatoes

**TURNIPS**

vanilla

**vegetables, root**

**vinegar**, e.g., balsamic, cider, malt, sherry

watercress

RYE BERRIES (aka WHOLE RYE)

anise

**apples**

***baked goods, e.g., breads***

beans, e.g., black, kidney

beets

bell peppers, e.g., red

***breads,*** *e.g., pumpernickel, rye*

**cabbage, red**

**CARAWAY SEEDS**

carrots

*casseroles*

celery

*cereals, hot breakfast*

chervil

chickpeas

*chili, vegetarian*

cinnamon

corn

dates

*(Northern) European cuisines*

fennel

garlic

**GRAINS, OTHER,** less chewy, e.g., barley, **brown rice**, quinoa

leeks

lentils, e.g., red

maple syrup

molasses

mustard, e.g., Dijon

*Northern European cuisines*

nuts, e.g., pecans, walnuts

**oil**, e.g., olive, sesame, walnut

**onions**, e.g., caramelized, red

orange, e.g., zest

parsley

parsnips

peas

***pilafs***

potatoes

raisins

*“risottos”*

*Russian cuisine*

sage

***salads****, e.g., grain*

sauerkraut

***Scandinavian cuisines***

***soups, e.g., borscht***

***stews***

stock, vegetable

*stuffings*

sugar, brown

sunflower seeds

thyme

tomatoes

vegetables

vinegar, e.g., apple cider, balsamic

# S

SAFFRON

***baked goods****, e.g., breads, cakes, scones*

basil

bell peppers, e.g., roasted

*biryani*

cardamom

cayenne

chard

chives

cinnamon

couscous

*curries*

*desserts*

eggplant

fennel

garlic

ginger

***(Northern) Indian cuisine***

lemon, e.g., juice, zest

marjoram

mayonnaise

*Mediterranean cuisines*

*Moroccan cuisine*

**nuts**, e.g., almonds, pistachios

oil, olive

orange, e.g., juice, zest

***PAELLA, vegetarian***

parsley

***pasta****, e.g., linguini*

pepper, e.g., black

*pilafs*

potatoes

*puddings, rice*

raisins

\***RICE**

\****RISOTTOS***

rose water

*salad dressings*

*sauces, e.g., cream, tomato*

shallots

*soups*

*Spanish cuisine*

*stews, e.g., bean, vegetable*

tomatoes

yogurt

zucchini

SAGE

artichokes

asparagus

*baked goods, e.g., biscuits, corn bread, focaccia*

**BEANS**—in general, e.g., borlotti, **dried**, pinto, **WHITE**

*bread*

*bread crumbs*

brown butter

*casseroles*

chestnuts

**corn**

cornmeal, e.g., as *corn bread*

eggplant

fennel

**GARLIC**

garlic scapes

grains

*gravies*

juniper berries

leeks

**lemon**

lentils

marjoram

***Mediterranean cuisines***

mint

mushrooms, e.g., wild

**OIL, OLIVE**

**ONIONS**, e.g., yellow

**parsley**

***PASTA****, e.g., gnocchi, lasagna, orecchiette, spaghetti*

**peas**, e.g., green, split

pepper, black

*“pestos”*

pine nuts

*pizza*

**POTATOES**

**pumpkin**

rice

*ricotta, e.g., baked*

***risotto***

**rosemary**

rutabaga

*salads, e.g., bean, herb*

***sauces***

savory

***SOUPS****, e.g., butternut squash, lentil, pumpkin, sweet potato, white bean*

**SQUASH, WINTER,** e.g., acorn, butternut

*stews*

stock, vegetable

***STUFFINGS***

**thyme**

**tomatoes**

vegetables, e.g., root

vinegar

**walnuts**

SALSIFY

anise

apples

artichokes

artichokes, Jerusalem

bell peppers, e.g., red

**bread crumbs**

burdock

**brown butter**

carrots

cayenne

celery

celery root

chard, e.g., Swiss

**chervil**

**chives**

coriander

crème fraîche

currants

endive, Belgian

fennel

garlic

grains, e.g., pearled barley, quinoa, rice

*gratins*

*hashes*

hazelnuts

herbs

leeks

**LEMON**, e.g., juice

lovage

**mushrooms**, e.g., button, oyster, morel, wild

mustard, Dijon

**nuts**, e.g., almonds, **pecans**, pine nuts, walnuts

**OIL**, e.g., **olive**, pecan, safflower, sunflower, walnut

**onions**

onions, green

orange, e.g., juice, zest

**PARSLEY**

parsnips

*pasta, e.g., fettuccine*

pepper, black

polenta

pomegranates

potatoes

*purees*

quince

*risottos*

sage

*salad dressings, e.g., vinaigrettes*

*salads*

**salt**, e.g., kosher, truffle

*sauces, e.g., hollandaise*

scallions

**SHALLOTS**

sorrel

***SOUPS****, e.g., salsify, vegetable*

***stews***

**stock**, e.g., mushroom, vegetable

**thyme**

tomatoes

truffles, black

**vinegar**, e.g., champagne, white wine

wine, white

yogurt

SALT, BLACK

apples

bananas

*chats*

chili pepper flakes

***chutneys***

cucumbers

fruits

*Indian cuisine*

kiwi

lemon, e.g., juice

oranges

*pickles*

*raitas*

*salad, vegan “egg”*

*sauces, e.g., “cheese”*

tofu, e.g., *omelets, scrambles*

tomatoes

yogurt

SALT, SMOKED

beans

lentils

potatoes, e.g., baked

SALT, TRUFFLE

celery root

egg dishes

popcorn

potatoes

*risottos*

*salads*

vegetables, e.g., root

SAUERKRAUT

**apples**

apple cider

“bacon”

bay leaf

*bread, e.g., rye*

**caraway seeds**

carrots

*casseroles*

chestnuts

dill

*Eastern European cuisine*

fennel seeds

garlic

juniper berries

mushrooms, e.g., porcini

noodles, e.g., egg

oil, e.g., grapeseed

**onions**

pepper, black

potatoes

rosemary

*salad dressing, e.g., Thousand Island*

salt

***sandwiches, e.g., “Reuben,” “sausage”***

*sausages, vegan*

savory, winter

shallots

sour cream

*stews*

sugar, brown

tempeh

vinegar, e.g., cider, white wine

wine, dry to off-dry white, e.g., Alsatian Riesling

SAVORY

basil

bay leaf

\***BEANS, DRIED, e.g., cannellini, white** (esp. winter savory)

**BEANS, FRESH, e.g., fava, green, lima** (esp. summer savory)

beets

bell peppers

black-eyed peas

*bouquets garnis*

Brussels sprouts

**cabbage**

*cassoulets, vegetarian*

cauliflower

celery

chestnuts

chives

cumin

eggplant

*European cuisines*

*fatty foods*

fennel

*fines herbes*

*French cuisine, esp. Provençal*

**garlic**

*German cuisine*

*gravies*

***herbes de Provence***

**herbs, other**, e.g., as a blending herb

*Italian cuisine*

kale

lavender

legumes

lemon

**lentils**

marjoram

***Mediterranean cuisines***

mint

**mushrooms**, e.g., porcini

nutmeg

oil, olive

olives

onions

oregano

paprika

parsley

*pâtés*

**peas**

polenta

**potatoes**

rice

**rosemary**

**sage**

*salad dressings, e.g., vinaigrettes*

*salads, e.g., bean, potato*

***sauces****, e.g., gravies, tomato sauces*

seitan

shallots

***soups****, e.g., bean, split pea, tomato-based*

squash, summer

***stews***

stock, vegetable

***stuffings***

tarragon

**thyme**

**tomatoes**

**tomato sauces**

**vegetables**, esp. root, e.g., turnips

vinegar, e.g., red wine, sherry

wine, red

zucchini

SCALLIONS (aka GREEN ONIONS or SPRING ONIONS)

artichokes

***Asian cuisines***

**asparagus**

**basil**

bay leaf

beans, e.g., black, fava, white

bell peppers

bok choy

broccoli

carrots

**chiles**

*Chinese cuisine*

cilantro

cinnamon

cloves

**corn**

couscous

*crudités*, esp. milder scallions

cucumbers

curry powder/spices

*curries*

daikon

dill

*dumplings, Asian*

eggplant, e.g., Japanese

**fennel**

**garlic**

**ginger**

grains, whole, e.g., couscous

*gravies*

**greens**, e.g., bitter

*Japanese cuisine*

*Korean cuisine*

**leeks**

**lemon**, e.g., juice

lemongrass

lima beans

lime

mangoes

*marinades*

milk, coconut

mint

miso

**mushrooms**

mustard, e.g., Dijon, mustard seeds

**NOODLES, ASIAN**, e.g., soba

nutmeg

**oil, e.g., olive,** peanut, sesame

oranges

oregano

*pancakes, scallion*

papayas

paprika

**parsley**

*pastas*

peanuts

pepper, e.g., black, white

pineapple

**POTATOES**, e.g., baked, mashed

**rice**, e.g., black, brown, sushi, wild

*risottos*

**rosemary**

sage

*salad dressings*

***SALADS****, e.g., asparagus, corn, noodle, potato, tomato, zucchini*

*salsas*

salt, e.g., kosher

*sandwiches*

*sauces*

*scallion pancakes*

sesame oil

***SOUPS****, e.g., gazpacho, mushroom, noodle*

*Southeast Asian cuisines*

soy sauce

squash

***stir-fries***

**stock**, e.g., vegetable

sugar

*tabbouleh*

*Thai cuisine*

**thyme**

tofu

**tomatoes**

vegetables

**vinegar**, e.g., balsamic, champagne, cider, rice, white wine

walnuts

watermelon

zucchini

SEA BEANS (aka GLASSWORT or SAMPHIRE)

avocados

cayenne

chiles, e.g., red

dill

garlic

ginger

**lemon**, e.g., juice

lime, e.g., juice

mushrooms, e.g., shiitake

oil, e.g., olive

pepper, black

***salads***

*stir-fries*

*tempura*

**vinegar**, e.g., balsamic, rice wine, white wine

SEEDS, HEMP

almonds

avocados

***BAKED GOODS****, e.g., breads, cookies, muffins, piecrusts, quick breads*

beans, white, e.g., cannellini

bell peppers

berries

blackberries

cabbage

carrots

cashews

cashew butter

***CEREALS****, breakfast, e.g., muesli*

celery root

*chili, vegetarian*

chocolate

cilantro

***dips***

grains, whole

***granola***

lemon, e.g., juice

lime, e.g., juice

mushrooms, e.g., portobello

noodles, e.g., soba

**oatmeal**

oil, e.g., hemp

onions, green

***PESTOS***

*pilafs*

popcorn

rice

*salad dressings*

***SALADS****, e.g., green*

***smoothies***

*soups*

*spreads, e.g., chickpea*

**squash, winter,** e.g., acorn, butternut

*stir-fries*

***trail mix*es**

vegetables

*veggie burgers*

vinegar, white wine

walnuts

watercress

**yogurt**

SEEDS, POPPY

almonds

apples

*Asian cuisines*

***BAKED GOODS****, e.g., bagels, biscuits, breads, cakes, cookies, pastries, rolls*

beans, e.g., green

blueberries

cabbage

*candies*

carrots

cauliflower

cinnamon

cloves

curry powder

***desserts***

*dips, e.g., cheese*

eggplant

*egg dishes*

*(Central) European cuisines*

fruits

ginger

***Indian cuisine***

**LEMON**, e.g., juice, zest

lentils

*Mediterranean cuisines*

*Middle Eastern cuisines*

**noodles**

nutmeg

onions, e.g., sweet

oranges

blood oranges, e.g., juice, zest

***pastas****, e.g., pappardelle*

potatoes, e.g., boiled

plums, dried

**rice**

*Russian cuisine*

***SALAD DRESSINGS****, esp. creamy, e.g., for fruit or green salads*

***salads****, e.g., fruit, pasta*

***sauces****, e.g., cream*

sesame seeds

*slaws, e.g., cole*

*soups*

**sour cream**

spinach

strawberries

sugar

tomatoes

*Turkish cuisine*

vanilla

vegetables

walnuts

**zucchini**

SEEDS, PUMPKIN

*American cuisine*

***baked goods****, e.g., breads, cakes, cookies, muffins*

beans, e.g., black, green

*breadings*

caramel

cayenne

**chiles**, e.g., chipotle, dried ancho, green, jalapeño

**chili powder**, e.g., chipotle

cilantro

**cinnamon**

coriander

corn

**cranberries, dried**

cumin

curry powder

*enchiladas*

**garlic**

grains, whole, e.g., farro, millet, wheat berrries

***granola***

hazelnuts

lemon, e.g., juice

**lime**, e.g., juice

**maple syrup**

masa

*“mayonnaise,” vegan*

***MEXICAN CUISINE***

***moles***

*muesli*

oatmeal

**OIL**, e.g., **corn**, olive, peanut, pumpkin seed, safflower, sunflower, vegetable

***pestos***

**pumpkin**

quinoa

raisins

rice, e.g., wild

*salad dressings*

***salads****, e.g., green, noodle, pasta*

*salsas*

**SALT**, e.g., kosher, sea

***SAUCES****, e.g., mole, pumpkin seed*

seitan

***soups****, e.g., butternut squash, pumpkin*

*South American cuisines*

*Southwestern (U.S.) cuisine*

soy sauce

spinach

*spreads*

**squash, e.g., butternut**

*stews*

sugar, e.g., brown

*tamales*

tamari

tofu, e.g., in *scrambles*

tomatillos

tomatoes

sun-dried tomatoes

*trail mixes*

*veggie burgers*

yams

SEEDS, SUNFLOWER

apricots

***BAKED GOODS****, e.g., breads, cookies, muffins, piecrusts*

beans, green

*casseroles*

***cereals****, e.g., hot breakfast*

cranberries, dried

*desserts*

fruit

**GRAINS, WHOLE**, e.g., kasha, millet, oats, **quinoa**, long-grain rice, wheat

berries

***GRANOLA***

leeks

lemon

lentils

molasses

***muesli***

nutritional yeast

**nuts**, e.g., almonds, hazelnuts

*pancakes*

*pastas*

***pâtés***

*pestos*

raisins

*“risottos”*

***SALADS, e.g., green***

seeds, other, e.g., flax, pumpkin

*soups*

*Southwestern (U.S.) cuisine*

*spreads*

*stuffings*

tamari

tofu, esp. silken

tomatoes, sun-dried

***trail bars***

***mixes***

***veggie burgers***

yogurt

SEITAN (see also tips for NAMA-FU)

***Asian cuisines***

***barbecue sauce***

basil

Thai basil

bay leaf

beans, e.g., black, green, pinto, red

bell peppers

Bragg Liquid Aminos

broccoli

broccoli rabe

burdock

**CAPERS**

**caper berries**

carrots

*“chicken”* (+ chicken-flavored vegetarian stock)

chickpeas

**chiles**, e.g., jalapeño

chili pepper flakes

chili powder

*Chinese cuisine*

citrus

coconut

cornmeal (e.g., as a crust)

curry powder

***curries***

daikon

eggplant

***fajitas***

fennel

**GARLIC**

**GINGER**

*“gyros,” esp. when served with pita*

*tzatziki sauce*

**herbs**

*herbes de Provence*

hoisin sauce

*Japanese cuisine*

**kombu**

leeks

**LEMON**

lemongrass

lentils

*macrobiotic cuisine*

**maple syrup**

miso, e.g., white

**MUSHROOMS**, e.g., chanterelle, shiitake, wild

**mustard**, e.g., Dijon

noodles, e.g., rice

nori

nutritional yeast

**oil**, e.g., olive, sesame

olives

**ONIONS**, e.g., red, white

oregano

**paprika, smoked**

parsley

*pastas*

peanuts

peanut butter

**PECANS**

**pepper, black**

***“piccata”***

*pilafs*

pine nuts

polenta

ponzu

pumpkin seeds

**rice**, e.g., brown

**rosemary**

sage

salt, sea

*sandwiches, e.g., club (with crisp tempeh “bacon”), Philly “cheesesteak,”*

*“Reuben”*

*“sausage,” e.g., chorizo, Italian*

*“schnitzel”*

sea vegetables

**sesame seeds**

**shallots**

*shepherd’s pie*

*skewers*

snow peas

*soups*

**SOY SAUCE**

spinach

sprouts, bean

***stews***

***stir-fries***

**STOCK**, e.g., mushroom, vegetable

*stroganoff, e.g., mushroom*

sweet potatoes

tahini

**TAMARI**

tamarind

thyme

tofu

**tomatoes**

tomato paste

tomatoes, sun-dried

turmeric

umeboshi plum sauce

vinegar, balsamic

wakame

walnuts

**wine, e.g., dry red or white,** Marsala, port

Worcestershire sauce, vegan

yuzu

SESAME SEEDS—IN GENERAL (aka GOMA)

***ASIAN CUISINE*S**, esp. black sesame seeds

**asparagus**

avocado

***BAKED GOODS****, e.g., bagels, breads, breadsticks, cakes, cookies, corn*

*bread, crackers, pastries, piecrusts*

bananas

basil

beans, e.g., green

berries

broccoli

brown rice syrup

burdock

cabbage

carrots

*casseroles*

chickpeas

chili, e.g., pepper flakes, oil

*Chinese cuisine, esp. black sesame seeds*

cilantro

**citrus**, e.g., lemon, lime

cucumber

daikon

dates

*desserts, e.g., cakes, cookies, puddings*

*dressings*

falafel

fruit

garlic

**GINGER**

*gomashio* (sesame seeds + salt, in an 8:1 ratio)

**grains, whole,** e.g., barley, couscous, millet, quinoa, rice

*granola*

*gravies*

greens, bitter, salad

*halvah*

***Indian cuisine***

***Japanese cuisine****, esp. black sesame seeds*

kuzu

maple syrup

***MIDDLE EASTERN CUISINE***

mirin

miso

**mushrooms, e.g., shiitake**

**NOODLES, ESP. ASIAN,** e.g., soba

**nori**

*“pesto”*

**RICE**, e.g., sticky

***salad dressings***

***salads****, e.g., fruit, green, pasta*

salt, e.g., sea

***sauces****, e.g., mole, tahini*

scallions

seeds, other, e.g., flax, hemp, poppy

seitan

**sesame, e.g.,** butter, oil, paste

shallots

shiso, e.g., red

snow peas

***soups***

**soy sauce**

spinach

*spreads*

***stir-fries***

sugar snap peas

sumac

*sushi, e.g., nori rolls*

*tahini*

tamari

thyme

**TOFU**

tomatoes

*trail mix*es

vegetables

vinegar, rice

SHALLOTS

*Asian cuisines*

asparagus

avocados

basil

**bay leaf**

**beans, green**

beets

**Brussels sprouts**

carrots

chiles

*Chinese cuisines*

chives

**CITRUS**, e.g., grapefruit, lemon, lime, orange

coconut milk

corn

*curries*

*dips*

eggplant

endive

*European cuisines, e.g., French, Italian*

fennel

***French cuisine****, esp. northern*

fruit

galangal

**garlic**

ginger

**grains**, whole, e.g., barley, bulgur, kasha, **rice**

*gravies*

greens, bitter, e.g., turnips

legumes, e.g., lentils

lemongrass

**lemon,** e.g., juice, zest

lentils, e.g., yellow

lettuce

lime

*marinades*

*Mediterranean cuisines*

miso

**MUSHROOMS**, e.g., shiitake

**mustard, e.g., Dijon**

noodles, e.g., Asian, stir-fried

**oil**, e.g., grapeseed, hazelnut, **olive**, walnut

orange

papaya

**parsley**

parsnips

*pastas*

peanuts

**pepper, black**

**POTATOES**

raisins

rosemary

sage

***SALAD DRESSINGS, esp. vinaigrettes***

***SALADS***

salt, sea

***SAUCES, e.g., butter, French***

***soups***

***SOUTHEAST ASIAN CUISINES***

squash, e.g., butternut

*stews*

**stock, vegetable**

sugar, e.g., brown

**tarragon**

**thyme**

tofu

**tomatoes**

**vegetables**, e.g., root, e.g., turnips

**VINEGAR, e.g., balsamic,** brown rice, champagne, cider, red wine, **sherry**, white wine

**WINE, e.g., dry red or white**

Worcestershire sauce, vegan

zucchini

SHISHITO PEPPERS

*Asian cuisines*

chili pepper flakes

lemon

miso

oil, e.g., canola, olive, sesame

*pickled peppers*

**salt**, e.g., sea

sesame, e.g., seeds, oil

soy sauce

*stir-fries*

*stuffed shishito peppers*

SHISO LEAF (aka JAPANESE BASIL or PERILLA)

avocado

beets

cabbage, e.g., napa

corn

**cucumbers**

daikon

edamame

garlic

ginger, e.g., pickled

grains, whole, e.g., bulgur, rice

grapefruit

***JAPANESE CUISINE***

*Korean cuisine*

lime, e.g., juice

melons

mirin

miso, e.g., white

**mushrooms**, e.g., shiitake

**NOODLES, ASIAN**, e.g., soba, somen

*nori rolls* (e.g., avocado + cucumber)

oil, e.g., olive, peanut, sesame

onions

peaches

**rice**, e.g., brown, sushi

sake

***salads****, e.g., pasta*

scallions

**seeds**, e.g., pumpkin, **sesame**

snow peas

***soups****, e.g., noodle*

soy sauce

*spring rolls*

*stir-fries*

***sushi****, vegetarian*

tamari

*tempura*

**TOFU**, e.g., served chilled

**umeboshi plums**

**plum paste**

vinegar, e.g., balsamic, rice

SHOOTS, PEA

*Asian cuisines*

avocado

basil

chervil

*Chinese cuisine*

chives

corn

dill

endive, Belgian

**GARLIC**

**ginger**

grapefruit

kale

**lemon**, e.g., juice

mango

mushrooms, e.g., chanterelle, cremini

noodles, Asian

*nori rolls*

**OIL**, e.g., flax, **OLIVE**, roasted peanut, sesame

orange

*pastas*

pears

radishes

*risottos*

***SALADS***

**salt, e.g., sea**

*sandwiches*

seeds, e.g., sesame

shallots

*soups*

*Southeast Asian cuisines*

sprouts, e.g., sunflower

***stir-fries***

stock, vegetable

strawberries

sugar

vinegar, e.g., rice wine

wheat berries

SHOOTS, SUNFLOWER

apples

avocado

garlic

lemon

**oil, olive**

pepper, black

*pestos*

***salads***

salt, sea

sunflower seeds

yogurt

SLOW-COOKED

cumin

garlic

ginger

horseradish

onions

oregano

rosemary

shallots

thyme

SNOW PEAS (aka CHINESE PEA PODS) (see also SUGAR SNAP PEAS)

***Asian cuisines***

bamboo shoots

bean sprouts

**bell peppers**, e.g., red

bok choy

broccoli

cabbage, e.g., napa

**carrots**

cashews

cauliflower

celery

**chiles**

**chili paste**

**chili sauce**

*Chinese cuisine*

cilantro

coconut

coconut milk

***curries***

**curry paste**

**curry powder**

five-spice powder

**GARLIC**

**GINGER**

herbs

hoisin sauce

kale

lemon

lemongrass

**lime**

mint

mirin

miso

**mushrooms**, e.g., Asian, oyster, portobello, wild

mustard

**NOODLES, ESP. ASIAN,** e.g., ramen or udon

**OIL**, e.g., canola, **peanut, sesame**

**onions**, e.g., green, red

orange, e.g., juice, zest

*pad thai*

peanuts

peanut sauce

**peas**

**pepper**, e.g., black, Szechuan

*ponzu sauce*

**radishes**

**rice**, e.g., basmati, brown, wild

***SALADS****, e.g., Asian, bean, grain, noodle*

salt

**SCALLIONS**

**SESAME, E.G., OIL, seeds**

*slaws, e.g., Asian*

*soups*

*Southeast Asian cuisines*

**SOY SAUCE**

sprouts, bean

squash, summer

***STIR-FRIES***

**stock, vegetable**

sugar, e.g., brown

sugar snap peas

tarragon

*Thai cuisine*

**TOFU**

vinaigrette

**vinegar, rice**

water chestnuts

*Worcestershire sauce, vegetarian*

zucchini

SORGHUM (aka JOWAR and MILO)

*African cuisines*

avocado

bay leaf

carrots

*cereals, hot*

cayenne

chili powder

chives

coconut milk

cucumbers

curry powder

garlic

ginger

*Indian cuisine*

*khichuri*

lemon, e.g., juice, zest

lentils

mirin

miso

oil, olive

onions, e.g., green, spring

orange

oregano

parsley

pepper, black

*pilafs*

pine nuts

*popped sorghum (like popcorn)*

*porridges, e.g., savory or sweet*

raisins

rosemary

***salads, e.g., grain***

salt, sea

sesame, e.g., oil, seeds

s*oups*

soy sauce

stock, e.g., vegetable

tahini

thyme

vegetables

vinegar, rice

SORREL

**asparagus**

basil

**beans**, e.g., green, lima, white

beets

bell peppers

bread crumbs

carrots

celery

celery root

**chard**

chervil

chives

crème fraîche

cucumbers

cumin

curry powder

*custards*

dill

*European cuisines*

***French cuisine***

**garlic**

**grains, whole**

*gratins*

greens, e.g., beet, salad

**leeks**

**lemon**, e.g., juice, zest

**lentils**, e.g., green

lovage

mint

mushrooms, e.g., porcini, wild

mustard

nettles

nutmeg

**OILS**, e.g., hazelnut, **olive**, walnut

olives

**ONIONS**, e.g., red, yellow

onions, spring

**parsley**

*pastas*

peas, split

peas, e.g., spring

**pepper**, e.g., black, white

pine nuts

**POTATOES**

*purees*

purslane

ramps

rice

***risottos***

***SALADS, E.G., GRAIN, GREEN*** (esp. young sorrel)

**salt, e.g., sea**

***sandwiches***

***SAUCES, e.g., cream, sorrel, white***

**shallots**

***SOUPS, e.g., cream, lentil, potato, sorrel***

sour cream

**SPINACH**

**stock**, e.g., mushroom, vegetable

tarragon

thyme

tomatoes

**vegetables**, esp. green, grilled, root

vinegar, e.g., balsamic, red wine, sherry

**wine**, dry white

yogurt

SOUTH AMERICAN CUISINE

**beans, e.g., black**

bell peppers

chiles

**corn**

fruit, tropical

maca

potatoes

quinoa

**squash**

yuca

SOUTHWESTERN (U.S.) CUISINE

avocados

**BEANS, e.g., black,** red

bell peppers

cactus

cayenne

chayote

chiles, e.g., anaheim, ancho, chipotle, jalapeño, poblano, serrano;

chili

powder

chocolate

cilantro

cinnamon

**CORN**

cumin

garlic

jícama

lime

masa

mushrooms

nuts

onions

oregano, Mexican

posole

pumpkin seeds

**rice**

scallions

**squash**

tomatillos

*tortillas*

squash

SOYBEANS (see also EDAMAME, which are green soybeans)

*baked beans*

bay leaf

cardamom

carrots

*casseroles*

cayenne

celery

chiles, e.g., chipotle, chili powder

***chili, vegetarian***

cilantro

coriander

cumin

garlic

ginger

grains, e.g., barley, millet

*“hummus”*

lemon, e.g., juice

mint

molasses

mushrooms

*natto*

nut butter, e.g., almond, cashew, peanut, walnut

oats

oil, e.g., peanut, sesame, sunflower

onions

peanuts

*salads, e.g., grain, green*

scallions

sesame seeds

***soups****, e.g., minestrone, vegetable*

**soy sauce**

spinach

squash, e.g., kabocha

star anise

*stews*

tahini

tamari

tamarind

*tempeh*

***veggie burgers***

vinegar

wasabi

SOY SAUCE, NATURALLY FERMENTED (see also TAMARI)

*Asian cuisines*

basil, Thai

chiles

***Chinese cuisine***

citrus

*dumplings, e.g., Asian*

eggplant

**garlic**

**ginger**

greens

*Japanese cuisine*

***marinades***

mirin

molasses

mushrooms, e.g., portobello, shiitake

mustard

mustard paste

noodles, Asian, e.g., *pad thai*

**oil**, e.g., **sesame**, vegetable

onions

**rice**

*salad dressings*

***sauces***

***dipping sauces***

sesame, e.g., oil, seeds

*soups*

*stir-fries*

sugar

*sushi, vegetarian*

tamarind

tempeh

**tofu**

vinegar, rice

SOY SAUCE, THAI (aka LIGHT, THIN, or WHITE SOY SAUCE)

*marinades*

noodles, e.g., Asian, rice

*sauces, e.g., dipping*

*Southeast Asian cuisines*

*stir-fries*

*Thai cuisine*

tofu

*Vietnamese cuisine*

SPANISH CUISINE

almonds

bay leaf

bread

*custards*

garlic

hazelnuts

lemon

**oil, olive**

olives

onions

orange

paprika, e.g., smoked, sweet

parsley

peppers, esp. guindilla, piquillo (esp. roasted)

pimenton

pine nuts

pomegranates

rice, e.g., bomba

*roasted dishes*

saffron

*soups*

*stews*

thyme

tomatoes

*tortillas (crustless quiches filled with potatoes and/or vegetables)*

vanilla

**vinegar, sherry**

walnuts

wine, e.g., sherry

SPELT BERRIES

allspice

apples

artichokes, Jerusalem

avocado

***baked goods****, e.g., breads, cakes, muffins*

basil

**beans**, e.g., green, **white**

Brussels sprouts

*casseroles*

celery

***cereals****, e.g., hot breakfast*

**chickpeas**

*chili, vegetarian*

chives

cilantro

cinnamon

cumin

currants

dill

*dolmas*

escarole

***European cuisines****, e.g., Austrian, German, Swiss*

fennel

*French cuisine, e.g., southern*

**garlic**

ginger

grains, other, e.g., brown rice

kale

kefir

lemon, e.g., juice, zest

**lentils**, e.g., black, green

lovage

marjoram

*Mediterranean cuisines*

**mushrooms**, e.g., black trumpet

**nuts**, e.g., almonds, hazelnuts, pecans, walnuts

**oil**, e.g., nut, **olive**, sesame

**onions**, e.g., caramelized, red

*pancakes*

parsley

*pastas*

pepper, black

***pilafs***

pine nuts

*pizza dough*

***“risottos”***

***salads****, e.g.,* ***grain****, green*

salt, e.g., sea

***soups****, e.g., minestrone, vegetable*

squash, e.g., winter

*stews*

strawberries

*stuffings, e.g., grape leaves, vegetables*

*“tabbouleh”*

tarragon

tempeh

thyme

tofu

turnips

vinegar, e.g., balsamic

walnuts

za’atar

SPINACH

allspice

**apples**

**artichokes**, e.g., globe, hearts, Jerusalem

arugula

asparagus

**avocado**

**basil**

beans, e.g., adzuki, black, cannellini, green, mung

beets

**bell peppers**, e.g., red, roasted

bread crumbs, e.g., whole grain

broccoli

*burritos*

*calzones*

capers

cardamom

**carrots**

*casseroles*

cauliflower

**cayenne**

chervil

**CHICKPEAS**

chicory

**chiles**, e.g., green, jalapeño, serrano;

**chili pepper flakes**

**chives**

cilantro

cloves

**coconut milk**

coriander

*crepes*

**cumin**

**curry powder/spices**

***curries***

**dill**

***dips***

**eggplant**

*falafel*

figs

**fruit, dried,** e.g., cranberries, **raisins**

**GARLIC**

**GINGER**

gomashio

**grains**, e.g., barley, bulgur, **quinoa**

*gratins*

*Greek cuisine*

horseradish

***Indian cuisine***

***Italian cuisine***

***Japanese cuisine***

leeks

**LEMON**, e.g., juice, zest

**lemongrass**

**LENTILS**

**lime**, e.g., zest

lovage

mace

**marjoram**

*Mediterranean cuisines*

milk

**mint**

mirin

**miso, e.g., white**

\***MUSHROOMS**, e.g., button, chanterelle, cremini, porcini, portabello, shiitake, wild

**mustard**, e.g., Dijon, dry

noodles, e.g., soba, udon

\***NUTMEG**

**NUTS**

**nut butters,** e.g., **almonds, cashews,** hazelnuts, **pecans, pine**

**nuts,** pistachios, **WALNUTS**

**OIL**, e.g., almond, grapeseed, hazelnut, **OLIVE**, peanut, **sesame**, walnut

**olives**, e.g., kalamata

**ONIONS**, e.g., caramelized, red, sweet, yellow

**orange**, e.g., juice

oregano

**parsley**

***PASTA****, e.g., cannelloni, gnocchi, gnudi, lasagna, manicotti, ravioli, shells*

**pears**

peas

peas, split

**pepper**, e.g., black, white

*“pestos”*

**PHYLLO DOUGH, e.g., spelt, whole-wheat**

*pies*

*pilafs*

***PIZZA***

**polenta**

**POTATOES**

*purees*

*quesadillas*

**quinoa**

**raisins**

ramps

**RICE**, esp. basmati, black, brown

*risottos*

rosemary

sage

*salad dressings, e.g., creamy, hot*

***SALADS, e.g., green, mushroom, pasta, spinach***

**salt**, e.g., sea

*sandwiches*

**scallions**

**seeds**, e.g., pumpkin, sesame, sunflower

**sesame**, e.g., oil, seeds

**shallots**

*smoothies*

**sorrel**

*soufflés*

***SOUPS, e.g., mushroom, spinach, vegetable, yogurt***

**soy sauce**

***spanakopita / spinach pie***

*spreads*

sprouts, e.g., mung bean, sunflower

squash, e.g., delicata, summer

***stews***

***stir-fries***

stock, e.g., vegetable

sugar (just a pinch)

**sweet potatoes**

**tahini**

**tamari**

tangerines

tarragon

thyme

**TOFU**, e.g., raw, silken, smoked

**TOMATOES**

**TOMATO SAUCE**

vegetables

*veggie burgers*

**VINEGAR**, e.g., **balsamic**, brown rice, **cider**, red wine, rice, **sherry**, white

wine

**YOGURT**

yuzu, e.g., juice, zest

zucchini

SPRING

**artichokes, esp. baby**

artichokes, Jerusalem

arugula

**asparagus**, e.g., green, purple, white

avocados

bamboo shoots

**beans, fava**

beets

blueberries

borage

boysenberries

carrots

cauliflower

chard, Swiss

cherries

chervil

chicory

chives, esp. garlic

cilantro

cucumbers

currants, red

dill

endive, e.g., Belgian, curly

escarole

fennel, esp. baby

fennel pollen

fiddlehead ferns

garlic, e.g., green, spring

**greens**, e.g., collard, dandelion, mizuna, mustard, salad, spring

jícama

leeks

lemons

lemons, Meyer

lettuces, e.g., lamb’s, oak leaf, romaine, spring

*lighter dishes*

limes, key

loquats

mâche

mangoes

mint

miso, light

mushrooms, e.g., chanterelle, **morel,** shiitake

nettles

noodles, e.g., somen

onions, e.g., spring, Vidalia

oranges, e.g., blood

oranges, navel

**peas, e.g., English, spring, sweet**

potatoes, new

**radishes**

**ramps**

**rhubarb**

**scallions**

shoots, e.g., garlic, pea

snow peas

sorrel

*soufflés*

**spinach**

sprouts, e.g., daikon

**strawberries**

sugar snap peas

tea, green, esp. early

tomatillos

tomatoes, heirloom

wakame

watercress

zucchini blossoms

SPROUTS—IN GENERAL, or MIXED

**apples**

**apple juice**

avocado

*breads, whole-grain, e.g., whole-wheat*

cabbage, e.g., green, red

**carrots**

citrus

cucumbers

garlic

greens, e.g., mesclun, salad

**lemon**, e.g., juice, zest

lettuce, e.g., romaine

mint

oil, e.g., olive

onions

parsley

radishes

raisins

***SALADS****, e.g., egg, green*

***SANDWICHES***

sesame seeds

soy sauce

tahini

tomatoes

**vinegar**, e.g., balsamic, rice

SPROUTS, ALFALFA

avocados

beans, e.g., pinto

bell peppers, e.g., orange, red

*bread, e.g., whole-grain*

cabbage

cilantro

dill

ginger

lemon, e.g., juice

lime

mango

miso

*nori rolls*

onions, e.g., green, red

oranges

raisins

*rice paper wrappers*

***salads***

***SANDWICHES****, e.g., grilled cheese, wraps*

sesame, e.g., oil, seeds

*slaws*

*smoothies*

*soups*

sprouts, other, e.g., radish

*stir-fries*

sunflower seeds

tofu

*tortillas, e.g., whole-grain*

vinegar, rice

walnuts

watercress

*wraps*

SPROUTS, BROCCOLI

beets

carrots

***salads, e.g., green***

***sandwiches, e.g., veggie burgers***

sprouts, other, e.g., clover

*stir-fries*

tahini

SPROUTS, BUCKWHEAT

*batters, e.g., pancake, waffle*

carrots

lemon

*salads, e.g., green*

*sandwiches, e.g., cheese*

seeds, e.g., sesame

shoots, e.g., pea

sprouts, other, e.g., alfalfa

tahini

SPROUTS, CLOVER

*cole slaws*

onions

*salads*

***sandwiches****, e.g., peanut butter*

sprouts, other, e.g., broccoli

*stir-fries*

SPROUTS, LENTIL

arugula

beans

*drinks, e.g., juices, smoothies*

ginger

greens, salad

lemons

onions

oranges

peas

rice

***salads****, e.g., green, potato*

*sandwiches*

seeds, e.g., sunflower

***soups****, e.g., sprouted lentil*

soy sauce

*stews*

***stir-fries***

vinegar

SPROUTS, MUNG BEAN

***Asian cuisines***

beans, e.g., black

bell peppers, e.g., red

bok choy

cabbage, e.g., napa

carrots

celery

chickpeas

chiles, e.g., red

***Chinese cuisine***

cumin seeds

curry powder

*dips*

*drinks, e.g., juices, smoothies*

*egg rolls*

**garlic**

ginger

greens, e.g., salad

hoisin sauce

*hummus*

*Indian cuisine*

kimchi

*Korean cuisine*

lemon, e.g., juice

lentils

*lo mein*

miso

*moo shu vegetables*

mushrooms, e.g., shiitake

mustard

mustard seeds

noodles, Asian, e.g., rice, rice vermicelli, udon

oil, e.g., grapeseed, peanut, sesame

**onions**, e.g., red

***pad thai***

parsley

peanuts

peanut butter

peas

quinoa

radishes

rice

*rice paper wrappers*

***SALADS****, e.g., Asian, potato, vegetable*

salt, e.g., sea

*sandwiches*

**sesame**, e.g., oil, seeds

*slaws, e.g., Asian*

***soups****, e.g., miso*

soy sauce

spinach

***spring rolls****, i.e., fried*

sprouts, other, e.g., adzuki, lentil

*stews*

***STIR-FRIES***

stock, vegetable

sugar

*summer rolls, i.e., not fried*

*Thai cuisine*

tofu

vegetables

*Vietnamese cuisine*

vinegar, e.g., rice

watercress

SPROUTS, PEA

*dips*

garlic

mustard

oil, e.g., sesame, vegetable

rice

*salads*

*soups, e.g., cold, pea*

soy sauce

*stir-fries*

tarragon

tofu

SPROUTS, RADISH (see also SPROUTS, DAIKON)

avocado

*bread, whole-wheat*

*dips*

greens, salad

oil, nut (e.g., walnut), olive

**onions**, e.g., red

*salad, egg*

***SANDWICHES****, e.g., egg salad, wraps*

shallots

*slaws*

*stir-fries*

*sushi, vegetarian*

vinegar, e.g., red wine

SPROUTS, SUNFLOWER SEED

**avocado**

basil

citrus, e.g., grapefruit, orange

dill

garlic

kale

lemon, e.g., juice

oil, e.g., sunflower

parsley

pea shoots

***salads***

***sandwiches****, e.g., wraps*

scallions

**seeds, e.g., sesame, sunflower**

shallots

*smoothies*

spinach

*sushi, vegetarian*

tomatoes

vinegar, red wine

SQUASH, ACORN (see also SQUASH, WINTER)

***ACORN SQUASH, STUFFED***

allspice

almonds

**APPLES**

apricots, e.g., dried

beans, e.g., anasazi, fava, kidney

bell peppers, e.g., red

***bread crumbs***

***bread stuffings****, e.g., whole-grain*

bulgur

brown butter

celery

chard, Swiss

**CINNAMON**

cloves

coconut

coconut milk

corn

**cranberries**, e.g., dried

currants

curry powder

fennel

**garlic**

**ginger**

hazelnuts

kale

lemon, e.g., juice

liqueur, e.g., amaretto, Grand Marnier

**MAPLE SYRUP**

mint

miso

mushrooms, e.g., chanterelle

**nutmeg**

**olive oil**

onions

orange, e.g., juice, zest

parsley, flat-leaf

pears

pecans

**PEPPER**, e.g., black, white

*pilafs*

pine nuts

pistachios

plums, dried

**quinoa**

**raisins**

**RICE** (e.g., **wild**)

*rice stuffing*

**sage**

salt, sea

savory

scallions

***soups***

soy sauce

*stews*

**SUGAR, BROWN**

sweetener, esp. evaporated cane juice

tamari

vanilla

vinegar, e.g., cider

SQUASH, BUTTERCUP (see also SQUASH, WINTER)

**almonds**

arugula

***baked goods****, e.g., muffins, pies*

bell peppers

**brown butter**

*casseroles*

**chiles**

**chili powder**

cilantro

coconut milk

cumin

*curries*

**garlic**

ginger

*gratins*

hominy

leeks

**lemon**, e.g., juice

lemongrass

oil, e.g., chili, corn, peanut

onions, e.g., red

parsnips

***pasta****, e.g., gnocchi, ravioli*

peanuts

pears

pepper, black

*purees*

sage

shallots

***SOUPS****, e.g., minestrone, squash*

soy sauce

**spinach**

squash, other winter, e.g., butternut

*stews*

**stock, vegetable**

tamari

yogurt, e.g., Greek

SQUASH, BUTTERNUT (see also SQUASH, WINTER)

**allspice**

**apples**, e.g., fruit, juice

artichokes, Jerusalem

**arugula**

*baked goods, e.g., muffins*

barley

basil

bay leaf

**BEANS**, e.g., adzuki, lima, pinto, **white**

berries, e.g., blackberries, blueberries

brown butter

cabbage, savoy

**cardamom**

carrots

*casseroles*

cauliflower

cayenne

**celery**

celery root

**chestnuts**

**chickpeas**

**CHILES**, e.g., ancho, chipotle, jalapeño; **chili pepper flakes**; chili pepper

sauce

chives

**cilantro**

**CINNAMON**

**cloves**

coconut

**coconut milk**

**coriander**

**corn**

**couscous**

**cranberries**

**cumin**

**curry powder**

***CURRIES***

dates

fennel

**GARLIC**

**GINGER**

**grains**, whole, e.g., bulgur, farro, millet, quinoa

*gratins*

greens

kale

**leeks**

**lemon**, e.g., juice, zest

lemongrass

**LIME**, e.g., juice, zest

**MAPLE SYRUP**

marjoram

milk, dairy or nondairy, e.g., cashew

miso, e.g., white

**MUSHROOMS**, e.g., black trumpet, chanterelle, wild

**NUTMEG**

**NUTS**, e.g., **almonds**, hazelnuts, peanuts, **pecans**, pine nuts, pistachios, **walnuts**

**OIL,** e.g., canola, grapeseed, **OLIVE, pumpkin seed,** walnut

**ONIONS**, e.g., green, red, yellow

**orange**, e.g., juice, zest

oregano

paprika, smoked

**parsley, flat-leaf**

***pasta, e.g., gnocchi, lasagna, ravioli***

**pears**

Japanese pears

**pepper, e.g., black,** white

*pizza*

**pomegranate seeds**

**PUMPKIN SEEDS**

*purees*

raisins

rice, e.g., Arborio

***RISOTTOS***

**rosemary**

**saffron**

**SAGE**

**salt, e.g., sea**

savory

sesame seeds, e.g., black, white

shallots

shiso

***SOUPS***

***bisques***

spinach

star anise

***stews***

**STOCK,** e.g., mushroom or **vegetable**

*succotash*

sugar, e.g., brown

sunflower seeds

tahini

tamari

tarragon

*tarts*

**thyme**

**tofu**

**tomatoes**

**vanilla**

**VINEGAR**, e.g., **balsamic**, cider, red wine, sherry

wine, e.g., dry white

**yogurt**

za’atar

SQUASH, CROOKNECK (see also SQUASH, SUMMER)

basil

bay leaf

chiles, e.g., jalapeño

cilantro

**curry powder**

marjoram

milk, e.g., nondairy (almond, coconut, rice)

mint

oil, e.g., olive, vegetable

onions

oregano

parsley

pepper, black

sage

salt

scallions

*soups, e.g., squash*

thyme

SQUASH, DELICATA (see also SQUASH, WINTER)

allspice

anise

**apples**

**apple cider**

**apple juice**

beans, e.g., black, cannellini, cranberry, white

**beets**

bread crumbs

cayenne

celery

chiles, e.g., chipotle, jalapeño

**cilantro**

cinnamon

cloves

cranberries, dried

**cumin**

dates

fennel

fennel seeds

garlic

kale

lime, e.g., juice

**maple syrup**

mint

**mushrooms**, e.g., cremini, oyster, shiitake

mustard, Dijon

**nutmeg**

**NUTS**, e.g., **almonds**, hazelnuts, pine nuts, **pistachios**, walnuts

**oil, olive**

**ONIONS**, e.g., red, yellow

orange, e.g., juice

parsley

pepper, e.g., white

*pizzas*

pomegranate seeds

potatoes, e.g., fingerling

quinoa

rice, brown

rosemary

**sage**

seeds, e.g., sesame

soy sauce

*squash, stuffed*

stock, vegetable

**sugar, brown**

tahini

**THYME**

tomatoes

**vinegar**, apple cider or balsamic

yogurt

SQUASH, HUBBARD (see also SQUASH, WINTER)

allspice

almonds

***baked goods, e.g., pies***

bay leaf

beans, e.g., lima

carrots

cayenne

chives

cinnamon

curry spices, e.g., coriander, cumin

fennel

garlic

hazelnuts

leeks

lemon, e.g., juice

maple syrup

molasses

nutmeg

oil, e.g., olive

*pancakes*

pepper, black

*purees*

*risottos*

rosemary

sage

salt

***soups***

*squash, stuffed*

sugar, brown

tamari

SQUASH, KABOCHA (see also SQUASH, WINTER)

almonds

**apples**

basil

Thai basil

bay leaf

**beans**, e.g., adzuki, cranberry, green, kidney, mung

cayenne

celery root

chard

chestnuts

chiles, e.g., chipotle

chili pepper flakes

chili powder

**cilantro**

**cinnamon**

**coconut**

**coconut milk**

coriander

couscous

cranberries, dried

crème fraîche

**cumin**

currants

curry paste, powder, spices, *curries, e.g., Thai*

*desserts*

fennel

fennel seeds

**GARLIC**

**GINGER**

grains, whole, e.g., millet

**greens, winter,** e.g., mustard

hazelnuts

***Japanese cuisine***

Kaffir lime leaves

kale

**leeks**

**lemon,** e.g., juice

**lemongrass**

lettuce, e.g., Bibb

lime, e.g., juice, zest

**maple syrup**

melon, bitter

**mirin**

miso, e.g., white

mushrooms, e.g., black trumpet, oyster

**noodles, udon**

nutmeg

**oils**, e.g., canola, olive, sesame

**ONIONS**, e.g., red, sweet, yellow

**orange**, e.g., juice, zest

paprika, e.g., hot, smoked

*pastas, e.g., lasagna*

pears

pecans

pepper, e.g., black

*pies*

pomegrantes

*puddings*

**pumpkin seeds**

*purees*

radicchio

raisins

**rice**, e.g., basmati and/or brown

rice, wild

rosemary

**sage**

sake

**salt, sea**

scallions

shiso

***SOUPS***, *e.g., vegetable*

soybeans, e.g., black

**soy sauce**

***stews***

**stock, vegetable**

sugar

**tamari**

*tempura, vegetable*

**tofu**

**tomatoes**, e.g., green or red

umeboshi paste

**vinegar**, e.g., apple cider, balsamic, brown rice

walnuts

yuzu, e.g., juice, zest

SQUASH, PATTYPAN (see also SQUASH, SUMMER)

allspice

apples

asparagus

**bread crumbs**, e.g., whole-wheat

capers

chili pepper flakes

chives

corn

eggplant

**garlic**

leeks

lemon

mushrooms, e.g., chanterelle

nutmeg

**oils**, e.g., **olive**, walnut

**onions, e.g., red**

**parsley**

***PATTYPAN SQUASH, STUFFED***

pecans

pepper, e.g., black

*pesto*

rosemary

sage

salt, e.g., kosher

*soups, e.g., squash*

**stock, vegetable**

thyme

tomatoes

zucchini

SQUASH, SPAGHETTI

**basil**

bay leaf

beans, e.g., black, kidney

**bell peppers**, e.g., red

bok choy

broccoli

bulgur

brown butter

**carrots**

***casseroles***

chard

chiles, dried;

chili pepper flakes

cilantro

cinnamon

fennel

**GARLIC**

ginger

*gratins*

hazelnuts

lentils

*“meatballs”*

**mushrooms**, e.g., button, chanterelle, oyster, porcini

nutmeg

**oil**, e.g., corn, flaxseed, **olive**, peanut, sesame

**ONIONS**

oregano

parsley

parsnips

***“PASTA”***

**pepper, black**

*pesto*

pistachios

rosemary

**sage**

*salads*

**salt**

**sauces**, e.g., pasta, tomato

*“sausage,” vegan*

scallions

soy sauce

sugar, brown

**thyme**

tomatillos

**TOMATOES**

**TOMATO PASTE**

**TOMATO SAUCE**

**vinegar**, e.g., balsamic, rice, sherry, wine

walnuts

zucchini

SQUASH, SUMMER (see also CHAYOTE; SQUASH, CROOKNECK; SQUASH, PATTY PAN; ZUCCHINI)

allspice

arugula

*baked goods, e.g., muffins, quick breads*

**BASIL**

**beans**, e.g., cannellini, white

**bell peppers**, e.g., green, red

bread crumbs

**capers**

carrots

chard, Swiss

**chiles**, e.g., dried, fresh, jalapeño, red, green; chili pepper flakes

chili

powder

**chives**

**cilantro**

**cinnamon**

coriander

corn

**curry**, e.g., powder, spices

**DILL**

**eggplant**

*enchiladas*

epazote

escarole

**fennel seeds**

**GARLIC**

**ginger**

grains, whole, e.g., bulgur

greens, e.g., mustard, turnip

**LEMON**, e.g., juice, zest

**marjoram**

**mint**

mustard, e.g., Dijon, mustard seeds

nutmeg

**OIL,** e.g., canola, **OLIVE**

olives

**onions**, e.g., red

**oregano**

paprika

**PARSLEY**

***pasta****, e.g., lasagna, linguini, orzo, rigatoni*

**pepper, black**

pesto

**pine nuts**

*ratatouille*

**rice**

*risotto*

**ROSEMARY**

saffron

sage

***salads****, e.g., green, pasta*

salt, e.g., sea

savory

**scallions**

shallots

***soups****, e.g., squash*

*stews, e.g., vegetable*

stock, e.g., vegetable

sunflower seeds

**tarragon**

**thyme**

**TOMATOES**

**TOMATO SAUCE**

tomatoes, sun-dried

vegetables, root, e.g., parsnips, turnips

**VINEGAR, e.g., balsamic,** cider, **red wine**, rice wine, **white wine**

**walnuts**

**yogurt**

zucchini blossoms

SQUASH, WINTER—IN GENERAL, OR MIXED SQUASHES (see also PUMPKIN; SQUASH, ACORN; SQUASH, BUTTERCUP; SQUASH, BUTTERNUT; SQUASH, DELICATA; SQUASH, HUBBARD; SQUASH, KABOCHA)

**allspice**

anise seeds

**APPLES**, e.g., cider, fruit, juice

***baked goods****, e.g., breads, cakes, cookies, muffins, pies*

**basil**

beans, white

bell peppers, e.g., red

bread crumbs, e.g., whole-grain

*burritos*

**brown butter**

cardamom

carrots

cashews

*casseroles*

cauliflower

cayenne

celery

chestnuts

**chiles**, e.g., dried, jalapeño, red; chili pepper flakes

chili powder

cider

cilantro

**CINNAMON**

citrus, e.g., juice, zest

**cloves**

coconut, e.g., butter, fruit, milk

**coriander**

cornmeal

cranberries, e.g., dried

**cumin**

**curry**, e.g., paste, powder, spices

dates

fennel seeds

figs

fig syrup

**GARLIC**

**GINGER**

**grains, whole**, e.g., farro, spelt

*gratins*

greens, e.g., mesclun, mustard

leeks

lemon, e.g., juice

lemongrass

licorice

lime

mace

**maple syrup**

marjoram

**mint**

mirin

miso, e.g., white

molasses

*mousses*

mushrooms, e.g., chanterelle, wild

noodles, e.g., udon

**NUTMEG**

**NUTS**, e.g., hazelnuts, macadamia, pecans, walnuts

**OIL**, e.g., **OLIVE**, safflower, sesame, sunflower

**ONIONS, e.g., green, RED**

**oranges**, e.g., juice

*pancakes*

paprika

**parsley**

parnsips

***pastas****, e.g., ravioli*

**pears**

**PECANS**

pepper, e.g., black

*pies*

pine nuts

pineapples

pistachios

potatoes

*puddings*

*purees*

quince

radicchio

raisins

radicchio

**rice**, e.g., brown, wild

***risottos***

**rosemary**

rum

**SAGE**

savory

scallions

seeds, e.g., flax, pumpkin, sesame (e.g., black)

shallots

*soufflés*

***SOUPS, e.g., squash, winter vegetable***

soy sauce

*spreads*

squash, other winter

*squash, stuffed*

*stews*

stock, vegetable

**SUGAR, BROWN**

tahini

tarragon

**thyme**

tofu

turmeric

vanilla

vinegar, e.g., balsamic, sherry

**WALNUTS**

SRIRACHA (aka CHILI GARLIC SAUCE)

*Asian cuisines*

carrots

cashews

celery

chickpeas

chili, vegetarian

*fried rice*

garlic

ginger

mushrooms

noodles, Asian, e.g., rice

onions, e.g., green, white

rice, e.g., jasmine

sesame, e.g., oil, seeds

soy sauce

*stir-fries*

stock, vegetable

*Thai cuisine*

tofu

tomatoes

STAR ANISE

***Asian cuisines***

***baked goods***

bay leaf

berries, e.g., blackberries

chiles

***CHINESE CUISINE***

chocolate, e.g., milk

**cinnamon**

citrus

*curries*

curry leaves

curry powder

***five-spice powder***

**ginger**

greens, e.g., mizuna

*ice creams*

*Malaysian cuisine*

*marinades*

mint

noodles, Asian

orange

pears, e.g., poached

pepper, black

plums

rose water

*salad dressings*

***sauces****, e.g., barbecue*

*sorbets*

*soups*

soy sauce

*stews*

*stir-fries*

sugar, e.g., brown

***teas***

***Vietnamese cuisine****, e.g., pho*

STAR FRUIT (aka CARAMBOLA)

agave nectar

cardamom

chili powder

*chutneys*

*desserts, e.g., tarts (when fully ripe)*

*Indian cuisine*

kiwi

lemon, e.g., juice, zest

lime, e.g., juice, zest

mango

mint

orange

papayas

***salads****, e.g., fruit, green*

*salsas*

salt

*smoothies*

*Southeast Asian cuisines*

*stir-fries*

strawberries

*Thai cuisine*

STOCK, MUSHROOM

bay leaf

carrots

celery

fennel

garlic

leeks

marjoram

**MUSHROOMS, e.g., dried or fresh; mixed, porcini, shiitake, white**

oil, olive

onions, e.g., yellow

oregano

parsley

pepper, black

rosemary

salt

tamari

thyme

wine, e.g., marsala

STOCK, VEGETABLE (see also DASHI)

basil

**bay leaf**

beans, black (fermented)

cabbage

**carrots**

**celery**

cilantro

**garlic**

kombu

**leeks**

lemongrass

marjoram

mirepoix (carrots + celery + onions)

mushrooms, e.g., shiitake, white

oil, olive

**onions**, e.g., yellow

oregano

**parsley**

parsnips

**pepper, black**

potatoes

rosemary

sage

**salt, kosher or sea**

savory

**thyme**

water

wine, dry white

STRAWBERRIES

**agave nectar**

**almonds**

apples

apricots

arugula

**bananas**

**BASIL**

bell peppers

**BERRIES**, **OTHER**, e.g., blackberries, blueberries, raspberries

caramel

**chocolate, e.g., dark**

cinnamon

coconut

crème fraîche

cucumber

***DESSERTS****, e.g., cobblers, crumbles, custards,* ***ICE CREAMS, pies,*** *puddings,* ***sorbets****, strawberry shortcake,* ***tarts***

*drinks, e.g., sparkling water, sparkling wine*

fennel

figs

**ginger**

grapefruit

*granitas*

guava

hazelnuts

*jams*

**kiwi**

**LEMON**, e.g., juice

**lime**, e.g., juice

liqueurs, e.g., Cointreau, curaçao, framboise, Grand Marnier, Kirsch

lychees

mango

**maple syrup**

**mascarpone**

melon, e.g., cantaloupe

milk, almond

**mint**

nuts

oats

oatmeal

oil, olive

**orange**, e.g., juice, zest

*pancakes*

**passion fruit**

peaches

pecans

**PEPPER, e.g., black, tellicherry**

pineapple

pine nuts

pistachios

\***RHUBARB**

*salads, e.g., fruit, green*

*sauces, e.g., dessert*

*shortcakes*

***SMOOTHIES***

***sorbets***

***soups****, e.g., fruit, “gazpacho”*

sour cream

spinach

**SUGAR, e.g., brown, confectioners’**

***tarts***

thyme

tofu, silken

tomatoes

**VANILLA**

**VINEGAR, E.G., \*BALSAMIC**, **esp. aged;** red wine

**walnuts**

watermelon

**wine**, e.g., Beaujolais, Marsala, port, rose, sherry, sparkling (e.g., Champagne), sweet

**yogurt**

SUGAR, PALM

*baked goods, e.g., cookies*

bananas

beans, adzuki

chiles

chocolate

**COCONUT**

**COCONUT MILK**

coffee

***curries, Thai***

***custards***

*desserts*

fruits

*Indonesian cuisine*

jackfruit

lime

*Malaysian cuisine*

mango

maple syrup

*pad thai*

papaya, green

*puddings*

pumpkin

**rice, sticky**

*salads, e.g., fruit*

*sauces*

*Southeast Asian cuisines*

***Thai cuisine***

water chestnuts

SUGAR SNAP PEAS (aka SNAP PEAS)

asparagus

**basil**

bell peppers, e.g., yellow

broccoli

brown butter

carrots

cashews

cauliflower

chervil

chiles

chives

cilantro

coconut milk

cumin

curry powder

*curries*

dill

dips

fennel

**garlic**

garlic scapes

**ginger**

grains, whole

horseradish

**LEMONS, e.g., juice,** zest

lettuce

lotus root

marjoram

**MINT**

miso

**MUSHROOMS**, e.g., portobello, shiitake

mustard, Dijon

**noodles, Asian**, e.g., soba

**OILS**, e.g., canola, corn, grapeseed, **OLIVE, SESAME**

**onions**, e.g., green, **red**

parsley

***pastas***

peanuts

peanut sauce

peas

**pepper, black**

pine nuts

pistachios

radishes

rice

sage

***salads****, e.g., grain, noodle, pasta*

salt, e.g., kosher

**scallions**

**sesame**, e.g., oil, seeds

shallots

snow peas

*soups*

**soy sauce**

*stews*

***stir-fries***

stock, vegetable

sugar

tarragon

thyme

**tofu**

vinegar, e.g., red wine

water chestnuts

yogurt

SUMAC

*(North) African cuisines*

avocados

beans, e.g., white

beets

bell peppers

*breads, e.g., pita*

**chickpeas**

chiles

chili powder

cilantro

coriander

**cucumbers**

cumin

*dips*

*drinks, e.g., “lemonade”*

*dukkah* (Egyptian spice blend of almonds + coriander + cumin + salt +

sesame seeds + sumac)

eggplant

falafel

fennel

garlic

ginger

grains, whole, e.g., farro, quinoa

***HUMMUS***

*Iranian cuisine*

*kebabs*

*Lebanese cuisine*

lemon, e.g., juice

lentils, e.g., red

*marinades*

mayonnaise

*(Eastern) Mediterranean cuisine*

***MIDDLE EASTERN CUISINES***

mint

*Moroccan cuisine*

oil, olive

**ONIONS**, e.g., raw

orange

oregano

**parsley**

pepper, black

*pilafs*

pine nuts

pomegranates

purslane

**rice**

***salad dressings****, e.g., tahini*

***SALADS, e.g., chickpea, cucumber, fattoush, tomato***

salt

*sauces*

**sesame seeds**

sour cream

*stews*

sugar snap peas

*Syrian cuisine*

tahini

**THYME**

**tomatoes**

***Turkish cuisine***

vegetables

walnuts

**yogurt**

***za’atar***

zucchini

SUMMER

anise hyssop

apricots

arugula

avocados

bamboo shoots

**basil**

beans, e.g., cranberry, fava, **green**, lima

**bell peppers**, e.g., red or yellow

berries

blackberries

blueberries

*boiled dishes*

bok choy

boysenberries

callaloo

celery

chard

**cherries**

chickpeas, fresh

chiles, e.g., poblano

*chilled dishes*

*beverages*

cilantro

**corn**

**cucumbers**

currants, black

dill

edamame

**eggplant**

elderberries

elderflower

escarole

fennel pollen

figs

flowers, edible

FRESHNESS

garlic

goji berries

grapes

greens, e.g., beet, leafy, mizuna

*grilled dishes*

***grilling***

guavas

herbs, cooling, e.g., basil, cilantro, dill, fennel, licorice, marjoram, mint

horseradish

huckleberries

*ice cream*

*ices*

*granitas*

jackfruit

kohlrabi

lamb’s-quarter

lettuce, e.g., green leaf, lamb’s, red leaf

limes

loquats

lychees

mangoes

**melons**, e.g., cantaloupe

miso, light

mushrooms, e.g., chicken of the woods, hedgehog, lobster, porcini

**nectarines**

nettles

noodles, e.g., chilled, somen

okra

onions

onions, green

onions, red, Vidalia

papalo

papayas

**peaches**

pears, Bartlett

peas

*picnics*

**plums**

potatoes, e.g., new

*puddings, summer*

purslane

raspberries

raw foods

***SALADS, e.g., fruit, green, pasta***

*salsas, fresh*

savory, summer

sea beans

shallots

*slaws*

snow peas

*sorbets*

*soups, chilled, e.g., fruit, gazpacho*

spices, cooking, e.g., peppercorns, white; turmeric

sprouts, daikon

**SQUASH**, **SUMMER**, e.g., pattypan, yellow, zucchini

*steamed dishes*

stone fruits, e.g., peaches, plums

strawberries

*summer rolls*

tarragon

thyme

tomatillos

**TOMATOES**

vegetables, green leafy

watercress

**WATERMELON**

**ZUCCHINI**

**ZUCCHINI BLOSSOMS** (peak: July)

SWEET POTATOES

agave nectar

**allspice**

**APPLES**

**apple cider**

**apple juice**

**applesauce**

apricots

arugula

***baked goods****, e.g., biscuits, breads, cakes, cookies, muffins,* ***pies***

bananas

basil

Thai basil

bay leaf

**BEANS, e.g., BLACK,** green

beans, green

**BELL PEPPERS**, e.g., green, red, yellow

**bourbon**

*burritos*

brown butter

caramel

**cardamom**

**carrots**

*casseroles*

**cauliflower**

**cayenne**

celery

chard, Swiss

**chickpeas**

**CHILES**, e.g., chipotle, green, jalapeño, poblano

**chili**, e.g., flakes, paste, powder

***chips, vegetable***

chocolate

**CILANTRO**

**CINNAMON**

**cloves**

**COCONUT**, e.g., butter, cream, milk

**coriander**

**corn**

**cranberries**, e.g., dried, juice

crème fraîche

*croutons, whole-grain*

**cumin**

***curries***

**curry**, e.g., powder, spices

*custards*

*desserts, e.g., custards, pies, puddings*

fennel

figs

fruit, dried

garam masala

**GARLIC**

**GINGER**

**grains**, whole, e.g., barley, couscous, **millet**, oats

*gratins*

**greens**, e.g., collard, mustard, salad

***hash***

hoisin sauce

*Indian cuisine*

*Italian cuisine*

*Japanese cuisine*

**KALE**

**lemon**, e.g., juice, zest

lemongrass

**lentils**, e.g., red

**LIME**, e.g., juice, zest

**MAPLE SYRUP**

marjoram

**milk**, e.g., almond, cashew, coconut

mirin

**miso**, e.g., sweet, white

**molasses**

mushrooms, e.g., shiitake

mustard, e.g., Dijon

**NUTMEG**

**NUTS, e.g., almonds, peanuts, PECANS, WALNUTS**

**nut butters, e.g., almonds, peanuts, PECANS, WALNUTS**

**nut milks, e.g., almonds, peanuts, PECANS, WALNUTS**

**OIL**, e.g., grapeseed, hazelnut, nut, **OLIVE, peanut, sesame,** walnut

**ONIONS**, e.g., **red**, white, **spring**, sweet, yellow

**ORANGES**, e.g., juice, zest

oregano

***pancakes****, e.g., sweet potato*

**paprika**, e.g., sweet, smoked

**PARSLEY**

parsnips

***pasta****, e.g., gnocchi, lasagna, ravioli*

*pâtés*

**pears**

**pepper, e.g., black,** white

**pineapple**

poppy seeds

potatoes, white

pumpkin seeds

***purees***

*quesadillas*

**quinoa**

radicchio

**raisins**

rice, e.g., brown

**ROSEMARY**

rum

**sage**

*salads*

*salsa*

**salt, e.g., kosher, sea,** smoked

savory

**scallions**

**seeds**, e.g., sesame, sunflower

**SESAME**, e.g., oil, paste, seeds

**shallots**

*shepherd’s pie*

***soufflés***

***SOUPS****, e.g., black bean, sweet potato, tomato*

sour cream

**SOY SAUCE**

**spinach**

***stews***

**stock, vegetable**

**SUGAR, BROWN**

tamari

tempeh

*tempura*

**thyme**

tofu, e.g., smoked

**tomatoes**

*tortillas*

turmeric

turnips

**vanilla**

**VINEGAR, e.g., BALSAMIC,** red wine, rice wine, **sherry**

***waffles, sweet potato***

watercress

**yogurt**

SWEETNESS / SWEETENERS

**agave nectar, e.g., raw**

apple juice

applesauce

**barley malt syrup**

**brown rice syrup**

cane juice, evaporated

cinnamon

coconut nectar

coconut sugar

dates

date sugar

**fruit, fresh,** e.g., bananas

fruit, dried, e.g., dates, raisins

fruit juice, esp. concentrated, e.g., fruit syrup

fruit preserves

jams

maple sugar

**maple syrup**

mirin

**molasses**

nutmeg

rice syrup

stevia

**sucanat**, which is an acronym for sugar cane natural

sugar, e.g., brown, coconut, date, maple, muscovado, organic, palm, raw, turbinado

vanilla

# T

TAHINI

*(North) African cuisines*

*Asian cuisines*

asparagus

***baba ghanoush***

*baked goods*, *e.g., breads*

**beans**, e.g., black, cannellini, green, white

beets

bok choy

cabbage

**carrots**

cashews

cauliflower

**CHICKPEAS**

cilantro

couscous, Israeli

cumin

***dips***

**eggplant**

***falafel***

fruit

**garlic**

**ginger**

*Greek cuisine*

greens, e.g., salad

*halvah*

\****HUMMUS***

*icings, e.g., for cakes, cupcakes*

**LEMON**, e.g., juice

**lime**

***MIDDLE EASTERN CUISINES***

milk, nondairy, e.g., almond, rice, soy

**miso**

mushrooms, e.g., shiitake

**noodles, Asian**, e.g., chilled, soba

nuts, e.g., macadamia

oil, e.g., sesame

**onions**, e.g., yellow

orange

pine nuts

potatoes

pumpkin

*purees, e.g., carrots, potatoes, sweet potatoes*

quinoa

***SALAD DRESSINGS***

***salads****, e.g., fattoush, fruit, legume*

*sandwiches*

***sauces***

**SESAME,** e.g., oil, seeds

*smoothies*

snow peas

*soups*

soy sauce

spinach

***SPREADS***

squash, butternut

*stews*

stock, vegetable

sumac

sweet potatoes

tamari

tempeh

**tofu**

vanilla

**vinegar**, e.g., balsamic or rice wine

walnuts

**yogurt**

za’atar

zucchini

TAMARI

***Asian cuisines***

*baked dishes*

*casseroles*

***dips***

***dipping sauces***

**ginger**

greens, Asian

*grilled dishes*

*marinades*

mushrooms

onions, e.g., green

peanuts

pumpkin seeds

*roasted dishes*

*salad dressings*

***SAUCES***

sesame, e.g., seeds

*soups*

*stews*

*stir-fries*

sunflower seeds

*sushi, e.g., nori rolls*

tofu

tomatoes

tomato sauce

vinegar, rice

walnuts

TAMARIND and TAMARIND PASTE

apricots

***Asian cuisines***

bananas

**beans**

***beverages****, fruit*

black-eyed peas

*Caribbean cuisines*

**carrots**

**cashews**

cauliflower

chard, Swiss

chickpeas

**chiles, e.g., jalapeño, Thai**

chili powder

***CHUTNEYS***

**cilantro**

**citrus**, e.g., grapefruit, lemon, lime, orange, tangerine

**coconut**

**coconut milk**

**coriander**

cumin

**curry leaves, curry powder, curry spices, *curries***

dates

*desserts, frozen, e.g., granitas, sorbets*

eggplant, Japanese

**GARLIC**

**GINGER**

grains

grapefruit

***INDIAN CUISINE***

***Latin American cuisines***

legumes

lemon

lemongrass

**lentils**, e.g., red

lime, e.g., juice, zest

maple syrup

***marinades***

*Mediterranean cuisines*

***Mexican cuisine***

*Middle Eastern cuisines*

mint

molasses

mushrooms

mustard

mustard seeds

**noodles, Asian**, e.g., rice

oil, e.g., grapeseed

oranges

*pad thai*

**peanuts**

potatoes, e.g., new

rice, e.g., basmati, jasmine

*salad dressings*

***salads****, e.g., noodle, Thai*

***sauces****, e.g., barbecue, sweet-and-sour, tomato*

scallions

**shallots**

*sorbets*

**SOUPS**, *e.g., hot-and-sour, lentil, vegetable*

**soy sauce**

star anise

***stir-fries***

**sugar**, e.g., brown, palm, white

sweet potatoes

tamari

tangerines

***Thai cuisine***

**tofu**

**tomatoes**

**tomato paste**

**turmeric**

vanilla

vegetables

vinegar, e.g., apple cider, brown rice

walnuts

yogurt

zucchini

TAPIOCA (see also FLOUR, TAPIOCA)

almonds

apples

bananas

chocolate

**coconut**

**COCONUT MILK**

***DESSERTS****, e.g., fruit cobblers, crisps, pies, tarts*

**fruits**

ginger

*Malaysian cuisine*

mango

**maple syrup**

melon, e.g., honeydew

milk

nuts

***puddings***

sesame seeds, e.g., toasted

**sugar**, e.g., brown

**VANILLA**

*Vietnamese cuisine*

yuzu

TARO (aka TARO ROOT)

*(West) African cuisines*

*Asian cuisines*

*Caribbean cuisines*

*Chinese cuisine*

*chips*

coconut milk

*curries*

garlic

***Hawaiian cuisine***

***Japanese cuisine***

*“mashed potatoes”*

milk, coconut

**mushrooms, e.g., Asian, dried**

*“nests”*

onions

***pancakes, savory***

***POI***

scallions

sesame, e.g., seeds

***SOUPS***

soy sauce

squash, e.g., kabocha

***STEWS***

sweet potatoes

taro leaves

TARRAGON

anise

apples

apricots

artichokes

**ASPARAGUS**

**beans**, e.g., dried, fresh, green, lima, white

**beets**

*bouquets garnis*

broccoli

capers

carrots

cauliflower

celery seeds

celery root

chervil

**chives**

**citrus**, e.g., grapefruit, lemon, lime

corn

dairy products, e.g., butter, cream

dill

*dips*

fennel

fennel seeds

***FINES HERBES*** (i.e., tarragon + chervil + chives + parsley)

***French cuisine***

frisée

garlic

**GRAINS, WHOLE**, e.g., barley, brown rice, **bulgur**, wheat berries

grapefruit

greens, bitter

***herbes de Provence***

leeks

**LEMON,** e.g., juice, zest

lemony herbs, e.g., balm, thyme, verbena

lentils

**lime**

lovage

*marinades*

marjoram

***MAYONNAISE***

melon

mint

**mushrooms**

**mustard**, e.g., Dijon

oil, e.g., canola, hazelnut, olive, walnut

onions

orange, e.g., juice, zest

paprika

**PARSLEY**

parsley root

pasta

peaches

peas, e.g., English

pepper, e.g., black, green, pink

**potatoes**

radishes

rice

***SALAD DRESSINGS****, e.g., vinaigrettes*

***SALADS****, e.g., egg, fruit, grain, green, pasta, potato*

salsify

***SAUCES, esp. classic French****, e.g., béarnaise, hollandaise; creamy, tartar*

**shallots**

sorrel

***SOUPS****, e.g., cream-based, mushroom, white bean*

spinach

stock, vegetable

*stuffings*

sugar snap peas

tofu

**TOMATOES**

vegetables

**VINEGAR**, e.g., champagne, red wine, sherry, white wine

walnuts

**zucchini**

TATSOI (aka TAT SOI)

chives

cucumbers

edamame

**garlic**

**ginger**

greens, other, e.g., bok choy, mizuna

mangoes

mushrooms, e.g., shiitake

noodles, Asian, e.g., soba

oil, e.g., grapeseed, olive

onions, green

peanuts

peanut sauce

***SALADS***

scallions

sea vegetables, e.g., kombu, wakame

**SESAME**, e.g., oil, seeds

shallots

***soups***

**soy sauce**

**tamari**

*stews*

***stir-fries***

tahini

**tofu**, e.g., baked

**vinegar**, e.g., rice wine

TEFF

*(North) African cuisine*

allspice

*baked goods, e.g., breads, cookies*

*casseroles*

cayenne

***CEREALS, hot breakfast***

chives

cinnamon

dates

***ETHIOPIAN CUISINE***

grains, other larger, e.g., barley, millet, rice

*gravies*

***INJERA***

maple syrup

milk

nuts, e.g., pecans, walnuts

onions

*pancakes*

parsley

*pilafs*

raisins

scallions

*soups*

*stews*

*stuffings*

thyme

vegetables

TEMPEH

agave nectar

*“bacon,” tempeh*

**barbecue sauce**

basil, Thai

**bay leaf**

**beans**, e.g., black, green, pinto

bell peppers, e.g., roasted

*burritos*

cabbage, e.g., green

**carrots**

***casseroles***

celery

celery root

chard

**chiles**, e.g., chipotle, jalapeño

***CHILI, VEGETARIAN***

**chili pepper flakes**

**cilantro**

cinnamon

**COCONUT**

**COCONUT MILK**

coriander

**cumin**

*curries*

**curry powder**

*curries*

fennel, e.g., pureed

five-spice powder

**GARLIC**

**GINGER**

grains, whole, e.g., millet

*gravies, mushroom*

**greens**, e.g., collard

hoisin sauce

***INDONESIAN CUISINE***

kale

***kebabs***

kombu

**lemon**, e.g., juice

**lemongrass**

**lettuce**

lime, e.g., juice

liquid smoke

*macrobiotic cuisine*

**maple syrup**

mango

mirin

miso

molasses

**mushrooms**, e.g., porcini, portobello, shiitake

**mustard**

**noodles**, e.g., soba

**OILS**, e.g., canola, **OLIVE**, peanut, safflower, sesame, sunflower

**onions**, e.g., red, yellow

**orange**

oregano

**paprika**, e.g., smoked, sweet

**parsley**

*pastas*

**PEANUTS**

**PEANUT SAUCE**

**peas**

**RICE**, e.g., brown or jasmine

*salad dressing, e.g., Russian, Thousand Island*

*salads, e.g., “chicken”* (e.g., + carrots + celery + mayonnaise), *taco*

salt, sea

***SANDWICHES****, e.g., “Reuben,” TBLT, wraps*

***sauces****, e.g., pasta*

**sauerkraut**

**scallions**

*scrambles, tempeh*

**sesame**, e.g., oil, paste, seeds

**shallots**

“***sloppy Joes”***

smoke, liquid

*soups*

**SOY SAUCE**

sriracha sauce

star anise

***stews****, e.g., vegetable*

***stir-fries***

stock, vegetable

sugar, e.g., brown

**sweet potatoes**

*tacos*

**TAMARI**

tamarind

thyme

**tomatoes**

**tomato paste**

**tomato sauce**

umeboshi plum sauce

***veggie burgers***

**vinegar**, e.g., apple cider, balsamic, brown rice, Chinese black, rice

wine, e.g., dry red or white

Worcestershire sauce, vegan

THAI CHILI PASTE, VEGETARIAN

bamboo shoots

beans, green

**bell peppers**

**broccoli**

cabbage

carrots

**coconut milk**

***curries, Thai vegetable***

eggplant

**lemongrass**

**lime, e.g., juice**

mushrooms

noodles, Asian

onions

**peanuts**

pineapple

**rice, e.g., jasmine**

*soups, e.g., spicy/sour, Thai*

tamari

tofu

tomatoes

zucchini

THAI CUISINE

bamboo shoots

bananas

**BASIL, THAI**

bell peppers

**CHILES**, e.g., serrano, **THAI**

**chili paste, esp. Thai**

chili powder

chili sauce

**cilantro**

**COCONUT**

**COCONUT MILK**

coriander

cumin

***CURRIES***

**CURRY PASTE, THAI**

eggplant, Asian

garlic

ginger

herbs, fresh

Kaffir lime leaves

**lemongrass**

**lime**

mangoes, e.g., green

mint

noodles, e.g., Asian, rice

*pad thai*

papaya, e.g., green

peanuts

pineapple

relishes

**rice**, e.g., jasmine

*salads*

salt

*soups*

soy sauce

spices

squash, winter

sugar

tamarind

tofu

turmeric

vegetables

THYME

apples

**basil**

*baked goods, e.g., biscotti, biscuits, cookies*

**bay leaf**

**beans, dried**, e.g., black, kidney, pinto

**beans, green**

beets

bell peppers

***BOUQUETS GARNIS***

*bread puddings, savory*

*breads*

Brussels sprouts

*Caribbean cuisine*

*Cajun cuisine*

**carrots**

*casseroles*

chard

chives

*chowders*

**CITRUS**, e.g., **lemon**, orange

corn

*Creole cuisine*

**eggplant**

*European cuisines*

fennel

***French cuisine***

**garlic**

*gratins*

*Greek cuisine*

greens, salad, e.g., mesclun

*gumbos*

*herbes de Provence*

***Italian cuisine***

*Jamaican cuisine, e.g., jerk dishes*

**leeks**

**LEMON**

lettuce, e.g., romaine

lovage

*marinades*

**marjoram**

***Mediterranean cuisines***

***Middle Eastern cuisines***

**MUSHROOMS,** e.g., cremini

**wild mushrooms**

mustard

**oil, olive**

**ONIONS**

orange, e.g., zest

**oregano**

**parsley**

*pastas*

pears

peas

peas, split

pepper, black

polenta

**potatoes**

quinoa

**rosemary**

***salad dressings****, e.g., vinaigrettes*

***salads****, e.g., pasta*

**sauces**, *e.g., barbecue, cheese, cream, pasta, red wine, tomato*

**savory**

**sesame seeds**

***SOUPS***, *e.g., broths, chowders, creamy, gumbos, vegetable*

spinach

**squash, summer**

**winter,** e.g., butternut, delicata

***STEWS****, e.g., mushroom, vegetable*

*stocks, vegetable*

*stuffings*

sumac

tofu

**TOMATOES**

**tomato sauce**

**vegetables, e.g., root, winter**

zucchini

TOFU—IN GENERAL

***Asian cuisines***

**asparagus**

**avocado**

**basil**

**beans, e.g., black, green,** pinto

bell peppers, e.g., red

black bean paste, e.g., fermented

bok choy

*“bowls,” e.g., grains/veggies/dressings*

broccoli

broccoli rabe

burdock root

**cabbage**, e.g., Chinese, napa

carrots

cashews

celery

chard

*“cheesecakes”*

**chiles**, e.g., ancho, chipotle; chili paste

chili pepper flakes

*chili, vegetarian*

***Chinese cuisine***

**cilantro**

cinnamon

**coconut**

**coconut milk**

cornmeal, e.g., to crust

**cumin**

***curries***

curry powder

daikon

dashi

***desserts, e.g., creamy***

dill

*dips*

*dressings*

**eggplant**

five-spice powder

**GARLIC**

**GINGER**

grains, whole, e.g., millet

**greens**, e.g., Asian, collard

hiziki

**hoisin**

***Japanese cuisine***

**kale**

***kebabs***

***Korean cuisine***

leeks

**LEMON**, e.g., juice, zest

**lemongrass**

**lime**, e.g., juice, zest

maple syrup

*mayonnaise*

*Vegenaise*

**mint**

**mirin**

**MISO**

**MUSHROOMS, e.g., SHIITAKE**

**mustard**

**NOODLES, esp. Asian,** e.g., buckwheat, rice, soba, udon

nori

**oil**, e.g., olive, peanut, sesame

**onions**, e.g., green, red, spring, yellow

**orange**, e.g., juice, zest

*pad thai*

**PEANUTS**

**PEANUT SAUCE**

**pepper, black**

plum sauce

pumpkin

pumpkin seeds

**quinoa**

**RICE**, e.g., black, brown

**rosemary**

*salad dressings*

***salads****, e.g., green, mock egg, vegetable*

salt, sea

*sandwiches*

*satays*

***sauces****, e.g., peanut*

**scallions**

**sea vegetables**, e.g., dulse, hiziki

***scrambles, tofu***

**SESAME, e.g., oil, sauce, seeds**

shiso

*skewers*

snap peas

snow peas

***soups****, e.g., “creamy,” miso*

**SOY SAUCE**

**SPINACH**

***spreads***, e.g., pureed tofu

*spring rolls*

squash, e.g., butternut, kabocha

star anise

***STIR-FRIES***

**stock, e.g., vegetable**

sugar, e.g., brown

**TAMARI**

*Thai cuisine*

**tomatoes**

umeboshi plum sauce

*veggie burgers*

**VINEGAR**, e.g., balsamic, brown rice, Chinese black, rice, umeboshi

walnuts

watercress

wine

**zucchini**

TOFU, FIRM or EXTRA-FIRM

basil

bell peppers, e.g., green, red

Bragg Liquid Aminos

*brochettes*

*“cheesecakes”*

chiles, e.g., jalapeño;

chili pepper sauce

cilantro

coconut milk

*curries*

*“frittatas”*

**GARLIC**

**ginger**

greens, e.g., bitter, watercress

**hoisin sauce**

**lemon**, e.g., juice

maple syrup

marjoram

*“meatballs”*

**mushrooms**, e.g., porcini or shiitake

mustard, e.g., Dijon

nutritional yeast

**OIL**, e.g., grapeseed, **olive, sesame**

**onions**, e.g., red

orange, e.g., zest

oregano

parsley

**pepper, black**

rice, e.g., brown, long-grain, wild

***“ricotta,” tofu***

rosemary

*salads, e.g., “egg,” green*

**salt**, e.g., sea

*sandwiches*

*sauces, e.g., barbecue, peanut*

scallions

**“*scrambles”***

**sesame seeds**, e.g., black, white

shallots

**SOY SAUCE**

spinach

*steaks, tofu*

***stir-fries***

**stock**, e.g., vegetable

sugar, e.g., brown

**tamari**

thyme

tomatoes, e.g., cherry

vegetables, e.g., broccoli, eggplant, zucchini

**vinegar**, e.g., apple cider, brown rice, red wine, sherry

watercress

TOFU SKIN (aka YUBA)

avocado

cabbage, e.g., napa

carrots

chiles, e.g., dried red, chili pepper flakes

cilantro

cinnamon

cloves

coconut milk

curry powder

spices

dashi

ginger

*Japanese cuisine*

lemongrass

mirin

miso

mushrooms, e.g., shiitake

mustard

*mock “seafood” salad*

oil, e.g., sesame

onions

orange, e.g., zest

rice, e.g., sushi

salt

*sauces, e.g., dipping, peanut*

scallions

sesame, e.g., oil, seeds

shiso

*soups, e.g., curry*

soy sauce

soybeans, black

star anise

*stir-fries*

*stock, e.g., dashi, mushroom, vegetable*

*sushi*

*rolls*

Thai chili paste

*tofu skin “noodles,” sliced long*

*served with dipping sauce*

*Vietnamese cuisine*

vinegar, e.g., rice wine

wasabi

wine, rice, e.g., sake

zucchini

TOFU, SMOKED

almonds

apples

apple cider

arame

artichokes

asparagus

**avocado**

basil

beans, e.g., black or kidney

beets

bell peppers

*breads, whole-grain*

**cabbage**

**carrots**

cauliflower

cayenne

chard

cilantro

citrus, e.g., lemon, lime, orange

coconut

corn

cucumbers

daikon

*dips, e.g., spinach*

edamame

eggplant, e.g., Japanese

**garlic**

grains, e.g., rye berries

**greens**, e.g., Asian, mustard, salad

Kaffir lime

kale

lentils

**lettuce, e.g., romaine**

lime

mint

mirin

miso, e.g., white

**mushrooms**, e.g., enoki, oyster, portobello, shiitake

**noodles, Asian**, e.g., rice, soba, udon

**oil, e.g., olive,** sesame

**onions**, e.g., red

***PAD THAI***

parsley

***pastas****, e.g., carbonara*

pears

pesto

quinoa

rice, e.g., basmati, jasmine, wild

***salads****, e.g., Asian, cobb, mushroom, noodle, pasta,* ***spinach***

***sandwiches****, e.g., AvocadoLT, “BLT”*

scallions

sesame, e.g., oil, sauce, seeds

snow peas

***soups****, e.g., corn, lentil, miso, vegetable*

soy sauce

spinach

*spring rolls*

sprouts, e.g., daikon radish

squash, winter, e.g., butternut

*stews*

*stir-fries*

stock, vegetable

sugar snap peas

thyme

tomatoes

tomatoes, sun-dried

*veggie burgers*

vinegar, balsamic

walnuts

watercress

TOMATILLOS

**AVOCADOS**

basil

**bell peppers**, e.g., green

*chilaquiles*

**CHILES**, e.g., ancho, chipotle, green, guajillo, jalapeño, poblano, serrano

**CILANTRO**

**corn**

cucumbers

cumin

*egg dishes, e.g., huevos rancheros*

*enchiladas*

epazote

**GARLIC**

***guacamole***

jícama

lettuce, e.g., romaine

**LIME,** e.g., juice

mangoes

***Mexican cuisine***

mint

oil, olive

**ONIONS, e.g., red,** white, yellow

**oregano**

polenta

*posole*

pumpkin seeds

quinoa

*salad dressings*

***salads***

***SALSAS, e.g., green, esp. salsa verde***

**salt, sea**

***sauces, e.g., enchilada***

scallions

***soups****, e.g., cold, green gazpacho*

***Southwestern (U.S.) cuisine***

stock, vegetable

*tacos*

***Tex-Mex cuisine***

thyme

tomatoes, e.g., cherry

*tortillas*, e.g., corn

vinegar, e.g., red wine

TOMATOES, TOMATO JUICE, TOMATO PASTE, and TOMATO SAUCE

almonds

**artichokes**

**arugula**

asparagus

**avocados**

barley

**\*BASIL**

bay leaf

**BEANS, e.g., black,** borlotti, cannellini, cranberry, dried, fava, **green**, kidney, mung, pinto, red, **white**

beets

**BELL PEPPERS**, e.g., green, red, esp. roasted

***breads (e.g., focaccia)***

***bread crumbs***

*bruschetta*

**capers**

caraway seeds

***casseroles***

**cauliflower**

cayenne

**celery**

celery seeds

**chard**, e.g., Swiss

chervil

**chickpeas**

**CHILES**, e.g., jalapeño; chili pepper flakes

chili pepper sauce

*chili, vegetarian*

**CHIVES**

*chutneys*

**cilantro**

cinnamon

**coriander**

**corn**

**couscous**

**CUCUMBERS**

**cumin**

***curries***

**dill**

**EGGPLANT**

*enchiladas*

**fennel**

*French cuisine*

**GARLIC**

***gazpacho***

**ginger**

**grains, whole**, e.g., barley, bulgur, farro

*gratins*

greens, e.g., baby, salad

*gumbos*

***Italian cuisine***

leeks

legumes

**lemon**, e.g., juice

lemon thyme

**lentils**

lettuce, e.g., romaine

**lime**

**lovage**

**marjoram**

*Mexican cuisine*

**mint**

**mushrooms**, e.g., porcini or portobello

nutmeg

**OIL, OLIVE**

**olives**, e.g., black, green

**ONIONS**, e.g., red, sweet, yellow

orange

orange juice

**OREGANO**

**paprika**, e.g., hot, smoked, sweet

**PARSLEY, flat-leaf**

parsnips

***PASTAS***

**pepper**, e.g., black, white

*pesto*

***pizza***

**polenta**

**potatoes**

pumpkin

***purees***

**quinoa**

*ratatouille*

*relishes*

**rice**, e.g., black, brown

***risottos***

**rosemary**

saffron

sage

*salad dressings, e.g., vinaigrettes*

***SALADS****, e.g., bean, bread (e.g., panzanella), grain, green, spinach, tomato*

***salsas****, e.g., pico de gallo*

**salt,** e.g., kosher, **sea**, smoked

***sandwiches***

***SAUCES****, e.g., marinara, pasta, pizza, tomato*

savory

**scallions**

seitan

**shallots**

shiso

snap peas

***SOUPS****, e.g gazpacho, tomato, vegetable*

sour cream

soy sauce

*Spanish cuisine*

**spinach**

**squash, e.g., summer**

***stews***

**stocks, e.g., vegetable**

sugar (just a pinch)

*tabbouleh*

tamari

tamarind

**tarragon**

*tarts*

**THYME**

**tofu**

*tomatoes, stuffed, e.g., with rice*

**turmeric**

**VINEGAR,** e.g., balsamic, red wine, rice, sherry, or wine

**watermelon**

wheat berries

Worcestershire sauce, vegan

**yogurt**

**ZUCCHINI**

TOMATOES, GREEN

bell peppers

chives

corn

**cornmeal**

dill

mustard

**oil**, e.g., olive, vegetable

onions, e.g., red

parsley

**pepper, black**

*salsas*

**salt, e.g., sea**

savory

scallions

*soups*

*tomatoes, fried green*

TOMATOES, SUN-DRIED (or OVEN-DRIED TOMATOES)

almonds

**artichokes**

**artichoke hearts**

arugula

asparagus

**BASIL**

bay leaf

beans, e.g., white

bell peppers

*bread, e.g., whole-wheat*

capers

cashews

*casseroles*

chickpeas

**chiles**, e.g., jalapeño, red

chili pepper flakes

*dips*

*enchiladas*

**GARLIC**

harissa

hazelnuts

*hummus*

***Italian cuisine***

kale

**lemon**, e.g., juice, zest

lime, e.g., juice, zest

***Mediterranean cuisines***

**OLIVE OIL**

**olives**, e.g., black, kalamata

**onions**, e.g., red

orange, e.g., zest

oregano

parsley

***PASTAS****, e.g., cannelloni, linguini*

**pepper, black**

***pesto***

pine nuts

***PIZZA***

polenta

potatoes

***risottos***

rosemary

***salads****, e.g., bean, grain, green, potato*

salt, sea

*sandwiches, e.g., cheese, panini*

***SAUCES, e.g., pasta, tomato***

scallions

shallots

*soups*

spinach

*spreads*

***stews***

*stuffings*

*tapenades*

thyme

tofu

*tomato paste*

**tomatoes, fresh**

*tortillas*

**vinegar, e.g., balsamic,** rice wine

walnuts

wine, e.g., dry white

TRITICALE

*baked goods, e.g., biscuits, breads*

basil

*casseroles*

*cereals, e.g., muesli*

chard

chives

cilantro

cinnamon

dates

dill

garlic

ginger

greens

mushrooms, e.g., cremini, shiitake

mustard, e.g., Dijon

oil, e.g., nut, olive, sesame, walnut

onions

oregano

*pancakes*

parsley

peanuts

pepper, black

*pilafs*

*porridges*

raisins

sage

*salads, grain*

scallions

squash, winter, e.g., butternut

stock, vegetable

thyme

vinegar, e.g., balsamic, sherry

TRUFFLES, BLACK

celery root

chives

***FRENCH CUISINE***

leeks

Madeira

mushrooms, e.g., black, morel, porcini

oil, nut, e.g., pecan, walnut

*pastas*

**potatoes**

*sauces*

*soups*

stock, vegetable

TRUFFLES, PACIFIC NORTHWEST (esp. OREGON)

celery root

leeks, esp. with black truffles

nuts, esp. hazelnuts

*pastas, esp. with white truffles*

potatoes, esp. with white truffles

*risottos*

*salads, esp. with white truffles*

vegetables, root, esp. with white truffles

TRUFFLES, WHITE

*fonduta*

***ITALIAN CUISINE***

mushrooms, e.g., porcini

oil, olive

parsley

***PASTAS, e.g., fettuccine***

polenta

potatoes

rice, e.g., Arborio

***RISOTTOS***

TURKISH CUISINE

artichokes

beans, e.g., fava, green

bell peppers

bulgur

carrots

chickpeas

chiles

chili pepper flakes

cinnamon

cloves

cucumbers

cumin

dill

**EGGPLANT**

**garlic**

grape leaves

**lemon**

**lentils**, e.g., red

**mint**

nutmeg

nuts, e.g., almonds, pistachios, walnuts

**oil, olive**

**olives**

onions

oregano, e.g., dried

paprika

parsley

pepper, black

*phyllo dough*

pistachios

*pita bread*

pomegranates

**rice**

rose water

sesame seeds

spinach

sumac

tahini

**TOMATOES**

tomato paste

**walnuts**

**yogurt**

zucchini

TURMERIC (see also CURRY POWDER, which contains turmeric)

carrots

**CAULIFLOWER**

chickpeas

chiles

cilantro

**cinnamon**

cloves

**coconut**

**coconut milk**

coriander

**cumin**

***CURRIES****, e.g., Indian, Thai (esp. red, yellow)*

\***CURRY LEAF**

***CURRY POWDER***

*dals*

fruit, dried, e.g., cranberries, currants, raisins

garlic

ginger

grains, e.g., quinoa

*greens, stewed*

***INDIAN CUISINE***

kohlrabi

lemon, e.g., juice

lemongrass

**lentils**

lime

*Middle Eastern cuisines*

*Moroccan cuisine*

***mustard***

**mustard seeds**

**noodles**, e.g., Asian, rice

oil, olive

okra

**onions**

peanuts

**peas**

**pepper, black**

***pickles***

pistachios

**potatoes**

raisins

**RICE**, e.g., basmati, brown

***salad dressings***

*salads, e.g., egg*

***sauces***

scallions

shallots

***SOUPS****, e.g., carrot, sweet potato*

***Southeast Asian cuisine*s**

spinach

***STEWS***

*stir-fries*

sugar, brown

sweet potatoes

*tagines*

tamarind

*Thai cuisine*

**tofu**

***tofu scrambles*** (for yellow color)

vegetables, esp. root

yogurt

TURNIPS (see also GREENS, TURNIP)

allspice

almonds

anise seeds

apples

apple cider

apricots, dried

basil

bay leaf

***bread***

***bread crumbs****, e.g., whole-grain*

broccoli

broccoli rabe

cabbage

caraway seeds

**CARROTS**

celery, celery leaves, celery root

chili pepper flakes

**chives**

cilantro

cinnamon

citrus, e.g., zest

couscous

curry powder

**dill**

***French cuisine***

**GARLIC**

**ginger**

***gratins***

**GREENS, e.g., TURNIP**

kale

kohlrabi

**leeks**

**lemon**, e.g., juice, zest

**lentils**

maple syrup

mascarpone

*“mashed potatoes”*

mirin

**miso**, e.g., white

**mushrooms**, e.g., porcini, portobello

**mustard**, e.g., Dijon, mustard powder

nutmeg

**oil**, e.g., grapeseed, nut, **olive**, sunflower, vegetable, walnut

**ONIONS**, e.g., green, white, yellow

orange, e.g., juice, zest

**PARSLEY**

**parsnips**

pears

peas

pecans

**pepper, e.g., black,** white

pine nuts

poppy seeds

**POTATOES**

**new potatoes**

pumpkin

*purees*

radishes

**rosemary**

**rutabagas**

***salads****, e.g., grated*

**salt,** e.g., kosher, rock, **sea**

savory

sesame seeds, e.g., black, white

shiso

***SOUPS****, e.g., creamy, minestrone, potato, turnip*

soy sauce

**squash, winter,** e.g., acorn, butternut

star anise

***stews***

***stir-fries***

**stock, vegetable**

sugar, e.g., brown

sweet potatoes

**tarragon**

**THYME**

lemon thyme

tofu

**tomatoes**

**vegetables, root,** esp. roasted

*vinaigrette*

**VINEGAR, e.g., balsamic or white balsamic,** red wine, rice, sherry, white

wine

walnuts

watercress

wine, e.g., red, sherry

yogurt

# U

UMAMI

**Flavor:** savory, or savory

salty

Umami-rich vegetarian foods include these:

*aged foods, e.g., cheese*

bean pastes, fermented

beer

broccoli

*caramelized dishes*

carrots, caramelized

*fermented foods*

*beverages (e.g., miso, tamari, wine)*

grapefruit

grapes

*grilled dishes*

ketchup

miso

mushrooms, e.g., dried, matsutake, shiitake

nutritional yeast

onions, caramelized

potatoes

*ripe foods*

*roasted dishes*

sauerkraut

sea vegetables, e.g., dried, kombu

soybeans, e.g., fermented

soy sauce

stock, mushroom

sweet potatoes

tamari

tea, green

tempeh

tofu

tomatoes

tomato sauce, sun-dried tomatoes

truffles

umeboshi plums

plum paste

vinegar, e.g., balsamic, sherry, umeboshi

walnuts

wine

UMEBOSHI, UMEBOSHI PASTE (aka PICKLED PLUM

PUREE), UMEBOSHI PLUMS (see also VINEGAR, UMEBOSHI PLUM)

[oo-meh-BOH-shee]

**Flavor:** sour/very salty/sweet/umami, with complex fruity notes

**Volume:** moderate–very loud

**What it is:** Japanese “plum” fermented with salt

shiso

**Botanical relative:** apricots (not plums)

**Brands:** Eden Foods, Emperor’s Kitchen (plum paste)

agave nectar

avocado

basil

**beans**, e.g., kidney

**BROCCOLI**

cabbage, e.g., napa

cauliflower

celery

chives

cilantro

**CORN**, e.g., corn on the cob

**cucumbers**

*curries, e.g., Thai*

daikon

***dips***

***dressings***

frisée

garlic

ginger

grains

greens, e.g., collard

***Japanese cuisine***

jícama

lemon, e.g., juice

lentils

lettuces, e.g., romaine

lime, e.g., juice

*macrobiotic cuisine*

*marinades*

*mayonnaise*

mirin

mushrooms

mustard, Dijon

noodles, Asian, e.g., soba

**nori**

***NORI ROLLS***

oil, e.g., olive, peanut, sesame

parsley

pecans

**RICE**, e.g., short-grain brown, sushi, white

***RICE BALLS***

***SALAD DRESSINGS****, e.g., Caesar, green*

***SALADS****, e.g., Caesar, green*

***SAUCES***

scallions

sesame, e.g., paste, seeds, sauce

**SHISO**

snow peas

*soups*

*sour cream*

*spreads*

*stir-fries*

sugar

**tamari**

tempeh

**TOFU**, e.g., extra-firm

**vegetables, e.g., sautéed**

**vinegar, rice**

**walnuts**

**Flavor Affinities**

umeboshi + agave nectar + garlic + mustard + olive oil + *salad dressing*

umeboshi + broccoli + rice + scallions + tofu

umeboshi + lentils + walnuts

**umeboshi + nori + rice + rice vinegar** + scallions + walnuts

umeboshi + nori + rice + rice vinegar + shiso

**umeboshi + olive oil** + parsley + rice + sesame seeds

**umeboshi + olive oil** + rice vinegar + sugar + tamari

# V

VANILLA

apples

apricots

***BAKED GOODS, e.g., cakes, cookies***

bananas

beans, e.g., green

beets

**berries,** e.g., raspberries, **strawberries**

*beverages, e.g., eggnogs*

brandy

cardamom

*cheesecake*

cherries

chiles

**CHOCOLATE**

**cinnamon**, e.g., Ceylon

cloves

**coffee**

***DESSERTS****, e.g., custards*

*\*****ICE CREAM***

*French toast*

**FRUITS**, e.g., poached

ginger

lemon, e.g., juice, zest

**maple syrup**

**milk**

nutmeg

**nuts**, e.g., **almonds**, cashews

oats

oatmeal

peaches

pears

pepper, black

***puddings****, e.g., avocado, bread, chia seed, rice*

pumpkin

raspberries

rice, e.g., basmati, jasmine

*salads, fruit*

**sauces, e.g., butter, cream, dessert**

smoothies

*soups, e.g., fruit*

spices, other

**strawberries**

**sugar**, e.g., brown

teas

tofu

tomatoes

vegetables, sweet, e.g., corn, peas

vodka

wine

**yogurt**

VERJUS

apples

arugula

beets

*desserts*

*drinks, e.g., cocktails*

*French cuisine*

fruit

grapes

greens, salad

herbs

*icy desserts, e.g., granitas, sorbets, esp. fruit-flavored*

kiwi

lettuces, butter

*marinades*

*mustards*

oil, e.g., olive

peaches

pears

*salad dressings*

*salads, e.g., fruit, green*

*sauces*

*soups, e.g., fruit, gazpacho*

*stews*

*thyme*

VIETNAMESE CUISINE

bananas

basil, Thai

chiles

cilantro

coconut milk

cucumbers

curry powder

curry spices

dill

garlic

ginger

lemon

lemongrass

lettuce

lime

milk, e.g., sweetened condensed (e.g., in coffee)

mint

noodles, e.g., rice

peanuts

*raw dishes*

rice, e.g., jasmine

*rolls, e.g., spring, summer*

*salads*, *e.g., rice noodle*

scallions

shallots

*spring rolls*

sprouts, bean

star anise

sugar

*summer rolls*

tapioca, pearl

vinegar, rice

VINEGAR, APPLE CIDER (aka VINEGAR, CIDER)

apples

apple juice

*baked goods*

black-eyed peas

*chutneys*

cucumbers

**fruits**

grains, whole

**herbs**, e.g., dill

***marinades***

**oils**, e.g., olive, peanut, sunflower

peaches

pears

peas

plums

***SALAD DRESSINGS***

***SALADS****, e.g.,* ***fruit****, green, pasta, vegetable*

salt, sea

*slaws*

*soups, e.g., borscht*

vegetables, esp. steamed

*vegetables, pickled*

VINEGAR, BALSAMIC

beets

*cakes*

cherries

citrus fruits

***desserts, fruit***

eggplant

fennel

**figs**

**fruits**

garlic

greens, e.g., bitter, braised

**ice cream**

***(Northern) ITALIAN CUISINE***

kale, e.g., braised

***marinades***

mustard, e.g., Dijon, dry, seeds

**OIL, OLIVE,** esp. extra-virgin

**onions**, esp. caramelized

orange

pasta

**pepper**, e.g., black or white

***salad dressings***

*salads*

salt, e.g., kosher

scallions

seitan

**shallots**

*soups*

\***STRAWBERRIES**

sugar

\***TOMATOES**

vegetables

vinegars, other, e.g., stronger, e.g., red wine, sherry

VINEGAR, BANYULS

barley

beans

chickpeas

*French cuisine, esp. Provençal*

**greens, salad**, e.g., frisée

**lentils**, e.g., black, French, green

*marinades*

oil, e.g., hazelnut, olive, walnut

*ragoûts*

***salad dressings****, e.g., vinaigrettes*

*salads, e.g., frisée, green*

salt, sea

*sauces*

walnuts

VINEGAR, BEER

oil, e.g., olive

*salads*

vegetables

watercress

VINEGAR, BROWN RICE (aka CHINESE BLACK VINEGAR)

***Asian cuisines***

bean paste, fermented

*Chinese cuisine*

*condiments*

garlic

grains

*Japanese cuisine*

*marinades*

mushrooms, e.g., portobello, smoked

noodles, Asian

oil, e.g., sesame

**rice**, e.g., sushi

***salad dressings***

*salads*

*sauces, e.g., dipping, sweet-and-sour, vegan XO*

*soups, e.g., rice-based*

**soy sauce**

sriracha

*stews*

***stir-fries***

sugar

*sushi, vegetarian*

tamari

vegetables, e.g., grilled

zucchini, e.g., grilled

VINEGAR, CHAMPAGNE

berries, e.g., raspberries, strawberries

**citrus**, e.g., grapefruit, lemon, lime, orange, tangerine; juice, zest

fruit, esp. berries, citrus, stone fruit

greens, salad, esp. lighter

herbs, e.g., lemon thyme

lettuces, e.g., butter

**oil**, e.g., nut, olive, truffle

**orange**, e.g., juice, zest

*salad dressings*

*salads, e.g., fruit,“quieter”*

*sauces*

vegetables, “quieter”

VINEGAR, COCONUT

*curries*

*Filipino cuisine*

rice

*Southeast Asian cuisines*

*stir-fries*

VINEGAR, QUINCE

apples

artichokes, Jerusalem

*baked goods, e.g., pastries*

berries, e.g., strawberries

cabbage, e.g., braised

celery root

chestnuts

citrus, e.g., orange

fruit, fresh

melon

oil, e.g., olive, pine nut, pistachio

onions

pears

pineapple

pine nuts

pistachios

pumpkins

quince

*salads, e.g., green*

*sauces*

VINEGAR, RED WINE (see also VINEGAR, WINE–IN GENERAL)

chard, Swiss

*cold dishes*

*French cuisine*

**garlic**

greens, e.g., dandelion, salad, stronger

kale

lemon, e.g., juice

***marinades***

mushrooms

**mustard, Dijon**

**oils,** e.g., nut, **olive** (esp. extra-virgin)

pepper, black

***salad dressings****, e.g., vinaigrettes*

*salads*

***sauces***

shallots

*soups*

spinach

*stews*

vegetables, root

VINEGAR, RICE (WINE)

***Asian cuisines***

bamboo shoots

burdock

**cabbage**, e.g., Chinese, napa

carrots

chiles

chili pepper flakes

*chili, vegetarian*

***Chinese cuisine***

citrus, e.g., grapefruit, lemon, lime, orange, tangerine; juice, zest

cloves

**cucumbers**

daikon

**fruit**

garlic

**ginger**

grains, whole

***JAPANESE CUISINE***

*Korean cuisine*

lime, e.g., juice

lotus root

mirin

mushrooms

**noodles, Asian**

**oils**, e.g., peanut, **sesame**

*pickled vegetables, Asian*

**RICE**, e.g., sushi

***salad dressings***

***SALADS****, e.g.,* ***Asian****, cucumber, fruit, green, noodle*

***SAUCES****, e.g., dipping, ponzu*

*soups*

**SOY SAUCE**

*stews, e.g., Asian*

***stir-fries***

**sugar**

***sushi***

tamari

turnips

**vegetables**, e.g., lighter

*Vietnamese cuisine*

yuzu

VINEGAR, SHERRY

beans

beets

citrus, e.g., grapefruit, lemon, lime, orange, tangerine; juice, zest

fennel

**garlic**

**grains**

greens, bitter

herbs

lemon, e.g., juice, zest

***marinades***

mustard, e.g., Dijon

**OILS, e.g., nut, olive, walnut**

onions

orange, e.g., juice, zest

**potatoes**

radicchio

***salad dressings****, e.g., sherry vinaigrette*

***SALADS****, e.g., fruit, vegetable*

salt

***sauces****, e.g., butter*

***soups****, e.g., gazpacho*

***SPANISH CUISINE***

tomatoes

**vinegar, other,** e.g., balsamic, red wine, white wine

walnuts

VINEGAR, UMEBOSHI PLUM (or UME PLUM)

beans

beets

***DIPS***

grains

greens

*marinades*

miso

*pickles*

***SALAD DRESSINGS***

*sauces, fresh*

*cooked*

shiso leaf

*soups, e.g., miso*

*stews*

**vegetables, e.g., steamed**

VINEGAR, WHITE WINE

berries

cauliflower

citrus, e.g., juice, zest

dill

*French cuisine*

lighter-colored foods

***marinades***

melons

mustard, Dijon

oil, e.g., olive, safflower, sunflower

peaches

pepper, e.g., black, white

***SALAD DRESSINGS****, e.g., vinaigrettes*

*salads*

***SAUCES****, e.g., bearnaise, hollandaise*

shallots

**soups**

***stews***

tarragon

vegetables, e.g., grilled

VINEGAR, WINE—IN GENERAL

berries

fruit

***marinades***

melon

***salad dressings***

*salads*

*salsas*

*sauces*

*stews*

# W

WAKAME (FRESH and DRIED)

agave nectar

***Asian cuisines***

beans

bok choy

**carrots**

cayenne

chiles, e.g., jalapeño, chili pepper flakes

*Chinese cuisine*

**CUCUMBERS**

daikon

garlic

**ginger**

**gomashio**

grains

**greens**, e.g., collard, dandelion, mustard

***Japanese cuisine***

kale

legumes

**lemon**, e.g., juice

lentils

lime, e.g., juice

*macrobiotic cuisine*

**miso**

**noodles**, e.g., ramen, soba

**oil**, e.g., olive, **sesame**

**onions**, e.g., green, red

orange, e.g., juice

*patés, e.g., nut*

potatoes

radishes

rice, e.g., brown, short-grain

***SALADS****, e.g.,* ***cucumber****,* ***green***

**salt, sea**

scallions

**seeds**, e.g., pumpkin, **sesame**

*slaws*

***SOUPS****, e.g., cold,* ***miso****, winter*

**soy sauce**

*spring rolls*

squash, winter, e.g., butternut

*stews*

*stir-fries*

*stocks, vegetable*

**tamari**

tempeh

tofu

vegetables

**vinegar**, e.g., rice wine

WALNUTS

**APPLES**

apricots, e.g., dried

**artichokes**

artichoke hearts

**arugula**

***BAKED GOODS****, e.g., breads, cakes, cookies, muffins, pastries, tarts*

*baklava*

**bananas**

**basil**

beans, e.g., fava, green, white

**BEETS**

**bell peppers, red, esp. roasted**

berries, e.g., blueberries

cabbage

**caramel**

**carrots**

**celery**

celery root

*cereals, hot*

**chard**

**cherries**, e.g., dried, sour

**CHOCOLATE**, e.g., dark, milk, white

cinnamon

coconut

coffee

couscous

**cranberries**

cucumbers

cumin

currants

**dates**

***desserts****, e.g., fruit crisps*

**eggplant**

**endive, Belgian**

fennel

**FIGS**

frisée

**fruits**, e.g., dried, fresh

**garlic**

**grains**, whole, e.g., amaranth, barley, bulgur, oats, quinoa, spelt berries, wheat berries

***granola***

grapefruit

**grapes**

*Greek cuisine*

**GREENS**, e.g., beet, bitter, salad

ice cream

kumquats

leeks

lemon, e.g., juice, zest

lettuce, e.g., romaine

**maple syrup**

mascarpone

miso, sweet white

molasses

muesli

*muffins*

**mushrooms**, e.g., porcini

nutmeg

nuts, other, e.g., cashews, hazelnuts

**oats**

**oatmeal**

**oil**, e.g., olive, walnut

olives, e.g., green

**onions**

**ORANGE**, e.g., juice, zest

*pancakes*

**parsley**

parsnips

***pastas****, e.g., bowtie, cannelloni, orzo, pappardelle*

*pastries*

***pât*é*s***

peaches

**PEARS**

***pestos***

phyllo dough

*pizzas*

plums, e.g., dried, fresh

**pomegranates**

**pomegranate molasses**

pumpkin

**quinces**

quinoa

**RAISINS**

rice, e.g., brown, wild

***SALADS****, e.g., Waldorf*

salt, e.g., sea

**sage**

***sauces****, e.g., tomato, walnut*

seeds, e.g., hemp, pumpkin

*snacks*

*soups*

spelt berries

**spinach**

**squash**, e.g., summer, winter

*stuffings*

sugar

**sweet potatoes**

*tabbouleh*

*tapenade*

thyme

**tomatoes**

sun-dried tomatoes

*trail mix*

**vanilla**

**vinegar, sherry**

wine, sweet, e.g., Madeira, port, sherry

**YOGURT**

**zucchini**

WASABI

*Asian cuisines*

**avocados**

*cold dishes*

**ginger**

***JAPANESE CUISINE***

*marinades*

*mayonnaise*

noodles, e.g., soba

*nori rolls*

potatoes

**rice**, e.g., sticky

*salad dressings*

*sauces*

sesame, e.g., oil, seeds

**SOY SAUCE**

sugar, e.g., brown

***SUSHI***

tahini

tamari

tempura

tofu

vinegar, brown rice

WATER CHESTNUTS

*Asian cuisines*

**bamboo shoots**

beans, fermented black

**beans, green**

**bell peppers**, e.g., red

**bok choy**

**broccoli**

Brussels sprouts

**cabbage**, e.g., red

**carrots**

celery

**chiles, dried**

***Chinese cuisine***

cilantro

corn

*dumplings*

edamame

**GARLIC**

**GINGER**

**hoisin sauce**

leeks

lettuce, e.g., Bibb

***lettuce wraps***

mint

**MUSHROOMS**, e.g., Chinese, dried, oyster, shiitake

noodles, Asian

nuts, e.g., macadamia

**oil**, e.g., olive, peanut, sesame, vegetable

onions, red

orange, e.g., juice

parsley

**peanuts**

**peanut sauce**

peas

pineapple

**pine nuts**

rice, brown

*salads, e.g., fruit, noodle, rice, vegetable*

**scallions**

sesame, e.g., oil, seeds

**snow peas**

***soups****, e.g., winter melon*

**SOY SAUCE**

*spring rolls*

sriracha

*stews*

***STIR-FRIES***

**stock, vegetable**

sugar

**sugar snap peas**

**TOFU**, e.g., extra-firm

vegetables

**vinegar**, e.g., balsamic, rice

watercress

wine, rice

WATERCRESS (see also LAND CRESS)

**almonds**

**apples**

asparagus

**avocado**

**beans**, e.g., fermented black, white

**BEETS**

bell peppers, esp. red

carrots

Jack, pecorino, ricotta, ricotta salata, sheep’s milk, white

chicory

chiles, e.g., jalapeño

*Chinese cuisine*

chives

cilantro

citrus

**cucumbers**

currants

dill

**endive**

**fennel**

**garlic**

**ginger**

grains, whole

grapefruit

greens, milder salad

horseradish

jícama

leeks

**LEMON**, e.g., juice

lettuce, e.g., butter, romaine

lime

mascarpone

**mayonnaise**

**mint**

**MUSHROOMS**, e.g., button, enoki, portobello

**MUSTARD**, e.g., Dijon, grainy

**OILS**, e.g., canola, grapeseed, olive, peanut, sesame, vegetable, walnut

olives

**onions**, e.g., red

**ORANGE**, e.g., blood, sections

**parsley**

parsnips

*pastas*

peaches

pears

**peas**

pepper, e.g., black, white

pineapple

pistachios

pomegranates

**POTATOES**

radicchio

radishes

raspberries

rice

***SALADS****, e.g., bean, egg, green, potato, watercress*

salt, e.g., kosher, sea

***SANDWICHES****, e.g., egg salad, grilled cheese, tea*

*sauces*

sesame, e.g., seeds

**shallots**

***SOUPS****, e.g., barley, creamy, miso, mushroom, potato*

sour cream

soy sauce

*stews*

***stir-fries***

stock, vegetable

strawberries

tamari

tangerines

thyme

**tofu**

**TOMATOES**

tomatoes, sun-dried

*Vietnamese cuisine*

vinaigrette

**VINEGAR**, e.g., balsamic, champagne, red wine, rice wine, sherry, white

balsamic, white wine

**walnuts**

wine, e.g., dry white, rice

**yogurt**

yuca

WATERMELON

agave nectar

***agua fresca***

almonds

**arugula**, e.g., baby

**basil**

**berries**, e.g., blackberries, blueberries, **raspberries**, strawberries

**chiles**, e.g., jalapeño

chili powder

cilantro

cranberries

**cucumbers**

*desserts*

*drinks, e.g., agua fresca*

fennel

*granitas, ices, sorbets*

jícama

**lemon**, e.g., juice, zest

**LIME**, e.g., juice, zest

maple syrup

melon, other, e.g., cantaloupe

**MINT**

**oil**, e.g., avocado, canola, grapeseed, **olive**

**onions**, e.g., green, red

orange, e.g., juice

parsley

pepper, black

pistachios

poppy seeds

rosemary

***salads****, e.g., fruit*

*salsas, fruit*

salt, e.g., kosher, sea

scallions

sesame seeds, black

shallots

*sorbets*

***soups****, e.g., fruit, “gazpacho,” watermelon*

sugar

**TOMATOES**

vanilla

**vinegar, e.g., balsamic** (black or white), raspberry, red wine, rice wine, sherry

yogurt

WHEAT BERRIES (see also BULGUR)

apples

artichoke hearts

**asparagus**

***baked goods, e.g., breads***

bay leaf

beans, e.g., black, white

bell peppers

***breads***

**carrots**

*casseroles*

***cereals, hot breakfast***

celery

chard, Swiss

chickpeas

chiles, e.g., green, jalapeño

*chili, vegetarian (e.g., with beans)*

cilantro

citrus

cloves

coriander

corn

cumin

curry powder

dill

eggplant

fennel

figs

**GARLIC**

garlic chives

ginger

grains, other, e.g, barley, rice

kale

**lemon**, e.g., juice, zest

lentils

lime

milk

**MUSHROOMS**, e.g., shiitake, wild

**NUTS**, e.g., almonds, cashews, pine nuts, **walnuts**

oil, e.g., olive, sesame

**ONIONS**, e.g., red, yellow

**parsley**

peaches

peas

pepper, black

***pilafs***

pomegranate molasses

pumpkin seeds

quinoa

**raisins**

ramps

**RICE**, e.g., basmati, brown, wild

“***RISOTTOS”***

rosemary

sage

***SALADS****, e.g., grain, green*

**salt**, e.g., sea

scallions

shallots

***soups***

spinach

sprouts, e.g., bean

***STEWS****, e.g., vegetable*

**STOCK**, e.g., mushroom, vegetable

*stuffings, e.g., mushroom*

sugar, e.g., brown

tamari

tarragon

thyme

tofu

**tomatoes**

tomatoes, sun-dried

turmeric

turnips

vegetables, esp. root

vinaigrette

**vinegar**, e.g., balsamic, cider, sherry

wine, e.g., dry white

yams

yogurt

zucchini

WINTER

allspice

apples

artichokes, Jerusalem

*baked dishes*

bananas

beans, e.g., dried, pinto, white

**beets**

*braised dishes*

broccoli

**Brussels sprouts**

buckwheat

**cabbage**, e.g., red, savoy

cardoons

*casseroles*

cauliflower

**celery root**

chayote

chestnuts

chicories

chocolate

cinnamon

**citrus**

clementines

coconut

cranberries

daikon

dates

endive, Belgian

escarole

fennel

flour, heavier, e.g., buckwheat

frisée

grains, heavy

**grapefruit**

*gratins*

**greens, bitter,** e.g., mustard, turnip

herbs, dried

*hot dishes*

jícama

kale

kasha

kumquats

leeks

**lemons**

lemons, Meyer

lentils

**limes**

mâche

maple syrup

melon, winter

miso, dark

mushrooms, e.g., matsutake, wild

noodles, soba, esp. served hot

nutmeg

nuts

oils, nut

onions, e.g., pearl

oranges, e.g., blood

**oranges, mandarin**

parsley root

parsnips

passion fruit

pears

plantains

pomelo

**potatoes**, esp. baked

*pressure-cooked dishes*

radicchio

radishes, e.g., black

*ragoûts*

*roasted dishes*

**root vegetables**, e.g., carrots, celery root, parsnips, rutabagas, sweet potatoes, turnips

rosemary

rutabagas

sage

salsify

savory, winter

SLOW-COOKED

*soups, hot*

spices, warming

squash, winter, e.g., acorn, buttercup, butternut, delicata

***stews***

sweet potatoes

**tangerines**

todok

**truffles, e.g., black**

turnips

ugli fruit

wakame

water chestnuts

yams

# Y

YAMS

***African cuisine***

agave nectar

allspice

almonds

apples

apricots, e.g., dried, fresh

***Asian cuisine****, sometimes called “the potato of Asia”*

bananas

cardamom

*Caribbean cuisine*

carrots

cayenne

chestnuts

*chiles rellenos*

chili pepper flakes

chili powder

***chips***

cilantro

**CINNAMON**

cloves

**COCONUT**

**COCONUT MILK**

coriander

crème fraîche

**cumin**

currants

curry powder

curry spices

**GARLIC**

**ginger**

*gratins*

greens, bitter, e.g., mustard

kale

**LEMON**, e.g., juice, zest

**lime**, e.g., juice

**maple syrup**

milk, e.g., coconut, rice

millet

mustard

mustard seeds

*North African cuisines*

**nutmeg**

**oil**, e.g., canola, corn, grapeseed, **olive**, peanut, sesame

**onions**

**ORANGE**, e.g., juice, zest

oregano

parsnips

*pasta, e.g., gnocchi*

**peanuts**

**peanut butter**

peas, green

pepper, black

pistachios

plantains, e.g., green

potatoes

*puddings*

*quesadillas*

rice, brown

sage

*salads*

**salt**, kosher or sea

seeds, e.g., pumpkin, sesame, sunflower

sesame, e.g., oil, seeds

shallots

***SOUPS****, e.g., kale, peanut, yam*

soy sauce

***stews***

tamari

tamarind, e.g., paste

tangerine

tempeh

**thyme**

**tomatoes**

**tomato paste**

turmeric

*veggie burgers*

yogurt

YOGURT

almonds

**apples**

apricots

avocados

**bananas**

**barley**

basil

**beans**, e.g., fava, **lima**, white

**beets**

**berries**, in general or mixed

**blueberries**

**carrots**

cayenne

celery

**cereals, breakfast, esp. GRANOLA, MUESLI**

cherries

chervil

**chickpeas**

chives

**cilantro**

coconut

coriander

**CUCUMBERS**

**cumin**

**DILL**

***dips***

*drinks*

**EGGPLANT**

fennel

figs

fruit, dried

**GARLIC**

**ginger**

**grains, whole,** e.g., bulgur, oats, spelt

*Greek cuisine*

greens, e.g., dandelion

hazelnuts

herbs, in general or mixed

horseradish

*Indian cuisine*

lamb’s lettuce

***lassis****, e.g., mango*

lavender

*Lebanese cuisine*

**LEMON**, e.g., juice

lentils

**lime**, e.g., juice

**mango**

**maple syrup**

*marinades*

*Middle Eastern cuisines*

**MINT**

mushrooms

**mustard**, e.g., Dijon, seeds

nuts

oats

**oil, olive**

**onions**, e.g., yellow

orange, e.g., juice, zest

oregano

papaya

paprika

parsley

peaches

peas

pecans

pineapple

**pistachios**

plantains

pomegranate seeds

potatoes

radishes

raisins

***RAITAS***

raspberries

rhubarb

rice

***salad dressings****, e.g., green goddess*

*salads*

salt

***SAUCES****, e.g., raita, tzatziki, yogurt*

scallions

***smoothies***

***SOUPS****, e.g., cucumber*

sorrel

**spinach**

*spreads*

squash, butternut

**strawberries**

sugar, e.g., brown

**tahini**

tamarind

tempeh

thyme

**tomatoes**

*Turkish cuisine*

**vanilla**

vinegar, e.g., balsamic, red wine, sherry, wine

**WALNUTS**

**watercress**

*yogurt, e.g., frozen or semi-frozen*

za’atar

**zucchini**

YUCA (aka CASSAVA)

*Asian cuisines*

*baked goods, e.g., breads*

beans, e.g., kidney

bell peppers, e.g., roasted

beans, black

*cakes, yuca*

chayote

**chiles**, e.g., jalapeño, serrano;

chili pepper flakes

*chips, yuca*

**CILANTRO**

**COCONUT**, coconut cream, coconut milk

corn

curry powder

**custard**

*Dominican cuisine*

*fries, yuca*

**GARLIC**

ginger

*Indian cuisine*

*Latin American cuisines*

**LIME**, e.g., juice

*Mexican cuisine*

*noodles*

**oil, e.g., olive,** vegetable

onions

orange

**oregano**

**parsley**

**plantains**

salt, e.g., sea

*shepherd’s pie*

***soups****, e.g., corn*

*South American cuisines*

*Southwestern (U.S.) cuisine*

spinach

***stews***

sweet potatoes

tarragon

*Thai cuisine*

thyme

*tortillas, e.g., corn, whole-wheat*

**vinegar**, e.g., red wine, white wine

YUZU

*Asian cuisines*

bananas

*beverages, e.g., cocktails, juices, lemonades/limeades*

chiles, e.g., green, red

daikon

*desserts*

***Japanese cuisine***

*Korean cuisine*

*marinades*

mirin

**miso**

oil, e.g., canola, grapeseed, olive, vegetable

orange, e.g., juice

pomegranates

***PONZU SAUCE***

*salad dressings*

salt

***sauces****, e.g., mayonnaises, mignonettes*

sea vegetables

**SESAME, e.g., SEEDS**

shiso

*sorbet*

*Southeast Asian cuisines*

**soy sauce**

sugar

tapioca

**vinegar, e.g., rice**

# Z

ZA’ATAR (the herb; see also ZA’ATAR, the spice blend)

*dips*

*hummus*

*Mediterranean cuisines*

***Middle Eastern cuisines***

**oil, olive**

olives

sesame seeds

*soups*

sumac

ZA’ATAR (the spice blend; see also ZA’ATAR, the herb)

beans, e.g., black, fava, white

***BREADS, e.g., WHOLE-GRAIN FLATBREADS, PITA***

cauliflower

chickpeas

cucumbers, e.g., sliced

***dips****, e.g., for bread*

eggplant

*falafel*

fennel

garlic

***hummus***

*kebabs*

*Lebanese cuisine*

lentils

lime, e.g., juice

*Mediterranean cuisines*

***MIDDLE EASTERN CUISINES***

mint

*North African cuisine*

**OLIVE OIL**

olives, e.g., black

onions

*pasta*

peas

pistachios

*pizza*

**potatoes**, e.g., baked, fried, steamed

quinoa

rice

rosemary

saffron

***salads***

*sandwiches*

tomatoes

**vegetables, e.g., grilled**

yogurt, e.g., greek

zucchini

ZUCCHINI (see also SQUASH, SUMMER)

**almonds**

apples

artichokes

**arugula**

asparagus

***baked goods****, e.g., breads, cakes, muffins, quick breads*

**BASIL**

Thai basil

beans, e.g., fava, green, kidney

**bell peppers**, e.g., green, red, esp. roasted

**bread crumbs**

bulgur

capers

*“carpaccio”*

**carrots**

cayenne

chervil

chickpeas

**chiles**, e.g., ancho, green, poblano; chili pepper flakes

chili powder

*chips, vegetable*

**chives**

**cilantro**

cinnamon

citrus

**coconut milk**

**corn**

**couscous**

curry powder

*curries*

**DILL**

**eggplant**

**GARLIC**

**ginger**

*gratins*

hazelnuts

*“lasagna,” made with zucchini strips instead of noodles*

leeks

**LEMON**, e.g., juice, zest

lime, e.g., juice, zest

**marjoram**

mascarpone

millet

**MINT**

**mushrooms**, e.g., cremini

**noodles, Asian,** e.g., kelp, rice

nutmeg

**OILS**, e.g., grapeseed, hazelnut, **OLIVE**, pecan, sunflower, walnut

**olives**, e.g., black

**onions**

orange, e.g., fruit, juice

**oregano**

**parsley**

***PASTA****, e.g., farfalle, fettuccine, lasagna, linguini, orecchiette, penne, rigatoni*

pecans

**pepper**, e.g., black, white

***pesto***

*pilafs*

**PINE NUTS**

pistachios

***pizza***

polenta

potatoes

pumpkin

**quinoa**

**raisins**

***ratatouille***

**rice, e.g., brown**

*risottos*

**rosemary**

**sage**

***salads****, e.g., raw zucchini*

salt, e.g., kosher, sea

*sauces*

***SOUPS, e.g., potato, tomato, vegetable, zucchini***

spinach

*stews*

*stir-fries*

*tagines*

tahini

tamari

tapenade

**tarragon**

*tempura*

**thyme**

tofu

**TOMATOES**

sun-dried tomatoes

vanilla

*veggie burgers* (e.g., zucchini + almonds)

**vinegar, e.g., balsamic,** champagne, red wine, sherry, white wine

**walnuts**

**yogurt**

zucchini blossoms

***zucchini, stuffed***, e.g., with couscous, mushrooms, pine nuts, raisins, rice, ricotta

ZUCCHINI BLOSSOMS

**basil**

beans

beets, e.g., yellow

**bell peppers**, e.g., red, yellow

bread crumbs

capers

celery

milk, soft

chiles, e.g., poblano

**chives**

cilantro

corn

dill

epazote

*French cuisine*

**GARLIC**

grains

***gratins***

**herbs**

*Italian cuisine*

lemon

marjoram

*Mediterranean cuisines*

*Mexican cuisine, e.g., quesadillas, soups*

mint

nutmeg

**OIL, OLIVE**

olives, e.g., French, Italian

**onions**, e.g., white

orange, e.g., juice, zest

oregano

**parsley**

***pastas****, e.g., fettuccine, gnocchi, linguini, pappardelle*

pepper, black

**pine nuts**

potatoes, new

**rice**

***risottos***

sage

***salads***

**salt, e.g., sea**

*sauces*

scallions

shallots

*soups*

*Southwestern (U.S.) cuisine*

spinach

squash, summer

**stock, vegetable**

***STUFFED ZUCCHINI BLOSSOMS****, e.g., fried*

*tempura*

**thyme**

**tomatoes**

**tomato sauce**

**zucchini**