# 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*

cheese

**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

cheese, e.g., cheddar

**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*

cheese, e.g., goat

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

**butter**

cabbage, napa

*candies*

caramel

caraway seeds

cardamom

carrots

cauliflower

cayenne

celery

celery root

**cheese**, e.g., blue, cream, goat, manchego, ricotta, Romano, Stilton

**CHERRIES**

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

**chili powder**

**CHOCOLATE**

**COCOA**

**CACAO NIBS**

cinnamon

**citrus**

**coconut**

**coffee**

cornmeal

couscous

cranberries

**cream**

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

**HONEY**

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

cheeses, e.g., manchego

chickpeas

dates

*desserts*

figs

garlic

honey, e.g., orange blossom

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

honey

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

cheese, e.g., goat, Munster, ricotta

**chestnuts**

*Chinese cuisine*

**cinnamon**

cloves

coffee

*compotes*

cranberries

cream

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

cream

currants

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

fennel

**fruit, esp. summer**

grains, e.g., bulgur, couscous

honey

*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

**butter**

buttermilk

butterscotch

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

**Calvados**

**caramel**

**cardamom**

carrots

cashews

cayenne

**celery**

**celery root**

**CHEESE, e.g., blue,** Camembert, cheddar, cream, feta, goat, **Gorgonzola**, Gruyère, **Roquefort**, white

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

**cream**

*crepes*

cucumbers

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

*custards*

*flans*

**dates**

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

eggs

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

**HONEY**

**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

buttermilk

**caramel**

**cardamom**

carrots

*cereals, e.g., hot breakfast*

**cheese**, e.g., cottage, cream, goat, ricotta, soft white

**cherries**

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

*chutneys*

**cinnamon**

cloves

coconut

*compotes*

coriander

**couscous**

cranberries

cream

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**

**HONEY**, e.g., chestnut

*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

cheese, e.g., Brie, goat, ricotta

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

**honey**

*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

eggs, e.g., *omelets, quiches*

**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*

**cheese**, e.g., goat, mozzarella, Parmesan, pecorino, ricotta

chickpeas

couscous

*crostini*

crudités

dill

***DIPS***

eggplant

**eggs**, e.g., ***frittatas***, poached

*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

**butter**

**brown butter**

**capers**

**carrots**

*casseroles*

**celery**

celery root

**CHEESE**, e.g., Fontina, **GOAT**, Gruyère, dry Jack, **PARMESAN**, Pecorino Romano, ricotta, ricotta salata

**chervil**

**chickpeas**

chili pepper flakes

cilantro

cloves

coriander

curry

eggs, e.g., hard-boiled

endive

**FENNEL**

fennel seeds

*fines herbes*

*French cuisine*

**GARLIC**

ghee

*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

**butter**

brown butter

capers

cardamom

cardoons

**carrots**

**celery**

celery root

chard, Swiss

**CHEESE**, e.g., blue, cheddar, feta, Fontina, Gouda, **Gruyère**, **PARMESAN**, Saint-Nectaire, Swiss

chervil

chestnuts

***chips, fried***

**chives**

citrus, e.g., juice

coconut

**CREAM**

crème fraîche

croutons, e.g., whole grain

cumin

dill

eggs

fennel

*French cuisine*

**GARLIC**

ghee

**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

**CHEESE, e.g., blue**, cheddar, **FETA**, **GOAT**, Grana Padano, manchego, Monterey Jack, **mozzarella**, **PARMESAN**, **PECORINO**, **ricotta**, ricotta salata, Roquefort, sheep’s milk, vegan

chervil

**chickpeas**

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

cilantro

corn

croutons, e.g., whole grain

cucumbers

daikon

dates

**eggplant**

**EGGS, e.g., hard-boiled, *omelets***

**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**

honey

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

butter or ghee

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**

**butter**, e.g., brown, fresh

**capers**

**CHEESE**, e.g., Asiago, blue, Brie, Camembert, chèvre, **feta**, Fontina, goat, Gruyère, mild, Muenster, **PARMESAN**, pecorino, ricotta, Romano, Taleggio, soft, triple cream

**chervil**

chili paste

chili pepper flakes

**chives**

cilantro

corn

cream

crème fraîche

*custards*

**dill**

**EGGS, e.g.,** fried, ***frittatas,* hard-boiled, *omelets,* POACHED, *quiches,* scrambled, soft-boiled**

**fennel**

fennel seeds

*French cuisine*

**GARLIC**

**green garlic**

**ginger**

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

greens, salad

hoisin sauce

**honey**

**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

butter

cheese, e.g., Comte, manchego, Parmesan

chervil

chili pepper sauce

corn

cream

dill

eggs

*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

cream

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*

buttermilk

cabbage

*California cuisine*

**carrots**

cashews

**cayenne**

celery

Central American cuisine

cheese, e.g., feta, Monterey Jack, queso añejo

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***

**eggs**, e.g., *huevos rancheros, omelets*

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

eggs

**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

**butter**

**Calvados**

**caramel**

cardamom

*cereals, breakfast*

cherries

cheese, e.g., cream, ricotta

chiles

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

cilantro

**cinnamon**

**COCONUT**

**COCONUT MILK**

cognac

**CREAM**

**ICE CREAM**

cumin

curry powder

**dates**

figs

**flax seeds**

*French toast*

**fruit, other tropical**

**ginger**

*granola*

**honey**

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

buttermilk

cabbage

capers

cardamom

**CARROTS**

cashews

***casseroles***

cauliflower

**celery**

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

**cheese**, e.g., feta, goat, pecorino

chiles, e.g., jalapeños

chives

cilantro

cinnamon

coconut

**corn**

currants

curry powder

**dill**

eggplant

fennel

figs

fruits, dried

**GARLIC**

*gratins*

greens

herbs, fresh

honey

**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

butter

cabbage

carrots

*casseroles*

celery

*cereal, hot breakfast*

chard, Swiss

**cheese**, e.g., blue, cheddar, dry Jack, **feta**, goat, Gruyère, **Parmesan**, pecorino, provolone

chili pepper flakes

*chili, vegetarian*

cinnamon

**corn**

cream

crème fraîche

cucumbers

cumin

currants

dill

**fennel**

**garlic**

**grains,** other

*gratins*

hazelnuts

herbs, fresh

honey

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**

**CHEESE**, e.g., feta, fresh white, goat, **mozzarella**, **Parmesan**, pecorino, ricotta

chickpeas

cilantro

corn

couscous

*Cuban cuisine*

cucumbers

*curries*

**EGGPLANT**

**eggs**, e.g., *frittatas, omelets*

*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

cream

*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

butter

**carrots**

*cassoulet, vegetarian*

cayenne

**celery**

cheese, e.g., Jack

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

honey

***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

cheese

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*

**cheese**, e.g., cheddar (esp. white), cotija, goat, Monterey Jack

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***

**eggs**, e.g., *huevos rancheros*

*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

butter

carrots

*casseroles*

celery

chard, Swiss

**cheese**, e.g., feta, Gorgonzola, Parmesan

*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*

butter

buttermilk

carrots

cayenne

celery

**CHEESE**, e.g., blue, feta, goat, mozzarella, Parmesan, **pecorino**, ricotta, ricotta salata, white

chervil

chicory

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

**chives**

**cilantro**

couscous

cream

*crostini*

**cumin**

**dill**

***dips***

**eggs**, *e.g., frittatas, omelets*

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

**honey**

**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

cheese, e.g., goat

chervil

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

couscous

cream

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

butter

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**

cheese, e.g., feta

chili pepper flakes

coriander

dill

fennel

**GARLIC**

grains

***GREEK CUISINE***

honey

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

**butter**

capers

**carrots**

cashews

*casseroles*

cauliflower

cayenne

celery

**CHEESE**, e.g., cheddar, Gorgonzola, mozzarella, **PARMESAN**, **pecorino**, Swiss

chervil

**chickpeas**

chiles

chili pepper flakes

**chives**

cilantro

coconut

corn

cream

crème fraîche

cucumbers

cumin

**curry**

***curries***

**dill**

eggs, e.g., hard-boiled

**fennel**

*French cuisine*

frisée

**GARLIC**

ghee

**ginger**

greens, e.g., mesclun, salad

**hazelnuts**

hiziki

honey

*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

**butter**

buttermilk

carrots

*casseroles*

**cheese**, e.g., cheddar, **feta**, Parmesan

chervil

chili pepper flakes

chives

cilantro

**CORN**

cream

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

eggs, e.g., *omelets*

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**

ghee

**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

cheese, e.g., ricotta

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*

**cheese**, e.g., cheddar or Jack

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

***CHILI, VEGETARIAN***

chips, tortilla

**cilantro**

**corn**

**CUMIN**

***dips***

eggs, e.g., *huevos rancheros*

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

**cheese**, e.g., cheddar, Parmesan

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***

eggs, e.g., hard-boiled

**escarole**

fennel, fennel pollen, fennel seeds

*French cuisine*

frisée

**GARLIC**

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

honey

“*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

**butter**

buttermilk

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

**capers**

**CARAWAY SEEDS**

cardamom

*“carpaccio”*

**CARROTS**

cauliflower

**celery**

celery leaves

**celery root**

chard, Swiss

**CHEESE**, e.g., **blue**, Cambozola, cashew, cream, **FETA**, **GOAT**, Gorgonzola, Gouda, Havarti, Monterey Jack, Parmesan, queso blanco, **ricotta**, **ricotta salata**, Roquefort, salty

**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

cream

**crème fraîche**

*crudités*

**cucumbers**

**cumin**

**curry powder**

*desserts, e.g., “red velvet”*

**DILL**

edamame

**eggs, esp. hard-boiled**

**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

**honey**

**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

**CHEESE**, e.g., cheddar, feta, Fontina, **goat**, **mozzarella**, **Parmesan**, provolone, soft

chervil

chickpeas

**chiles, chili flakes, chili powder**

***chili, vegetarian***

chives

**cilantro**

coconut milk

coriander

**corn**

corn bread

*coulis*

*couscous*

**cucumbers**

**cumin**

*curries*

*dips*

**eggplant**

**EGGS**, e.g., *frittatas, omelets, quiches, scrambled, tortillas*

**fennel**

**GARLIC**

*gazpacho*

**ginger**

grains, whole

*gratins*

greens, salad

harissa

*hash*

honey

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

cheese, e.g., cream, ricotta

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

cinnamon

**cream**

**crème fraîche**

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

elderflower syrup

**ginger**

granola

honey

**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*

**CREAM**

**ICE CREAM**

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

endive

figs

ginger

hazelnuts

**honey**

**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

cheese, e.g., feta

**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

buttermilk

*cereals, breakfast*

**cheese**, e.g., blue, **cream**, ricotta

**CINNAMON**

corn

*corn cakes*

**cream**

**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**

**honey**

**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

**cheese, e.g., cream, ricotta**, ricotta salata

chervil

chickpeas

chives

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

cream

cucumbers

dill

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

**eggs**, e.g., boiled, poached, smoked

*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

honey

*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

cheese, e.g., goat, Parmesan, pecorino

endive

fennel

garlic

*gratins*

*Italian cuisine*

legumes, e.g., lentils

*macaroni*

*cheese*

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*

cheese, e.g., goat, mozzarella, Parmesan, pecorino

*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

**butter**

brown butter

**capers**

cashews

*casseroles*

cauliflower

cayenne

**CHEESE,** e.g., blue, **feta**, **cheddar**, goat, Gorgonzola, Gouda, mozzarella, **PARMESAN**, pecorino, Romano

chickpeas

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

**chili pepper flakes**

chives

cilantro

coconut

coconut milk

coriander

cream

*crepes*

*crudités*

***curries***

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

dill

**eggs**, e.g., *custards, omelets*, *quiches*

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

**CHEESE**, e.g., feta, Fontina, fresh, mozzarella, **Parmesan**, pecorino, **ricotta**, ricotta salata, Romano, sheep’s milk, smoked mozzarella, white

chestnuts

**chickpeas**

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

*Chinese cuisine*

chives

cilantro

citrus

cream

currants

eggplant

eggs

\***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

**cheese**, e.g., feta, Parmesan

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

cilantro

eggs, e.g., *frittatas*

**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**

**butter**

brown butter

**capers**

**caraway seeds**

**carrots**

cashews

**cauliflower**

**celery**

celery root

**CHEESE**, e.g., **blue**, **cheddar**, feta, goat, Gorgonzola, Gouda, Gruyère, **Parmesan**, pecorino, provolone, ricotta, Roquefort, Swiss

**CHESTNUTS** (traditional)

chili pepper flakes

chives

coconut milk

**coriander**

cranberries, dried

**cream**

crème fraîche

*crudités*

cumin

curry powder

**dill**

***eggs***, e.g., fried, hard-boiled, *omelets,* poached

endive, e.g., Belgian

fennel

fennel seeds

**GARLIC**

ghee

**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

butter

**cabbage**

cardamom

**carrots**

cashews

*casseroles*

celery

*cereals, hot breakfast*

chard, Swiss

**cheese**, e.g., feta, Fontina, goat, Gruyère, Parmesan

chickpeas

chives

cinnamon

corn

***crepes***

dates

*Eastern European cuisine*

**eggs or egg whites**, e.g., fried, poached, roasted

flax seeds

*(Northern) French cuisine*

fruit, dried

**garlic**

ginger

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

herbs

honey

*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

butter

buttermilk

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

**carrots**

*casseroles*

**cauliflower**

*cereals, hot breakfast*

celery

chard

**cheese**, e.g., feta, goat

**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

honey

***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

honey

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**

**Season:** autumn–winter

**Flavor:** bitter/sweet, with pungent and/or peppery notes, a crunchy

texture

**Volume:** quiet–moderate

**Nutritional profile:** 85% carbs / 12% protein / 3% fat

**Calories:** 25 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** bake, boil, braise, grate, pickle, pressure-cook (3–4 minutes), raw, sauté, shred, simmer, steam (6–8 minutes), stir-fry (2–4 minutes), stuff, tempura-fry (Better cooked than raw, but overcooking brings out its pungent, sulphuric notes.)

**Tip:** Red cabbage’s firmer texture makes it a bit slower to cook than green

cabbage.

**Botanical relatives:** broccoli, Brussels sprouts, cauliflower, collard greens, horseradish, kale, kohlrabi, land cress, radishes, rutabagas, turnips, watercress

**APPLES, APPLE JUICE, APPLE CIDER**

**bell peppers**

**butter**

brown butter

**CARAWAY SEEDS**

**CARROTS**

**celery**

**cheese, e.g., blue**, cheddar, feta, **Parmesan**

**cilantro**

***cole slaw***

**cream**

**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

**Flavor Affinities**

cabbage + arame + sesame seeds + sesame oil

cabbage + brown rice + pine nuts + tomatoes

cabbage + caraway seeds + garlic + sea salt

cabbage + caraway seeds + lemon + safflower oil

cabbage + carrots + cider vinegar + mayonnaise + mustard

**cabbage + carrots** + ginger + mint + rice **wine vinegar** + sesame oil

cabbage + cream + nutmeg

cabbage + ginger + lime

cabbage + ginger + soy sauce

cabbage + mirin + sesame oil + umeboshi paste

cabbage + potatoes + turnips

**CABBAGE, CHINESE (aka NAPA CABBAGE; see also**

**BOK CHOY)**

**Flavor:** sweet, with notes of cabbage

celery, a crisp/crunchy yet

tender

juicy texture

**Volume: quiet** (combines well with louder greens)

**Nutritional profile:** 57% carbs / 32% protein / 11% fat

**Calories:** 20 per 1-cup serving (shredded, cooked)

**Protein:** 3 grams

**Techniques:** bake, blanch, boil, braise, grill, marinate, pickle, raw, sauté, shred, simmer, steam, stir-fry (4–5 minutes), stuff

**Tips:** Napa cabbage is one of the most popular types of Chinese cabbage.

Do not overcook, or its flavor will be lost.

almonds

arame

arugula

*Asian cuisines*

bamboo shoots

**basil**

**Thai basil**

beans, black, black bean sauce

beans, green

beets

bell peppers

brown rice syrup

butter

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

**CARROTS**

cayenne

chicory

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

chili powder

*Chinese cuisine*

**cilantro**

cloves

cornstarch

**cucumbers**

cumin

dill

fennel seeds

**garlic**

**GINGER**

greens, louder

hiziki

honey

***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

**Flavor Affinities**

**Chinese cabbage** + Asian noodles + **cilantro + sesame oil + sesame sauce** +

soy sauce

Chinese cabbage + bell peppers + carrots + peanut dressing

Chinese cabbage + chili oil + sesame seeds

**Chinese cabbage** + chili pepper flakes + **garlic + ginger**

Chinese cabbage + cilantro + lemon + mint

**Chinese cabbage + cilantro + peanuts**

**Chinese cabbage + garlic + ginger** + sesame oil

Chinese cabbage + ginger + lemon

Chinese cabbage + ginger + peanuts

Chinese cabbage + ginger + sesame + soy sauce

Chinese cabbage + ginger + tofu

Chinese cabbage + lemon juice + sesame oil + soy sauce

Chinese cabbage + peanut butter + rice wine vinegar + soy sauce

Chinese cabbage + rice + shiitake mushrooms + tofu

**CABBAGE, GREEN**

**Flavor:** slightly sweet (and more so when cooked), with notes of pepper, and

a soft, rubbery texture (when raw)

**Volume:** quiet

**Techniques:** blanch (to quiet flavor), boil, braise, raw (e.g., slaw), roast, shred, simmer, steam, stir-fry

apples

apple cider/juice

bay leaf

beans, e.g., green

bell peppers, e.g., red

bread, e.g., rye

bread crumbs, whole grain

butter

*cabbage rolls*

**caraway seeds**

cardamom

**carrots**

**celery**

celery root

celery salt / seeds

cheese, e.g., Gruyère, Swiss

cilantro

coriander

cream

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

**Flavor Affinities**

green cabbage + apples + caraway seeds

**CABBAGE, NAPA (see CABBAGE, CHINESE)**

**What it is:** a popular type of Chinese cabbage

**CABBAGE, RED**

**Season: autumn**–winter

**Flavor:** more pungent notes

a firmer texture than green cabbage

**Volume:** quiet–moderate

**Techniques: braise**, mandoline, marinate, raw (e.g., slaw), sauté, stew, wilt

**Tip:** Cook in water with a dash or more of apple juice or vinegar to

maintain its redness.

allspice

\***APPLES**

**APPLE JUICE**

**bay leaf**

broccoli

**caraway seeds**

carrots

celery seeds

**CHEESE**, e.g., blue, feta, goat, Roquefort

**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

honey

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

**Flavor Affinities**

**RED CABBAGE + APPLES + BROWN SUGAR** + caraway seeds +

vinegar

**RED CABBAGE + APPLES + BROWN SUGAR** + onions + vinegar

**red cabbage + apples + garlic** + olive oil + tarragon + vinegar

red cabbage + apples + yogurt

red cabbage + balsamic vinegar + feta cheese + sunflower seeds

**red cabbage + cheese** (e.g., blue, goat) **+ walnuts**

red cabbage + ginger + sesame

red cabbage + pears + red onions + walnuts

**CABBAGE, SAVOY**

**Season:** autumn–winter

**Flavor:** slightly bitter/sweet, with a tender texture

**Volume:** very quiet

**Techniques:** boil, braise, raw, roast, steam

apples

beans, e.g., white

bell peppers

bread, rye

**butter**

*cabbage rolls*

caraway seeds

**carrots**

celery

chard, Swiss

cheese, e.g., Gouda, Gruyère, Parmesan, Swiss

chiles, e.g., serrano

corn

cream

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

**Flavor Affinities**

savoy cabbage + dried fruits + rice

savoy cabbage + garlic + olive oil + parsley + rice + tomatoes

**Dishes**

**Pan-Seared Tenderloin of Savoy Cabbage with Pearl Barley Gratin, Tarragon, Hazelnut**

**Gremolata**

—CityZen (Washington, DC)

**Savoy Cabbage Spring Rolls filled with Marinated Tempeh, Baby Corn, Chinese Leaves, Mange Tout, Carrots, with a Ginger-Spiked Lemon Miso Dressing**

—Manna (London)

**CACAO or CACAO NIBS (see also CHOCOLATE, DARK)**

**Flavor:** bitter, with notes of **chocolate** (and smoke, if roasted), a crunchy

texture

**Volume:** moderate–loud

**What nibs are:** dried, roasted, crushed cacao beans (that when crushed to a

powder become unsweetened cocoa powder)

*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

“**Cacao**, which is essentially unprocessed chocolate, is one of nature’s

most powerful superfoods. In addition to its nutritional benefits, it is a

stimulant without negative side effects. I use cacao nibs or powder or

pods for our chocolate frostings

truffles. I’ll substitute raw carob

powder if I want a similar flavor with no stimulants.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**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

**Flavor Affinities**

bell peppers + celery + onions

**CALLALOO (see GREENS, AMARANTH)**

**CANNELLINI BEANS (see BEANS, CANNELLINI)**

**CANTALOUPE (see MELON, CANTALOUPE)**

**CAPERS**

**Flavor:** salty and/or sour (depending on curing solution, e.g., brine, vinegar), with sharp, pungent notes of lemon

**Volume: loud**

**What they are:** pickled, green, immature flower buds

**Tips:** Rinse, or soak for up to 24 hours before using to quiet their flavor.

Consider crisping for a minute or two in very hot oil before using them to

garnish salads.

**Possible substitutes:** green olives, esp. chopped

artichokes

arugula

**asparagus**

basil

beans, e.g., green, kidney

beets

bell peppers, e.g., roasted

Brussels sprouts

butter

*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

**Flavor Affinities**

**capers** + basil + garlic + **pasta +** (fresh or sun-dried) **tomatoes**

capers + basil + olives

capers + beets + celery + dill

capers + black olives + black pepper + garlic + mustard

capers + cauliflower + lemon zest + pasta

capers + eggplant + tomatoes

capers + garlic + greens + olive oil + vinegar

**capers + garlic + lemon** + mustard + olive oil

**capers + garlic + lemon** + **parsley + shallots + white wine**

**CAPERS (+ garlic) + OLIVES + TOMATOES**

capers + lemon + olive oil + olives + parsley

“Theo Schoenegger [of Sinatra Restaurant in Las Vegas] is awesome

and is one of the best Italian chefs working in America. He is also one of

the most open-minded people I have worked with. He likes to eat

healthy

acknowledges that Americans eat far too much meat and

animal protein three times a day / seven days a week, so he was digging

the vegan stuff I was showing him. Together, we created a vegan

agnolotti

a vegan Caesar salad. For Caesar salad, to add the briny

flavor you need, I use **capers** instead of anchovies—and people love it.”

—TAL RONNEN, CROSSROADS (LOS ANGELES)

**Dishes**

**Chanterelle Mushroom**

**Potato Flatbread with Smoked Leek Confit, Fried Capers, Roasted Garlic, Cashew Cream**

—Millennium (San Francisco)

**Tartare of Beets with Dill Flatbread, Soft Quail Egg, Crispy Capers, Blood Orange**

**Pepper**

—The Point (Saranac Lake, NY)

**Seitan Piccata: Seitan Cutlets in White Wine-Lemon-Caper Sauce with Mashed Potatoes and**

**Grilled Escarole**

—V-Note (New York City)

**CARAMEL**

“We make a vegan dessert based on a Snickers bar, the **caramel** is

made from pureed dates flavored with a little salt

vanilla.”

—MARLENE

CASSIE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

**CARAWAY SEEDS**

**Flavor:** bitter/**sour/sweet**; aromatic, with notes of anise, cumin, dill, licorice, and/or nuts

**Volume:** moderate–**loud**

**Tip:** Add later in the cooking process.

**Botanical relatives:** anise, carrots, celery, celery root, chervil, coriander, cumin, dill, fennel, **parsley**, parsley root, parsnips

**Possible substitutes:** dill 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

**cheese**, e.g., cheddar, feta, Parmesan

chiles, e.g., dried

*cole slaw*

cream, sour

cucumbers

*drinks, e.g., liqueurs*

*dukkah*

*Eastern European cuisines*

eggs, e.g., *omelets*

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

**Flavor Affinities**

caraway seeds + apples + nutmeg + orange

caraway seeds + cabbage + potatoes

caraway seeds + lemon + salt + tofu

**CARDAMOM**

[CAR-duh-mum]

**Flavor:** slightly sweet; aromatic, with pungent/spicy notes of cinnamon, eucalyptus, flowers, fruit (e.g., **lemon**), mint, and/or pepper

**Volume:** loud

**Tips:** Add early in the cooking process. Use whole for a more delicate

flavor, ground for a more pronounced flavor. Also, look for black

cardamom, which can add a delicate bacon-y flavor to dishes.

**Botanical relatives: ginger**, turmeric

**Factoid:** The world’s third-most expensive spice, after saffron

vanilla.

almonds

apples

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

beans, e.g., black

butter

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

honey

*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**

**Flavor Affinities**

cardamom + chocolate + coffee

cardamom + curry leaves + garlic + ginger + turmeric

cardamom + honey + orange + pistachios + yogurt

cardamom + pears + sugar + vanilla + wine

cardamom + raisins + rice

**cardamom** + rice + **rose water + saffron**

**cardamom + rose water + saffron** + 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**

**Season:** summer–autumn

**Flavor:** sweet; aromatic, with a crisp, juicy texture

**Volume:** quiet–moderate

**What they are:** root vegetables

**Nutritional profile:** 89% carbs / 6% protein / 5% fat

**Calories:** 55 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** bake, blanch, boil, braise, grate, grill, pressure-cook (2–5

minutes), puree, raw, roast, sauté, simmer, steam (5–10 minutes), stir-fry (5–

10 minutes)

**Tips:** Scrub carrots well, but resist peeling them

denying yourself the

pleasure of the peels’ flavor

nutrition. Better served lightly cooked than

raw.

**Botanical relatives:** anise, caraway, celery, celery root, chervil, coriander, dill, fennel, parsley, parsley root, parsnips

**Possible substitutes:** pumpkin, winter squash

**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**

**butter**

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

**caraway seeds**

**cardamom**

**cashews**

**celery**

celery root

**CHEESE**, e.g., cheddar, cream, feta, **goat**, Parmesan, ricotta, Swiss

**chervil**

**chickpeas**

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

*chili, vegetarian*

**chives**

**cilantro**

**CINNAMON**

citrus

**cloves**

**coconut**, coconut butter, coconut milk

**coriander**

**cream**

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

**HONEY**

**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

**Flavor Affinities**

carrots + almonds + pineapple + vanilla

carrots + apples + cinnamon + pecans + vanilla

**carrots** + apples + **raisins + walnuts**

carrots + balsamic vinegar + beets + chives + greens

carrots + brown sugar + orange + pineapple + raisins

carrots + capers + dill

carrots + caraway seeds + cumin

carrots + caraway seeds + garlic + lemon + olive oil + parsley

carrots + cardamom + maple + orange + yogurt + soups

**CARROTS + CELERY + ONIONS**

**carrots** + chiles + **cilantro + lime juice**

**carrots + cilantro** + ginger + scallions + **sesame oil**

**carrots + cinnamon** + coconut + nuts + pineapple

**carrots + cinnamon** + nutmeg + pineapple + walnuts

carrots + cinnamon + orange + vanilla

carrots + citrus + cumin

**carrots + coconut** + garlic + ginger + **lime juice**

**carrots + cranberries** + orange + walnuts

**carrots + cumin + garlic + lemon** + parsley

carrots + curry + ginger + Kaffir lime

carrots + dates + sunflower seeds + yogurt

carrots + dill + lemon + lentils

carrots + fennel + garlic

carrots + fennel + yogurt

**CARROTS + FRUIT** (e.g., apples, oranges, pineapple, raisins) + **NUTS**

(e.g., almonds, cashews, pecans, walnuts)

carrots + garlic + ginger + walnut oil

**carrots + garlic** + potatoes + thyme

carrots + ginger + honey + rosemary

**carrots + ginger** + miso + sesame **seeds** + snap peas

**CARROTS + GINGER + ORANGE** (or other citrus, e.g., lime)

**carrots + ginger** + sea vegetables + **sesame oil/seeds** + soy sauce

carrots + harissa + raisins

**carrots** + honey + lemon juice + olive oil + **raisins** + vinegar + **walnuts**

**carrots + honey + orange**

carrots + honey + pineapple + yogurt

carrots + lemon juice + mustard + parsley

carrots + maple syrup + mustard

carrots + miso + spinach + tofu

**CARROTS + NUTS** (e.g., pine nuts, walnuts) + **RAISINS**

carrots + parsnips + thyme

carrots + sesame + sugar snap peas

“Use the whole **carrot**. Put the greens in salad, or cook them with some

risotto—they are very good for you.”

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

“**Carrots**

cumin are great together.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“We juice **carrots** to use for stocks or other dishes, then dehydrate

the pulp. We confit carrots in oil, herbs, spices to get that nice, fatty, succulent confit texture out of a carrot. We will fry some carrots into

chips

pulse them into crumbs. We might pickle some carrots or

ferment them, then dehydrate them

grind them into a powder to use

as a seasoning. So we have now taken a carrot eight ways

give you

those components back on one dish or throughout the four courses that

you have during the course of a meal here. You have now gotten this

whole depth of flavor from this carrot. If we do that with anywhere from

two to eight components on a menu, all of a sudden you

your palate

have been elevated to a whole different level. I equate it to an Old World

wine compared to a New World wine: it is still red wine, but it is

completely different.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**Dishes**

**Roasted Carrot Soup, Beluga Lentils, Carrot Top Pesto, Paprika Croutons**

—The Acorn (Vancouver)

**Chilled Carrot Velouté: Carrot Fritter, Cilantro Cream, Lime**

—Café Boulud (New York City)

**Carrot Cake with Pineapple Compote, Vanilla Cream, Candied Almonds**

—Candle 79 (New York City)

**Carrot Parsnip Soup with Orange Crème Fraîche**

**Chives**

—Greens Restaurant (San Francisco)

**Carrot Cake: Moist**

**Decadent with Organic Sugar, Raisins, Pineapple, Coconut, a**

**Vegan Cream Cheese Frosting**

—Laughing Seed Café (Asheville, NC)

**Roasted Carrots with Yogurt, Date, Sunflower Seeds**

—Menton (Boston)

**Carrots Wellington with Bluefoot Mushrooms, Sunchokes, Gremolata**

—Narcissa (New York City)

**Carrot Butter Crostini: Slices of Toasted 7-Grain Bread with Our Macadamia Creamed**

**Carrot Butter Pâté**

—Sage’s Cafe (Salt Lake City)

**CASHEW CREAM (see CREAM, CASHEW)**

**CASHEWS**

**CASHEW NUT BUTTER**

**Flavor:** sweet, with buttery

vegetal notes (esp. when raw), a rich

texture

**Volume:** quiet/moderate (raw)–moderate/loud (toasted)

**Nutritional profile:** 66% fat / 23% carbs / 11% protein

**Calories:** 155 per 1-ounce serving (raw nuts)

**Protein:** 5 grams

**Techniques:** raw, roast, toast

**Tips:** Roast cashews to bring out their flavor

crunchiness. Add at the

end of the cooking process or just before serving.

**Botanical relatives:** mangoes, pistachios

almonds

apricots

*baked goods, e.g., cookies*

bananas

beans, e.g., green

bell peppers, e.g., roasted

blueberries

**bok choy**

butter / ghee

cabbage

cardamom

**carrots**

cauliflower

cayenne

celery

celery root

*Central American cuisines*

cheese, e.g., goat, nut

**chickpeas**

chiles, e.g., serrano

*chili, vegetarian*

*Chinese cuisine*

chocolate / cacao nibs

**cilantro**

cinnamon

cloves

**COCONUT**

**COCONUT MILK**

corn

*cream, e.g., raw*

cumin

***CURRIES***

curry powder

*desserts*

***dips***

***dipping sauces***

garam masala

garlic

**ginger**

***GRANOLA***

***granola bars***

hazelnuts

hoisin sauce

honey

*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

**Flavor Affinities**

cashews + carrots + ginger

cashews + carrots + orange

cashews + chickpeas + curry + potatoes

cashews + chiles + cilantro + coconut milk + garlic + ginger + lime + tofu

cashews + cilantro + spinach

cashews + honey + orange

cashews + mustard + snow peas + soy sauce

cashews + orange + rice

“The texture of **cashews** is so incredibly creamy, works well in

everything from appetizers to cashew cheese to entrees to desserts, which I’ll even top with a whipped cashew cream. Most live raw

cheesecakes—which can range from German chocolate to key lime in

flavor—are cashew-based, they’re delicious.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**Dishes**

**Sunflower-Chocolate-Fig Crusted Lavender-Cashew Cheesecake with Fresh Blueberry**

—Sutra (Seattle)

**CAULIFLOWER**

**Season:** autumn–winter

**Flavor:** sweet, with pungent notes of butter, mustard, nuts, and/or pepper, and a soft yet crunchy (when raw) / creamy (when cooked) texture

**Volume:** moderate

**Nutritional profile:** 64% carbs / 20% protein / 16% fat

**Calories:** 15 per ½-cup serving (boiled)

**Protein:** 1 gram

**Techniques:** Better served cooked than raw. Bake, blanch, boil, braise, deepfry, dry, fry, juice, mash, pressure-cook (2–3 minutes), puree, roast (20–25

minutes at 400°F), sauté, simmer, smoke, steam (5–10 minutes), stir-fry (2–5

minutes); however, overcooking highlights sulphur notes.

**Tips:** Do not overcook. Add pureed cauliflower to vegetable soups to give a

creamy texture. Or slice thickly (¾ inch) into “steaks”

sauté to brown.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, collard greens, horseradish, kale, kohlrabi, land cress, radishes, rutabagas, turnips, watercress

**almonds**

*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**

**BUTTER**

**BROWN BUTTER**

buttermilk

**CAPERS**

cardamom

**carrots**

**cashews**

cayenne

**celery**

**CHEESE, e.g., blue**, **cheddar**, Emmental, **feta**, goat, Gorgonzola, Gouda, **Gruyère**, Havarti, manchego, mozzarella, Pantaleo, **Parmesan**, pecorino, Roncal, Stilton, Swiss

**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

cream

milk

cress, e.g., land

*crudités*

**CUMIN**

***CURRIES***

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

**dill**

eggs, e.g., *quiches*

fenugreek

*frito misto*

garam masala

**GARLIC**

ghee

**ginger**

*gratins*

greens, e.g., bitter

hazelnuts

herbs

honey

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**

**Flavor Affinities**

cauliflower + almonds + barley

cauliflower + almonds + brown butter + lemon

cauliflower + almonds + raisins

cauliflower + balsamic vinegar + garlic + olive oil + raisins

cauliflower + basmati rice + chickpeas + coconut

**CAULIFLOWER** + bread crumbs + **CAPERS + LEMON + PARSLEY**

cauliflower + bread crumbs (+ cheese) + chives + pasta + parsley

cauliflower + Brussels sprouts + capers + lemon

cauliflower + Brussels sprouts + garlic + olive oil + rosemary

cauliflower + capers + dill + garlic + tomatoes

**CAULIFLOWER + CAPERS** + green olives + **LEMON** + olive oil

cauliflower + cashews + cilantro + coconut + nut milk + onions + turmeric

cauliflower + cheddar cheese + mustard

**cauliflower + cheddar cheese** + Parmesan cheese + **parsley** + pasta

cauliflower + chickpeas + eggplant + raisins

cauliflower + chiles + lime juice

cauliflower + chili pepper flakes + parsley + pasta

cauliflower + cilantro + ginger

**CAULIFLOWER + COCONUT + CURRY**

cauliflower + cumin + ginger + tamarind + turmeric

cauliflower + garlic + tomatoes

cauliflower + ginger + orange

cauliflower + Gorgonzola cheese + pasta + thyme

**cauliflower + lemon + parsley**

cauliflower + lemon zest + mustard + shallots

cauliflower + mint + Parmesan cheese + pine nuts

cauliflower + olives + orange

cauliflower + sage + walnuts

cauliflower + scallions + sesame oil + soy sauce

“I learned through testing that I don’t like maple-smoked cauliflower—I

prefer it hickory-smoked. I’ll smoke, bread, deep-fry **cauliflower**, which looks like chicken, serve it with waffles for a play on

chicken-and-waffles.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“I make a soup out of **cauliflower** that’s been crushed with a potato

masher so that it’s the texture of rice, cook it with saffron, tomato, white wine, garlic. It’s something that’s unusual while tasting

interesting

familiar.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**Dishes**

**Cauliflower**

**Date Ragoût with Roasted Sunchokes, Cauliflower**

**Parmesan Velouté, Lemon Poached Salsify, Rye Berries, Chestnuts**

—Beckta Dining

Wine (Ottawa, Canada)

**Garlic Parsley Linguine with Roasted Mariquita Farm Cauliflower, Spring Onions, Green**

**Garlic, Pine Nuts, Lemon, Mustard Caper Butter, Pecorino Fiore Sardo**

—Greens Restaurant (San Francisco)

**Seared Cauliflower with Garlic, Almond, Sweet**

**Spicy Peperonata, Capers**

—Millennium (San Francisco)

**Cavolfiore: Cauliflower Steak, Riso Venere, Almonds, Pecorino Toscano**

—Salumeria Rosi (New York City)

**Frito Misto: Crispy Cauliflower, Sweet Chili Sauce, Sesame Seed**

—Sublime (Fort Lauderdale)

**Cauli-Mashed Potatoes**

**Gravy: Fresh Cauliflower Blended with Mashed Potatoes, Porcini Mushroom Gravy with Fresh Rosemary**

—Veggie Grill (Los Angeles)

**CAVIAR, VEGAN**

**Flavor:** salty, with notes of the sea, a delicately crisp, caviar-like texture

**What it is:** seaweed-based product resembling caviar

**Brands:** Cavi-Art, Kelp Caviar

**Tip:** Can be used in both cold

hot dishes.

avocado

*canapes*

eggs, e.g., hard-boiled, *omelets*

*pastas*

potatoes

*salads, e.g., mock seafood*

sour cream

*sushi, vegetarian*

“Cavi-Art is a **vegan caviar** made from seaweed that is rich in salt, which complements the freshness of avocado. It is absolutely amazing!”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**CAVOLO NERO (see KALE, BLACK)**

**CAYENNE (aka RED PEPPER)**

**Flavor:** hot/picante

**Volume:** loud

**What it is:** powder made from ground red peppers

**Tips:** Long used as a flavor enhancer. Cayenne tastes hotter the longer it

cooks.

allspice

almonds

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

bell peppers

***Cajun cuisine***

cashews

cauliflower

cheese—in general

**chickpeas**

***chili, vegetarian***

chocolate

cocoa

cilantro

corn

cumin

*curries*

dill

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

dulse

eggplant

eggs, e.g., hard-boiled, esp. deviled

*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

**Flavor Affinities**

cayenne + almond + dulse (or salt)

cayenne + corn + lime

cayenne + dill + garlic + yogurt

**CELERY**

**Season:** year-round, esp. summer–autumn

**Flavor:** slightly sweet, with earthy notes of herbs, minerals, and/or nuts, and

a crisp/crunchy (when raw)

stringy texture

**Volume:** quiet/moderate (e.g., heart or inner stalks)–moderate/loud (e.g., outer stalks)

**What it is:** vegetable

**Nutritional profile:** 73% carbs / 17% protein / 10% fat

**Calories:** 15 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** boil, braise, cream, mandoline, pressure-cook (2–5 minutes), raw, sauté, steam, stir-fry (2–5 minutes)

**Tips: Opt for organic celery.** Don’t overlook celery leaves, which contain

the most nutrients.

**Botanical relatives:** anise, caraway, carrots, celery root, coriander, dill, fennel, parsley, parsley root, parsnips

**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

**butter**

**brown butter**

cabbage

capers

caraway

**CARROTS**

***casseroles***

cauliflower

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

**CHEESE, e.g., BLUE**, Brie, cheddar, cream, goat, Gorgonzola, Gouda, Gruyère, **Parmesan**, **Stilton**, Swiss

**chervil**

chestnuts

chickpeas

chives

cloves

*cocktails, e.g., Bloody Marys*

**cream**

*crudités*

cucumbers

cumin

*curries*

**dill**

eggs, e.g., hard-boiled, esp. deviled

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

**Flavor Affinities**

celery + almond butter + raisins

**CELERY + APPLES + WALNUTS**

**CELERY + CARROTS + ONIONS**

**CELERY + CHEESE** (e.g., blue) **+ FRUIT** (e.g., apples, oranges, pears) **+**

**NUTS** (e.g., hazelnuts, pecans, walnuts)

celery + cucumbers + mustard

celery + garlic + tomatoes

celery + oranges + pecans

celery + parsley + tomatoes

celery + pistachios + yogurt

**CELERY ROOT (aka CELERIAC)**

**Season:** autumn–spring

**Flavor:** bitter/sour/sweet, with earthy notes of anise, celery, hazelnuts, minerals, parsley, potatoes, truffles, and/or walnuts, a crunchy (when

raw) or fluffy (when cooked) texture

**Volume: quiet**–moderate (quieter than celery)

**Nutritional profile:** 84% carbs / 10% protein / 6% fat

**Calories:** 45 per 1-cup serving (boiled)

**Protein:** 1 gram

**Techniques:** bake (at 350°F, about 30–40 minutes), blanch, boil, braise, deep-fry, fry, grate, marinate, mash, pressure-cook (3–5 minutes), puree, raw

(as a slaw), roast, **sauté**, steam (5–20 minutes), stir-fry

**Tips:** Must peel before using. Use pureed celery root instead of butter to

add richness to sauces.

**Botanical relatives:** anise, caraway, carrot, celery, coriander, dill, fennel, parsley, parsley root, parsnips

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

artichokes

beans, e.g., cannellini, green

beets

bell peppers, e.g., green, roasted

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

**butter**, e.g., brown, goat’s milk

buttermilk

cabbage, e.g., savoy

**capers**

**caraway seeds**

**carrots**

cayenne

**celery**

celery leaves

**celery seeds**

chard, Swiss

**CHEESE**, e.g., **blue**, Comté, Emmental, goat, **GRUYÈRE**, mozzarella, **Parmesan**, pecorino, Swiss

chervil

**chestnuts**

chickpeas

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

**chives**

*chowders*

**CREAM**

crème fraîche

dill

**eggs**

endive, Belgian

**fennel**

**GARLIC**

***gratins***

**hazelnuts**

honey

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

**Flavor Affinities**

celery root + apples + celery

**celery root + apples** + crème fraîche + **mustard**

celery root + apples + fennel + hazelnuts + lemon

celery root + apples + parsley + raisins

celery root + apples + walnuts

celery root + arugula + Parmesan cheese + porcini mushrooms

celery root + black truffles + potatoes

celery root + blue cheese + chives

celery root + buttermilk + herbs + olive oil + olives

celery root + chanterelles + wild rice

**celery root** + cheese + **garlic** + mustard + **potatoes**

celery root + chestnuts + cider + cream + mushrooms

celery root + chestnuts + tarragon

celery root + chives + leeks + thyme

celery root + fennel + potato + soups

**CELERY ROOT + GARLIC + parsnips + POTATOES**

celery root + garlic + parsnips + rutabagas

celery root + lemon juice + mayonnaise

celery root + lemon juice + mustard + walnut oil

celery root + maple syrup + mustard

celery root + Parmesan cheese + parsley

celery root + parsnips + potatoes

celery root + parsnips + thyme

celery root + rosemary + rutabagas

**Dishes**

**Celeriac Soufflé with Celery Salad**

**Black Truffle**

—Chez Panisse (Berkeley, CA)

**Roasted Celery Root with Mushrooms**

**Polenta**

—Gramercy Tavern (New York City)

**Braised Kale with Celery Root, Compressed Apple, Cipollini Aigre-Doux**

—Picholine (New York City)

**CELERY SALT**

**Flavor:** salty, with notes of celery

beets

*Bloody Marys*

cabbage

celery

chili pepper sauce

dill

*dips*

eggs, e.g., hard-boiled

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**

**Flavor: bitter** and/or slightly sweet, with pungent notes of celery, celery

leaves, herbs (e.g., parsley), lemon, and/or spices

**Volume:** moderate–**loud**

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

**cabbage**

carrots

celery

cheese, e.g., Parmesan

*cocktails, e.g., Bloody Marys*

cucumbers

dill

*dips*

eggs

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**

**Season:** year-round, esp. summer–autumn

**Flavor:** bitter/slightly salty; the leaves have earthier spinach notes, the

stalks quieter celery-like notes

**Volume:** moderate (cooked)–loud (raw)

**What it is:** vegetable–green

**Nutritional profile:** 74% carbs / 23% protein / 3% fat

**Calories:** 35 per 1-cup serving (chopped, boiled)

**Protein:** 3 grams

**Techniques:** This quick-cooking green is better served cooked than raw.

Cook the stalks like asparagus

the leaves like spinach, e.g., bake, blanch, boil (3–4 minutes), **braise**, parboil, pickle, **sauté**, steam (3–4 minutes), stirfry

**Tip:** Opt for younger chard, which is tender, for salads.

**Botanical relatives:** beets, quinoa, spinach

**Possible substitutes:** spinach

almonds

apples

basil

**BEANS**, e.g., dried, white

bell peppers

bread crumbs

bulgur

**butter**

capers

**carrots**

**CHEESE**, e.g., blue, cheddar, cottage, feta, goat, Gruyère, mozzarella, **Parmesan**, pecorino, **RICOTTA**, Taleggio

**CHICKPEAS**

**chiles**, e.g., chipotle, dried, red;

**chili pepper flakes**

**cilantro**

cinnamon

coconut

**coriander**

**cream**

*crepes, e.g., buckwheat*

**cumin**

**currants**

***curries***

*dolmas*

eggplant

**EGGS**, e.g., fried, *frittatas*, *omelets,* poached, *quiches*

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

**Flavor Affinities**

chard + acorn squash + garlic + Gruyère cheese

**chard + balsamic vinegar** + garlic + **olive oil** + red onions

chard + basil + eggs + onions

**chard + cheese** (e.g., Parmesan, ricotta) + **onions**

chard + chickpeas + eggs + lemon + soups

chard + chickpeas + fennel

chard + chickpeas + pasta

**chard + chiles + garlic** + olive oil + vinegar

chard + chiles + tomatoes

**CHARD + CURRANTS + PINE NUTS** + rice

chard + dill + leeks

chard + garlic + ginger + soy sauce

**CHARD + GARLIC + LEMON + OLIVE OIL**

chard + lemon + mustard

chard + lemon + olive oil + Parmesan cheese

chard + lemon + tahini

chard + mirin + shiitake mushrooms + soy sauce

chard + orange + smoked paprika

chard + Parmesan cheese + polenta + portobello mushrooms

**chard + pasta + ricotta** + tomato sauce

chard + pasta + white beans

chard + peanuts + pineapple

**chard + pine nuts + raisins**

chard + pine nuts + tahini + yogurt

“I love **chard**! I love cooking the stems of rainbow chard, which have so

much flavor. Just slice them

toss them in hot olive oil for one or two

minutes, then add the greens, some garlic, some water or stock, salt

and pepper, let them cook another two or three minutes. You can

finish them with almonds, pine nuts, or pumpkin seeds for a little texture

—and a shake of chili pepper flakes if you want a little kick.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

“What we do here is build flavors: For example, we will stew **chard**

with onions, garlic, other traditional stewing ingredients that are

really tasty, then dehydrate some of it

turn it into a powder that

will get worked into a gnocchi or pasta dough. It is a seasoning

component that you would use about 5 percent in the dough. Next, you

take the chard you didn’t dehydrate

put that in the dish with the

gnocchi on top. We will also fry some chard as a garnish. All of the

sudden, the chard takes on a whole level of flavor because we have

incorporated it into different forms within the dish. So when people eat

it, they say, ‘Wow—I have never tasted chard like this!’ This happens

because we did not simply sauté some chard; we manipulated it, thought

it through, gave it back to you on a dish in a whole multitude of

ways.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**Dishes**

**Swiss Chard Soup with Lentils**

**Potatoes**

—Bloodroot (Bridgeport, CT)

**Greek Pizza with Savoy Spinach, Rainbow Chard, Red Onions, Feta, Fontina, Gaeta Olives, Lemon, Rosemary**

—Greens Restaurant (San Francisco)

**CHARD, RED / RUBY (see CHARD)**

**CHARD, SWISS (see CHARD)**

**CHAYOTE (aka CHAYOTE SQUASH**

**MIRLITON;**

**see also SQUASH, SUMMER)**

**Season:** winter

**Flavor:** neutral, with notes of cucumbers

zucchini, a crisp, fibrous

texture; its soft, edible seed has been described as a cross between an almond

and a lima bean

**Volume:** very quiet–quiet

**What it is:** technically a fruit

**Nutritional profile:** 77% carbs / 17% fat / 6% protein

**Calories:** 40 per 1-cup serving (boiled)

**Protein:** 1 gram

**Techniques:** bake, boil (8–10 minutes), broil, grate, grill, parboil, puree, raw, sauté, sous-vide, steam, stew, stuff

**Tip:** It can be prepared as you would zucchini.

**Botanical relatives:** gourds, squash

**Possible substitutes:** summer squash, zucchini

almonds

apples

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

bread crumbs

butter

***Caribbean cuisines***

*Central American cuisine*

**cheese**, e.g., Monterey Jack

**chiles**, e.g., chipotle, jalapeño

**cilantro**

cinnamon

coconut milk

corn

cream

***Creole / Cajun cuisine****, in which the chayote is known as mirliton*

*curries*

*enchiladas*

fennel

fennel seeds

**garlic**

ginger

***gratins***

honey

*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

**Flavor Affinities**

chayote + almonds + cinnamon + honey

chayote + garlic + onions + tomatoes

**Dishes**

**Chayote en Mole Verde: Braised Chayote in Aroma of Acorn Squash, Herby Green Pumpkin**

**Seed Mole, Creamy Pumpkin Seed Tamal, Yogurt-Infused Chayote Pearls**

—Topolobampo (Chicago)

**CHEESE, ASIAGO**

**Volume:** quiet–moderate

**Possible substitutes:** Parmesan, Romano

almonds

arugula

breads, e.g., focaccia

eggs, e.g., *frittatas*

*enchiladas*

figs

garlic

grapes

*Italian cuisine*

*pastas*

*pizzas*

potatoes

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

spinach

squash, summer

tomatoes

zucchini

**CHEESE, BLUE (e.g., GORGONZOLA, ROQUEFORT, STILTON)**

**Volume:** loud

almonds

**apples**

apricots

beets

**bread**, **e.g.**, **nut**, pumpernickel, raisin, **walnut**

buttermilk

cayenne

**celery**

cheese, cream

chestnuts, roasted

**chives**

cucumbers

dates

dill

*dips*

endive

**fennel**

figs

fruit

garlic

grapes

greens, e.g., baby, bitter, salad

**hazelnuts**

**HONEY**

leeks

**lettuce**, e.g., iceberg

mascarpone

**mayonnaise**

milk

mushrooms

**NUTS**, e.g., hazelnuts, walnuts, esp. toasted

oil, olive

onions

parsley

*pastas*

peaches

**PEARS**

pecans

pepper, black

pine nuts

plums

potatoes, e.g., baked

radishes

***SALAD DRESSINGS***

***salads***

salt

*sandwiches*

*sauces*

**sour cream**

**spinach**

sunflower seeds

thyme

**tomatoes**

vegetables, e.g., raw, steamed

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

**WALNUTS**

watercress

watermelon

**yogurt**

**Flavor Affinities**

blue cheese + almonds + watercress

blue cheese + apples + celery

blue cheese + apples + fennel

blue cheese + apricots + balsamic vinegar + celery + hazelnuts

blue cheese + celery + dates

blue cheese + cucumbers + tomatoes

**BLUE CHEESE + FRUIT** (e.g., figs, peaches, pears) + **greens** (e.g., spinach) + **NUTS** (e.g., hazelnuts, pecans, walnuts)

**blue cheese + fruit** (e.g., pears) + **greens** (e.g., spinach)

**blue cheese + greens** (e.g., romaine, spinach) + **nuts** (e.g., walnuts)

blue cheese + leeks + thyme

blue cheese + onions + pears + pecans + spinach

**blue cheese + onions + walnuts**

**Dishes**

**Hearth-Fired Fig**

**Maytag Blue Cheese Flatbread with Caramelized Onion, Arugula, Balsamic Glaze**

—Canyon Ranch (Miami Beach, FL)

**“Bleu d’Auvergne”: Swiss Chard “Subric,” Michigan Sour Cherries, Brown Butter**

**Toasted Walnuts**

—Per Se (New York City)

**CHEESE, BRIE**

**Volume:** moderate

**Techniques:** bake

**Possible substitutes:** Camembert

almonds

apples

argula

bread, esp. baguettes

cherries

dates

fennel

figs

melon

mesclun

mushrooms, morel

nuts, e.g., pistachios

onions

pears

*salads*

*sandwiches*

strawberries

vegetables, e.g., raw

vinegar, fruit, e.g., raspberry

**Flavor Affinities**

brie cheese + arugula + pears

**CHEESE, BURRATA**

**Volume:** quiet

basil

beans, e.g., fava

bread

carrots

cucumbers

garlic

***Italian cuisine***

melon, e.g., cantaloupe

nuts, e.g., cashews

oil, olive

onions, red

*pastas*

peaches

pesto

plums

salt

tomatoes

vinegar, balsamic

**Flavor Affinities**

burrata + balsamic vinegar + basil + red onions + tomatoes

“I love **burrata cheese**. We have served it warm with pasta

pesto, or with pickled vegetables

crispy quinoa, or with carrot top pesto

along with carrots

fava beans, even with cantaloupe with melon

granite

toasted cashews. I want to take a cheese that people are

familiar with

show that you can use it during all four seasons. There

is a cheese maker here in the U.S. from Puglia who makes incredible

cheese [sold by Zingerman’s].”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**Dishes**

**“Caprese Salad”: Marinated French Laundry Garden Tomatoes, Jellied Burrata, Aged**

**Balsamic Vinegar, Toasted Pine Nuts, Petite Basil**

—The French Laundry (Yountville, CA)

**Zingerman’s Burrata, Salted Cucumber, Pomelo, Shallot Aigre-Doux, Pumpernickel–Pine**

**Nut Streusel**

—Green Zebra (Chicago)

**Zingerman’s Burrata, Nichols Farm Tomato Jam, Basil Granita, Preserved Lemon**

—Green Zebra (Chicago)

**Burrata Mozzarella, White Peaches, Chili Powder, Fresh Almonds, Mint**

—Verjus (Paris)

**CHEESE, CHEDDAR**

**Volume:** moderate

**APPLES, apple cider, apple juice**

arugula

asparagus

avocado

beans, white

*biscuits*

bread crumbs

breads, e.g., French, pumpernickel, whole rye, whole wheat

broccoli

caraway seeds

cauliflower

cayenne

**chiles**, e.g., chipotle, jalapeño, poblano

*chiles rellenos*

chili powder

**corn**

custard

dates

dill

eggs

*enchiladas*

fennel

**garlic**

grapes

*gratins*

*grits*

honey

horseradish

kale

leeks

*loaves, vegetarian*

***MACARONI***

***CHEESE***

**mushrooms**

mustard

nuts

oats

**onions**, e.g., caramelized

paprika

**pasta**, e.g., macaroni

pears

pecans

pepper, black

*pie crusts*

popcorn

potatoes

***quesadillas***

quince paste

rice

*salads*

*sandwiches, e.g., grilled cheese*

*sauces*

scallions

*soufflés*

spinach

thyme

tomatillos

tomatoes

vinegar, apple cider

walnuts

**Dishes**

**Mac**

**Cheese with Horseradish, Sharp Cheddar, Cracked Black Pepper**

—Mana Food Bar, Chicago

**CHEESE, CHÈVRE (aka FRESH GOAT CHEESE; see**

**CHEESE, GOAT)**

**CHEESE, COTIJA (see CHEESE, QUESO AÑEJO)**

**CHEESE, COTTAGE**

**Volume:** quiet–moderate

**Nutritional profile:** 73% protein / 15% carbs / 12% fat

**Calories:** 165 per 1-cup serving (lowfat)

**Protein:** 28 grams

**Tip:** Puree cottage cheese with lemon juice

herbs into a sauce to pour

over spaghetti or other pasta.

**Brand:** Check out Nancy’s sour

complex low-fat organic cottage cheese, which is in a league of its own.

apples

arugula

bananas

basil

bell peppers, e.g., green

berries

breads, whole grain

carrots

celery

cheese, other, e.g., blue, Parmesan

*cheesecake*

chives

cilantro

cinnamon

coriander

cucumbers

**dill**

*dips*

eggs

flaxseed

flaxseed oil

**fruit, esp. fresh**, e.g., cantaloupe, pineapple

garlic

ginger

*gratins*

greens, e.g., beet

herbs

honey

lemon, e.g., juice, zest

oil, olive

olives

onions

onions, green, e.g., scallions

oranges

*pancakes*

paprika

parsley

*pastas, e.g., lasagna*

pears

pepper, e.g., black, white

pesto

raisins

raspberries

*salad dressings, e.g., creamy*

*salads*

salt, e.g., sea

seeds, e.g., sunflower

sour cream

spinach

tomatoes

walnuts

watercress

yogurt

zucchini

**Flavor Affinities**

cottage cheese + black pepper + olive oil

**CHEESE, CREAM (see also FROMAGE BLANC)**

**Flavor:** sour, with a rich yet spreadable texture

**Volume:** moderate–**loud**

**What it is:** a fresh, unripened cheese

**Nutritional profile:** 88% fat / 7% protein / 5% carbs

**Calories:** 50 per 1-tablespoon serving

**Protein:** 1 gram

**Tip:** Opt for fat-free cream cheese.

**Possible Substitute:** Neufchâtel

apples

apricots

avocado

beets

bell peppers, e.g., red

**BERRIES**

**blueberries**

breads, fruit and/or nut, e.g., date-nut

capers

carrots

celery

**cheese**, e.g., blue, chèvre, fresh, goat, ricotta

*cheesecake*

cherries

chives

chocolate

cinnamon

coconut

coffee

cranberries

**dates**

*desserts*

*dips*

*frostings, e.g., for carrot cake*

*fruit, dried*

garlic

ginger

graham crackers

guava

honey

kiwi

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

maple syrup

mascarpone

mint

mustard

nutmeg

**nuts**

olives

orange, e.g., juice, zest

oregano

parsley

pineapple

pistachios

plums, dried

quince paste

raisins

**raspberries**

rhubarb

salt

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

*sauces*

scallions

seeds, e.g., sesame

**sour cream**

spinach

***spreads***

**strawberries**

sugar, e.g., powdered

thyme

tomatoes, e.g., sun-dried

**vanilla**

yogurt

**Flavor Affinities**

cream cheese + avocado + chili pepper sauce + garlic + lemon juice

cream cheese + maple syrup + mascarpone

cream cheese + spinach + sun-dried tomatoes

**“CHEESE, CREAM”—CASHEW NUT (VEGAN)**

**Tip:** Use as you would regular cream cheese.

**Brand:** Dr. Cow Tree Nut Cheeses (made with cashews or macadamia nuts)

“We make our own **‘cream cheese’** served on our raw ‘everything

bagel’ by soaking cashews

macadamia nuts

pureeing them with

garlic, lemon juice, red onions, salt

pepper, water.”

—CASSIE

MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

**“CHEESE, CREAM”—SOY**

**Brands:** Check out tofu cream cheese from Follow Your Heart, Galaxy, or

Tofutti, but make sure it has no added trans-fats.

bagels

*desserts*

*icing, e.g., cakes, cupcakes (e.g., carrot, zucchini)*

**Flavor Affinities**

tofu cream cheese + maple syrup + orange juice/zest + vanilla

**CHEESE, EMMENTAL (FRENCH) or EMMENTALER**

**(SWISS)**

**Techniques:** shred

**Possible substitute:** Swiss cheese

bread, e.g., rye

cabbage, e.g., napa

***fondues***

fruit

mushrooms

onions, e.g., red

pasta, e.g., lasagna

pears

*sandwiches*

spinach

**Dishes**

**Napa Cabbage, Pears, Winter Truffles, Emmentaler Cheese Fondue**

—Dovetail (New York City)

**CHEESE, FETA**

**Flavor:** salty

sour; semi-firm/crumbly

**Techniques:** bake, fresh, smoke

**Vegan Tip:** Substitute fluffy macadamia nut “feta.”

apples

**arugula**

asparagus

barley

basil

**beans**, e.g., borlotti, lima, red

beets

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

breads, e.g., olive, whole wheat pita

capers

chard, e.g., Swiss

chickpeas

cilantro

**cucumbers**

dates

**dill**

**eggplant**

**EGGS**, e.g., *frittatas, omelets, quiches*

farro

**fennel**

**figs**

**garlic**

grapes

*gratins*

***Greek cuisine***

honey

kale

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

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

lettuce, e.g., romaine

marjoram

*Mediterranean cuisines*

mint

**mushrooms**

**oil, olive**

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

**onions**, e.g., pickled, red

orange

**oregano**

parsley

**pasta**, e.g., farfalle, **orzo**

pepper, black

pistachios

***pizza***

**potatoes**

quinoa

risotto

rosemary

sage

*salad dressings*

***SALADS****, e.g., Greek, vegetable*

*sandwiches*

*sauces*

savory

**scallions**

sesame

sorrel

*soups, e.g., tomato*

*spanakopita, i.e., spinach pie*

**SPINACH**

*spreads, e.g., whipped feta*

sumac

thyme

**TOMATOES**

tomatoes, sun-dried

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

walnuts

watermelon

yogurt

zucchini

**Flavor Affinities**

feta cheese + artichoke hearts + garlic + spinach + pizza

feta cheese + arugula + figs

feta cheese + asparagus + eggs + tomatoes

feta cheese + balsamic vinegar + sun-dried tomatoes

feta cheese + bell peppers + mushrooms

feta cheese + black olives + orzo + sun-dried tomatoes

**feta cheese + dill** + eggs + **spinach**

feta cheese + fennel + watermelon

feta cheese + garlic + oregano

feta cheese + lemon + scallions

feta cheese + marjoram + mint + tomatoes

feta cheese + olive oil + olives + parsley + red onions + tomatoes

**feta cheese + rosemary + spinach**

“We smoke **feta cheese** in cherry wood. Feta really absorbs flavor, so

you need a mild wood.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**Dishes**

**Hearth-Fired Mediterranean Flatbread with Babaganoush, Feta Cheese, Roasted Fennel, Kalamata Olives, Roasted Peppers**

—Canyon Ranch (Miami Beach, FL)

**CHEESE, FONTINA**

artichokes

**arugula**

basil

bell peppers, e.g., roasted

eggs, e.g., *omelets*

endive

*fondues / fondutas*

fruit, esp. fresh

grapes

*Italian cuisine*

mushrooms, e.g., chanterelle

mustard, Dijon

**onions**, e.g., grilled and/or red

***pastas***, e.g., cannelloni, macaroni

pears

***pizzas***

plums

potatoes

*quesadillas*

sage

*salads*

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

*sauces*

squash, butternut

tomatoes

tomatoes, sun-dried

truffles, white

walnuts

zucchini

**Flavor Affinities**

Fontina cheese + arugula + red onions + sun-dried tomatoes + *sandwiches*

Fontina cheese + tomatoes + zucchini + *pizza*

**Dishes**

**Macaroni with Fontina Cheese**

**Chanterelle Mushrooms**

—White Barn Inn (Kennebunk, ME)

**CHEESE, GOAT**

**Techniques:** bake, fresh

almonds

**apples**

apricots, dried or fresh

artichokes

arugula

asparagus

**basil**

beans, e.g., fava, wax

**BEETS**

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

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

breads, e.g., fruit and/or nut; whole grain

broccoli

capers

carrots

cayenne

celery

chard

cheese, other, e.g., cream, Neufchâtel, ricotta

*cheesecake*

cherries, e.g., dried, fresh, sour, sweet

chervil

chiles, e.g., pequillo;

chili pepper flakes, chili pepper sauce

chives

cinnamon

corn

cranberries, dried

cream

dates

dill

*dips*

**eggplant**

**EGGS**, *e.g., frittatas, omelets, quiches*

endive

fennel

fennel seeds

**FIGS**

**GARLIC** grains, e.g., millet

grapes

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

hazelnuts

herbs

honey

kohlrabi

**LEEKS**

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

lentils

lettuce

lime

marjoram

mint

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

nuts, e.g., pecans

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

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

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

orange, e.g., juice, zest

oregano

parsley

**pasta**, e.g., lasagna, ravioli, tortellini

peaches

**pears**

pepper, e.g., black, white

**pesto**

pine nuts

pistachios

*pizzas*

plantains

plums, dried or fresh

polenta

pomegranates

potatoes

*quesadillas*

quince

quinoa

raisins

ramps

risotto

**rosemary**

**sage**

***SALADS****, e.g., fruit, green*

salt, sea

*sandwiches, e.g., grilled cheese*

*sauces*

savory

scallions

seeds, e.g., poppy

*soufflés*

**SPINACH**

squash, e.g., summer

sweet potatoes

tapenade

*tarts*

**thyme**

**TOMATOES**

**TOMATOES, SUN-DRIED**

vanilla

vegetables, roasted

vinaigrette

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

walnuts

wheat berries

yogurt

za’atar

zucchini

zucchini blossoms

**Flavor Affinities**

goat cheese + apples + beets

goat cheese + apples + celery + *salads*

goat cheese + arugula + eggs

goat cheese + arugula + pears

goat cheese + balsamic vinegar + beets + dill + sage

goat cheese + balsamic vinegar + figs

goat cheese + basil + garlic

goat cheese + beets + cider vinegar

goat cheese + capers + garlic + oregano + sun-dried tomatoes

goat cheese + caramelized onions + sage

goat cheese + figs + pomegranate seeds

**goat cheese + garlic** + greens + **thyme**

**goat cheese + garlic** + olive oil + **thyme**

goat cheese + grapes + pistachios

goat cheese + mushrooms + pine nuts + spinach

goat cheese + pears + walnuts

goat cheese + pesto + sun-dried tomatoes

goat cheese + red onions + tomatoes

goat cheese + scallions + sun-dried tomatoes

**Dishes**

**Bohemian Creamery Goat’s Milk Cheeses with Heirloom Apple-Quince Pâte de Fruit and**

**Candied Walnuts**

—Chez Panisse (Berkeley, CA)

**Goat Cheese Gnocchi, Caramelized Baby Artichokes, Lemon, Olive Oil**

—Jean-Georges (New York City)

**CHEESE, GORGONZOLA (see CHEESE, BLUE)**

**CHEESE, GOUDA**

apples

apricots

arugula

bread, e.g., sourdough

cherries

honey

mushrooms

onions

pears

*pizzas*

*salads*

*soups, e.g., onion*

spinach

walnuts

**Dishes**

**Onion Soup “2013,” with Smoked Gouda, Sourdough “Sponge,” Onion Bouillon**

—Picholine (New York City)

**Heirloom Apple**

**Smoked Gouda Salad with Honey Walnut Dressing**

—Rancho La Puerta (Mexico)

**CHEESE, GRUYÈRE**

**apples**

arugula

asparagus

breads, e.g., nut

cayenne

celery

cherries

chives

**EGGS**, e.g., *frittatas, omelets,* ***quiches***

**endive**

*fondues*

garlic

***gratins***

hazelnuts

**leeks**

mayonnaise

**mushrooms**

mustard

nutmeg

oil, e.g., olive, walnut

**onions**, e.g., caramelized

parsnips

pears

potatoes

quince

rosemary

*salads*

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

*sauces*

*soufflés*

*soups, e.g., onion*

spinach

thyme

tomatoes

vegetables, roasted

walnuts

**Flavor Affinities**

Gruyère cheese + asparagus + chives + eggs

Gruyère cheese + cayenne + nutmeg

Gruyère cheese + leeks + mushrooms + thyme

**Dishes**

**Vermont Egg Omelette with Wilted Spinach, Gruyère Cheese, Chives**

—Café Boulud (New York City)

**CHEESE, HALLOUMI**

**Flavor:** salty/sour, with notes of feta cheese

sometimes mint, a firm, chewy, almost meaty texture that can even stand up to grilling without

melting

**Volume: quiet**

**What it is:** Greek cheese made from sheep’s or, sometimes, goat’s milk

**Techniques:** bake, **GRILL**, sauté, sear—or serve fresh

arugula

bell peppers, e.g., red, roasted

bread, e.g., pita, whole grain

**capers**

carrots

chard

***Cyprian cuisine***

dates

dill

eggplant

figs

**garlic**

ginger

***Greek cuisine***

greens, salad

harissa

honey

*kebabs*

*Lebanese cuisine*

leeks

**lemons**

lentils

limes

melon

**mint**

**oil, olive**

olives, e.g., kalamata

**parsley**

peaches

pears

pepper, black

pesto

pine nuts

*salads, e.g., green*

salt, sea

*sandwiches*

*Syrian cuisine*

**tomatoes**

walnuts

za’atar

**Flavor Affinities**

Halloumi cheese + capers + lemon

**Dishes**

**Grilled Halloumi Cheese**

**Peaches with Chard Rib Salad, Sun-Dried Olive, Sweet**

**Pepper Broth**

—Oleana (Cambridge, MA)

**CHEESE, HAVARTI**

**Flavor:** notes of butter

**Volume:** quiet

bell peppers, e.g., roasted

breads, e.g., whole rye

cucumbers

dill

fruits, esp. autumn

horseradish

mustard

nuts, e.g., almonds

pears

pesto

*sandwiches*

sour cream

zucchini

**CHEESE, JACK (aka MONTEREY JACK)**

almonds

*American cuisine*

beans, e.g., pinto

bell peppers

*chilaquiles*

**chiles**, e.g., serrano

*chiles rellenos*

cilantro

**corn**

**eggs**, e.g., *omelets, scrambled*

***enchiladas***

figs

lime

*Mexican cuisine*

olives

*pastas*

pears

pecans

peppers, e.g., piquillo

plums, dried

polenta

pumpkin seeds

***quesadillas***

quince paste

salsa

*sauces*

*tacos*

vegetables, roasted

walnuts

yams

**Flavor Affinities**

Jack cheese + bell peppers + corn

Jack cheese + chiles + corn

**CHEESE, MANCHEGO**

**ALMONDS**

artichokes

bell peppers, e.g., roasted

breads, e.g., crusty, fruit (e.g., fig)

broccoli rabe

dates

eggs, e.g., *omelets, tortillas*

figs

membrillo (quince paste)

oil, olive

olives, e.g., black, green, Spanish

onions, e.g., caramelized

parsley

peppers, e.g., piquillo, red, roasted

plum paste

**\*QUINCE PASTE**

*salads*

***Spanish cuisine***

tomatoes

walnuts

**Flavor Affinities**

manchego cheese + almonds + broccoli rabe

manchego cheese + almonds + quince paste

manchego cheese + artichokes + olives

manchego cheese + dates + walnuts

manchego cheese + figs + walnuts

**Dishes**

**Manchego Chopped Salad of Garbanzo Beans, Vegetables, Olives, Capers, Manchego**

**Cheese, tossed with Roasted Lemon Vinaigrette**

—Canyon Ranch (Miami Beach, FL)

**CHEESE, MOZZARELLA**

**Vegan Tip/Brand:** Check out Follow Your Heart soy mozzarella.

almonds

artichoke hearts

artichokes

**arugula**

asparagus

\***BASIL**

**BELL PEPPERS, esp. roasted**

bread crumbs

broccoli

broccoli rabe

*calzones*

capers

celery

cheese, other, e.g., Parmesan

**EGGPLANT**

eggs, e.g., *quiches*

figs

**garlic**

*gratins*

greens, bitter or salad

***Italian cuisine***

leeks

lemon, e.g., juice, zest

melon

mint

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

**oil, olive**

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

olive paste

**oregano**

***pasta****, e.g., lasagna, rigatoni*

peaches

pepper, e.g., black, white

peppers, esp. roasted

**pesto**

***PIZZA***

pumpkin

radicchio

rice, e.g., Arborio

*rollatini*

rosemary

sage

***salads***

salt, e.g., kosher, sea

***sandwiches****, e.g., panini*

*spiedini*

spinach

**\*TOMATOES**, green

sundried

truffles

vanilla

vegetables, roasted

vinaigrette

vinegar, e.g., balsamic, red wine

**zucchini**

zucchini blossoms

**Flavor Affinities**

mozzarella cheese + basil + figs

**MOZZARELLA CHEESE + BASIL + OLIVE OIL + TOMATOES**

mozzarella cheese + bell peppers + portobello mushrooms

mozzarella cheese + black olives + tomatoes + zucchini

mozzarella cheese + capers + lemon

mozzarella cheese + pesto + sundried tomatoes

**Dishes**

**Hearth-Fired Whole-Wheat Margherita Flatbread: Flatbread Crust with Hearth-Roasted**

**Tomatoes, Fresh Buffalo Mozzarella**

**Basil**

—Canyon Ranch (Miami Beach, FL)

**Hand-Pulled Mozzarella, with Grapes, Capers, Olives**

—FnB Restaurant (Scottsdale, AZ)

**Heirloom Tomato**

**Mozzarella Cheese: Buffalo Milk Mozzarella, Panzanella, Cannellini**

**Crema, Pesto, 25-Year-Old Balsamic Vinegar**

—Mayflower Inn & Spa (Washington, CT)

**CHEESE, PARMESAN**

**Vegan Tip:** To add saltiness

texture to pastas, substitute bread crumbs

and capers for Parmesan cheese on top of the dish.

**artichoke hearts**

**artichokes**

**arugula**

asparagus

**basil**

beans, e.g., borlotti, fava, green, white

bread crumbs

broccoli

*casseroles*

celery root

chard, Swiss

chestnuts

chickpeas

dates

**eggplant**

eggs, e.g., *frittatas*

endive

escarole

**fennel**

figs

*frittatas*

fruits, e.g., grapes

garlic

*gratins*

*grits*

honey

***Italian cuisine***

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

kohlrabi

leeks

lemon

melon

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

**oil, olive**

onions

***PASTA***, *e.g., farfalle, gnocchi, lasagna, macaroni, manicotti*

**pears**

*pesto*

pine nuts

***pizza***

**polenta**

*popcorn*

potatoes

pumpkin

*quiches*

***risottos***

rosemary

sage

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

***SALADS****, e.g., Caesar*

*sauces*

***soups***

**squash, summer**

*stuffings*

sugar snap peas

thyme

**TOMATOES**

tomatoes, green

vinegar, e.g., balsamic

walnuts

**zucchini**

**Flavor Affinities**

Parmesan cheese + basil + tomato

Parmesan cheese + dates + walnuts

Parmesan cheese + honey + thyme + walnuts

Parmesan cheese + portobello mushrooms + rosemary

**Dishes**

**Parmesan Cheese Ice Cream with Crisp Fig Fritter**

—The White Barn Inn (Kennebunk, ME)

**CHEESE, PECORINO**

almonds

**arugula**

beets

bell peppers, esp., roasted, sweet

broccoli

cauliflower

cheese, other, e.g., Parmesan, ricotta

eggs, e.g., *frittata*

endive

grapes

greens, salad

honey, e.g., chestnut

*Italian cuisine*

lemon

mushrooms, portobello

oil, e.g., olive

parlsey

*pasta, e.g., spaghetti*

pears

pepper, e.g., black

*pesto*

polenta

*risottos*

*salads*

squash, summer

truffles

vinegar, e.g., balsamic

walnuts

watercress

**Flavor Affinities**

pecorino cheese + arugula + walnuts

**Dishes**

**Heirloom Tomato Tasting with Arugula Pesto, Pecorino, Smoked Olive Oil**

—Plume (Washington, DC)

**CHEESE, PROVOLONE**

**Tip:** Fry thinly sliced provolone (optionally topped with a sprinkle of

smoked paprika) to a crisp for a quick bacon substitute on baked potatoes, salads, or sandwiches.

artichokes

bell peppers, red, esp. roasted

fennel

**figs**

grapes

greens, salad

*Italian cuisine*

lettuce

lime

oil, olive

olives

***pasta****, e.g., lasagna, ziti*

pears

pesto

*pizzas*

*polenta*

potatoes, e.g. *baked*

radicchio

*salads*

***sandwiches, e.g., vegetarian BLT***

*sauces*

tomatoes

vegetables, roasted

zucchini

**CHEESE, QUESO AÑEJO**

**What it is:** Mexican aged cheese

**Techniques:** crumble or grate on top of dishes

**Possible substitutes:** Parmesan, pecorino, Romano

basil

beans, e.g., refried

cayenne

*chilaquiles*

chiles

chili powder

cilantro

corn, e.g., grilled (e.g., with mayonnaise)

eggs

*egg dishes, e.g., frittatas, huevos rancheros*

*enchiladas*

garlic

greens, salad

lime

*Mexican cuisine*

oil, olive

onions

*pastas*

*“pesto”*

pumpkin seeds

*salad dressings*

*salads, e.g., Caesar*

*soups*

*tacos*

tortillas

vegetables

vinegar

**Flavor Affinities**

queso añejo cheese + cayenne + corn + mayonnaise

queso añejo cheese + cilantro + pumpkin seeds

**CHEESE, QUESO FRESCO**

**Techniques:** crumble on top of dishes

**Possible substitutes:** mild feta or other mild fresh goat cheese

avocados

beans, black

corn

eggplant

*enchiladas*

***Mexican cuisine***

plantains

*quesadillas*

*refried beans*

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

squash, summer

*tacos*

tomatoes

**CHEESE, RICOTTA**

**Flavor:** neutral, with a creamy texture

**Volume:** quiet

**Nutritional profile:** 66% fat / 28% protein / 6% carbs

**Calories:** 215 per ½-cup serving (whole-milk ricotta)

**Protein:** 14 grams

**Techniques:** bake, raw

**Vegan Tip:** Substitute pine nut (which has a similar fluffy texture), macadamia nut / pumpkin seed, or tofu “ricotta.”

**almonds**

apples

apricots

artichokes

**arugula**

**BASIL**

beans, fava

bee pollen

beets

bell peppers, e.g., red, esp. roasted

**BERRIES**, e.g., **blueberries, raspberries, strawberrries**

*blintzes*

bread

bread crumbs, whole grain

broccoli

**chard**

**CHEESE**, other, e.g., cream, goat, Gruyère, mozzarella, **PARMESAN**, pecorino, Romano

*cheesecake*

chestnuts

chives

chocolate

cinnamon

cloves

coffee

*crostini*

dates

**EGGPLANT**

eggs, e.g., *frittatas, omelets*

fennel

**figs**

fruit, e.g., dried, fresh

**GARLIC**

*gnocchi*

greens, bitter

herbs

**HONEY**, e.g., chestnut, eucalyptus, lavender

*Italian cuisine*

kale, e.g., black

leeks

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

marjoram

mascarpone

melon

**mint**

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

*mushrooms, stuffed*

nettles

nutmeg

nuts, e.g., hazelnuts

**oil, olive**

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

oranges, e.g., blood

oregano

***pancakes***

paprika

parsley

***PASTAS****, e.g., cannelloni, gnocchi, lasagna, manicotti, ravioli, ziti*

peaches

peanuts

peanut butter

peas

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

pesto

phyllo dough

*pies*

**pine nuts**

***pizza***

plums

polenta

potatoes

*rollatini*

saffron

sage

salt

shallots

*soups*

sour cream

**SPINACH**

squash, buttercup

sugar, e.g., brown

tarragon

*tarts*

**thyme**

**TOMATOES**

**TOMATO SAUCE**

vanilla

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

**walnuts**, e.g., candied, toasted

watercress

zucchini

*stuffed zucchini*

**zucchini blossoms**

ricotta + almonds + cinnamon + honey + peanut butter + vanilla

**ricotta + almonds + honey**

ricotta + apricots + arugula

ricotta + artichokes + leeks + pizza

ricotta + balsamic vinegar + strawberries

ricotta + basil + Parmesan cheese + pasta + pine nuts

ricotta + blueberries + lemon

ricotta + chestnuts + honey

ricotta + chocolate + strawberries

ricotta + dried fruit + honey

ricotta + egg + herbs + Parmesan cheese + pies

ricotta + fava beans + lemon + pasta

**ricotta + figs + honey** + pistachios

ricotta + figs + walnuts

ricotta + greens + pasta

**ricotta + honey + lemon** + sour cream

ricotta + peas + thyme

ricotta + sage + zucchini blossoms

**Dishes**

**House-Made Ricotta Ravioli: Fennel, Tomato, Lemon Breadcrumb**

—Boulud Sud (New York City)

**“Vacherin”: Ricotta Pound Cake, Bing Cherries, Lemon Verbena, Tahitian Vanilla-Lime**

**Ice Cream**

—The French Laundry (Yountville, CA)

**Genovese Basil “Tortellini” with Ricotta, Brentwood Corn, Shishito Peppers, French**

**Laundry Garden Squash**

—The French Laundry (Yountville, CA)

**Ricotta Pie: Baked Ricotta with Fresh Herbs**

**One Egg**

—North Fork Table & Inn (Southold, New York)

**Grilled Figs with Creamy Honeyed Ricotta**

**Almonds**

—Rancho La Puerta (Mexico)

**CHEESE, RICOTTA SALATA**

**What it is:** moist, fresh salted, pressed ricotta (similar to feta)

**Techniques:** grate, shave

apples

artichokes

arugula

avocados

basil

beans, e.g., fava

beets

*cheesecake*

citrus fruits

cucumbers

eggplant

endive

fennel

fruit

garlic

greens, salad

honey

*Italian cuisine*

kale

lemon

lettuces, e.g., butter

mushrooms, e.g., wild

oil, olive

olives

orange

parsley

parsnips

***PASTAS****, e.g., lasagna, manicotti, pappardelle, spaghetti*

pears

peas

pistachios

*pizzas*

radicchio

raisins

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

shallots

spinach

squash, e.g., butternut, summer

thyme

**tomatoes**

**tomato sauce**

vegetables, grilled

vinegar, balsamic

walnuts

watermelon

**Flavor Affinities**

ricotta salata + eggplant + garlic + olive oil + parsley + tomato

ricotta salata + greens + lemon + mustard + pears

ricotta salata + kale + lemon + olive oil + shallots

**CHEESE, ROQUEFORT (see CHEESE, BLUE)**

**CHEESE, ROMANO**

almonds

broccoli

*Italian cuisine*

mushrooms, e.g., portobello

*pastas, e.g., fettuccine*

pesto

*pizzas*

*salads*

*soups*

**Dishes**

**Tomato Artichoke Romano Salad: Tomatoes, Cannellini Beans, Artichokes, Green Olives, and Romano Cheese, tossed in a Lemon Dressing**

—Canyon Ranch (Tucson, AZ)

**CHEESE, SMOKED MOZZARELLA**

artichokes

arugula

asparagus

basil

bell peppers, roasted

broccoli

*bruschetta*

escarole

figs

*gratins*

honey

mushrooms

olive paste

onions, e.g., caramelized

*pastas, e.g., baked, penne*

pesto

pizza

potatoes

radicchio

risotto

***sandwiches****, e.g., panini*

scallions

spinach

tomatoes

**Flavor Affinities**

smoked mozzarella + basil + tomatoes

smoked mozzarella + potatoes + scallions

**CHEESE, STILTON (see CHEESE, BLUE)**

**CHEESE, SWISS**

apples

asparagus

bread, e.g., pumpernickel

eggs, e.g., *frittatas, quiches*

fennel

grapes

*gratins*

kale

leeks

mushrooms, portobello

onions

parsnips

pears

potatoes

*sandwiches, e.g., “Reuben”*

*sauces*

*Swiss cuisine*

**CHEESE, TALEGGIO**

arugula

asparagus

hazelnuts

*Italian cuisine*

lemon

mostarda (mustard fruits)

nuts

pears

pesto

*pizzas*

*polentas*

radicchio

raisins

*risottos*

*salads, e.g., green*

*sandwiches, e.g., grilled*

tomatoes

**“CHEESE,” VEGAN**

*calzones*

*cheese plates, e.g., with fruits, nuts*

*dips, e.g., cheese*

eggplant, *e.g., baked eggplant*

*enchiladas*

*fondues*

*pastas, e.g., macaroni*

*pizzas*

*quesadillas*

*sandwiches, e.g., grilled cheese, “Reuben”*

*veggie burgers*

**Say (Vegan) Cheese!**

Many vegans enjoy Daiya or Follow Your Heart brand vegan cheeses, which come in various

flavors (e.g., cheddar, mozzarella)

often melt

stretch much as dairy cheese does.

I have been more impressed with the flavor of the artisanal vegan cheeses I’ve tasted, such

as those at Pure Food

Wine in Manhattan. Portobello in Portland, Oregon, serves an artisanal

vegan cheese plate that showcases cheeses from cheese-makers across the country, including

**Field Roast**, Seattle-based producer of Chao Cheese (herb-crusted, tofu-based cheeses), **Door 86**

(Nashville), **Heidi Ho** (Portland, OR), **Kite Hill** (Hayward, CA), **Punk Rawk Labs**

(Minneapolis), **Treeline Treenut Cheese** (Kingston, NY).

Interested in making your own? Check out Miyoko Schinner’s 2012 book ***Artisan Vegan***

***Cheese***, which is developing a cult following among vegan chefs

foodies.

**CHERRIES, SOUR**

**SWEET**

**Season:** summer

**Flavor:** sweet and/or sour, with a juicy texture

**Volume:** moderate

**What they are:** fruit

**Nutritional profile:** 88% carbs / 7% protein / 5% fat (sour)

**Calories:** 80 per 1-cup serving (e.g., sour, raw)

**Protein:** 2 grams

**Techniques:** bake, dry, flambé, poach, raw, stew

**Tips:** Off-season, consider frozen cherries. Sour cherries are more

nutritionally dense than sweet.

**Botanical relatives:** apples, apricots, blackberries, peaches, pears, plums, quinces, raspberries, strawberries

allspice

**ALMONDS**

**apples**

**apple juice**

**apricots**

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

basil

blackberries

brandy

butter

caramel

cardamom

**CHEESE**, e.g., cream, **GOAT**, ricotta

*cherries jubilee*

chiles, e.g., jalapeño

**CHOCOLATE**

*chutneys*

**CINNAMON**

citrus, e.g., juice

*clafoutis, cherry*

cloves

coconut

***compotes***

corn / cornmeal

**cream**

crème fraîche

*crisp, fruit*

currants, red

ginger

granola

hazelnuts

honey

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

**Flavor Affinities**

cherries + almonds + apricots

cherries + almonds + balsamic vinegar

**cherries + almonds + chocolate**

cherries + apricots + oats

cherries + basil + vanilla

cherries + cinnamon + ginger + orange juice + vanilla

cherries + cinnamon + wine

cherries + ginger + pears

cherries + lemon + mascarpone + vanilla

cherries + peaches + pecans

cherries + pistachios + yogurt

“When **cherries** come in, I love to use them in savory dishes. I like to

pair them with a creamy burrata, which is a nice textural contrast. I

might use them in a gastrique to create a sweet

sour flavor to play

off the creaminess of the cheese. Cherries are also great with grains like

farro or freekeh with lots of lemon. I like cherries with sweeter herbs

like chervil or parsley, they are great with basil. Cherries pair well

with nuts, but since they’re used with almonds so much, I will pair them

with black walnuts.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**CHERRIES, DRIED, esp. SOUR**

**Flavor:** sour, with a chewy texture

**Volume:** moderate–loud

apples

apple juice

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

*cereals, hot breakfast*

cheese, e.g., goat

**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

**Flavor Affinities**

dried cherries + apple juice + ginger + quince + sugar

**Dishes**

**Glenmere Salad: Baby Mixed Greens, Beets, Radishes, Candied Walnuts, Dried Cherries, Goat Cheese, Cherry Vinaigrette**

—Glenmere Mansion (Chester, New York)

**CHERVIL**

**Season:** spring–autumn

**Flavor:** slightly sweet; aromatic; with notes of anise, licorice, parsley, pepper, and/or tarragon

**Volume: very quiet**

**Tips:** Chervil is best when used fresh (not dried). Add at the end of cooking, just before serving.

**Botanical relatives:** caraway, carrots, coriander, cumin, **parsley**

almonds

artichokes

**asparagus**

basil

**beans**, e.g., fava, green, white, yellow

*bouquets garnis*

bulgur

butter

**carrots**

cheeses, e.g., chèvre, goat, pecorino, Romano, soft white

**chives**

cilantro

*cold dishes*

couscous

cream

crème fraîche

cucumbers

dill

**EGGS**, e.g., hard-boiled, ***egg dishes***

***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

**Flavor Affinities**

chervil + chives + parsley + tarragon (*fines herbes*)

**CHESTNUTS**

**Season: autumn**–winter

**Flavor:** sweet, with earthy notes of nuts, smoke (esp. roasted), and/or vanilla, and a creamy, rich, starchy texture

**Volume: quiet**–moderate

**What they are:** nuts

**What’s healthful about them:** low in fat versus other nuts

**Nutritional profile:** 92% carbs / 5% fat / 3% protein

**Calories:** 55 per 1-ounce serving (peeled, raw)

**Techniques:** bake, boil (15–40 minutes), braise, candy, dry, grill, mash, pressure-cook (5–20 minutes, depending on whether fresh or dried), puree, roast (400°F for 15–20 minutes), sauté (about 20 minutes), steam (about 10

minutes)

**Tips:** Must be cooked

peeled. If dried, they can keep for years. If you’re

a fan of cream of chestnut soup, also try Jerusalem artichoke soup.

**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**

**butter**

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

**carrots**

*casseroles*

cayenne

**celery**

celery root

cheese, e.g., blue, Fontina

chickpeas

chiles, e.g., chipotle

**chocolate**

cinnamon

cloves

coffee

Cognac

cranberries

**cream**

currants

***DESSERTS***

*dips*

eggs

farro

**fennel**

**fennel seeds**

**garlic**

ginger

grains, whole

grapes

greens, bitter

honey, e.g., chestnut

*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

**Flavor Affinities**

chestnuts + black sesame seeds + rice

chestnuts + broccoli rabe + garlic + olive oil

chestnuts + Brussels sprouts + squash

chestnuts + butternut squash + garlic + sage

chestnuts + celery root + tarragon

chestnuts + cinnamon + garlic + pumpkin

chestnuts + Fontina cheese + pasta + white truffles

chestnuts + lemon + parsley

chestnuts + pasta + rosemary

**Dishes**

**Mascarpone Enriched Chestnut “Agnolotti”: “Beurre Noisette,” Bartlett Pears, Brussels**

**Sprouts, Black Winter Truffle**

—Per Se (New York City)

**Chestnut Agnolotti with Chocolate Granola, Huckleberries, Brown Butter Sage**

—Picholine (New York City)

**CHIA SEEDS**

**Flavor:** notes of nuts and/or poppy seeds, with the texture of tapioca pearls

(when soaked)

**Volume:** quiet

**Who says they’re healthful:** Joel Fuhrman lists it as a top-10 “Super Food

for Super Immunity.”

**Nutritional profile:** 53% fat / 36% carbs / 11% protein

**Calories:** 140 per 1-ounce serving

**Protein:** 4 grams

**Tips:** Sprinkle ground chia seeds over breakfast cereals. Use to thicken

soups, as the seeds become gelatinous in liquids. **Stir ¼ cup chia seeds into**

**⅔ cup water, then refrigerate for 10 minutes to achieve a puddinglike**

**consistency.**

**Factoid:** Chia seeds can hold 12 times their weight in water.

**Botanical relatives:** mint, sage

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*

honey

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**

**Flavor Affinities**

chia seeds + almond milk + apples + buckwheat + cinnamon

chia seeds + cashews + coconut + dates

chia seeds + cocoa + honey + silken tofu + vanilla

chia seeds + ginger + pear + pears

**Dishes**

**I Am Free: Chia-Seed Porridge with Hempseed Milk, Lucuma, Maca, Cinnamon, Maple**

**Syrup, Goji Berries, Seasonal Fruit**

—Café Gratitude (Los Angeles)

**Apple Cinnamon Buckwheat**

**Chia Cereal, Almond Milk**

—In the Raw (Highland Park, IL)

**CHICKPEAS (aka GARBANZO BEANS)**

**Season:** year-round, esp. summer (for fresh)

**Flavor:** slightly sweet, with earthy/starchy notes of nuts (e.g., chestnuts, walnuts), a rich, creamy yet firm texture

**Volume: quiet**

**Who says they’re healthful:** The Center for Science in the Public Interest’s

*Nutrition Action* lists garbanzo beans on its “10 Best Foods” list.

**Nutritional profile:** 68% carbs / 19% protein / 13% fat

**Calories:** 270 per 1-cup serving (boiled)

**Protein:** 15 grams

**Techniques:** boil, fry, pressure-cook, roast, simmer, smoke, sprout, stew

**Tips:** Presoak dried chickpeas overnight (or 6–8 hours) before cooking. Boil

until tender

cooked thoroughly, about 1½–3 hours. Note that chickpeas

require longer cooking than most legumes.

*(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**

buttermilk

cabbage, e.g., napa

capers

cardamom

**carrots**

cashews

**cauliflower**

**cayenne**

**celery**

*chana masala*

**chard, Swiss**

**cheese**, e.g., cheddar, **feta**, goat, Parmesan

**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

**Flavor Affinities**

chickpeas + apricots + pistachios + tahini

chickpeas + basil + brown rice + curry

chickpeas + basil + cucumber + feta cheese + garlic + red onions

**chickpeas + bay leaf + cinnamon + ginger**

chickpeas + brown rice + mushrooms + *veggie burgers*

chickpeas + bulgur + eggplant + mint + quinoa

chickpeas + cayenne + feta cheese + garlic + spinach + tomatoes

chickpeas + cayenne + garlic + lemon + olive oil + tahini

chickpeas + chiles + cilantro + lime

chickpeas + cilantro + coriander + cumin + garlic + lemon + olive oil

chickpeas + coconut milk + cumin

chickpeas + coriander + cumin + mint + sesame seeds

chickpeas + cucumbers + tomatoes

chickpeas + cumin + eggplant

chickpeas + cumin + garlic + lemon + tahini

chickpeas + cumin + red onions + tomatoes + turmeric

chickpeas + currants + pine nuts + rice

chickpeas + curry powder + garlic + lime juice + onions

chickpeas + feta cheese + onions + tomatoes

**CHICKPEAS + GARLIC + LEMON + TAHINI**

chickpeas + garlic + mint

chickpeas + goat cheese + olives + tomatoes

chickpeas + kale + Parmesan cheese + *soups*

chickpeas + mint + onions + yogurt

chickpeas + potatoes + saffron + Thai basil

chickpeas + spinach + sweet potatoes

“Some of the dishes I come up with don’t sound as good on paper as

they taste in your mouth. Some had doubts hearing about my smoked

**chickpea** salad made with carrots, celery, [vegan] mayonnaise, and

served with veggies in a wrap—but everyone loved the taste of it!”

—JORGE PINEDA, CANDLE 79 (NEW YORK CITY)

**Dishes**

**Chickpea**

**Eggplant: Herb Falafel, Spicy Fava Bean Hummus, Babaganoush, Lavash**

—Boulud Sud (New York City)

**Spiced Chickpeas with Oven-Dried Tomatoes**

**Parsley Garlic Whip**

—Crossroads (Los Angeles)

**Stewed Chickpeas, Tamarind, Curry Roasted Cauliflower, Eggplant, Cilantro, Yoghurt**

—Green Zebra (Chicago)

**Chickpea Terrine with Apricot, Pistachio, Tahini Sauce**

—Oleana (Cambridge, MA)

**Coriander, Chickpea, Kale Soup**

—Real Food Daily (Los Angeles)

**Sun-Dried Tomato Hummus: Homemade Chickpea Dip, Cucumbers, Toasted Pita Tips**

—Real Food Daily (Los Angeles)

**CHICORIES (see ENDIVE, ESCAROLE, RADICCHIO)**

**CHICORY (see also RADICCHIO, aka RED CHICORY)**

**Season:** autumn–spring

**Flavor:** bitter, with notes of broccoli rabe, a hearty, crunchy texture

**Volume: moderate**–loud

**Nutritional profile:** 71% carbs / 18% protein / 11% fat

**Calories:** 10 per 1-cup serving (chopped, raw)

**Techniques:** braise, grill, raw, sauté (about 15–20 minutes.)

**Botanical relatives:** artichokes, chamomile, dandelion greens, endive, lettuces (e.g., Bibb, iceberg, romaine), radicchio, salsify, tarragon

almonds

**apples**, e.g., Fuji

artichokes, Jerusalem

arugula

beans, e.g., kidney

beets

bread crumbs

butter

capers

carrots

**CHEESE**, e.g., **blue**, cheddar, feta, Fontina, fresh, Gorgonzola, Gruyère, **PARMESAN**, Roquefort, Stilton, Swiss

chili pepper flakes

chives

cranberries, dried

cream

eggs, e.g., hard-boiled

fennel

figs

garlic

grapefruit

grapes

***gratins***

greens, other

hazelnuts

honey

**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

**Flavor Affinities**

chicory + almonds + pears

chicory + apples + blue cheese + pecans

chicory + apples + figs + goat cheese

chicory + blue cheese + dried cranberries + pecans

**chicory + blue cheese** + hazelnuts + **pears**

**chicory + blue cheese + walnut oil** + walnuts

chicory + bread crumbs + garlic + onions + Parmesan cheese + rice

**CHICORY + CHEESE** (e.g., blue, goat, Parmesan) + **FRUIT** (e.g., apples, pears) + **NUTS** (e.g., hazelnuts, pecans, walnuts)

chicory + garlic + rice

chicory + grapefruit + sunchokes

**chicory + lemon + olive oil** + Parmesan cheese

chicory + Parmesan cheese + walnuts

**CHILES—IN GENERAL, or MIXED**

**Season:** summer–autumn

**Flavor:** hot (and sometimes sweet)

**Volume:** moderate–extremely loud

**What they are:** vegetables

**Nutritional profile:** 84% carbs / 12% protein / 4% fat

**Calories:** 30 per ½-cup serving (e.g., raw, green, chopped)

**Protein:** 1 gram

**Techniques:** raw, roast, sauté, toast

**Tips: Opt for organic chiles.** Toast dry chiles to bring out their flavor. Add

at the end of the cooking process.

**Botanical relatives:** bell peppers, eggplant, gooseberries, potatoes, tomatillos, tomatoes

*Asian cuisines*

avocados

basil, e.g., Thai

**BEANS**, e.g., black, pinto

bell peppers

*Cajun cuisine*

caraway seeds

*Caribbean cuisines*

**cheese**, e.g., cheddar, Fontina, goat, Monterey Jack, mozzarella, Parmesan, queso fresco

*Chinese cuisine*

chocolate, e.g., bitter, dark

**CILANTRO**

cinnamon

**coconut**

**coconut milk**

coriander

**corn**

corn bread

cucumbers

cumin

***curries***

eggplant

eggs, e.g.*, omelets*

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

**Flavor Affinities**

chiles + chocolate + garlic + nuts + onions + seeds

chiles + cilantro + garlic + red onions + tomatoes + vinegar + *salsas*

“I use Fresno **chiles** a lot. They look like red jalapeños but are sweeter.

If a red bell pepper

a jalapeño got together

produced offspring, this is what it would taste like.”

—CHARLEEN BADMAN, FNB (SCOTTSDALE, AZ)

**CHILES, ANAHEIM**

[AN-uh-hyme]

**Flavor:** hot; bitter (esp. green) or sweet (esp. red)

**Volume:** quiet (for a chile!)–moderate

**Techniques:** roast, stuff

beans, e.g., black

cheese, e.g., cheddar

*chiles rellenos*

chiles, other, e.g., chipotle

*chili, vegetarian*

*chowders*, e.g., corn

cilantro

coriander

corn

*corn bread*

cumin

*dips*

eggs, e.g., *omelets*

***salads***

***salsas***

salt

*sauces*

*stews*

*stir-fries*

***stuffed peppers***

*tacos*

tomatillos

tomatoes

*veggie burgers*

vinegar, rice

**CHILES, ANCHO**

**Flavor:** hot/sweet, with notes of coffee and/or fruit (e.g., dried plums or

raisins)

**Volume:** quiet–moderate-plus

**What they are:** dried poblano chiles

**Tip:** Grind to make chili powder.

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**

**Flavor Affinities**

ancho chiles + garlic + oregano + tomatoes + *sauces*

ancho chiles + lime + tofu

**CHILES, CASCABEL**

[KAH-skah-bel]

**Flavor:** hot, with rich notes of earth, fruit, nuts, smoke, tobacco, and/or wood

**Volume: moderate** (for a chile!)–loud

**Techniques:** roast

**Tip:** Remove chiles before serving, as their skins do not dissolve readily.

almonds

beans

*casseroles*

**chiles, other**, e.g., chipotle

*chili*

cilantro

*enchiladas*

*fajitas*

grapefruit

honey

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**

[chih-POHT-lay]

**Flavor: hot**/bitter/sweet, with notes of chocolate, nuts, and/or smoke

**Volume:** moderate–**loud**

**What they are:** dried smoked jalapeños

**Tip:** Buy canned peppers packed in adobo sauce (a tomato-based sauce that

adds acidity

saltiness).

agave nectar

arugula

**avocados**

basil

**BEANS**, e.g., **BLACK**, pinto

bell peppers, e.g., red

carrots

*casseroles*

*Central American cuisines*

cheese

*chilaquiles*

chiles, other;

chili sauce, e.g., Thai sweet

***CHILI, VEGETARIAN***

chocolate

**cilantro**

corn

**cumin**

*empanadas*

**GARLIC**

**honey**

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

**Flavor Affinities**

**chipotle peppers** + balsamic vinegar + cumin + **onions + tomatoes**

**chipotle peppers** + cilantro + **garlic + lime**

**chipotle peppers + citrus** (e.g., lime, orange) + **garlic**

**chipotle peppers** + garlic + **onions + tomatoes**

**chipotle peppers** + lime juice + **onions + tomatoes**

**CHILES, GREEN (see CHILES, JALAPEÑO**

**CHILES, SERRANO)**

**CHILES, GUAJILLO**

**Flavor:** hot, with notes of berries, smoke, and/or tea

**Volume:** moderate–loud

**What it is:** dried chiles

achiote seeds

bay leaf

chiles, other, e.g., ancho chiles

*chili, vegetarian*

cloves

coriander

cumin

eggs

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**

**Flavor:** hot, with notes of fruit (not to mention fire

brimstone)

**Volume:** extremely loud

**Tip:** Also known as Scotch bonnet peppers, these are one of the world’s

hottest chiles.

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

“Because their flavor is so strong once they’re cut, I’ll throw whole

**Scotch bonnet peppers** into a dish for a much milder flavor, and

remove them before serving.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**CHILES, JALAPEÑO**

**Flavor: hot**, with notes of pepper

**Volume:** moderate–very loud

**Techniques:** stuff (e.g., with cheese)

**Tip:** Add jalapeños at the end of the cooking process.

apples

avocados

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

carrots

cayenne

**cheese**, e.g., anejo, cheddar

*chiles rellenos*

*chutneys*

**cilantro**

cinnamon

coconut milk

corn

*corn bread*

*corn muffins*

cucumbers

cumin

*curries*

*dips*

figs

*guacamole*

honey

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

**Flavor Affinities**

jalapeños + champagne vinegar + lime + olive oil

**CHILES, PASILLA**

**Flavor:** hot/sweet, with notes of chocolate, dried fruit, and/or nuts

**Volume: moderate**–loud

**What they are:** dried chilaca chiles

avocado

bell peppers

cabbage

cheese, e.g., cotija

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**

**Flavor Affinities**

pasilla peppers + epazote + garlic + mushrooms

**CHILES, POBLANO**

**Season:** summer

**Flavor:** hot, with notes of smoke, a rich, velvety texture

**Volume:** moderate–loud

**Factoid:** Dried poblanos are ancho chiles.

**Techniques:** bake, fire-roast, fry, grill, roast, stuff

avocado

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

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

carrots

*casseroles*

cayenne

chard, Swiss

**cheese**, e.g., cheddar, goat, Monterey Jack, queso fresco

**chiles, other**, e.g., ancho, **chipotle**

***CHILES RELLENOS***

chili pepper flakes

chili powder

*chili, vegetarian*

**cilantro**

**CORN**

cumin

eggs, e.g., *frittatas*, *scrambled*

***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

**Flavor Affinities**

poblano chiles + cheese + cilantro + *enchiladas* + garlic + spinach + tortillas

poblano chiles + cilantro + lime + onions + tomatoes

poblano chiles + cumin + orange + rice

poblano chiles + garlic + onions

“I didn’t grow up with chiles [in Michigan], but they’ve grown on me

over the years. **Poblano chiles** are my favorite. I love their great aroma

and smoky flavor, will fire roast them on an Asador grill [aka a chile

pepper grill or dry roaster] on the stovetop. I’ll stuff them with quinoa

and goat cheese, serve with ancho

chipotle chiles, corn, cilantro, marjoram, a little lime to perk it all up!”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**CHILES, SERRANO**

**Flavor:** hot/spicy, with savory notes

**Volume:** loud–very loud

**Tip:** Serranos are even hotter than jalapeños (but not as hot as habaneros).

beans, e.g., pinto

*Bloody Marys*

chili powder

*chili, vegetarian*

cilantro

coriander

corn

cucumbers

cumin

eggs, e.g., *huevos rancheros*

*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

**Flavor Affinities**

**serrano chiles** + cilantro + coconut milk + **ginger +** Indian spices **+**

**lemongrass** + tomatoes

serrano chiles + ginger + lentils + rice

serrano chiles + onions + tomatoes

“I really like **serrano chiles**—they bring food to life! With some

tomatoes, cilantro, salt, I am in heaven.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**CHILES, THAI**

**Flavor:** hot

**Volume:** very loud

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**

**Flavor:** hot

**Volume:** loud (but quieter than chili powder)

**Possible substitute:** Aleppo pepper flakes (made from sun-dried Syrian

peppers)

*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**

**Flavor:** hot

**Volume:** very loud

**What it is:** ground, dried chiles; sometimes also contains allspice, cayenne, cloves, coriander, **cumin**, **garlic powder**, onion powder, **oregano**, paprika, and/or salt

**Tip:** Store chili powder in the freezer.

avocado

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

cheese, e.g., cheddar

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**

**Techniques:** bake, fry, steam, stir-fry

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

“I spent two years in **Hong Kong**

found what they were doing with

vegetarian food was very inspiring. At the time there was nowhere [in

North America] to eat vegetarian food unless you wanted ‘hippy and

crunchy.’ But in Hong Kong, it was natural because people ate

vegetarian once or more a week

it was not considered weird. The

flavors they were able to coax from meatless ingredients were amazing.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**CHINESE FIVE-SPICE POWDER (see FIVE-SPICE**

**POWDER)**

**CHIVES**

**Season: spring**–autumn

**Flavor:** pungent, with notes of onions or scallions

**Volume: quiet**–moderate

**Tips:** Use fresh. Add chives toward the end of cooking, or just before

serving.

**Botanical relatives:** asparagus, garlic, leeks, onions, shallots

asparagus

avocados

**beans**, e.g., black, green, navy, pinto

beets

bell peppers, red

butter

buttermilk

**carrots**

celery

**cheese**, e.g., cheddar, cottage, goat, Parmesan, ricotta

chervil

chiles, jalapeño

*Chinese cuisine*

*cole slaws*

corn

couscous

cucumbers

***dips***

**EGGS**, e.g., *deviled, frittatas,* hard-boiled, *omelets*, scrambled

***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

**Flavor Affinities**

chives + garlic + lemon + olive oil + Parmesan cheese + *pasta*

**CHIVES, GARLIC (aka CHINESE CHIVES)**

**Season:** spring

**Flavor:** pungent, with notes of garlic

onion

**Volume:** moderate–loud

butter

cheese

chiles

*Chinese cuisine*

*dumplings, e.g., Asian*

eggplant, Japanese

**eggs**, e.g., scrambled

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

**Flavor Affinities**

garlic chives + Asian noodles + sesame oil + shiitake mushrooms + soy sauce

**CHOCOLATE, DARK (see also CACAO**

**COCOA**

**POWDER)**

**Flavor:** bitter (and sometimes sweet), with nutty notes

**Volume:** moderate–loud

**What’s healthful about it:** antioxidants (which are more plentiful in dark

chocolate than in milk chocolate; the more bitter the chocolate, the more

antioxidants)

**Tip:** Serve melted chocolate mixed with milk (and a dash of cinnamon)

with fresh or dried fruits (e.g., apricots, bananas, strawberries) for dipping.

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

butter

*candies*

**CARAMEL**

cashews

cheese, cream

**cherries**, e.g., fresh, dried

**chestnuts**

chiles

*chili, vegetarian*

**CINNAMON**

cloves

**coconut**

\***COFFEE**

**ESPRESSO**

*cookies*

**cream**

dates

***DESSERTS***

figs, e.g., dried

**fruit, dried**

fresh

**ginger**

goji berries

graham crackers

granola

**HAZELNUTS**

honey

*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

**Flavor Affinities**

chocolate + almond oil + cocoa + nuts

chocolate + almonds + coconut

**chocolate + almonds + maple syrup** + tofu chocolate + caramel + coffee

chocolate + caramel + vanilla

chocolate + cherries + dates + nuts

chocolate + cinnamon + dried/ fresh fruit + milk

chocolate + coconut + ginger

chocolate + coconut + pecans

chocolate + coffee + orange

chocolate + hazelnuts + dried plums

chocolate + pecans + vanilla

chocolate + pistachios + walnuts

**Dishes**

**Chocolate Bread Pudding: Salted Caramel, Pine Nuts, Cocoa Nib Ice Cream**

—Blue Hill (New York City)

**Mexican Chocolate Brownie with Caramelized Bananas, French Vanilla Ice Cream, Candied**

**Pecans, Chocolate Ancho Sauce** (pictured on here)

—Candle Cafe West (New York City)

**Chocolate Layer Cake: Coffee Bean Cream, Chocolate Ganache, Lucky Hand Black Lager**

**Caramel, Peanut Brittle, Malt Chip Ice Cream**

—Millennium (San Francisco)

**Banana Chocolate Tart with Mesquite Flour Crust**

**Brazil Nut**

—True Food Kitchen (Santa Monica)

**Chocolate Uber Chunk Pretzel-Peanut Crust, Malt Custard, Stout Ice Cream**

—Vedge (Philadelphia)

**CHOCOLATE, WHITE**

**Nutritional profile:** 52% fat / 43% carbs (high in sugar) / 5% protein

apricots

*baked goods, e.g., cookies*

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

cheese, e.g., cream

cherries

chocolate, other, e.g., dark

cinnamon

citrus

coconut

cream

*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

**Flavor Affinities**

white chocolate + rhubarb + strawberries

**CILANTRO (aka CHINESE PARSLEY or FRESH**

**CORIANDER LEAF)**

[sill-AHN-troh]

**Season:** year-round, esp. spring–summer

**Flavor:** bitter/sour/sweet, with pungent notes of lemon, lime, and/or parsley

(and, to non-lovers, soap)

**Volume:** loud

**What it is:** an herb

**Tips:** Cilantro is best used fresh (not dried or cooked). Add at the very last

minute, or ideally just before serving. Use cilantro to add a cooling note to

chile-spiced dishes.

**Botanical relatives:** coriander, parsley

**Possible substitute:** parsley

*(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

eggs, e.g., hard-boiled

*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

**Flavor Affinities**

**cilantro** + almonds + garlic + **olive oil**

cilantro + avocado + chiles + garlic + red onions + tomatoes

**cilantro + basil** + chiles + garlic + lime + mint

**cilantro + basil + garlic** + Parmesan cheese

cilantro + black pepper + garlic

**cilantro** + carrots + **lime + rice**

**cilantro** + cayenne + cumin + garlic + lemon + olive oil + parsley

cilantro + chiles + coconut milk + lime

**cilantro** + chiles + coriander + cumin + garlic + lime + mint + olive oil

cilantro + chiles + corn

**cilantro + chiles + garlic + lime**

**cilantro + chiles + lime**

**cilantro + chiles + lime + onions + tomatillos/tomatoes**

cilantro + coconut milk + lemon

cilantro + corn + lime

cilantro + corn + tomatoes

cilantro + cumin + lime

**cilantro + garlic + ginger** + rice vinegar + sesame (oil/seeds) + soy sauce

cilantro + garlic + walnuts

cilantro + jícama + lime + onions + orange + papaya

cilantro + onions + pinto beans

cilantro + tomatoes + winter squash

**CINNAMON**

**Season:** year-round, esp. autumn–winter

**Flavor:** bitter/sweet; very aromatic

**Volume:** loud

**Factoid:** One teaspoon of cinnamon has as many antioxidants as a ½-cup of

blueberries.

**Tips:** Add early in the cooking process. Overcooking cinnamon, however, brings out its bitterness.

**Botanical relatives:** avocado, bay leaf

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*

butter

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

honey

*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

**Flavor Affinities**

**cinnamon + almonds** + **grains** (e.g., couscous, oats) + **raisins**

cinnamon + almonds + rice

cinnamon + chocolate + milk

cinnamon + maple syrup + pecans

**CITRUS—IN GENERAL (see GRAPEFRUIT, LEMON, LIME, ORANGE, TANGERINE)**

**Tips:** Using citrus is one of the best ways to add flavor without adding extra

fat or sodium to a dish. Both the juice

the zest of citrus fruits are full of

flavor.

**CLEMENTINES (see MANDARINS, ORANGES, and**

**TANGERINES)**

**CLOVES**

**Flavor:** bitter/**sweet**, with pungent/spicy notes

**Volume: loud**

**Tip:** Add early in cooking process.

**Botanical relative:** allspice

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

honey

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*

**Flavor Affinities**

cloves + allspice + apple cider + cinnamon + maple syrup + vanilla

cloves + apples + cranberries

cloves + cinnamon+ cumin + green lentils + onions + oranges

cloves + cinnamon + oranges + pears + vanilla + wine

**COCOA POWDER (see also CACAO**

**CHOCOLATE, DARK)**

**Factoid:** More antioxidants than in green tea or red wine!

**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

**Flavor Affinities**

cocoa powder + agave nectar + avocado

**COCONUT, COCONUT CREAM, COCONUT MILK**

**(see also COCONUT BUTTER, COCONUT NECTAR, COCONUT WATER, MILK, COCONUT)**

**Flavor:** sweet, with notes of nuts, a chewy (meat) or creamy (milk)

texture

**Volume:** moderate–loud

**Nutritional profile:** 82% fat / 14% carbs / 4% protein

**Calories:** 185 per 1-ounce serving (e.g., coconut meat, dried, unsweetened)

**Protein:** 2 grams

**Techniques:** dried (flakes, shredded), raw, roast, shave

**Tip:** For convenience, try frozen grated coconut.

**Brand:** Thai Kitchen premium organic coconut milk

**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*

butterscotch

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

**cream**

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

honey

*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

**Flavor Affinities**

coconut + banana + goji berries + maca powder + *smoothies*

coconut + banana + yogurt

coconut + brown sugar + ginger + vanilla

coconut + cashews + maple syrup + vanilla

coconut + chiles + sweet potatoes + tomatoes

**coconut + citrus** (e.g., lemon, lime) **+ mango**

coconut + cranberries + *granola* + hazelnuts

coconut + curry + peanuts + tofu

coconut + curry powder + sweet potatoes

coconut + dates + nuts + orange

coconut + lemongrass + passion fruit

coconut + lime + pomegranate seeds + watercress

coconut + lime + tropical fruits + yogurt

**coconut + pineapple + rum**

coconut + rice milk + vanilla

“I love fresh young **coconut** meat, even plain. But if you add avocado

and lime, you can make a pudding to die for!

you can also take it

savory by making a ‘beef jerky’ from dehydrated coconut blended with

cayenne, liquid smoke, raw agave or maple syrup—it’s incredible.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

“I’ll whip very cold **coconut cream** with a little agave nectar

vanilla

in the KitchenAid with the whisk attachment for about 5–10 minutes to

make a really luscious topping. The colder the coconut cream, the less

time it takes to whip.”

—DEENA JALAL, FOMU

ROOT (ALLSTON, MA)

**Dishes**

**Coconut Meringue with Mango, Papaya, Passion Fruit**

—Eleven Madison Park (New York City)

**Coconut Lime Pot de Crème with Mango Compote**

**Sesame Seed Cookies**

—Greens Restaurant (San Francisco)

**COCONUT BUTTER**

**Flavor:** notes of cream, with a creamy consistency

**Volume:** quiet

**What it is:** ground coconut meat + coconut oil (like nut butter, made from

coconut)

**Brands:** Artisana (organic, raw), Nutiva Coconut Manna (organic)

apples

avocado

*baked goods, e.g., cakes, pie crusts*

bananas

*breads*

*quick breads*

*cheeses, vegan*

chia seeds

**chocolate**

cinnamon

coconut

dates

***desserts****, e.g., cheesecake, flan,* ***ice cream****, pudding*

*dressings*

*frostings*

goji berries

honey

lentils, e.g., red

milk, e.g., almond, hemp

muffins

pistachios

pumpkin

*raw cuisine*

*sauces*

*sautéed dishes*

*smoothies*

*soups, e.g., lentil*

*spreads*

vanilla

**Flavor Affinities**

coconut butter + avocado + banana + chocolate

coconut butter + cinnamon + honey + vanilla

coconut butter + cumin + fennel seeds + onions + red lentils + spinach

“I use extra-virgin raw **coconut butter** or oil in all my raw cheeses and

desserts like cheesecakes.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**COCONUT MILK (see COCONUT**

**MILK, COCONUT)**

**COCONUT NECTAR**

**Flavor:** sweet, with notes of caramel, cream, maple syrup, molasses, and/or

vanilla, the rich texture of honey or molasses

**Volume:** quiet

**What it is:** sweetener

**Tip:** Substitute for agave nectar, honey, or molasses.

**Brand:** Coconut Secret, Sweet Tree (both organic, raw)

*cereals, breakfast*

*cheesecake*

*desserts*

nuts, e.g., almond, macadamia

oatmeal

*pancakes*

peanut butter

*raw cuisine*

*sauces, fruit, e.g., raspberry*

*smoothies*

*waffles*

“The flavor of **coconut nectar** is to die for.

it’s a neutral-flavored

sweetener, in contrast to much stronger-flavored sweeteners like corn

syrup.”

—CASSIE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

**COCONUT WATER**

**Nutritional profile:** 78% carbs / 13% protein / 9% fat

**Calories:** 45 per 1-cup serving

**Protein:** 2 grams

**Tip:** Substitute for water in recipes (e.g., for smoothies) for added nutrients.

almonds

avocados

*beverages, e.g., cocktails*

coconut

lemon

lime

mangoes

pineapple

*puddings*

rum

*sauces*

*smoothies*

*sorbets*

*soups*

**COFFEE / ESPRESSO**

**Flavor:** bitter, with notes of chocolate, fruit (e.g., berries), nuts, spices, and/or vanilla

**Volume:** quiet/moderate (lighter roast)–moderate/loud (darker roast)

allspice

*baked goods*

*beverages, e.g., lattes*

*caramel*

cardamom

chicory

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

**cinnamon**

cocoa

coconut

coconut milk

**cream**

*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

**Flavor Affinities**

coffee + chocolate + cinnamon

coffee + cinnamon + lemon

coffee + coconut milk + vanilla

“In our **coffee**, Rich

I will use [vegan] Silk brand creamer instead of

heavy cream or milk. It’s got a nice texture

color.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

“I use Wildwood Soy Creamer, or Trader Joe’s creamer, in my **coffee**, which gives it such a wonderful richness.”

—ISA CHANDRA MOSKOWITZ, AUTHOR OF *ISA DOES IT*

*VEGANOMICON*

**CORIANDER**

**Flavor:** bitter/sour/**sweet**; aromatic, with astringent, pungent, and/or spicy

notes of **caraway,** cedar, flowers, **lemon**, mustard, orange, and/or **sage**

**Volume:** quiet–moderate/loud

**Tips:** Add near the end of cooking. Toast coriander seeds to release their

flavor.

**Botanical relatives:** anise, caraway, carrots, celery, celery root, chervil, **cilantro**, cumin, dill, fennel, **parsley**, parsley root, parsnips

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**

**Season:** summer–early autumn

**Flavor:** sweet

**Volume:** quiet–moderate

**What it is:** whole grain (not a vegetable)

**Gluten-free:** yes

**Nutritional profile:** 80% carbs / 11% fat / 9% protein

**Calories:** 135 per 1-cup serving (sweet, yellow, raw)

**Protein:** 5 grams

**Techniques:** bake (husks on, at 375°F for 20 minutes), boil (1–3 minutes), cream, grill (husks on), pressure-cook, roast, sauté, steam

**Tips:** Serve corn very fresh. Use the flavored water from boiling corn as

stock for soups.

**Botanical relatives:** barley, kamut, rye, spelt, triticale

*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

**butter**

buttermilk

caraway seeds

carrots

***casseroles***

cauliflower

**cayenne**

celery

celery seeds

*Central American cuisines*

chayote

**CHEESE**, e.g., **CHEDDAR**, cotija, **feta**, goat, manchego, Monterey Jack, Parmesan, Swiss

**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***

**cream**

**cumin**

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

**dill**

**edamame**

eggs, e.g., *custards, quiches,* scrambled

epazote

**fennel**

*fritters*

**GARLIC**

ghee

**ginger**

grits

herbs, e.g., basil, parsley

honey

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

**Flavor Affinities**

**corn** + avocado + black beans + **cilantro + lime juice**

corn + balsamic vinegar + bell peppers + olive oil + onions + sun-dried

tomatoes

**corn + basil** + fennel + tomatoes

corn + basil + garlic

**corn + basil** + onions + tomatoes

corn + beans + rice

corn + bell peppers + scallions

corn + black beans + tomatoes

corn + blueberries + maple syrup

**corn + cayenne** + chili powder + cumin + garlic + lime

**corn + chiles + cotija cheese + lime**

**corn + chiles** + garlic + lime + olive oil + onions + tomatoes

corn + chives + onions

corn + coconut + ginger

**CORN + COCONUT MILK + CURRY SPICES**

corn + garlic + miso

**corn + garlic** + mushrooms + **sage**

corn + garlic + potatoes + thyme

corn + honey + soy sauce

corn + jalapeños + maple syrup

corn + quinoa + scallions

“**Corn** is a religion where I grew up [in the New York Finger Lakes

region]. We treat corn like the French treat their baguettes. You don’t eat

the baguettes you bought in the morning for dinner! Likewise, you buy

and serve corn as fresh as possible. Corn is all about timing because it

loses fifty percent of its sweetness after harvest. Farmers pick corn three

times a day: at seven in the morning, at noon, at three. Seven a.m. is

the best, but you have to eat it for lunch. You buy your three o’clock

corn for dinner. I like it simple: corn, butter, salt. My wife Isabel

[Bogadtke] likes her corn with lime

cumin seeds.”

—CHRISTOPHER BATES, HOTEL FAUCHERE (MILFORD, PA)

“**Corn** is the one ingredient I work with best, I get a non-GMO corn

so it tastes great. I will focus in on it, it will end up being the

favorite of both our guests

our servers. I made a chilled corn soup

that people loved: I cut the corn off the cob, made corn milk, made a

stock out of corn cobs, sautéed the corn in a bunch of onion, thyme, and

garlic, then added the corn milk

stock. I reduced it, pureed it all

together, added some half

half. I served the soup with shaved

radishes

parsley. It’s great because it is a cold soup when it is hot

out, with the peppery radishes cutting the richness of the soup

an

accent of vegetal green parsley rounding out the flavor

bringing it

all together.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**Dishes**

**Chilled Corn Soup with Pickled Eggplant**

**Chervil**

—Blue Hill (New York City)

**Fricassee of Jersey Corn: Braised Lacinato Kale, Creeping Jenny Flower, Corn Shoot Salad**

—DANIEL (New York City)

**Grilled Corn on the Cob: Chili Mayo, Coconut Flakes, Chili Powder**

—Num Pang (New York City)

**Corn Custard: Corn Bread Crumbs, Jalapeño-Pomegranate Gastrique**

—Vedge (Philadelphia)

**CORNMEAL**

**POLENTA (see also GRITS)**

**Flavor:** sweet, with notes of butter and/or corn, a creamy texture (when

cooked)

**Volume: quiet**–moderate

**What it is:** grain, made of dried corn kernels, ground to fine (e.g., corn flour, cornstarch), medium, or coarse (e.g., grits, polenta) texture

**Gluten-free:** yes

**Nutritional profile:** 86% carbs / 8% fat / 6% protein

**Calories:** 220 per ½-cup serving (whole grain, yellow, uncooked)

**Protein:** 5 grams

**Techniques:** boil, broil, fry, grill, sauté, simmer

**Timing:** Cook until tender according to instructions on the back of the

package, as this can vary from 1 minute (instant or fine) to 20–45 minutes

(coarse).

**Ratio:** 1:3 (firm cornmeal, e.g., to grill or sauté) to 1:5–6 (soft, creamy

cornmeal or polenta)

**Tips:** Opt for organic cornmeal. Use blue cornmeal, which is higher in

protein than regular cornmeal, when you wish to add a light blueish, purplish hue to foods. Serve creamy polenta as an alternative to mashed

potatoes. Alternatively, let polenta cool in a sheet pan; then cut into slices

and broil, grill, or sauté lightly, before serving with tomato sauce and/or

marinated vegetables.

**Brand:** Finely ground de la Estancia Organic Polenta is not an instant

product but cooks to tender in less than 1 minute!

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

butter

buttermilk

carrots

*casseroles*

*cereals, hot breakfast*

**CHEESE**, e.g., Asiago, **blue, cheddar, fontina, goat, GORGONZOLA,** Gruyère, Monterey Jack, mozzarella, **PARMESAN**, pecorino, ricotta, smoked, Taleggio

cherries

chiles, e.g., chipotle, jalapeño, chili powder

chives

cinnamon

coconut cream

coriander

corn

cranberries, e.g., dried

cream

milk

*croquettes*

*crusts, e.g., breads, pizzas*

*dumplings*

eggplant

eggs, e.g., fried, poached

escarole

fennel

flours, e.g., spelt, whole wheat

*“fries,” e.g., baked*

**GARLIC**

*gratins*

greens, e.g., dandelion

**honey**

*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

**Flavor Affinities**

cornmeal + almonds + lemon

cornmeal + chipotle chiles + maple syrup

cornmeal + cinnamon + coconut + nutmeg + vanilla

cornmeal + eggs + Parmesan cheese

cornmeal + goat cheese + herbs

cornmeal + honey + mascarpone + orange

polenta + almond milk + cinnamon

**POLENTA + ALMONDS** + cream + lemon + **ORANGE**

polenta + almonds + raisins

polenta + artichokes + olives + tomatoes

polenta + artichokes + rosemary

**POLENTA + BASIL + CORN + TOMATOES**

polenta + carrots + garlic + rosemary

polenta + cheese + rosemary + tomatoes

**polenta + garlic** + mushrooms + parsley + **rosemary**

**polenta + garlic + sage**

polenta + goat cheese + kalamata olives

polenta + Gorgonzola cheese + portobello mushrooms + sage

polenta + Gorgonzola cheese + walnuts

polenta + honey + mascarpone + orange

polenta + maple syrup + sesame seeds

polenta + mascarpone + molasses

polenta + mascarpone + rosemary + walnuts

polenta + mozzarella cheese + mushrooms

**polenta + mushrooms** + Parmesan cheese + ricotta + **spinach**

polenta + mushrooms + tomatoes

polenta + mushrooms + zucchini

polenta + oregano + rosemary

polenta + Parmesan cheese + rosemary

**polenta + porcini mushrooms + spinach** + tomatoes

**Dishes**

**Nut Crusted Polenta with Cranberry Bean, Pumpkin Seed Chili, Garlic Sautéed Lacinato**

**Kale**

**Collards with Cilantro Lime Cream**

—Encuentro Cafe (Oakland, CA)

**Grilled Ridgecut Gristmills Polenta with Grilled Wild Mushrooms, Crisp Shallots, Herb**

**Cream, Shaved Grana Padano, Arugula**

—Greens Restaurant (San Francisco)

**Polenta Gratin with Braised Fall Greens, Goat Cheese, Roasted Bell Peppers**

—Rancho La Puerta (Mexico)

**CORNSTARCH**

**What it is:** finely ground cornmeal, used as a binder or thickener

**Techniques:** To prevent lumps, dissolve in cold water before adding to very

hot/boiling liquids or stir-fries to thicken.

**Ratio:** 1 teaspoon cornstarch to ¼–⅓ cup cold water

**Tips:** Opt for cornstarch when seeking a thickener that remains translucent

(rather than turns opaque). Opt for organic (non-GMO) brands.

**Possible substitutes:** arrowroot, corn flour, tapioca starch

*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

**COTTAGE CHEESE (see CHEESE, COTTAGE)**

**COUSCOUS, ISRAELI**

**Flavor:** notes of nuts, with a chewy texture

**Volume:** quiet

**What it is:** pasta (counts as a serving of grains)

**Calories:** 325 per ½-cup serving (boiled)

**Protein:** 18 grams

**Brand:** Bob’s Red Mill

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

cheese, e.g., feta

**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

**Flavor Affinities**

Israeli couscous + almonds + apricots + coconut milk

Israeli couscous + almonds + parsley

Israeli couscous + asparagus + mushrooms

Israeli couscous + basil + eggplant

Israeli couscous + carrots + orange + raisins

**Israeli couscous + chickpeas + eggplant**

Israeli couscous + chickpeas + feta cheese + lemon

Israeli couscous + chickpeas + mint + parsley

Israeli couscous + chickpeas + tahini

Israeli couscous + cucumbers + feta cheese + mint

Israeli couscous + dried apricots + pistachios

Israeli couscous + dried fruit + pine nuts

Israeli couscous + feta cheese + spinach

Israeli couscous + lime + mint

Israeli couscous + mushrooms + tofu

Israeli couscous + parsley + pine nuts

**COUSCOUS, WHOLE-WHEAT**

**Flavor:** neutral, with notes of nuts, a fluffy texture

**Volume:** quiet–moderate

**What it is:** whole-grain pasta

**Nutritional profile:** 85% carbs / 14% protein / 1% fat

**Calories:** 175 per 1-cup serving (boiled)

**Protein:** 6 grams

**Techniques:** steam, steep (in boiling water)

**Timing:** Cover

steep about 5–10 minutes, until tender.

**Ratio:** 1:1–2 (1 cup couscous to 1–2 cups cooking liquid)

**Possible substitute:** millet

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

cheese, e.g., feta

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

**honey**

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**

**Flavor Affinities**

whole-wheat couscous + almonds + apple juice + dates

whole-wheat couscous + almonds + cinnamon + saffron + turmeric

**whole-wheat couscous + apricots + almond milk** + orange + pistachios

**whole-wheat couscous + apricots + almonds** + cardamom + cinnamon

whole-wheat couscous + apricots + butternut squash

whole-wheat couscous + apricots + ginger + pine nuts

**WHOLE-WHEAT COUSCOUS + (DRIED) APRICOTS +**

**PISTACHIOS**

whole-wheat couscous + asparagus + mushrooms

whole-wheat couscous + asparagus + orange

whole-wheat couscous + bell peppers + garlic

whole-wheat couscous + bell peppers + mint

whole-wheat couscous + carrots + chickpeas + cinnamon + onions + raisins +

zucchini

whole-wheat couscous + cauliflower + cumin

whole-wheat couscous + chickpeas + curry powder

whole-wheat couscous + chickpeas + eggplant + feta cheese + orange

whole-wheat couscous + chickpeas + garlic + lemon + tahini

whole-wheat couscous + chickpeas + kale + tomatoes

whole-wheat couscous + chickpeas + pumpkin + raisins

whole-wheat couscous + cinnamon + honey + milk + raisins

whole-wheat couscous + cinnamon + orange + saffron

whole-wheat couscous + citrus + honey

whole-wheat couscous + coriander + cumin + ginger + saffron

whole-wheat couscous + dates + honey

whole-wheat couscous + feta cheese + pistachios

whole-wheat couscous + lemon + mint + parsley + pine nuts

whole-wheat couscous + mint + pomegranates

whole-wheat couscous + onions + parsley + pine nuts

whole-wheat couscous + raisins + saffron

**CRANBERRIES**

**Season: autumn**–winter

**Flavor: sour**, bitter

**Volume:** moderate–loud

**Nutritional profile:** 95% carbs / 3% protein / 2% fat

**Calories:** 50 per 1-cup serving (raw, chopped)

**Techniques:** boil, simmer (about 5 minutes)

**Tips:** Try dried as well as fresh. Look for cranberry juice low in added

sugar.

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

cheese, soft

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

honey

*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

**Flavor Affinities**

cranberries + apples + oranges

cranberries + apples + raisins

**CRANBERRIES** + balsamic vinegar + **GINGER** + honey + miso +

**ORANGE**

**CRANBERRIES** + brown sugar + lime + **ORANGES + WALNUTS**

cranberries + chiles + lime

**CRANBERRIES + cinnamon + GINGER + ORANGES + vanilla** +

walnuts

**CRANBERRIES** + cloves + **GINGER + ORANGES**

**cranberries + dates + oranges**

cranberries + maple syrup + vanilla

cranberries + nuts + wild rice

cranberries + oatmeal + walnuts

cranberries + oranges + pears + pecans

**CRANBERRIES, DRIED**

**Flavor:** sweet/sour, with a chewy texture

**Volume:** moderate–loud

**Tip:** Look for dried cranberries sweetened with fruit juice.

**Possible substitutes:** dried cherries (esp. sour), raisins

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**

**Flavor Affinities**

dried cranberries + almonds + *pilafs* + quinoa

dried cranberries + couscous + pistachios

**DRIED CRANBERRIES + GRAINS** (e.g., couscous, oats, quinoa, wild

rice) + **NUTS** (e.g., almonds, pecans, pistachios, walnuts)

dried cranberries + oats + walnuts

dried cranberries + orange zest + wild rice

dried cranberries + pears + pecans

dried cranberries + pecans + wild rice

dried cranberries + walnuts + wild rice

**CREAM, HEAVY**

**Nutritional profile:** 94% fat / 3% carbs / 3% protein

**Tips:** Use silken tofu instead of actual cream to create creamy vegan sauces.

Or heed the insight of the Cooking Lab’s director of applied research, Scott

Heimendinger: “Dairy **cream** is an emulsion of fat

water. Once you

realize that, with the right approach you can make ‘cream’ out of anything.”

**“CREAM,” CASHEW**

**Flavor:** neutral, with notes of nuts, a rich, creamy texture

**Volume:** quiet–moderate

**What it is:** raw cashew nuts that have been soaked overnight in water and

finely pureed with water to achieve the consistency of cream

**Tip:** Substitute cashew cream for regular cream.

**Brand:** MimicCreme nondairy cream substitute, made from almonds and

cashews

*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*

**CREAM, WHIPPED—VEGAN**

**Brand:** Soy Whip

**CREAM CHEESE (see CHEESE, CREAM)**

**CRÈME FRAÎCHE (see also FROMAGE BLANC)**

**Flavor:** sour, with a smooth texture

**Volume:** moderate

**What it is:** fresh, cultured cream

**Tip:** Can be used to thicken sauces, because, unlike sour cream, it will not

curdle when cooked.

**Possible substitutes:** fromage blanc (which is made from milk), sour cream

apples, apple cider, apple juice

berries, e.g. raspberries, strawberries

caramel

citrus, e.g., juice, zest

dates

figs

*French cuisine*

fruits, e.g., fresh, stone, tree

oranges, e.g., juice, zest

*pastas*

potatoes

*risottos*

*sauces*

***soups, e.g., beet, butternut squash, carrot, mushroom, pea, pumpkin***

squash, winter

*stews*

sugar, e.g., brown

*tarts*

**CRESS (see LAND CRESS**

**WATERCRESS)**

**CRUCIFEROUS VEGETABLES (see ARUGULA; BOK**

**CHOY; BROCCOLI; BROCCOLINI; BROCCOLI RABE;**

**BRUSSELS SPROUTS; CABBAGE; CAULIFLOWER;**

**GREENS—e.g., COLLARD, MUSTARD, TURNIP; KALE;**

**KOHLRABI; RADISHES; TURNIPS; WATERCRESS)**

“**Cruciferous vegetables** are twice as powerful as other plant foods.

[They are] not only the most powerful anticancer foods in existence;

they are also the most nutrient-dense of all the vegetables.”

—DR. JOEL FUHRMAN, AUTHOR OF *SUPER IMMUNITY*

**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**

**Season:** spring–**summer**

**Flavor:** slightly sweet, with notes of melon, a moist yet crisp texture

**Volume: quiet**–moderate

**What it is:** vegetable

**Nutritional profile:** 68% carbs / 20% protein / 12% fat

**Calories:** 15 per 1-cup serving (raw, chopped)

**Protein:** 1 grams

**Techniques:** best served raw; otherwise, blanch, braise, pickle, sauté, or

steam

**Tip:** Opt for organic cucumbers.

**Botanical relatives:** melons, pumpkins, squashes

**Possible substitutes:** cucumber-flavored herbs, e.g., borage, burnet, comfrey

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

butter

**buttermilk**

cabbage, e.g., Chinese

**capers**

caraway seeds

carrots

**cayenne**

celery

celery seeds

**CHEESE, e.g., cream, FETA,** goat, ricotta, soft white

**chervil**

chickpeas

**CHILES**, e.g., Anaheim, jalapeño, red, serrano;

chili pepper sauce

**CHIVES**

garlic chives

**CILANTRO**

citrus

coconut

coconut milk

couscous, e.g., Israeli

**cream**

cress, e.g., land

*crudités*

**CUMIN**

*curries*, curry powder, curry spices

\***DILL**

*dips*

*drinks, e.g., cocktails, sparkling waters*

eggplant

eggs, e.g., hard-boiled

endive

escarole

**fennel**

galangal

**GARLIC**

**ginger**

**grains**, e.g., bulgur, farro, spelt

**grapes**, e.g., white

***Greek cuisine***

greens, salad

hibiscus

honey

**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

**Flavor Affinities**

cucumbers + almonds + avocados + cumin + mint

cucumbers + Asian noodles + sesame sauce

**cucumbers + avocados** + chiles + chives + lime + **yogurt**

**cucumbers + avocados** + green onions + lime + **yogurt**

cucumbers + avocados + nori + (sushi) rice

cucumbers + basil + garlic + tomatoes

cucumbers + beets + yogurt

cucumbers + buttermilk + dill + scallions

**cucumbers + chiles + cilantro** + lime + scallions

**cucumbers + chiles + cilantro** + peanuts

**cucumbers + chiles + cilantro** + rice vinegar + sugar

**cucumbers + chiles** + jícama + lime

**cucumbers + cilantro + citrus (e.g., lime)**

**CUCUMBERS + CILANTRO + MINT**

cucumbers + coconut milk + mint

**cucumbers + cumin** + lime + mint + **yogurt**

**cucumbers + cumin** + paprika + **yogurt**

cucumbers + curry + peanuts + yogurt

**cucumbers + dill** + garlic + **vinegar**

**cucumbers + dill** + mint + **yogurt**

**cucumbers + dill** + scallions + **vinegar** + wakame

**cucumbers + feta cheese** + lemon + **mint**

cucumbers + feta cheese + walnuts

**CUCUMBERS + GARLIC + HERBS (e.g., DILL, MINT, PARSLEY) +**

**YOGURT**

cucumbers + garlic + lemon + olive oil + oregano

cucumbers + lemon + lime + mint + scallions + tofu

cucumbers + lime + mango + parsley + red onions

**CUCUMBERS + MINT + YOGURT**

cucumbers + miso + sesame

**CUCUMBERS + RICE VINEGAR** + sesame seeds + soy sauce

“I like making hot **cucumber** soup at home: I’ll cook the cucumbers

with onion

a little extra-virgin olive oil

then add cumin, coriander, masala curry. If I want the soup bright green, I’ll not add

any white wine, but if I want a dull green, I’ll add white wine. To finish

the soup, I might add either yogurt or crème fraîche—or if I want to take

it even farther, I’ll add some kefir.”

—CHRISTOPHER BATES, HOTEL FAUCHÈRE (MILFORD, PA)

**Dishes**

**Cucumber Gazpacho: Greek Yogurt, Mint, Celery Stalk**

—Café Boulud (New York City)

**Chilled Cucumber Velouté: Ginger-Sake “Granité,” Garden Blossoms, Andante Dairy**

**Yogurt**

—The French Laundry (Yountville, CA)

**Gazpacho: Onion, Cucumber, Kanzuri, Westglow Herbs**

—Rowland’s Restaurant at Westglow Resort

Spa (Blowing Rock, NC)

**Chilled Cucumber Avocado Soup, Almond Picada, Cumin, Mint**

—Vedge (Philadelphia)

**CUMIN**

**Flavor:** bitter/sweet; aromatic, with earthy/musky/pungent/spicy notes of

lemon, nuts, and/or smoke

**Volume: quiet/moderate**–loud

**Tips:** Bring out cumin’s flavor by toasting in a dry pan. Add early in the

cooking process.

**Factoid:** Cumin is the world’s second most popular spice, behind black

pepper.

**Botanical relatives:** caraway, chervil, coriander, **parsley**

***(North) African cuisines***

avocados

*baba ghanoush*

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

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

bell peppers

bulgur

*burritos*

cabbage

**carrots**

cayenne

**cheese**, e.g., cheddar, Swiss

**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

eggs

***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**

**Flavor Affinities**

cumin + avocado + black beans + lime + tomatoes

cumin + black beans + cilantro + garlic

cumin + cilantro + curry spices

cumin + garlic + potatoes

cumin + paprika + tomatoes

“**Cumin** is one of my favorite spices, a great supporting flavor. Its

earthy/nutty/smoky flavor is very strong

can easily kill a dish—so

you never want to use enough so that it can be tasted. Instead, just

sprinkle a little on so that people will ask, ‘What *is* that flavor?!’ ”

—RICH LANDAU, VEDGE (PHILADELPHIA)

“I love the smell of **cumin**, which reminds me of walking through the

woods in Jamaica.… It’s very good with grains, as it brings out their

earthy, woody flavor.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**Dishes**

**Red Curry Vegetables: Pineapple, Vegetables, Edamame simmered in Red Curry**

**Coconut Milk Sauce, served over Brown Rice, topped with Pistachio Nuts**

—Canyon Ranch (Tucson)

**Panang Curry: Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom, Coconut Broth**

—True Food Kitchen (Santa Monica)

**CURRY LEAVES (aka CURRY LEAF)**

**Flavor:** bitter/sour, with earthy/pungent/spicy notes of curry powder, lemon, orange zest, and/or pine

**Volume:** quiet–moderately loud

**Techniques:** sauté, simmer, stew

**Tip:** Add later in cooking or to finish a dish.

*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

ghee

**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)**

**What it is:** often made from **chiles + galangal** + garlic + ginger + Kaffir

lime leaves + **lemongrass**

**Brands:** Maesri, Thai Kitchen

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

**Flavor Affinities**

curry paste + coconut milk + rice + vegetables

**DAIKON**

**Season:** autumn–winter

**Flavor:** bitter/**sweet** (and more so when cooked)/hot, with notes of pepper

and/or radishes;

crisp, tender, juicy in texture

**Volume:** quieter/moderate (cooked)–louder (raw)

**What it is:** Japanese radish, with a carrot-like shape

**Nutritional profile:** 86% carbs / 9% protein / 5% fat

**Calories:** 60 per 7-inch daikon

**Protein:** 2 grams

**Techniques:** bake, braise, glaze, grate, marinate, pickle, raw (e.g., julienne, spiralize), roast, sauté, sear, shave (e.g., into noodles), shred, simmer, steam, stew, stir-fry (2–3 minutes)

**Tips:** Scrub before using. Use raw daikon slices with dips

spreads.

Spiralize to make veggie “noodles.”

**Botanical relatives:** cabbage

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

honey

***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

**Flavor Affinities**

daikon + apples + *slaws*

daikon + carrots + cucumbers + lettuce + scallions

daikon + carrots + kohlrabi

daikon + carrots + rice vinegar

daikon + cilantro + yogurt

daikon + mirin + rice vinegar + soy sauce + yuzu

daikon + oranges + radishes

daikon + oranges + sesame

daikon + persimmons + rice vinegar + yuzu

daikon + scallions + sesame seeds

“Shredded raw **daikon** is good for your digestion, which is why it’s

traditionally served with tempura. Raw daikon helps to break down the

fat in your stomach.”

—MARK SHADLE, G-ZEN (BRANFORD, CT)

“I love **daikon**, as well as green meat radishes, which are smaller than

daikon with green veins. They’re sweet, bitter, juicy, when

they’re roasted then sautéed, they have a wonderful creamy texture.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**Dishes**

**Caramelized Daikon with Sour Plum Coulis: Glazed Radish, Young Turnips, New Zealand**

**Spinach**

—DANIEL (New York City)

**DANDELION GREENS (see GREENS, DANDELION)**

**DASHI (aka KOMBU DASHI) (see also STOCK, VEGETABLE)**

**Flavor:** notes of the sea, a watery texture

**Volume:** quiet–moderate

**What it is:** Japanese stock made of kombu + water

cilantro

ginger

hiziki

kombu

mirin

miso

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

*noodles, soba*

nori

scallions

***soups, miso***

soy sauce

*tofu*

vinegar, brown rice

**Flavor Affinities**

dashi + rice vinegar + soy sauce

“**Dashi** is a staple for us to have on hand to serve our vegetarian and

vegan guests. Its body

flavor are wonderful to use as a base for

soups, sauces, or even faux consommés.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

**DATES**

**Season:** autumn–winter

**Flavor:** sweet–very sweet, with a chewy texture

**Volume:** moderate

**Nutritional profile:** 98% carbs / 2% protein

**Calories:** 65 per pitted medjool date

**Tips:** Slip an almond inside a pitted date

eat like candy (in moderation).

Use dehydrated, ground dates as date sugar.

*(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

**CHEESE**, e.g., blue, cream, feta, halloumi, **Parmesan**

cherries

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

**cinnamon**

cloves coffee

**coconut**

*confections, e.g., truffles*

cranberries

cream

*desserts*

flax seeds

**ginger**

*granola*

honey

**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

**Flavor Affinities**

**dates + almond milk/almonds + bananas** + cinnamon + nutmeg + vanilla

dates + almonds + Parmesan cheese

**dates + apples + cinnamon** + coconut + nutmeg + orange zest + pecans

**dates + apples + cinnamon** + oatmeal

dates + apricots + ginger

dates + balsamic vinegar + blue cheese

dates + bananas + coconut + *muesli*

dates + bananas + oats

dates + chocolate + walnuts

dates + coconut + nuts

dates + coconut + orange

dates + lemon + oatmeal

**dates + nuts** (e.g., walnuts) + **oats + sweetener** (e.g., brown sugar, maple

syrup)

dates + orange + sesame seeds

dates + Parmesan cheese + walnuts

dates + peanuts + vanilla

“In addition to using soaked

liquefied **dates** as a sweetener, we

serve dates on all our vegan cheese plates, also serve an appetizer of

dates

figs stuffed with vegan ‘goat cheese.’ We combine dates and

walnuts

sea salt in a Cuisinart

press it into a pie pan to make a

delicious raw dessert crust.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**Dishes**

**Pistachio Stuffed Dates with Orange, Cinnamon, Aleppo Chile**

—Millennium (San Francisco)

**DEHYDRATING**

“We use our **dehydrator** for a variety of things, including our powders, which we use a lot of. For example, we will dehydrate celery

then

turn it into a powder for celery cake. We also dehydrate yellow tomatoes

for tomato powder. We’ll also use the dehydrator for creating leathers

with tomatoes, beets, pears, or for turning cauliflower into crunchy

little bits. Anything you can do in a dehydrator, you can do in an oven—

it is simply faster using the dehydrator. The reason I use one is that if

you are dehydrating something in the oven, you can’t use your oven for

anything else.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**DESSERTS**

Minimizing sugar consumption is a tenet of healthful eating. When you crave

something sweet, consider one of these desserts, which may contain less

sugar than many others:

apples, *e.g., baked*

bananas, *e.g., baked, frozen-and-blended*

*cakes, e.g., carrot, fruit, spice, zucchini*

*cheesecake, e.g., vegan made with tofu*

chocolate, dark

*cobblers, fruit*

*confections, e.g., raw truffles*

*cookies, e.g., date/nut, oatmeal/ raisin, raw*

*crisps, fruit*

*crumbles, fruit*

dates

fruit, dried (and unsweetened) or fresh

honey

*ice cream, e.g., coconut milk–based*

maple syrup

*muffins*

peaches, e.g., *grilled*

pears, *e.g., poached*

*pies*, *e.g., fruit, pumpkin*

*puddings, e.g., chia seed, chocolate, coconut, fruit, pumpkin, rice, tapioca*

*smoothies, e.g., banana, cacao, coconut*

*sorbets, fruit*

sweet potatoes

*yogurt, semi-frozen*

*drizzled with maple syrup*

**Flavor Affinities**

agave nectar + almonds + cacao nibs + *truffles* + vanilla

almonds + cocoa powder + dates

**bananas + honey + sesame seeds**

carrots + coconut + cream cheese + ginger + macadamia nuts

“Our number-one **dessert** is crumbles. They’re seasonal, but often

apple- or pear-based with berries. We’ll sweeten them with agave or

brown sugar

season with some citrus zest

a splash of gin. Our

topping is simple: brown sugar, a gluten-free flour blend (such as

chickpea, rice, tapioca, sorghum flours), margarine or palm

shortening.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**DILL (see also DILL SEEDS**

**DILL WEED)**

**Season:** spring–**summer**

**Flavor:** sour (seeds) / sweet (weed), with notes of anise and/or caraway

**Volume:** quiet/moderate (weed)–moderate/loud (seeds)

**Note:** Use dill weed for a quieter, sweeter flavor than dill seeds. Dill is

quieter than caraway seeds, but louder than anise.

**Tip:** Use fresh, or at the very end of the cooking process.

**Botanical relatives:** anise, caraway, **carrots, celery, celery root,** chervil, coriander, **fennel, parsley, parsley root,** parsnips, wild fennel

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

**CHEESE**, e.g., cottage, feta, **fresh white**, goat

chickpeas

chives

cilantro

corn

\***CUCUMBERS**

*dips*

***Eastern European cuisines***

eggplant

**eggs**, e.g., hard-boiled or *omelets*

*(Northern) European cuisines*

fennel

**garlic**

***German cuisine***

ginger

grains, e.g., barley

honey

**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**

**Flavor Affinities**

dill + beets + capers + celery

**dill + cucumber + yogurt**

dill + fennel + feta cheese

dill + feta cheese + kohlrabi

dill + feta cheese + spinach

dill + garlic + ginger + green pepper + lemon

dill + garlic + sour cream + yogurt

dill + horseradish + sour cream

dill + mushrooms + yogurt

**DILL SEEDS (see also DILL**

**DILL WEED)**

**Flavor:** sour, with pungent notes of anise and/or caraway

**Volume:** moderate–**loud**

**Tip:** Add early in the cooking process.

**Possible substitute:** caraway seeds

bay leaf

**beets**

*breads, e.g., rye*

**cabbage**

carrots

cheese

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

**Flavor Affinities**

dill seeds + bay leaf + beets

dill seeds + cabbage + carrots

**DILL WEED (see also DILL**

**DILL SEEDS)**

**Flavor:** sweet, with earthy, spicy notes of anise, caraway, and/or licorice

**Volume:** quiet–moderate

asparagus

beans, e.g., green

**beets**

butter

**cabbage**

**carrots**

cheese, e.g., mild

**cucumbers**

eggs

*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

**Flavor Affinities**

dill weed + asparagus + butter + mushrooms

dill weed + cabbage + feta cheese + mint

dill weed + chard + cheddar cheese + cream + garlic

**DULSE (FLAKES)**

**Flavor: salty**

sour, with rich notes of bacon, nuts, and/or seafood, a

chewy texture

**Volume:** moderate–loud

**What it is:** reddish-brown seaweed / sea lettuce / sea vegetable

**Techniques:** pan-fry, roast, sauté, simmer, stir-fry

**Tips:** Rinse, then soak (20–30 minutes) before use, to tame its saltiness.

When sautéed, its bacon-like notes are louder (it can be used like bacon

bits); when simmered, its seafood-like notes are louder.

**Possible substitute:** sea salt

apples

avocado

beans, e.g., black

butter

cabbage, e.g., Chinese, napa, red

capers

cashews

celery

*chili, vegetarian*

coconut

curry

dill

*dips*

eggs, e.g., scrambled

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*

**Flavor Affinities**

dulse + basil + sun-dried tomatoes + walnuts

**dulse + dill + lemon zest + parsley**

dulse + ginger + sesame oil

dulse + lemon + tahini

dulse + lemon juice/zest + walnuts

dulse + sea salt + sesame seeds

**EDAMAME**

[ed-ah-MAH-mee]

**Season:** summer

**Flavor:** slightly sweet, with notes of butter, green vegetables, and/or nuts, and a rich, tender yet crisp texture

**Volume:** quiet

**What it is:** fresh green soybeans in their pods

**Nutritional profile:** 36% fat / 32% carbs / 32% protein

**Calories:** 130 per 1-cup serving (frozen, unprepared)

**Protein:** 12 grams

**Techniques:** boil (about 5 minutes), raw, roast, steam

arugula

avocado

beans, green

beets

bell peppers, e.g., red, yellow

**carrots**

cashews

cheese, e.g., feta, pecorino

**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

**Flavor Affinities**

edamame + Asian noodles + carrots + chile pepper flakes + rice vinegar +

scallions + sesame oil + soy sauce

edamame + avocado + lemon + pumpkin seeds + tomatoes

edamame + bell peppers + quinoa

edamame + black pepper + sea vegetables + sesame seeds

edamame + carrots + corn + red onions

edamame + carrots + ginger + peanuts + *salads*

edamame + chile pepper + lemon + salt

edamame + chiles + garlic

edamame + corn + quinoa

edamame + ginger + soy sauce

edamame + lemon + lime + olive oil + rice wine vinegar

edamame + mint + scallions

edamame + sea salt + sesame oil + sesame seeds

edamame + soba noodles + soy sauce

**Dishes**

**Edamame Dumplings with Daikon Radish**

**White Truffle Oil**

—True Food Kitchen (Santa Monica)

**EGGPLANT (aka AUBERGINE)**

**Season: summer**–autumn

**Flavor: bitter**/sweet, with earthy notes, a spongy texture

**Volume:** quiet–**moderate**

**What it is:** vegetable

**Nutritional profile:** 83% carbs / 10% protein / 7% fat

**Calories:** 20 per 1-cup serving (raw, cubed)

**Protein:** 1 gram

**Techniques:** Cook thoroughly: bake, blanch, boil, braise, broil, char, deepfry, fry, grill, puree, roast, sauté, steam, stir-fry, stuff (e.g., rice, tomatoes)

**Botanical relatives:** bell peppers, chiles, gooseberries, potatoes, tomatillos, tomatoes

*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

cream

**cumin**

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

*custards*

dashi

**dill**

***dips***

***eggplant Parmesan***

***eggplant rollatini***

***eggplant, stuffed***

eggs, e.g., *omelets, quiches,* scrambled

fennel seeds

fenugreek

***French cuisine***

\***GARLIC**

**ginger**

*gratins*

***Greek cuisine***

hoisin

honey

***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**

**Flavor Affinities**

eggplant + Asian noodles + peanut sauce

**eggplant + balsamic vinegar + basil** + oregano

eggplant + balsamic vinegar + tomatoes + zucchini

**eggplant + basil** + bell peppers + **garlic** + tomatoes + zucchini

**eggplant + basil + garlic** + olive oil + parsley

**eggplant + basil + ricotta + tomatoes**

eggplant + bean sprouts + bok choy + edamame + sesame oil

**EGGPLANT + BELL PEPPERS + GARLIC**

eggplant + bell peppers + miso

**eggplant + bell peppers + onions + tomatoes + zucchini**

eggplant + bok choy + garlic

eggplant + bread crumbs + Parmesan cheese + rosemary + walnuts

eggplant + capers + celery + onions + pine nuts + tomatoes + vinegar

**eggplant + cheese** (e.g., mozzarella, Parmesan, ricotta) + **tomatoes**

**eggplant + chickpeas + tomatoes** + pomegranate molasses

eggplant + cucumbers + garlic + mint + yogurt

eggplant + cumin + yogurt

**eggplant + dill + walnuts + yogurt**

**eggplant + feta cheese + mint**

**eggplant + garlic + ginger + scallions + sesame+ sesame oil + soy sauce**

**EGGPLANT + GARLIC + LEMON + OLIVE OIL (+ TAHINI)**

**eggplant + garlic + olive oil** + parsley

**eggplant + garlic** + Parmesan cheese + parsley + ricotta + tomatoes

**eggplant + garlic + tomatoes** + zucchini

eggplant + ginger + miso + sesame seeds

eggplant + ginger + soy sauce

**eggplant + herbs + lemon juice + olive oil**

**eggplant + mint** + paprika + pine nuts + rice + **yogurt**

**eggplant + mint** + tomatoes + **yogurt**

eggplant + miso + sesame seeds + shiso

eggplant + *pasta* + *pesto* + ricotta + walnuts

eggplant + sesame seeds + soy sauce

“We use five or six different varieties of **eggplant**—including Japanese

eggplant, which have thinner skin

more meat to them. We have

eggplant from May to November, which is seven months of eggplant. To

keep it new, we choose different countries for inspiration. For example, I did a pop-up dinner

made Chinese sweet-and-sour eggplant, cooking it with chiles, Chinese vinegar, garlic, dark soy sauce, and

cilantro. Sautéing the eggplant with all these ingredients makes it soak

up all the flavors.”

—CHARLEEN BADMAN, FnB (SCOTTSDALE, AZ)

“I love vegetables in dessert because it is fun—that is number one! This

is where we have our most creative dishes. The vegetable will be the

catalyst, but I don’t want you leaving with a vegetable flavor—I want

your last bite to be a sweet, happy moment at the end of the meal that

brings together everything you just ate. **Eggplant** is more fruit than

vegetable because it has seeds. It’s also like tofu in that it doesn’t have

much flavor but will soak up the flavors you put it with. Eggplant has a

luscious texture. I don’t know why I got obsessed with making eggplant

tiramisu, but for some reason I did. We mix eggplant with mascarpone

and then put it between layers of rosemary ladyfingers

it is just

perfect!

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“You can’t *not* get the **Eggplant** Braciole when you come to Vedge. The

dish is thin layers of eggplant that have been poached in olive oil and

that are then wrapped around a filling of eggplant

roasted crushed

cauliflower, finished with a green salsa verde. It has a lot of fresh herbs, a good punch of salt, cured black olive on top. It has so many strong

flavors, but you still taste eggplant

cauliflower. These dishes

transcend the season, which we thought was important to do.”

—RICH LANDAU

KATE JACOBY, VEDGE (PHILADELPHIA)

“I’m working on a new roasted

stuffed **eggplant** dish right now, and

the secret is avoiding the monotony of texture. I’m sure the dish will

have some pine nuts for crunch, most likely also some bulgur for

chewiness, accented by feta cheese, onions, lemon zest.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Braised Prosperosa Eggplant with Tomatoes, Capers, Basil**

—Blue Hill (New York City)

**Summer Vegetable Tart, with Tomato Confit, Eggplant, Zucchini, Arugula-Basil Pesto**

—Café Boulud (New York City)

**Charred Eggplant “Barbajuan,” Bulgur Wheat “Tabbouleh,” Parsley Shoots, “Raita”**

—Per Se (New York City)

**Eggplant: Babaganoush, Fried/Grilled Heirloom Tomatoes, Mozzarella, Aged Balsamic**

—Rowland’s Restaurant at Westglow (Blowing Rock, NC)

**EGGPLANT, JAPANESE**

**Season:** year-round, esp. autumn

**Volume:** quieter than other eggplant

**Techniques:** bake, broil, deep-fry, **grill**, pickle, **roast**, simmer, steam, **stirfry**

**Tip:** Japanese eggplant retains its texture after roasting

absorbs less oil.

**Botanical relatives:** peppers, potatoes, tomatoes

**Possible substitute:** eggplant

**basil**

**Thai basil**

bell peppers, red or yellow, esp. roasted

cabbage

capers

cheese, e.g., mozzarella

**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

**Flavor Affinities**

Japanese eggplant + garlic + lime + miso

Japanese eggplant + ginger + soy sauce

**EGGS (e.g., FRESH)**

**Flavor:** slightly sweet, with astringent notes

**Volume:** quiet

**Nutritional profile:** 63% fat / 35% protein / 2% carbs

**Calories:** 70 per large egg (whole, raw)

**Protein:** 6 grams

**Techniques:** bake, fry, hard-boil, poach, scramble, soft-boil

**Tips:** Consider organic, omega-3-enriched eggs. If you eat eggs, make sure

they are organic

humanely raised.

arugula

**asparagus**

avocado

**basil**

bell peppers, esp. roasted

*bread, esp. whole-wheat*

*burritos*

butter

**capers**

*casseroles*

**CHEESE**, e.g., cheddar, Comté, cream, Emmental, feta, **goat**, Gruyère, Havarti, Monterey Jack, mozzarella, **Parmesan**, ricotta, Roquefort

**chervil**

**chili pepper sauce**

**chili powder**

**chives**

cream

cumin

curry powder

*custards*

*desserts*

dill

*egg foo yung*

eggplant

*eggs, deviled*

fennel

*French toast*

frisée

***frittatas***

garlic

**greens**, e.g., braised, salad

herbs

*huevos rancheros*

kale

leeks

marjoram

*mayonnaise*

milk

**MUSHROOMS**, e.g., morel, portobello

oil, olive

***omelets***

**onions**

oregano

paprika

**parsley**

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

*pesto*

*pizzas*

polenta

**potatoes**

***quiches***

*salad dressings*

*salads, e.g., egg, green*

salsas

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

savory

**scallions**

*scrambles*

shallots

**sorrel**

*soufflés*

*soups, e.g., avgolemono*

soy sauce

**SPINACH**

sweet potatoes

*tacos*

**tarragon**

**thyme**

**tomatoes**

*tortilla, Spanish*

vinegar

**watercress**

yogurt

**zucchini**

**Flavor Affinities**

eggs + asparagus + chives + Gruyère cheese

eggs + asparagus + *frittata* + goat cheese

eggs + basil + tomatoes

eggs + goat cheese + leeks

eggs + Gruyère cheese + spinach

eggs + kale + ricotta

eggs + lemon + rice + *soups*

eggs + mushrooms + scallions

eggs + nutmeg + spinach

eggs + peas + shiitake mushrooms

eggs + shallots + spinach

**Dishes**

**This Morning’s Farm Egg: First of the Season Corn, Stone Barns Celtuse**

—Blue Hill (New York City)

**Organic Connecticut Farm Egg, Steamed Polenta, Artichoke, Sunchoke, Coconut Garlic**

**Broth**

—Bouley (New York City)

**“Shirred” Hen Egg: Brentwood Corn “Ragoût,” Caramelized Okra, Garden Dill**

**Mousseline**

—Per Se (New York City)

**EGGS, HARD-BOILED**

**Techniques:** chop, devil, half, pickle, sieve, slice

**Vegan substitutes:** firm or extra-firm tofu for hard-boiled egg whites, e.g., in

egg salads

almonds

artichokes

arugula

asparagus

avocado

basil

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

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

capers

carrots

cayenne

**celery**

celery salt

chervil

chiles, e.g., green, jalapeño;

chili pepper sauce

**chives**

**cilantro**

cream

cucumbers

*curries*

**curry powder**

***deviled eggs***

**dill**

***egg salad***

endive

garlic

grains, e.g., brown rice, farro

*gratins*

greens, winter, e.g., escarole, radicchio

leeks

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

**lettuce**, e.g., romaine

lovage

marjoram

**mayonnaise**, e.g., vegan

mint

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

oil, olive

olives, niçoise

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

paprika

**parsley**

pepper, e.g., black

potatoes

radicchio

radishes

***SALADS****, e.g., egg, grain, green, lentil, niçoise, potato, spinach, tomato, vegetable*

salt, e.g., kosher

***sandwiches****, e.g., egg salad*

**scallions**

shallots

*soups, e.g., beet, borscht*

sour cream

spinach

sprouts, e.g., mustard, radish

**tarragon**

tomatoes

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

**watercress**

yogurt

**Flavor Affinities**

hard-boiled eggs + asparagus + chives + Dijon mustard + lemon juice + olive

oil

hard-boiled eggs + celery + mayonnaise + mustard

hard-boiled eggs + celery + yogurt

hard-boiled eggs + lemon + mayonnaise + mustard

**Dishes**

**Deviled Eggs with Curry Powder**

**Smoked Paprika**

—The Library Bar at The Peacock (New York City)

**Vegan Egg Substitutes**

For breakfast, instead of scrambling eggs, “scramble” tofu (e.g., extra-firm) with herbs and/or

vegetables. Firm tofu also replaces hard-boiled egg whites in vegan dishes (e.g., “egg salads”).

When baking, you can use Ener-G Egg Replacer, a potato starch–based product that can often

replace eggs in the ratio of 1½ teaspoons Ener-G to 2 tablespoons water for each egg, or other

commercial egg replacers. However, there are probably already egg replacers in your cupboard

or refrigerator, as you’ll see below.

How to know which other substitute to use? First, determine whether its need is for **binding** (i.e., holding the mixture together, without the need to rise, e.g., casseroles, veggie burgers), **leavening** (i.e., by adding air bubbles to a batter or dough, as well-beaten eggs do, e.g., in baked

goods such as breads, cakes, cupcakes, or muffins), or simply **adding moisture**.

**Egg Substitutes, each equivalent to 1 egg (best use)**

¼ cup applesauce (adding moisture, e.g., in brownies, cakes, cupcakes, quickbreads)

¼ cup avocado, mashed (binding)

1 teaspoon baking soda + 1 tablespoon apple cider vinegar (leavening

adding moisture)

½ mashed banana (adding moisture and/or binding, e.g., in cakes, muffins, pancakes, quick

breads)

¼ cup carbonated water (leavening)

1 tablespoon chia seed meal + 3 tablespoons water, mixed (adding moisture; for leavening, add ¼ teaspoon baking powder)

¼ cup full-fat coconut milk + 1 teaspoon baking powder (leavening, esp. in compatibly

flavored dishes)

¼ cup dried fruit (e.g., apricot, prune) puree (adding moisture)

1 tablespoon ground flax seeds + 3 tablespoons water, mixed (binding; for leavening: add ¼

teaspoon baking powder, esp. in nut/seed-compatible dishes, e.g., whole-grain cookies, muffins, pancakes)

3 tablespoons nut butter, e.g., peanut (binding, e.g., grain-based veggie burgers)

¼ cup silken tofu, blended (adding moisture, esp. in heavier baked goods, e.g., brownies, carrot cakes)

¼ cup vegetable puree, e.g., beets, carrots, pumpkin (adding moisture)

¼ cup yogurt, dairy or nondairy (adding moisture, e.g., in cakes, muffins, pancakes, quick

breads)

“We don’t cook with eggs, so I use lemon juice or apple cider vinegar

with baking powder to make my cakes rise. I’ve used **Ener-G Egg**

**Replacer** when baking cookies. It has also worked surprisingly well in

‘meringues’

looks beautiful.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

**EGYPTIAN CUISINE**

baba ghanoush

beans, e.g., fava

cheese, white

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

**Flavor Affinities**

cucumber + mint + yogurt

cumin + fava beans + lemon juice + olive oil

**ENDIVE (aka BELGIAN ENDIVE)**

**Season:** year-round, esp. autumn–spring

**Flavor:** slightly bitter/sweet, with a crisp, crunchy texture

**Volume: quiet**–moderate

**What it is:** vegetable

**Nutritional profile:** 72% carbs / 18% protein / 10% fat

**Calories:** 5 per ½-cup serving (chopped, raw)

**Techniques:** bake, boil, braise (5–10 minutes), broil, fry, glaze, grill, raw, roast, sauté, steam, stir-fry, stuff

**Tips:** Dip whole, raw endive leaves into dips instead of chips or serve

leaves filled with purees or spreads.

**Botanical relatives:** artichokes, chamomile, chicory, dandelion greens, lettuces (e.g., Bibb, iceberg, romaine), radicchio, salsify, tarragon

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

butter

**capers**

caraway seeds

celery

**CHEESE**, e.g., **BLUE**, Cantal, cheddar, feta, fontina, goat, gorgonzola, **Gruyère, PARMESAN**, pecorino, ricotta, **Roquefort**, soft, Swiss

chervil

chiles

chili pepper flakes

chives

cilantro

**citrus**

clementines

**cream**

*crudités*

cucumbers

dill

**eggs**, e.g., hard-boiled, *quiches*

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**

**Flavor Affinities**

endive + arugula + pears + walnuts

endive + avocado + grapefruit

endive + avocado + red onion + watercress

endive + baby greens + fennel + garlic + Parmesan cheese + vinaigrette

endive + balsamic vinegar + garlic + olive oil

endive + blue cheese + farro + pears

endive + blue cheese + mushrooms + pecans

**ENDIVE + CHEESE** (e.g., blue, Gruyère, pecorino) **+ FRUIT** (e.g., apples, oranges, pears) **+ NUTS** (e.g., hazelnuts, walnuts)

endive + dill + hazelnuts + lemon + olive oil + potatoes

endive + lemon + olive oil + parsley

endive + Parmesan cheese + portobello mushrooms

endive + Parmesan cheese + white beans

“I’ve been making savory vegetarian muffins based on combinations of

vegetables, cheese, nuts or seeds, one of my favorites is based

on caramelized **endive**, blue cheese, walnuts.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**Dishes**

**Salad of Belgian Endive: Lychee, Navel Orange, Piedmont Hazelnuts, Mizuna, and**

**Australian Black Truffle**

—The French Laundry (Yountville, CA)

**Endive: Grilled Endive**

**Radicchio, Toasted Hazelnuts, Amish Blue Cheese, White**

**Balsamic**

—Mana Food Bar (Chicago)

**Endive Salad with Pickled Asian Pears, Kale, Pomegranate, Red Quinoa, Pecans, and**

**Persimmon Vinaigrette**

—Mohawk Bend (Los Angeles)

**Endive “Mikado” with Rutabaga Sauerkraut, Tarragon, Mustard Sauce**

—Picholine (New York City)

**ENDIVE, CURLY (see FRISÉE)**

**EPAZOTE**

[eh-pah-ZOH-teh]

**Flavor: bitter**/sweet, with pungent notes of cilantro, coriander, fennel, herbs, lemon, mint, oregano, parsley, and/or sage

**Volume:** moderate–**loud**

**What’s healthful about it:** enhances flavor

aids in the digestibility of

beans

**Possible substitute:** Mexican oregano

avocados

**BEANS, e.g., BLACK, pinto**

*beans, refried*

*Central American cuisines*

chayote

**cheese**, e.g., manchego, Mexican, Monterey Jack, mozzarella

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

**Flavor Affinities**

epazote + chili pepper flakes + lime + zucchini

**ESCAROLE**

**Season:** year-round, esp. summer–autumn

**Flavor:** bitter, with notes of nuts, a crisp texture

**Volume:** moderate–loud

**Nutritional profile:** 75% carbs / 25% protein

**Calories:** 10 per 1-cup serving

**Techniques:** braise, grill, raw, roast, sauté, simmer, steam

**Botanical relatives:** chicory, endive, frisée, radicchio

almonds

apples

artichokes

**BEANS,** e.g., borlotti, cannellini, white

beets

bell peppers, e.g., roasted

**bread crumbs**

**croutons**

*bruschetta*

butter

cabbage, e.g., red

**capers**

carrots

cauliflower

**CHEESE**, e.g., **blue**, Fontina, goat, mozzarella, **Parmesan**, Roquefort

**chickpeas**

chiles

**chile pepper flakes**

citrus

crème fraîche

cucumbers

currants

dill

**eggs**, e.g., *frittatas*

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

**Flavor Affinities**

escarole + bread crumbs + cheese + *pasta*

**escarole** + capers + garlic + **pine nuts + raisins**

escarole + chickpeas + onions

escarole + chickpeas + porcini mushrooms

**escarole + chili flakes + garlic** + lemon

**escarole + garlic + lemon zest + olive oil**

escarole + garlic + Parmesan cheese

**escarole + garlic** + *pasta* + white beans

escarole + garlic + *soups* + tomatoes

escarole + goat cheese + sun-dried tomatoes + watercress

escarole + lemon + orange + radishes

**escarole + lemon juice + olive oil** + Parmesan cheese

**Dishes**

**Betteraves et Escarole (Beets**

**Escarole): Roasted Red Beets, Goat Cheese Custard, Rhubarb, Meyer Lemon Confit**

—Bar Boulud (New York City)

**Romaine Hearts**

**Escarole with Kalamata Olives, Toasted Pine Nuts, Creamy Asiago**

**Dressing**

—Rancho La Puerta (Mexico)

**ETHIOPIAN CUISINE**

beans, green

beets

bell pepper, red

**berbere**

butter, spiced

cabbage

carrots

cloves

eggs, hard-boiled

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)*

**Flavor Affinities**

berbere + garlic + onions

**FALL (see AUTUMN)**

**FARRO (aka EMMER WHEAT)**

[FAHR-oh]

**Flavor:** slightly sweet, with earthy notes of barley and/or nuts, a chewy

texture

**Volume: quiet**

**What it is:** whole grain; Note: farro is *not* the same as spelt, which is

typically a *very* slow-cooking grain.

**Gluten-free:** no

**Nutritional profile:** 81% carbs / 12% protein / 7% fat

**Calories:** 170 per ¼ cup (uncooked)

**Protein:** 7 grams

**Timing:** Presoak farro for fastest cooking. Although whole farro is available, most of the farro available in the U.S. is semipearled (semi-*perlato* or pearled

(*perlato*), i.e., with some or all of the outside husk removed. Whole farro

takes longest to cook (45–60 minutes or longer), while pearled farro can cook

in as little as half that time. Simmer farro, covered, until tender.

**Ratio:** 1: 2–3 (1 cup farro to 2–3 cups cooking liquid)

**Tip:** Add the cooking water from white cannellini beans to give a creamier, starchier texture to “farrotto.”

apples

apple juice

apricots, dried

artichokes

arugula

asparagus

**basil**

bay leaf

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

beets

bell peppers, esp. roasted

*breads*

butter

buttermilk

cabbage, e.g., green, savoy

carrots

*casseroles*

**celery**

**CHEESE**, e.g., **feta**, Grana Padano, **PARMESAN**, pecorino, ricotta

chicory

chickpeas

chiles, e.g., guajillo

**chives**

citrus

coconut

coconut milk

corn

**cucumbers**

dates

dill

dukkah

eggplant

eggs

fennel

**garlic**

ginger

grapes

*gratins*

**honey**

***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

**Flavor Affinities**

farro + apple cider vinegar + butternut squash + dried cranberries + olive oil

farro + basil + olive oil + Parmesan cheese + parsley + walnuts

farro + brown sugar + coconut milk + mangoes

farro + chicory + olive oil + pears + sherry vinegar

farro + citrus + ginger

farro + coconut + zucchini

farro + eggplant + tomatoes

farro + feta cheese + mushrooms

farro + garlic + kale

farro + leeks + parsnips

farro + lemon + orange + rosemary

farro + mint + pecorino cheese + vegetable stock

**farro +** onions + **Parmesan cheese + *risottos* + wild mushrooms**

farro + parsley + shallots

farro + peas + quinoa + spinach + zucchini

farro + preserved lemons + radicchio

“**Farro** is my favorite grain because of its nuttiness. I like mixing it into

green salads with dried apricots

radishes.”

—CHARLEEN BADMAN, FnB (SCOTTSDALE, AZ)

“I love **farro**’s nutty flavor

toothy texture, the sensation of

eating farrotto. Farro doesn’t give off starch the same way Arborio rice

does, but it still has some of its own sauce like risotto.… You can make

a different version each season: **Spring** calls for lots of peas, spring

onions, spinach, vegetable stock. **Summer** could be corn with

tomatoes. **Autumn** farroto with butternut squash, kale, roasted

garlic could have Parmesan shaved on top. **Winter** farrotto could feature

wild mushrooms

either vegetable stock or the soaking water from

dried porcini.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Farro Salad: Roasted Artichokes, Asparagus, Sweet Peppers, Tomatoes, White Balsamic**

**Vinegar**

—al di la Trattoria (Brooklyn)

**Klaas Martens’ Emmer Wheat**

**Quinoa: Wild Spinach, English Peas, Zucchini**

—Blue Hill (New York City)

**Organic Farrotto with Pesto Genovese**

**Parmigiano Reggiano**

—Boulud Sud (New York City)

**Farrotto con Piselli e Asparagi: Farro cooked in the style of Risotto, with Fresh Peas, Shaved**

**Asparagus, Parmigiano Reggiano, Pecorino Romano, Butter, Mint**

—Le Verdure (New York City)

**Date Farro: Dukkah Spice, Squash, Mint, Pomegranate**

—Picholine (New York City)

**Zucchini**

**Farro Risotto: Toasted Grains of Farro simmered in Vegetable Stock and**

**finished with a Coconut-Tofu Herb Cream**

**Fresh Roasted Diced Zucchini**

—Sacred Chow (New York City)

**FENNEL**

**Season:** year-round, esp. autumn–winter

**Flavor:** sweet, with notes of anise and/or licorice, a crisp, crunchy

texture

**Volume: quiet**–moderate

**Nutritional profile:** 85% carbs / 10% protein / 5% fat

**Calories:** 30 per 1-cup serving (sliced, raw)

**Protein:** 1 gram

**Techniques:** bake, blanch, boil, braise, fry, grill, mandoline, raw, roast, sauté, shave, simmer, steam, stir-fry

**Botanical relatives:** anise, caraway, celery, celery root, coriander, dill, parsley, parsley root, parsnips

**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

**butter**

**capers**

**carrots**

cashews

*casseroles*

cauliflower

**celery**

**celery root**

chard

**CHEESE**, e.g., blue, feta, **GOAT, Gorgonzola,** Gouda, **Gruyère**, manchego, **PARMESAN**, pecorino, Piave, **ricotta**, ricotta salata, Swiss

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

cream

**cucumbers**

*curries*, curry powder, curry spices

**dill**

edamame

eggplant

eggs, e.g., *custards,* hard-boiled, *omelets, quiches*

**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**

honey

***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

**Flavor Affinities**

**FENNEL + ACID** (e.g., orange juice, vinegar) + **BEETS**

fennel + almonds + avocados + mesclun greens

fennel + arugula + grapefruit + hazelnuts

fennel + avocados + citrus + mâche + olives

fennel + beets + Belgian endive

fennel + blood oranges + romaine

fennel + cashews + oranges + vanilla

**FENNEL** + **CHEESE** (e.g., Gouda, Parmesan, ricotta) + **NUTS** (e.g., almonds, walnuts) + **TREE FRUITS** (e.g., apples, pears)

fennel + cranberries + nuts + *salads* + wild rice

fennel + cucumbers + mustard + thyme

fennel + endive + pears

fennel + escarole + olives + ricotta salata cheese

fennel + escarole + oranges

**fennel + fennel seeds** + garlic + **olive oil** + thyme

**fennel + fennel seeds** + lemon juice + **olive oil**

fennel + feta cheese + lemon + parsley

**fennel + garlic** + olives + Parmesan cheese + **tomatoes**

fennel + garlic + potatoes

fennel + greens + Gruyère cheese + mushrooms

**fennel + lemon + olive oil** + Parmesan cheese + parsley + *salads*

**fennel + mushrooms + Parmesan cheese**

**fennel + olives + oranges**

**FENNEL + ORANGES + NUTS** (e.g., pecans, walnuts)

fennel + oranges + red onions + white beans

fennel + Parmesan cheese + risotto + tomatoes

**Dishes**

**Mushroom, Sausage, Fennel Scramble: Tofu Scramble, sautéed with Seitan Sausage, Portobello Mushrooms, Leeks, Fennel, Fresh Herbs, topped with Roasted Red Pepper**

**Sour Cream**

—Blossoming Lotus (Portland, OR)

**Arugula Fennel Salad: Arugula, Heart of Palm, Fennel, Grapefruit, Sea Salt**

—The Butcher’s Daughter (New York City)

**Homemade Fettuccine: Caramelized Fennel, Roasted Beets, Goat Cheese, Hazelnut, Bread**

**Crumbs**

—Café Boulud (New York City)

**Creamy Fennel Soup with Poached d’Anjou Pear, Shaved Almonds, Fines Herbes**

—Green Zebra (Chicago)

**Salad of K. K. Haspel’s Bio-Dynamic Greens with Fennel**

**Radishes, tossed in Shallot-**

**Dijon Mustard Vinaigrette**

—North Fork Table &Inn (Southold, NY)

**Fennel Confit: Romesco Mousse, Baby Leeks, Pimenton de la Vera**

—Picholine (New York City)

**FENNEL FRONDS (or LEAVES)**

**Flavor:** notes of anise/licorice

**Volume:** quiet

**Techniques:** garnish (esp. fennel dishes), raw

beans

cabbage

cheese, e.g., Parmesan

citrus

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

eggs

*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*

**Flavor Affinities**

fennel fronds + avocado + fennel + grapefruit + *salads*

**FENNEL POLLEN**

**Season:** spring–summer

**Flavor:** bitter/**sweet**/umami; aromatic, with pungent notes of anise, citrus, fennel, herbs, honey, and/or licorice

**Volume:** quiet–moderate/loud

**Tip:** Use to finish a dish.

apricots

asparagus

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

carrots

cheese, e.g., Monterey Jack, ricotta

chocolate

cinnamon

citrus

cream

crème fraîche

eggplant

fennel

fennel seeds

garlic

*(Central*

*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**

**Flavor:** bitter/**sweet**, with notes of anise, caraway, cumin, dill, and/or licorice

**Volume:** quiet–moderate

**Tips:** Add at the end of the cooking process. Nibble on a few seeds to

freshen the breath.

**Possible substitute:** anise 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

cheese

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

**Flavor Affinities**

fennel seeds + grapefruit + lemon + mustard + shallots

fennel seeds + leeks + tomatoes

fennel seeds + marjoram + thyme

**FENUGREEK**

**Flavor:** bitter/sweet; aromatic, with pungent and/or savory notes of burnt

sugar, caramel, celery, chocolate, coffee, and/or maple syrup

**Volume:** quiet/moderate (leaves)–moderate/**loud** (seeds)

**What it is:** used as an herb (dried or fresh leaves), a spice (seeds), as a

vegetable (fresh)

**Tips:** Toast fenugreek seeds to bring out their flavor, which resembles

maple syrup. (Indeed, fenugreek is used in making artificial maple syrup.)

Long cooking (e.g., simmering) will quiet their flavor. Sprouted fenugreek

seeds can be used in salads.

**Botanical relatives:** clover, peas

*(Northern) African cuisine*

*baked goods*

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

*breads*

broccoli

cabbage

caraway seeds

cardamom

**carrots**

**CAULIFLOWER**

**cheese**, e.g., creamy, paneer, white

chickpeas

**chiles**

**chili paste**

chutneys

**cilantro**

cinnamon

cloves

coriander

cumin

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

***dals***

*dosai, i.e., Indian crêpes*

eggplant

eggs, e.g., *omelets*

fennel seeds

flours, e.g., lentil, rice

**garlic**

ginger

greens, e.g., collard, turnip

honey

***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

**Flavor Affinities**

fenugreek seeds + chiles + cilantro + garlic + tomatoes

fenugreek seeds + cumin + garlic + ginger + lentils + turmeric

**FIDDLEHEAD FERNS**

**Season: spring**

**Flavor:** bitter, with notes of artichokes, asparagus, green beans, and/or

mushrooms, a crunchy texture

**Volume:** moderate–loud

**Nutritional profile:** 57% carbs / 33% protein / 10% fat

**Calories:** 10 per 1-ounce serving (raw)

**Protein:** 1 gram

**Techniques:** blanch, boil (5+ minutes), braise, pickle, poach, puree, sauté, steam (Note: never raw)

almonds

arugula

asparagus

**butter**

brown butter

**cheese**, e.g., Comté, goat, Gruyère, Parmesan

chiles, e.g., green

chives

coriander

cream

cumin

*custards*

**eggs**, e.g., hard-boiled, *quiches*

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

**Flavor Affinities**

fiddlehead ferns + butter + herbs + morel mushrooms + ramps

fiddlehead ferns + butter + lemon

fiddlehead ferns + chanterelle mushrooms + risotto

fiddlehead ferns + garlic + marjoram

**fiddlehead ferns + garlic + olive oil + parsley**

fiddlehead ferns + mustard + olive oil

fiddlehead ferns + sesame oil + sesame seeds + soy sauce

**FIGS (see also FIGS, DRIED)**

**Season:** summer–autumn

**Flavor:** sweet, with astringent notes, a soft texture when ripe (studded

with tiny, crunchy seeds)

**Volume:** quiet–moderate

**Nutritional profile:** 94% carbs (high in sugar) / 3% fat / 3% protein

**Calories:** 50 per large fig (raw)

**Techniques:** bake, broil, caramelize, deep-fry, grill, raw, roast, sauté, simmer

**anise seeds**

apples

Armagnac

**ARUGULA**

***baked goods****, e.g., cakes, corn bread, muffins, quick breads*

**basil**

bay leaf

berries, e.g., blackberries, blueberries

butter

caramel

cardamom

*cereals, e.g., breakfast*

**CHEESE, e.g., blue,** burrata, Cabrales, chèvre, **cream, feta,** fresh white, **GOAT, Gorgonzola,** manchego, Monterey Jack, mozzarella, Parmesan, pecorino, **ricotta, Stilton**

chiles, e.g., jalapeño

**chocolate**

*chutneys*

**cinnamon**

cloves

coconut

coconut milk

Cointreau

*compotes*

cranberries

**cream**

*desserts*

**endive**, e.g., red

fennel

fennel seeds

frisée

**ginger**

grapes

**HONEY**

**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

**Flavor Affinities**

figs + almonds + anise

figs + almonds + pears + red wine

figs + anise + cardamom + pistachios + yogurt

figs + apples + honey

figs + apples + pecans

figs + arugula + basil + cheese + honey

figs + arugula + chèvre cheese

**figs + arugula + feta cheese**

figs + arugula + walnuts

**figs + balsamic vinegar + cheese**

figs + balsamic vinegar + olive oil

figs + balsamic vinegar + pistachios

figs + basil + goat cheese + pomegranate seeds

figs + basil + mozzarella cheese

figs + black pepper + cheese + honey

**FIGS + CHEESE** (e.g., blue, burrata, feta, goat, Gorgonzola, mascarpone, ricotta) + **NUTS** (e.g., almonds, pecans, pistachios, walnuts)

figs + cinnamon + honey + vanilla

figs + cream cheese + honey + mint + ricotta

figs + goat cheese + thyme

figs + Gorgonzola cheese + (caramelized) onions

figs + honey + nuts + ricotta

figs + honey + pecans

figs + honey + port + rosemary

**figs + honey + raspberries**

figs + honey + vanilla + wine

figs + honey + walnuts + yogurt

figs + melon + mint

figs + melon + orange

“I believe Japanese **figs**, which are very popular in Japan, are the best—

but I’ve found that candy-striped figs [also called raspberry figs, for

their bright red color, sweet-tart flavor, crunchy seeds] have even

more flavor, are better eaten as a fruit.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**Dishes**

**Roasted Hamada Farm Figs**

**Buratta on Grilled Walnut Levain with Arugula**

**Red**

**Endive Salad**

—Greens Restaurant (San Francisco)

**Honey-Grilled Figs with Sweetened Ricotta**

—Telepan (New York City)

**FIGS, DRIED**

**Flavor:** sweet, with notes of honey, nuts, and/or raisins, a soft, chewy

texture studded by tiny crunchy seeds

**Volume:** moderate

**Techniques:** as is, stew

almonds

anise seeds

apples

*baked goods, e.g., cakes, muffins, quick breads*

bananas

brandy

cardamom

**cheese**, e.g., blue, cream, feta, goat, Gorgonzola, manchego, Parmesan, ricotta

chestnuts

cinnamon

coconut

cranberries

dates

*desserts*

*granola*

honey

*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

**Flavor Affinities**

dried figs + almonds + cream cheese

dried figs + bananas + coconut

dried figs + chestnuts + orange

dried figs + goat cheese + salad greens + walnuts

dried figs + honey + nuts

dried figs + honey + orange + yogurt

**FIVE-SPICE POWDER**

**Flavor:** sweet

**Volume:** quiet–moderate

**What it is:** A spice blend made of cinnamon + cloves + fennel seeds + star

anise + Szechuan peppercorns

*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

**FLAXSEED OIL (see OIL, FLAXSEED)**

**FLAXSEEDS**

**Flavor:** slightly sweet, with notes of nuts, a crunchy texture

**Volume:** quiet

**What they are:** seeds

**Who says they’re healthful:** Joel Fuhrman, in his “Top Super Foods for

Super Immunity”

**What’s healthful about them:** 1 tablespoon of ground flaxseeds every day

—such as on cereal or in a smoothie—fulfills daily omega-3 fatty acids

needs.

**Tips:** Buy whole seeds

grind immediately before using. Seeds must be

ground to release their full nutritional value. Do not cook on high heat if you

want to maintain nutritional benefits. To use as an egg substitute when

baking, use 1 heaping tablespoon to substitute for 1 large egg: soak

flaxseeds in hot water in a 1:3 ratio before blending into a thick paste (1

tablespoon flaxseeds to 3 tablespoons water).

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

honey

*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

**Dishes**

**Pizza: Buckwheat, Sweet Potato, Flaxseed Crust topped with Red Bell Peppers, Olives, Onions, Basil, Choice of Marinara Sauce or Pesto**

—Peacefood Café (New York City)

**FLOUR, RICE**

“I like to use **rice flour**—grinding in some Arborio rice for texture, and

some sesame or coriander seeds for texture

flavor—as a crust for

fried mushrooms. Just dip the mushrooms into soy milk, or rice milk

with a little Dijon mustard added for viscosity, then into the rice

flour mixture before frying.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**FLOUR, SPELT**

“Because **spelt flour** doesn’t have as much gluten as wheat flour, muffins made with it don’t rise as high, so instead of filling muffin tins

two-thirds full, we fill them three-quarters full.”

—MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX, AZ)

“We make apple cider doughnuts with **spelt flour**, which is very good

for you, with lots of vitamins

easy to digest. We tried making the

doughnut with whole-grain wheat flour, but it was very heavy. To

sweeten the doughnut as well as other cakes, I use maple syrup, which is

not overpowering. In 2010, *Time Out* awarded us ‘best doughnut,’ and

the funny thing is my partner owns a Dunkin’ Donuts.”

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

“I think **spelt flour** pizza has more flavor than white flour pizza. It’s

really good served with pears

ricotta.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

**FLOUR, SPROUTED**

**Brands:** Essential Eating, To Your Health

**Diane Forley of Flourish Baking Company**

As a chef, my interest is in whole-plant cooking—from root to fruit—as integral to a more

healthful

enjoyable way of living. But food has to first satisfy taste, so the challenge is

always to find the right combination of ingredients

balance of flavors

textures. I have

been experimenting with grains

beans in nontraditional ways: folded into muffins, added to

savory custards, pulverized into tart crusts. This also allows me to bring energy-rich plant

foods into our products replacing white flours

sugars, which are devoid of nutrition.

Sprouted-grain flours are especially interesting to me because they offer not only great flavor, but also an energy-rich ingredient for baked goods.

Because my kitchen is focused on developing savory baked items, I try to create the flavors

first

then select how they are best presented.

Here are some combos:

**Savory:**

sprouted spelt flour muffin with asparagus, sorrel, pumpkin seed, parmesan

sprouted corn flour muffin with pickled beet, macadamia nut, goat cheese

millet flour biscuit with roasted chickpeas, sumac, sesame seed

savory rice pudding with confit of fennel, carrot, tarragon

quinoa pudding with broccoli

cheddar

**Fruit:**

coconut flour scone with wild blueberries, ginger root, hempseed

wild rice

quinoa muffin with bananas, dried cranberries, walnuts

chocolate cherry scone with vanilla bean kefir

almonds

strawberry jam muffin with pomegranate molasses, Meyer lemon, chia seed

**FLOWERS, EDIBLE**

While several varieties of flowers are edible—such as (sweet licorice) anise

hyssop, (cucumber-like, sweet honey-like) borage, carnations, chicory, (garlicy, oniony) chives, chrysanthemums, daisies, day lilies, (herbal, pungent, sweet) lavender, (bitter, floral, sour) marigolds, (honey, peppery)

nasturtiums, (minty) pansies, (sweet) violets—most do not add much

flavor of their own. Rather, they’re mostly decorative.

“We grow **edible flowers** on our roof at Mélisse.… Pollen is what gives

most edible flowers their sweet, individual flavors.… Nasturtiums are

stronger flavored than most edible flowers—they have a very strong, floral, peppery, spicy flavor. Yellow wood sorrel is also strongly sour.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

**FREEKEH (aka FRIKEH)**

[FREE-kah]

**Flavor:** earthy notes of grass, meat, nuts, and/or smoke, with a chewy texture

**Volume:** moderate

**What it is:** young green wheat that has been set on fire before harvesting;

i.e., grain

**Techniques:** simmer (20–30 minutes)

**Ratio:** 1: 1½–2 (1 cup freekeh to 1½–2 cups cooking liquid)

**Tip:** To bring out its nuttiness, toast in a pan before cooking.

**Possible substitute:** bulgur + drops of liquid smoke

*(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

butter

carrots

cayenne

celery

*cereals, hot breakfast*

**cheese**, e.g., burrata, feta, Parmesan

**chickpeas**

chiles, e.g., green

**cilantro**

**cinnamon**

cloves

coriander

cucumbers

**cumin**

eggplant

eggs

fruit, dried, e.g., apricots, cranberries, plums, raisins

**GARLIC**

grains, other, e.g., oats

honey

**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

**Flavor Affinities**

freekeh + apples + *breakfast cereal* + cinnamon + raisins

freekeh + bread crumbs + eggs + *meatballs* + Parmesan cheese + parsley

freekeh + cinnamon + coriander + cumin

“I’ve cooked **freekeh**, then dehydrated

fried it, so that it turns crispy

like Rice Krispies, paired it with a creamy burrata cheese.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**FRENCH CUISINE**

apples

apricots

**butter**

*cassoulets, vegetarian*

cheese

**cream**

eggs, e.g., *omelets*

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

**WINE**

zucchini

“When I was twenty-six, I went to **France** for the first time. My

takeaway was that the French love vegetables! It was simple food with a

tremendous impact. I also learned that they love to use pressure cookers

to cook their vegetables. It makes the vegetables turn into a soft state, sort of a melting texture. The aromas from this technique are like

nothing else.… During my time in France, it felt like every meal had a

tart! Or if Americans are thought to always be eating hot dogs and

hamburgers, I felt the same could be said about the French

their

tarts. In France, lunch is the big meal of the day, so dinner is often

lighter—such as a zucchini tart with custard

curry spices, served

with a salad. I learned from a French woman to make my tart dough

with half-butter, half-margarine, which made a crisper tart shell, but now

I use 100 percent Earth Balance for our vegan tart.”

—KEN LARSEN, TABLE VERTE, NEW YORK CITY’S FIRST FRENCH VEGETARIAN

BISTRO

**FRESHNESS**

**Season:** spring–summer

**Tips:** Listed herbs are always used fresh (with little or no cooking), add

a note of freshness to a dish. Other listed flavors add a bright note to a dish.

For the opposite, see the entry **SLOW-COOKED**.

basil

chives

cilantro

citrus

dill

fennel pollen

mint

tarragon

**FRISÉE (aka CURLY ENDIVE)**

**Flavor: bitter**/slightly sweet, with a “fluffy” texture

**Volume: quieter** (younger)–louder (older)

**What it is:** a fine-leaved variety of curly endive

**Techniques:** braise, raw, sear, wilt

apples

arugula

asparagus

beans, green

beets

bread crumbs

cashews

celery

**CHEESE**, e.g., **blue**, chèvre, feta, *fromage blanc*, goat, Gorgonzola, manchego, **Parmesan**, Roquefort

chives

**eggs**, e.g., fried, poached

**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

**Flavor Affinities**

frisée + arugula + beets + goat cheese + hearts of palm + vinegar

frisée + balsamic vinegar + Dijon mustard + olive oil + potatoes

frisée + balsamic vinegar + goat cheese

frisée + croutons + egg + garlic + lemon + mushrooms

frisée + Gorgonzola cheese + walnuts

frisée + Roquefort cheese + sherry vinegar + walnut oil

**Dishes**

**Roasted Beet**

**Frisée Salad with Fennel, Grapefruit, Sunflower Seed Brittle, Goat’s**

**Cheese, White Balsamic**

—Mayflower Inn & Spa (Washington, CT)

**Fricassee Vegetables with Fromage Blanc, Jumbo Asparagus, Frisée Salad**

—Mayflower Inn & Spa (Washington, CT)

**FROMAGE BLANC**

**Flavor:** sour, with creamy notes, a smooth

firm yet spreadable

texture (somewhat similar to ricotta)

**Volume:** quiet–moderate

**What it is:** made from milk, “France’s answer to yogurt”

**What’s healthful about it:** low in fat or fat-free

**Techniques:** whip

**Possible substitutes:** cream cheese, crème fraîche (which is made from

cream), pureed fresh ricotta, sour cream, yogurt

apricots

asparagus

bananas

basil

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

*blintzes*

blueberries

breads

cheese, cream

*cheesecakes*

chives

citrus, e.g., juice, zest

*crêpes*

eggs, e.g., *frittatas*

*desserts*

*dips*

figs

fines herbes

***French cuisine***

fruit

fruit jams

preserves

garlic

granola

herbs

**honey**

*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

**Flavor Affinities**

fromage blanc + eggs + fines herbes + *omelets*

fromage blanc + garlic + herbs

fromage blanc + granola + honey

**FRUITS**

**VEGETABLES, FROZEN**

**Tip:** Frozen fruits

vegetables are frequently more nutritious than those

purchased fresh that are a few days old.

**FRUITS, DRIED (see APRICOTS, DRIED; CHERRIES, DRIED; CRANBERRIES, DRIED; CURRANTS, DRIED;**

**PLUMS, DRIED; RAISINS, etc.)**

**Tips:** Select *only* organic dried fruits. If the fruit is hard, steam before using.

**GALANGAL (see also GINGER)**

[guh-LANG-uhl]

**Flavor:** sour/hot, aromatic, with earthy, pungent notes of camphor, citrus, flowers, ginger, lemon, mustard seed, **pepper**, and/or tropical fruit, a

woody texture

**Volume:** very loud

**What it is:** “Thai ginger”

**Botantical relative**

**Possible substitute:** 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**

honey

*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*

**Flavor Affinities**

galangal + butternut squash + coconut milk + lemongrass + mushrooms +

stock + tofu

galangal + chiles + cilantro + coconut milk + coriander + Kaffir lime leaf

galangal + ginger + kabocha squash + white miso

**GARBANZO BEANS (see CHICKPEAS)**

**GARDEN CRESS (see LAND CRESS)**

**GARLIC**

**Season:** year-round, esp. spring (i.e., green)–autumn

**Flavor:** ranges from sweet to pungent, with notes of nuts and/or onions

**Volume:** ranges from quiet/moderate (esp. roasted)–loud (esp. raw)

**Nutritional profile:** 85% carbs / 12% protein / 3% fat

**Calories:** 5 per clove (raw)

**Techniques:** bake, grill, puree, raw (e.g., on salads), roast (400°F until soft, about a half hour), sauté, stew, stir-fry

**Tips:** Braise garlic in olive oil to use as a spread (e.g., for bread or crackers)

or to use in cooking.

**Botanical relatives:** asparagus, chives, leeks, onions, shallots

*aioli (i.e., garlic mayonnaise)*

**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

butter

capers

carrots

*casseroles*

cauliflower

chard

**cheese**, e.g., feta, **goat**, Gruyère, **Parmesan**, ricotta, Swiss

chickpeas

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

*Chinese cuisine*

chives

cloves

corn

couscous

*curries*

***dips***

**eggplant**

**eggs**

**egg yolks**

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

**Flavor Affinities**

**garlic + almonds** + bread crumbs + **lemon + olive oil** + parsley

**garlic + basil + olive oil + tomatoes**

garlic + bread crumbs + mushrooms + parsley

garlic + broccoli + lemon

garlic + chard + potatoes + rosemary

garlic + feta cheese + oregano

garlic + ginger + mirin + sesame oil + soy sauce

garlic + ginger + parsley

garlic + kale + tamari

garlic + leeks + potatoes + saffron + *soups* + vegetable stock

**GARLIC + LEMON + PARSLEY**

garlic + olive oil + parsley

garlic + olive oil + rosemary

garlic + parsley + sage

**garlic + potatoes + rosemary**

**GARLIC, BLACK**

**Flavor:** salty/sweet/umami, with earthy notes of balsamic vinegar, chocolate, licorice, molasses, syrup, tamarind, and/or truffles, a custardlike texture

**Volume:** quiet–moderate

**What it is:** aged, fermented garlic

**Brand:** The Spice House (thespicehouse.com)

*Asian cuisines*

basil

bell peppers, roasted

butter

brown butter

celery root

cheese, e.g., cream, Parmesan

chiles, e.g., milder

chives

*dips*

garlic

honey

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

**Flavor Affinities**

black garlic + basil + olive oil + tomatoes + white balsamic vinegar

**GARLIC, GREEN (aka BABY GARLIC or SPRING**

**GARLIC)**

**Season: spring**

**Flavor:** slightly sweet, with notes of garlic

herbs

**Volume: quiet**–moderate

**Possible substitute:** scallions

*aioli*

artichokes

asparagus

*baked goods, e.g., breads*

basil

cheese, e.g., Parmesan

eggs, *e.g., frittatas, omelets*

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*

**Flavor Affinities**

green garlic + artichokes + balsamic vinegar + olive oil + parsley

green garlic + asparagus + Parmesan cheese + *pasta*

green garlic + basil + olive oil + Parmesan cheese + pine nuts

green garlic + leeks + potatoes

**GARLIC SCAPES**

**Flavor:** notes of garlic

**Volume:** quiet–moderate

**What they are:** flowering shoots/stems of the garlic plant

**Techniques:** deep-fry, grill, pickle, raw, sauté, steam

**Botanical relatives:** chives, leeks, onions

almonds

basil

beans, green

*bread*

*bruschetta*

butter

celery

**cheese**, e.g., cream, **Parmesan**, ricotta

chickpeas

dill

**EGGS**, e.g., *frittatas, omelets*

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

**Flavor Affinities**

garlic scapes + butter + thyme

garlic scapes + cream cheese + dill

garlic scapes + eggs + mushrooms

garlic scapes + nuts (e.g., almonds, walnuts) + olive oil

**GHEE**

**Flavor:** notes of caramel and/or nuts, a rich, smooth (and often grainy)

texture

**Volume:** quiet–moderate

**What it is:** Indian version of clarified butter

**What’s healthful about it:** less fat

cholesterol than butter because milk

solids are removed

**Tips:** Can be used in higher-temperature cooking (e.g., frying) than butter

can. Ghee lasts up to six months when refrigerated.

**Brand:** Ancient Organics

*breads*

cardamom

chiles

cilantro

cloves

cumin

curry leaves

*desserts*

garlic

ginger

*Indian cuisine*

lemon

lentils

mint

potatoes

rice

**GINGER—IN GENERAL**

**Flavor:** sour/sweet/hot; aromatic, with pungent/spicy notes of lemon and/or

pepper, a juicy texture

**Volume:** moderate–**loud**

**Nutritional profile:** 86% carbs / 8% fat / 6% protein

**Calories:** 20 per ¼ cup (raw, sliced)

**Techniques:** bake, candy, dry, fresh, grate, pickle, raw, stir-fry

**Tips:** Fresh ginger is used more often in savory Asian cuisines. Dried ginger

is used more often in sweet baked goods, spice blends, slow-cooked

dishes (e.g., stews).

**Botanical relatives: cardamom**, galangal, **turmeric**

*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**

cream

*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*

**honey**

*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

**Flavor Affinities**

**ginger + agave nectar +** *beverages* + **soda water**

ginger + brown sugar + carrots + cinnamon

ginger + brown sugar + grapefruit

ginger + carrots + lemongrass

**ginger + carrots + orange**

ginger + chili powder + peanuts

ginger + cilantro + garlic + rice wine vinegar + sesame + soy sauce

**ginger + citrus (e.g., lemon, lime) + honey**

ginger + garlic + mirin + sesame oil + soy sauce

ginger + garlic + olive oil + soy sauce

ginger + garlic + parsley

ginger + grapeseed oil + scallions + sherry vinegar + soy sauce

ginger + kombu + miso + tamari + tofu + wakame

ginger + lemongrass + peanuts

ginger + lime + mint

ginger + lime + pineapple + rum

ginger + maple syrup + yams

ginger + peanuts + yams

ginger + scallions + soy sauce

**ginger + sesame (oil, seeds) + soy sauce**

“**Ginger** might not have been a part of traditional Shojin [Buddhist

monk] cuisine, but I can’t imagine not using it—I can’t be restrained by

the old rules, which also prohibited tea

alcohol. Ginger is a magical

ingredient with extraordinary flavor

textures that goes well with

almost everything, it has healing properties that can quickly and

inexpensively heal my wife’s winter colds.… One of my secrets when

making pickled ginger is instead of cooling the ginger in the boiling

pickling liquid in the fridge, I’ll drain it

cool it with a fan, which

concentrates its flavor.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**Dishes**

**Chilled Fruit Consommé with Lemon Ginger Sorbet**

**Compressed Melon**

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

**GINGER, POWDERED (i.e., dried, ground)**

**Flavor:** sweet, with pungent peppery notes

**Volume:** moderate–loud

**Botanical relatives:** cardamom, turmeric

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**

honey

**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

vegetables, e.g., braised, root

**GLUTEN**

**What it is:** a protein composite found in wheat

other grains

**GLUTEN-FREE**

**Tip:** Not all grains have gluten (as wheat does). Gluten-free grains include

amaranth, buckwheat, millet, quinoa, rice, sorghum, teff, wild rice.

**GOJI BERRIES**

[GOH-jee]

**Season:** summer (late)–autumn

**Flavor:** bitter/sour/sweet, with notes of dried cherries, cranberries, raisins, and/or wood, a chewy, grainy texture

**Calories:** 180 per half-cup (dried)

**Techniques:** dry, raw

**Tips:** Look for berries that are sweetened naturally. Soak dried berries in

water before adding to smoothies.

**Possible substitutes:** dried cranberries, raisins

**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

**Dishes**

**Raw Chocolate Ganache Tart: Walnut Crust, Lemon Goji Berry Preserve, Raspberry Coulis, Pomegranate**

—The Acorn (Vancouver)

**Super Power Smoothie: Raspberry, Strawberry, Banana, Mango, Bee Pollen, Goji Berry, Sunwarrior Protein, Orange Juice**

—Pomegranate Café (Phoenix)

**GRAINS, FAST-COOKING (see COUSCOUS**

**QUINOA)**

**[WHOLE] GRAINS**

**CEREALS (see also COUSCOUS, WHOLE-WHEAT; POLENTA; QUINOA; RICE, BROWN;**

**WHEAT BERRIES, etc.)**

**Tips:** It’s best to follow the specific directions on the package of grains you

are using

to understand that timing can still vary depending on a number

of factors, including heat level

heat conductivity of the pot you use.

However, there are some general rules of thumb that may be helpful: Rinse

grains before cooking. Combine grain with the cooking liquid (e.g., water, stock) in a heavy pot with a tight-fitting lid in the ratio indicated for the

specific grain. Bring to a boil, add the grain, bring to a boil again. Then

reduce heat to low, cover the pot, simmer for the cooking time

indicated. Check to ensure that the desired tenderness has been achieved;

then remove from heat

leave covered for 5–15 minutes before fluffing

with a fork

serving.

**Flavor Affinities**

amaranth + brown rice + millet + rolled oats

“You can’t overcook **grains** like **barley** or **farro**. Cooking farro risotto

style as farrotto is common in Italy, I’ll cook barley the same way, so that it’s chewy

toothy. But **bulgur** can overcook

turn mushy, so you really have to keep an eye on it. Grains are also great to

dehydrate

powder for crusts… or to dry [dehydrate]

fry, to turn

into ‘Rice Krispies.’ ”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

“The secret is not to serve too large a portion of **grains** on a plate or

people will get bored with them. I like to season grains with dried fruits, such as apricots, currants, figs, or apples

pears in the winter. Or I’ll

season them with powders

ashes [made from dehydrated

vegetables]. Or I’ll fill things like cabbage, chard, or kale with grains, and roll them up dolma-style—such as quinoa

dehydrated kimchi

powder wrapped up in a cabbage leaf with dried figs or currants and

pickled peppers or cucumbers. The overall impact it makes takes your

brain on a ride.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**GRAINS OF PARADISE**

**Flavor:** bitter, with astringent, hot, and/or pungent notes of **black pepper**, butter, cardamom, chile, coriander, **flowers**, ginger, grapefruit zest, **lemon**, and/or nuts;

a crunchy texture

**Volume:** moderate–loud

**Tip:** Grind to a fine powder

add at the end of the cooking process.

**Botanical relatives:** cardamom

**Possible substitute:** black pepper

**Brand:** The Spice House (thespicehouse.com)

*(North*

***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**

**Season:** year-round, esp. **winter**

**Flavor:** sour, ranges from bitter (e.g., white) to sweet (e.g., pink, red), with a very juicy texture

**Volume:** loud

**What it is:** a cross between an orange

a pomelo

**What’s healthful about it:** antioxidants (with pink

red grapefruit

delivering higher levels than white)

**Nutritional profile:** 90% carbs / 7% protein / 3% fat

**Calories:** 40 per ½ grapefruit (raw, white)

**Protein:** 1 gram

**Techniques:** bake (at 350°F for 10 minutes), broil, grill, raw

**Botanical relatives:** kumquat, lemon, lime, orange

agave nectar

artichokes, Jerusalem

arugula

**AVOCADOS**

bananas

beets

cabbage, e.g., napa

Campari

cashews

celery

celery root

cheese, e.g., feta, Parmesan

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

**HONEY**

*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**

**Flavor Affinities**

grapefruit + arugula + olive oil

grapefruit + arugula + hazelnuts + pomegranates

**grapefruit + avocado + Belgian endive/fennel / salad greens / watercress**

grapefruit + ginger + tarragon

grapefruit + *granita* + strawberries

grapefruit + honey + mint

grapefruit + maple syrup + strawberries

grapefruit juice + mirin + rice wine vinegar + soy sauce

**Dishes**

**Avocado**

**Grapefruit Salad: Baby Spinach**

**Mixed Greens topped with Roasted and**

**Marinated Shiitake Mushrooms, Daikon Radish, Fresh Grapefruit Segments, Avocado**

**tossed in a Ginger Miso Dressing**

—Café Flora (Seattle)

**Red Grapefruit Salad: Ruby Red Grapefruit, Avocado, Fennel, Arugula, Citrus Olive Oil, Marcona Almonds, Farro**

—Crossroads (Los Angeles)

**Grapefruit with Frozen Yogurt**

**Mint**

—Oxheart (Houston)

**GRAPE LEAVES**

**Flavor:** lemony, a thick leafy texture

**Volume:** quiet–moderate

**Techniques:** bake, blanch, boil, grill, parboil, steam, stuff

**Nutritional profile:** 66% carbs / 19% fat / 15% protein

**Calories:** 15 per 1-cup serving

**Protein:** 1 gram

allspice

apricots, dried

beans

bulgur

**CHEESE**, e.g., Asiago, blue, **feta**, Fontina, **goat**, Gruyère, kasseri

**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

**Flavor Affinities**

grape leaves + bulgur + dried apricots + lemon + mint

**grape leaves + dill** + garlic + **mint** + parsley + **rice** + yogurt

**grape leaves + dill** + lemon + **mint** + **pine nuts + rice**

grape leaves + feta cheese + *grill* + olive oil

**GRAPES (and GRAPE JUICE)**

**Season:** summer–autumn

**Flavor:** sweet, with a very juicy texture

**Volume:** quiet–moderate

**Nutritional profile:** 94% carbs (high in sugar) / 4% protein / 2% fat

**Calories:** 65 per 1-cup serving (raw, red or green)

**Protein:** 1 gram

**Techniques:** freeze, raw, roast

**Tip: Opt for organic grapes.**

**almonds**

**apples**

**apple juice**

arugula

bananas

basil

blueberries

Brussels sprouts

bulgur

cabbage, red

caramel

cardamom

carrots

celery

celery root

**CHEESE**, e.g., blue, Brie, cream, cow’s milk, feta, fresh, goat, ricotta, soft, Taleggio

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

**honey**

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**

**Flavor Affinities**

grapes + apples + bulgur + lemon

grapes + balsamic vinegar + ricotta cheese

grapes + cream cheese + ginger

grapes + endive + walnuts

grapes + feta cheese + hazelnuts + salad greens

grapes + feta cheese + lentils + mint

grapes + lemon + sugar

**GREEK CUISINE (see also MEDITERRANEAN CUISINES)**

*allspice*

anise seeds

*baklava*

basil

bay leaf

beans, e.g., gigante

bell peppers

**cheese**, e.g., feta, goat, halloumi, sheep’s milk

cinnamon

cloves

dill

*dolmades (stuffed grape leaves)*

**eggplant**

eggs

fennel

figs

**GARLIC**

grape leaves

*gyros, vegetarian, e.g., eggplant + pita bread + tzatziki sauce*

honey

*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

**Flavor Affinities**

artichokes + mint + potatoes + tomatoes

capers + cucumbers + feta cheese + kalamata olives + red onions + tomatoes

cheese + phyllo dough + spinach

cucumber + dill + garlic + yogurt

dill + lemon + olive oil

eggplant + garlic + olive oil

garlic + lemon + olive oil + oregano

gigante beans + garlic + onions + parsley + tomatoes

**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)**

**What they are:** green, leafy vegetable

**Techniques:** blanch, boil, braise, raw, sauté, steam, stir-fry

**Tip:** Cook quickly to retain nutrients.

arugula

basil

beans, e.g., white

butter

**cheese**, e.g., Asiago, feta, goat, Monterey Jack, mozzarella, Parmesan, Swiss

chiles, chili pepper flakes, chili pepper sauce

eggs, e.g., *frittatas, omelets, quiches*

**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

“There are two ends of the cooking spectrum you want to concentrate on

—one is high heat

the other is low heat. On high heat you want to

cook your vegetable higher

faster than you normally would to get

that sear

caramelization

let it stay crunchy on the inside so you

have a textural contrast. Or go low

slow; that way you get a crispy

outside

a dehydrated chew on the inside. Home cooks know how to

do this with meat; they just need to do it with vegetables. A good

example of a high-heat, fast-cooking dish we do now is the **Chinese**

**green choy sum**. It gets a nice crispiness, it is barely cooked, it gets

tossed in a bowl

wilts on itself. If we cook the choy sum really low, it turns into a flat, dehydrated, crispy green.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**GREENS, AMARANTH (LEAVES/STEMS, aka**

**CALLALOO; see also LAMB’S-QUARTER**

**SPINACH)**

**Season:** summer

**Flavor:** slightly sweet, with earthy notes of artichoke, asparagus, beet greens, cabbage, chard, kale, and/or **spinach**

**Volume:** quiet–moderate

**Nutritional profile:** 62% carbs / 26% protein / 12% fat

**Calories:** 5 per 1-cup serving (raw)

**Protein:** 1 gram

**Techniques:** braise, raw, sauté, steam, stir-fry

**Tips:** Choose young greens for most tender leaves. Prepare like spinach.

**Possible substitutes:** lamb’s-quarter, **spinach**

basil

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

*Caribbean cuisines*

celery root

**cheese**, e.g., cheddar, goat, ricotta, sharp, sheep’s milk, Swiss

**chiles**, e.g., dried, Scotch bonnet

coconut milk

coriander

corn

cumin

curry powder

curry spices

**eggs**, e.g., *frittatas,* ***quiches***

**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

**Flavor Affinities**

amaranth greens + coconut milk + okra

amaranth greens + sesame oil + sesame seeds + soy sauce

“One of the Jamaican women who work here introduced us to **callaloo**

[amaranth greens] a few years ago. She brought us some seeds, we

discovered that it grows very easily. While it’s traditionally served in

soups

stews, we’ve also served it in quiches, our customers are

always intrigued by it.”

—SELMA MIRIAM, FOUNDER OF BLOODROOT (BRIDGEPORT, CT)

**GREENS, ASIAN (see BOK CHOY; BROCCOLI, CHINESE;**

**CABBAGE, NAPA; MIZUNA, TATSOI)**

**GREENS, BEET**

**Season: summer**–autumn

**Flavor:** bitter/slightly sweet, with earthy notes of cabbage and/or spinach, and a tender texture

**Volume:** quieter (when young)–moderate (when older)

**Nutritional profile:** 71% carbs / 24% protein / 5% fat

**Calories:** 10 per 1-cup serving (raw)

**Protein:** 1 gram

**Techniques:** better cooked than raw; sauté, steam, wilt

**Possible substitutes:** chard, spinach

apples

beans, e.g., fava, fermented black, white

**BEETS**

cabbage

chard, e.g., rainbow

**cheese**, e.g., blue, chèvre, feta, goat, ricotta, ricotta salata

chickpeas

chili pepper flakes

*chili, vegetarian*

cinnamon

coconut milk *curries*

dill

eggs, e.g., *quiches*

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

**Flavor Affinities**

beet greens + apples + cinnamon

beet greens + balsamic vinegar + beets

beet greens + garlic + olive oil

beet greens + walnuts + white beans

**Dishes**

**Roasted Beetroot Steak**

**Pickled Beets: Baby Beet Greens, Red Watercress, Housemade**

**Ricotta, Beetroot Dressing**

—The Peacock at the William Hotel (New York City)

**GREENS, BITTER (see GREENS, BEET; GREENS, COLLARD; GREENS, DANDELION; GREENS, MUSTARD;**

**KALE, etc.)**

**GREENS, COLLARD**

**Season:** autumn–spring

**Flavor:** bitter/sweet, sometimes hot, with earthy, pungent notes of

cabbage, kale, and/or mustard, a smooth texture

**Volume: moderate** (younger)–loud (older)

**Nutritional profile:** 68% carbs / 20% protein / 12% fat

**Calories:** 10 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** blanch, boil, braise, julienne, marinate, raw, **sauté** (3–5

minutes), shred, simmer (60 minutes, or until tender), **steam** (3–5 minutes), stew, stir-fry

**Tips: Opt for organic collard greens.** Remove stems; cut leaves into twoinch

pieces. Best long-braised or simmered, to soften.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, horseradish, kale, kohlrabi, land cress, radishes, rutabagas, turnips, watercress

*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

butter

cabbage, e.g., green, red

cardamom

**carrots**

celery

chickpeas

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

chili powder

cinnamon

citrus

cloves

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

*collard wraps, i.e., stuffed with tofu, vegetables, etc.*

***corn bread***

coriander

cream

cumin

curry powder

curry spices

dill

*“dolmas”*

dulse

*Egyptian cuisine*

*Ethiopean cuisine*

farro

**GARLIC**

ghee

**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

**Flavor Affinities**

collard greens + apple cider vinegar + black-eyed peas

collard greens + apple cider vinegar + chili flakes + garlic

**collard greens + chiles + garlic** + lemon + olive oil

collard greens + chipotle peppers + liquid smoke

collard greens + citrus + raisins

collard greens + garlic + lemon

**collard greens + garlic + olive oil** + tamari

collard greens + garlic + tomatoes

**collard greens + lemon juice + olive oil** + rice

collard greens + rice vinegar + sesame oil + sesame seeds + soy sauce

ollard greens + tomatoes + zucchini

“After cutting the spiny part out of the **collard greens**, soak them in

lemon juice to soften them, wrap them around ingredients for a

breadless ‘sandwich,’ or use them instead of nori to make vegetarian

maki rolls. Use a mandoline to slice vegetables to tuck inside.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

“When **collard greens** are cooked right, they have a buttery, melt-inyour-

mouth texture. I like to cook them with a little olive oil, sliced

garlic, a splash of water, a pinch of salt, to serve them as a side

dish to Creole-style tempeh with mashed potatoes.”

—MARK SHADLE, G-ZEN (BRANFORD, CT)

**Dishes**

**Flourish Vegetable Pot Pie: Slow-Cooked Greens with Yogurt**

**Lemon**

—Flourish Baking Company (Scarsdale, NY)

**Maki: Raw Vegetables wrapped in Collard Greens, with Ponzu Sauce**

—Mana Food Bar (Chicago)

**GREENS, DANDELION**

**Season: spring**–early autumn

**Flavor: bitter**/sour, with pungent, spicy notes of pepper, a soft texture

**Volume:** moderate–**loud**

**Nutritional profile:** 72% carbs / 15% protein / 13% fat

**Calories:** 25 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** boil, blanch, braise, raw (when young), sauté, steam, stew

(when older), wilt

**Tips:** Salt before cooking. Put in boiling water (never cold water, which

“sets” the bitterness). Combine with other, milder vegetables or miso to

neutralize bitterness. Use young greens (which are milder

more tender)

in salads.

**Botanical relatives:** artichokes, chamomile, chicory, endive, lettuces (e.g., Bibb, iceberg, romaine), radicchio, salsify, tarragon

**Possible substitutes:** chard, kale, mustard greens, spinach

almonds

apples

avocado

basil

beans, e.g., cannellini

beets

butter

carrots

*casseroles*

cayenne

celery

**CHEESE**, e.g., cheddar, goat, Gorgonzola, Gruyère, mozzarella, **Parmesan**, sheep’s milk

chickpeas

chiles, e.g., jalapeño;

chili pepper flakes

chives

croutons, e.g., whole-grain

curry powder

dill

**eggs**, e.g., *frittatas,* hard-boiled, *quiches*

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*

**Flavor Affinities**

dandelion greens + almonds + blood oranges

dandelion greens + avocado + peanuts + wasabi

dandelion greens + balsamic vinegar + garlic + olive oil

dandelion greens + beets + goat cheese + sunflower seeds

dandelion greens + chickpeas + orange juice

dandelion greens + chili pepper flakes + garlic + olive oil

**dandelion greens + cider vinegar + garlic** + olive oil + soy sauce

dandelion greens + Dijon mustard + garlic + hard-boiled eggs + olive oil +

Parmesan cheese

**dandelion greens + garlic + lemon** + mustard + **olive oil**

**dandelion greens + garlic + lemon + olive oil** + vinegar

dandelion greens + garlic + pine nuts

dandelion greens + olive oil + onions + vinegar

**Dishes**

**Organic Dandelion**

**Avocado Salad, with Wasabi Dressing**

—Hangawi (New York City)

**GREENS, LEAFY (see GREENS, BITTER;**

**GREENS, SALAD)**

**What they are:** bitter greens

salad greens

**Who says they’re healthful:** The Center for Science in the Public Interest’s

*Nutrition Action* includes leafy greens on its “10 Best Foods” list, mentioning

“powerhouse greens” like collard greens, kale, mustard greens, spinach, Swiss chard, turnip greens.

**GREENS, MIZUNA**

**Season:** spring–summer

**Flavor:** bitter, with pungent notes of grass, mustard, and/or pepper, a

crisp, tender texture

**Volume:** quiet (smaller leaves)–loud (larger leaves)

**Techniques:** boil, braise, pickle, raw, sauté, simmer, steam, stir-fry

**Botanical relatives:** coriander, **mustard**, parsley

almonds

apples

arugula

asparagus

avocado

beans, e.g., fava

beets

carrots

celery

cheese, e.g., goat, pecorino

chestnuts

*Chinese cuisine*

chives

coriander

cranberries, dried

cucumbers

edamame

frisée

ginger

**grains**, e.g., quinoa

**greens, milder salad**

honey

***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

**Flavor Affinities**

mizuna + almonds + plums

mizuna + avocado + tomato

mizuna + lemon + olive oil

**mizuna** + rice wine vinegar + sesame oil + sesame paste + soy sauce

**GREENS, MUSTARD**

**Season:** winter–spring

**Flavor:** bitter/hot, with sharp pungent/spicy notes of mustard

**Volume:** moderate/loud (when young)–**loud/very loud** (when older)

**Nutritional profile:** 69% carbs / 25% protein / 6% fat

**Calories:** 15 per 1-cup serving (raw, chopped)

**Protein:** 2 grams

**Techniques:** boil, braise, grill, puree, raw, sauté, simmer, steam, stew, stirfry, wilt

**Tips:** Put in boiling water (never cold water, which “sets” the bitterness).

Combine with miso or with other, milder-tasting vegetables to neutralize

mustard greens’ loudness.

**Botanical relatives:** cabbage

**Possible substitutes:** chard, escarole, kale, spinach

*African cuisines*

*Asian cuisines*

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

black-eyed peas

bread crumbs

capers

carrots

cashews

cayenne

celery

cheese, e.g., goat, Gouda (smoked), Parmesan, ricotta

chickpeas

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

chili powder

***Chinese cuisine***

cumin

currants

curry powder

dill

eggs

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

**Flavor Affinities**

mustard greens + capers + lemon

mustard greens + chiles + cumin + garlic + olive oil + vinegar mustard greens

+ cider vinegar + molasses + peanuts

**mustard greens + garlic + ginger** + soy sauce

**mustard greens + garlic + peanuts**

mustard greens + lemon juice + olive oil + walnuts

mustard greens + onions + tomatoes

mustard greens + scallions + sesame oil + tamari

**GREENS, SALAD—IN GENERAL**

**MIXED (e.g., MESCLUN) (see also ARUGULA, ENDIVE, ESCAROLE, FRISÉE, LETTUCE, MÂCHE, MIZUNA, RADICCHIO, SALAD DRESSINGS, SPINACH, WATERCRESS, etc.)**

**What they are:** encompasses all greens that may be served raw in salads, including lettuces (which are almost always best served raw)

**Note:** The mix of salad greens known as “mesclun” may include several of

the following: arugula + chervil + dandelion + endive + frisée + mizuna +

mustard greens + oak leaf lettuce + mâche + radicchio + sorrel

**Tip:** Rinse well, serve raw.

almonds

anise seeds

**apples**

**avocados**

basil

beets

blackberries

capers

celery

**cheese**, e.g., blue, Brie, goat, Gorgonzola

chervil

chives

cilantro

cranberries, dried

croutons

dill

fennel

**garlic**

hazelnuts

honey

**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

**Flavor Affinities**

mesclun greens + apples + celery + hazelnuts

mesclun greens + avocado + cilantro

mesclun greens + balsamic vinegar + garlic + mustard + olive oil

mesclun greens + blue cheese + pears

mesclun greens + goat cheese + pecans

mesclun greens + goat cheese + strawberries

mesclun greens + lentils + rice

**Dishes**

**Orchard Salad: Mesclun Lettuces, Seasonal Fruit, Toasted Pecans, Dried Bing Cherries, and**

**Sourdough Croutons, tossed in a Rosemary Vinaigrette**

—Angelica Kitchen (New York City)

**Mesclun Greens, Green Olives, Toasted Almonds, Lemon-Caper Vinaigrette**

—True Bistro (Somerville, MA)

**GREENS, TURNIP**

**Season:** autumn–winter

**Flavor:** bitter, with hot notes of mustard greens

**Volume: loud**

**Nutritional profile:** 81% carbs / 11% protein / 8% fat

**Calories:** 20 per 1-cup serving (raw, chopped)

**Protein:** 1 gram

**Techniques:** blanch first, then **sauté** or steam; boil or braise older, tougher

greens; otherwise, bake, sauté, wilt

apples

beans, e.g., pinto, white

black-eyed peas

bread crumbs

butter

cayenne

**cheese**, e.g., Parmesan, pecorino

chickpeas

**chiles**

**chili pepper flakes**

coconut

coconut milk

cream

cumin

curry powder

dashi

eggs

**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

**Flavor Affinities**

turnip greens + garlic + lemon + olive oil + onions

turnip greens + *pasta* + white beans

**Dishes**

**Turnip Greens, Garlic, Chiles, Mint, Pecorino**

—Heirloom at the Study (New Haven, CT)

**GRILLING**

Many vegetables

other plant-based foods are delicious when grilled, including these:

artichokes

asparagus

bell peppers

bok choy

*breads*

carrots

corn, e.g., on the cob (in husks)

eggplant

endive

fennel

garlic

*kebabs, e.g., fruit, mushrooms, tofu, vegetables, etc.*

leeks

mushrooms, e.g., portobello

onions

peaches

pineapple

*pizzas*

potatoes

*quesadillas*

rosemary

squash, e.g., summer

sweet potatoes

tofu

tomatoes

vegetables, root

zucchini

“I **grill** almost every vegetable—radishes, kohlrabi, cabbage. Even

spinach, kale, chard—I’ll put some olive oil

salt on them, pile

them up, grill them on high heat, flipping them twice. Grilled beets

are great, although I’ll parcook them for about five minutes first, so

they’re a little soft—and you can cook parsnips

radishes the same

way.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**GRITS**

**What it is:** grain—the coarsest grind of dried corn

**Nutritional profile:** 89% carbs / 8% protein / 3% fat

**Calories:** 145 per 1-cup serving (cooked with water)

**Protein:** 3 grams

**Techniques:** bake, boil (about 15–40 minutes), simmer

**Tip:** Look for coarse stone-ground grits, which contain bran

germ.

butter

cayenne

*cereals, hot breakfast*

chard

**cheese**, e.g., cheddar, Parmesan, pecorino, ricotta salata

chiles, e.g., green; chili pepper flakes

chili pepper sauce

cilantro

**corn**

cream

**eggs**

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

“Gary Jones of Le Manoir aux Quat’Saisons served a risotto ravioli that

was surprisingly delicious—and inspired me to fill my tortellini with

**grits**.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

**Dishes**

**Tortellini of Carolina Gold Rice Grits, Fall Vegetables, Butternut Butter Sauce**

—The Point (Saranac Lake, NY)

**GUAVA, GUAVA JUICE (or NECTAR), GUAVA**

**PASTE**

**Season:** summer–autumn

**Flavor: sweet**/sour, with floral

fruity notes (apple, pear, pineapple, and/or strawberry)

**Volume:** quiet (e.g., fresh)–moderate (e.g., sweet guava paste)

**Nutritional profile:** 75% carbs / 13% protein / 12% fat

**Calories:** 115 per 1-cup serving (raw)

**Protein:** 4 grams

**Techniques:** bake, juice, poach, raw

apples

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

**BANANAS**

*beverages, e.g., cocktails, juices*

cashews

**CHEESE**, e.g., cream, farmer’s, goat, manchego, queso blanco

chili pepper sauce

chocolate, e.g., white

*chutneys*

cinnamon

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

cloves

**coconut**, **coconut cream**, **coconut milk**

*compotes*

cream

***desserts****, e.g., cakes, cheesecakes*

fruits, other tropical, e.g., kiwi, mango, papaya, pineapple, star fruit

ginger

greens, e.g., salad

hazelnuts

honey

*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

**Flavor Affinities**

guava + cream cheese + sugar + *tamales*

**HAZELNUTS (aka FILBERTS)**

**Flavor:** slightly salty/sweet, with notes of butter (esp. when roasted), coconut, cream, grass (e.g., when raw), and/or smoke (e.g., when roasted), and a crisp, rich texture

**Volume:** quieter (e.g., raw)–louder (e.g., roasted)

**Nutritional profile:** 81% fat / 11% carbs / 8% protein

**Calories:** 360 per ½ cup (chopped)

**Protein:** 8 grams

**Techniques:** roast (275°F for 20–30 minutes), toast (350°F for 5 minutes)

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*

**CHEESE, e.g., blue**, feta, **goat**, Gorgonzola, Gruyère, manchego, ricotta, Taleggio

cherries

**CHOCOLATE**, e.g., dark, white

*chutneys*

**cinnamon**

coffee

espresso

couscous

cranberries

cream

*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

honey, e.g., chestnut

*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

**Flavor Affinities**

hazelnuts + apples + Brussels sprouts

hazelnuts + arugula + blue cheese + endive + radicchio

hazelnuts + asparagus + beets

hazelnuts + bananas + chocolate

hazelnuts + blue cheese + peaches

hazelnuts + brown sugar + cinnamon + pears

hazelnuts + caramel + dried apricots + chocolate

hazelnuts + feta cheese + grapes + salad greens

**hazelnuts + figs + goat or ricotta cheese**

hazelnuts + garlic + kale + sun-dried tomatoes

hazelnuts + goat cheese + pears

hazelnuts + goat cheese + raisins + spinach

hazelnuts + hazelnut oil + mandarin oranges + salad greens + vinegar

hazelnuts + mushrooms + parsley

**Dishes**

**Hazelnut Caramel Bombe: Dark Chocolate Mousse, Hazelnut Praline, Chocolate Cake, and**

**Chocolate Glaze**

—Portobello (Portland, OR)

**HERBS, DRIED**

**Volume:** typically louder than their fresh versions, so adjust accordingly

**Tip:** Use dried herbs early in the cooking process, as they need time to

reconstitute

release their flavor.

**HIZIKI (aka HIJIKI)**

[hee-ZEE-kee; hee-JEE-kee]

**Flavor:** salty, with notes of the earth and/or sea, a delicate yet firm

texture

**Volume:** moderate–**loud**

What it is: sea vegetable, with the appearance of dried black threads

**Calories:** 5 per ½-cup serving

**Protein:** 1 gram

**Techniques:** sauté, simmer (about 30–40 minutes)

**Tips:** Its grittiness requires it to be soaked (twice) in cold water for 10

minutes each time before use (discarding the gritty soaking water). Soaking

will also tame its saltiness. Also, hiziki will expand fourfold, taking on the

appearance of black angel hair pasta.

*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

cheese, Parmesan

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

**Flavor Affinities**

hiziki + brown rice + carrots + shiitake mushrooms

**hiziki + carrots** + garlic + ginger + miso + **sesame** (oil, seeds)

**hiziki + dashi + sesame oil + sesame seeds + soy sauce + tofu**

hiziki + garlic + ginger

hiziki + ginger + soy sauce

**hiziki + herbs + tartar sauce + tofu**

**hiziki + rice vinegar + sesame (oil, seeds) + soy sauce**

**hiziki + sesame oil + tamari**

**Dishes**

**Cape Cod Cakes: Blend of Hiziki Seaweed, Tofu, Herbs, served with Tartar Sauce**

—V-Note (New York City)

**HOMINY**

**Flavor:** notes of butter

corn, with a chewy texture

**Volume:** quiet

**What it is:** dried corn kernels that have had the germ

hull removed

avocado

**beans**, e.g., Anasazi, pinto, red

bell peppers

carrots

*casseroles*

celery

cheese, e.g., goat, Monterey Jack, queso fresco

**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**

**Flavor Affinities**

hominy + chiles + cilantro + tomatillos

**hominy + chiles + garlic + lime**

hominy + chiles + onions + oregano

**HONEY—IN GENERAL**

**Flavor:** sweet to very sweet, with astringent notes, a thick, syrupy

texture

**Volume:** quieter (e.g., acacia < clover)–louder (e.g., wildflower <

buckwheat)

**Nutritional profile:** 100% carbs

**Calories:** 65 per tablespoon

**Techniques:** raw

**Tip:** As a general rule, the darker the color of the honey, the greater its

nutritional value (e.g., antioxidants, minerals, vitamins).

**Possible substitutes:** agave nectar, brown rice syrup, maple syrup, molasses

**apples**

apricots

arugula

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

bananas

beans, e.g., dried

beets

*beverages, hot or iced, e.g., coffee, tea*

*breakfast dishes, e.g., cereals, French toast, pancakes, toast, waffles*

butter

cardamom

carrots

**CHEESE**, e.g., blue, cream, goat, pecorino, **ricotta**

chestnuts

chiles, e.g., jalapeños

chocolate

**cinnamon**

citrus

cloves

coconut

couscous

cream

*desserts, e.g., fruit*

*dips*

fennel

**FIGS**

fruit, e.g., dried, fresh

**ginger**

grains, e.g., quinoa

*granola*

grapefruit

**hazelnuts**

lavender

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

lentils

**lime**

*marinades*

**mascarpone**

melon, e.g., honeydew

mint

miso

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

nutmeg

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

oats

oatmeal

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

pears

pepper, black

plantains

plums

quince

quinoa

raisins

raspberries

rhubarb

rice

rosemary

***salad dressings***

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

*sandwiches, e.g., peanut butter*

***sauces****, e.g., barbecue, peanut*

seeds, e.g., pumpkin, sesame, sunflower

*smoothies*

**soy sauce**

*spreads, e.g., for biscuits, breads*

squash, winter, e.g., delicata

sugar, e.g., brown

tarragon

tofu

turnips

**vanilla**

vinegar, e.g., balsamic

yams

yogurt

**Flavor Affinities**

honey + almond + ricotta

**honey + figs + ricotta**

**honey + ginger + lemon/lime**

**HONEY, VEGAN (see also HONEY)**

**Flavor:** sweet, with notes of apples or apple blossoms, the texture of

honey

**What it is:** vegan honey substitute made from apples

**Tip:** Use 50/50 with agave nectar.

**Possible substitutes:** agave nectar, maple syrup

**Brand:** Bee Free Honee

“Bee-free **vegan honey** made from a reduction of apples is one of the

most amazing products I’ve ever come across. It looks

tastes just

like regular honey!”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**HORSERADISH— PREPARED or FRESH**

**Season:** summer–autumn

**Flavor:** bitter/very hot, with pungent notes of mustard and/or pepper

**Volume:** very loud

**Techniques:** grate, shred

**Tips:** Add just before serving. Opt for white (not pink) horseradish.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, kale, kohlrabi, land cress, **mustard**, radishes, rutabagas, turnips, watercress

**apples**

applesauce

arugula

avocado

**beans**, e.g., adzuki, *baked beans,* green, *purees*

**BEETS**

**beet juice**

*Bloody Marys*

butter

cabbage

carrots

cauliflower

celery

cheese

*chilled dishes*

**chives**

**cream**

crème fraîche

cucumbers

**dill**

***dips***

eggs, e.g., hard-boiled

*(Central*

*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

**Flavor Affinities**

horseradish + apples + carrots

horseradish + beets + lemon

horseradish + beets + rosemary + yogurt

horseradish + bitter greens (e.g., arugula, sorrel) + potatoes

horseradish + carrots + parsnips + potatoes

horseradish + celery + tomato juice

horseradish + chives + yogurt

horseradish + vinegar + yogurt

**HUCKLEBERRIES**

**Season:** summer

**Flavor:** sour/sweet, with notes of blueberries

**Volume:** moderate–loud

**Nutritional profile:** 94% carbs / 4% protein / 2% fat

**Calories:** 10 per 1-ounce serving (raw)

**Possible substitute:** blueberries

agave nectar

**apples**

bananas

buttermilk

cheese, cream, e.g., low-fat

*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

**Dishes**

**Golden Russet Pear Tart with Huckleberries**

**Crème Fraîche**

—Chez Panisse (Berkeley, CA)

**Huckleberry Pear Crisp with Walnut Streusel**

**Cinnamon Soy Gelato**

—Greens Restaurant (San Francisco)

**Apple Huckleberry Galette with Huckleberry Compote**

**Crème Fraîche Ice Cream**

—Greens Restaurant (San Francisco)

**Banana**

**Huckleberry “Twinkie”: Angel Food “Génoise,” Banana Custard, Huckleberry**

**Jam, Banana-Crème Fraîche Sherbet**

—Per Se (New York City)

**Huckleberry “Cheesecake”: Huckleberry Gelée**

**Graham Cracker Crumble**

—Picholine (New York City)

**HUITLACOCHE**

[weet-lah-COH-chay]

**Flavor:** umami, with complex earthy, pungent notes of corn, meat, mushrooms, and/or smoke

**Volume:** quiet–moderate

**What it is:** a fungus that grows on corn; known as corn smut or “Mexican

truffles”

avocado

*Central American cuisines*

**cheese**, e.g., cotija, goat, queso bianco

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

**Flavor Affinities**

huitlacoche + avocado + cheese + cilantro + mushrooms + onions + tortillas

huitlacoche + cheese + zucchini blossoms

huitlacoche + cilantro + corn + lime + lettuce + onions + tortillas

**Dishes**

**Huitlacoche y Hongos: Just-Made Tortillas with Organic Otter Creek Cheddar, Nichols**

**Farm Huitlacoche, Local Woodland Mushrooms, Herby Roasted Tomatillo Salsa**

—Topolobampo (Chicago)

**INDIAN CUISINE**

**Tip:** India is considered the world’s leading country for vegetarianism, which is espoused by an estimated 20–42 percent of its population.

allspice

almonds

anise seeds

beans

*breads*, esp. in northern India

**cardamom**

cashews

cassia (or cinnamon)

cauliflower

cayenne

cheese, e.g., paneer

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** (Indian spice blend that often includes bay leaf, black pepper, cardamom, cassia/ cinnamon, cloves, coriander, cumin, fennel, and/or

nutmeg)

**garlic**, esp. in northern India

ghee (clarified butter)

**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

**Flavor Affinities**

chiles + garlic + lime + peanuts + soy sauce + sugar

**IRISH MOSS**

**Flavor:** neutral, with a gelatinous texture

**Volume:** quiet

**What it is:** sea vegetable, used as a thickener (e.g., for desserts, vegan

cheeses)

**Nutritional profile:** 89% carbs / 8% protein / 3% fat

**Calories:** 15 per 1-ounce serving

**Tips:** Rinse *very* well (as it can be sandy in its raw form), soak in cold

water overnight or longer before using.

almond milk

bananas

*breads*

cacao

chocolate

*cheeses, vegan (e.g., nut-based)*

cinnamon

**coconut**

**coconut milk**

*creams, dessert (e.g., vegan whipped)*

***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*

**Flavor Affinities**

Irish moss + almond milk + banana + cinnamon + vanilla

Irish moss + cacao nibs + coconut + coconut milk

Irish moss + garlic + hemp seeds + herbs + lemon juice

“We use **Irish moss** as a thickener more than agar-agar. It provides a

better, creamier consistency, it sets beautifully, plus it’s higher in

nutritional value.”

—CASSIE

MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX, AZ)

**ISRAELI CUISINE (see also MEDITERRANEAN CUISINES)**

beans, e.g., fava

beets

bell peppers, red

*bread, e.g., pita*

cheese, e.g., feta

chickpeas, e.g. *hummus*

couscous, Israeli

*dips*

eggplant, e.g. *baba ghanoush*

*falafel*

harissa

honey

***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**

**butter**

cheeses, e.g., Asiago, Fontina, Gorgonzola, Parmesan, Taleggio

**cream**

**cream-based sauces**

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**

**cheese**, e.g., mozzarella, ricotta

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

**JACKFRUIT, UNRIPE GREEN**

**Season:** summer

**Flavor:** neutral, with faint notes of apple, banana, lychee, mango, melon

(e.g., cantaloupe), and/or pineapple;

the chewy, flaky, juicy, or meaty

texture of dry pineapple, shredded chicken, or pulled pork

**Volume: quiet**

**What it is:** tropical fruit

**Nutritional profile:** 92% carbs / 5% protein / 3% fat

**Calories:** 155 per 1-cup serving (sliced, raw)

**Protein:** 2 grams

**Technique:** marinate

**Tips:** Look in Asian or Indian markets for unripe (aka green or young)

jackfruit in cans (packed in brine, not sweet syrup!) or frozen (packed in

brine). Chef Susan Feniger prefers using shredded

cooked jackfruit to

processed faux meats in Street’s vegan dishes such as baos

tacos. She

has found that jackfruit takes on whatever flavors it’s cooked with

even

fools meat eaters. You’ll typically want to rinse, drain, shred before

using; alternatively, cut into bite-sized triangles, as you would pineapple.

Jackfruit is the world’s largest tree fruit

can grow up to three feet long.

Keep an eye out for products from Annie Ryu’s Global Village Fruits.

*Asian cuisines*

bananas

***barbecue dishes***

barbecue sauce

bay leaf

bell peppers

*biryani*

butter or Earth Balance “butter”

*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

**Flavor Affinities**

jackfruit + barbecue sauce + liquid smoke + *“pulled pork”*

jackfruit + bell peppers + coconut milk + *curries* + curry paste + garlic +

lemongrass

jackfruit + cilantro + onions + salsa + *tacos* + tortillas

jackfruit + coriander + cumin + *curries* + tomatoes + turmeric

jackfruit + coriander + *gyros* + lemon + oregano + *pita bread* + soy sauce +

tzatziki

“In eastern India, **jackfruit** is eaten ripe as a fruit, but in northern India

it’s more often eaten green [i.e., unripe] as a vegetable, where it’s added

to biryani.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**Dishes**

**Dum Biryani: A time-honored Mughal Rice Dish, slowly baked in a Handi Pot sealed with**

**Naan Dough: Jackfruit, Potatoes, whole Spices**

—Tulsi (New York City)

**JAGGERY**

**Flavor:** sweet; aromatic, with notes of butter, caramel, maple syrup, and/or

molasses

**Volume:** quiet–moderate

**What it is:** unrefined sugar made from cane or palm

**Possible substitute:** dark brown sugar

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**

**Flavor Affinities**

jaggery + cardamom + cashews + coconut milk + raisins

**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

**Flavor Affinities**

garlic + ginger + soy sauce

ginger + sake + soy sauce

ginger + scallions + soy sauce

**JÍCAMA**

[HEE-kah-mah]

**Season:** winter–spring

**Flavor:** slightly sweet, with notes of water chestnuts, crispy/crunchy and

juicy texture

**Volume:** quiet

**What it is:** root vegetable

**Nutritional profile:** 93% carbs / 5% protein / 2% fat

**Calories:** 50 per 1-cup serving (raw, sliced)

**Protein:** 1 gram

**Techniques:** bake, boil, braise, fry, **raw**, sauté, shred, steam, stir-fry

**Tips:** Peel before using. Slice thinly

serve instead of chips with

guacamole, hummus, or other dips.

**Botanical relative:** sweet potato

**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

**Flavor Affinities**

jícama + apples + zucchini

jícama + arugula + horseradish + mustard + red onions

**jícama + avocado +** cilantro + **citrus** (e.g., grapefruit, orange)

**jícama + avocado + citrus** (e.g., orange, grapefruit) + radishes

jícama + black beans + cucumbers + mint + rice wine vinegar

**jícama + cayenne** + cilantro + **lime** + onions + orange + **papaya**

**jícama + cayenne** + greens + lemon + **lime + papaya**

jícama + chili pepper flakes + lime + peanuts

**JÍCAMA + CHILI POWDER + LIME JUICE + SALT**

**JÍCAMA + CILANTRO + ORANGE**

**jícama + cucumbers + lime**

jícama + grapefruit + pecans + red cabbage + *salads*

**Dishes**

**Jícama Street Snack: Jícama, Cucumber, Pineapple, Fresh Lime, Crushed Guajillo Chile**

—Frontera Grill (Chicago)

**JUICES (see also SMOOTHIES)**

**Technique Tips:** We love our Champion juicer (as do many of the other

experts interviewed for this book)

know others who are happy with their

Omega juicers. Diane Forley of Flourish makes juice in her Vitamix, adding

a little water

then straining the juice through a nut milk bag—and finds

the cleanup even easier than with a juicer.

**Flavor Tips:** Avoid mixing kale with romaine, which ends up “tasting like

mud,” according to NYC’s Blossom owner Pamela Elizabeth. To add a

sweet note, mix green juices with agave nectar, beets, coconut water, dates, fruit, honey, or maple syrup.

“My favorite green **juice** is made from apples, celery, collard greens, kale, lemon.”

—DIANE FORLEY, FLOURISH (SCARSDALE, NEW YORK)

“My default morning **juice** is one made from cilantro, fennel, ginger, kale, lemon, pears, pineapple.”

—MATTHEW KENNEY, M.A.K.E. (SANTA MONICA)

“A dash of lemon juice is the best way to cut the ‘fresh-mown grass’

flavor of some of the stronger **green juices**. Even better is adding lemon

juice, apple juice, ginger.”

—MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

**JUNIPER BERRIES**

**Flavor: bitter**/sour/sweet; aromatic, with astringent notes of gin, lemon, and/or pine resin

**Volume:** moderate–loud

**Possible substitute:** gin

apples

artichokes, Jerusalem

bay leaf

*bread*

butter

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

caraway seeds

cheese

*choucroute*

eggs

fennel

garlic

*gin*

*marinades*

oil, olive

*pastas*

pepper, black

*pickles*

**potatoes**

rice

rosemary

sage

***sauerkraut***

squash, winter

*stuffings*

sweet potatoes

vegetables, root

vinegar

**Flavor Affinities**

juniper berries + apples + fennel

juniper berries + garlic + potatoes

**KAFFIR LIME**

**KAFFIR LIME LEAVES**

**Flavor:** bitter/**sour**, aromatic, with astringent or pungent notes of citrus, flowers, and/or lemon;

a chewy texture

**Volume:** moderate–**loud**

**What it is:** Southeast Asian citrus fruit

**Technique:** stir-fry

**Tips:** While also used for its juice

zest, this fruit is especially valued for

its aromatic leaves.

**Possible substitute:** lime zest

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

**Flavor Affinities**

Kaffir lime leaf + carrots + lemongrass + *soups*

Kaffir lime leaf + coconut milk + galangal + lemongrass

Kaffir lime leaf + coconut milk + peanuts + tofu

Kaffir lime leaf + ginger + lemongrass + lime

Kaffir lime leaf + rice + turmeric

**KALE**

**Season:** autumn–spring

**Flavor: bitter**/sweet (esp. in winter), with pungent notes of cabbage, a

rather tough texture

**Volume:** quiet–**moderate**

**What it is:** leafy, green vegetable

**Nutritional profile:** 72% carbs / 16% protein / 12% fat

**Calories:** 35 per 1-cup serving (raw, chopped)

**Protein:** 2 grams

**Techniques:** blanch, boil (4–5 minutes), braise, grill, long cooking, marinate, parboil, puree, raw, sauté (about 8 minutes over medium heat), steam (4–5

minutes), stew, stir-fry

**Tips: Opt for organic kale.** Many kale aficionados prefer the variety

known as black kale (aka dinosaur kale or Tuscan kale), for its greater flavor

complexity

silky texture. Macerate (and marinate) raw kale in Dijon

mustard to flavor it

soften its texture.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, horseradish, kohlrabi, land cress, radishes, rutabagas, turnips, watercress

**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

butter, brown

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

capers

**caraway seeds**

**carrots**

cashews

*casseroles*

cauliflower

cayenne

celery

celery root

chard

**CHEESE**, e.g., **cheddar**, cottage, **feta**, goat, Gruyère, mozzarella, **PARMESAN, pecorino,** provolone, ricotta, ricotta salata, Romano, Swiss, vegan

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**

cream

cumin

curries

dates

dill

dulse

**eggs**, e.g., *frittatas*, hard-boiled, *omelets*, poached, *quiches*

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

**Flavor Affinities**

kale + apples + vinegar (e.g, balsamic, cider) + walnuts

kale + avocado + dried apricots + lemon + orange + pistachios + raisins + soy

sauce

kale + avocado + mushrooms + red onions

kale + balsamic vinegar + beets + feta cheese + walnuts

kale + balsamic vinegar + oranges + pistachios + tomatoes

kale + basil + noodles + sesame sauce

**kale + beets + walnuts**

kale + brown rice + garlic + ginger + soy sauce

kale + butternut squash + *risotto* + tomatoes

kale + capers + Parmesan cheese + *pasta*

**kale + cheese** (e.g., cheddar) + **fruit** (e.g., apples) + **nuts** (e.g., almonds)

kale + chickpeas + feta cheese + lemon

kale + chickpeas + mushrooms

kale + chickpeas + Parmesan cheese + *soups*

**kale + chiles + garlic** + ginger

**kale + chili flakes + garlic + olive oil** + Parmesan cheese + pine nuts

kale + chili paste + egg + garlic + potatoes

kale + flaxseed oil + lemon juice + tamari

**kale + garlic** + hard-boiled egg + lemon + Parmesan cheese

**KALE + GARLIC + LEMON**

**KALE + GARLIC + LEMON + OLIVE OIL**

**kale + garlic + lemon + olive oil** + pine nuts

**kale + garlic + olive oil** + Parmesan cheese + red wine vinegar

**kale** + garlic + **sesame oil/seeds + soy sauce** + vinegar

kale + garlic + shiitake mushrooms

**kale + garlic + soy sauce**

kale + ginger + tahini

kale + grapefruit + red onions

kale + miso + sesame seeds + tofu + walnuts

kale + olive oil + olives + *pasta* + pine nuts

kale + olive oil + onions + orange + raisins

kale + rosemary + white beans

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Kale** isn’t a summer crop, but there’s so much demand for it that it’s

served year-round. In the summer, the hot sun can make it more bitter

and tougher, so it’s less of a salad green

more of a braising green, requiring longer cooking to soften it.”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

“If I’m making a **kale** salad, I’ll massage the kale with oil

maybe

Dijon mustard. I want a combination of acid, oil, salt.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“I love serving charred **kale** with smoked tofu, which I’ll mince like

bacon bits

let provide the same kind of smoky accent.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

“I love **kale**—and was an early adapter. I’ve only eaten it raw over the

past couple of years. Before that, I preferred it braised, or sautéed with

garlic

olive oil, or added to pasta along with feta cheese

pine

nuts.”

—MOLLIE KATZEN, AUTHOR OF *THE MOOSEWOOD COOKBOOK*

*THE HEART*

*OF THE PLATE*

“We go through crates

crates of **kale** every week, always prefer

the less bitter, more refined blue-green Tuscan kale over regular kale, which is much tougher. With either kale, we’ll marinate it in garlic, lemon juice, olive oil to soften it.”

—CASSIE

MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

“I’ll use my hands to massage avocado into **kale** leaves, season

them with salt

pepper

lemon juice.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**Dishes**

**Marinated Kale Salad: Chopped Marinated Kale, Olives, Avocado, Walnuts, Creamy**

**Garlic Dulse Dressing**

—118 Degrees (California)

**Kale Salad with Lemon, Serrano Chiles, Mint**

—ABC Kitchen (New York City)

**Chiffonade of Kale with Miso-Marinated Tofu Feta, Diced Sun-Dried Tomatoes, Toasted**

**Walnuts, dressed with Olive Oil, Lemon, Garlic**

—Angelica Kitchen (New York City)

**Thai Me Up: An All-Raw Entree: Delicate strands of Daikon Radish, Butternut Squash, and**

**Carrot, on a bed of Garlic-Lemon Marinated Kale, dressed with Thai Tahini Sauce**

—Angelica Kitchen (New York City)

**Tuscan Kale Salad: Dried Cranberry, Pine Nut, Pecorino Romano**

—Boulud Sud (New York City)

**The Best Kale Salad: Baby Kale, Sunflower Seed Tahini, Avocado, Green Apples, Toasted**

**Sunflower Seeds, Smoked Sea Salt**

—The Butcher’s Daughter (New York City)

**Spicy Kale Caesar Salad: Baby Kale, Avocado, Almond Parmesan, Toasted Almonds, Crispy**

**Shallots, 7-Grain Croutons**

—The Butcher’s Daughter (New York City)

**Kale**

**Radicchio Salad: Candied Walnut, Grapes, Shaved Pecorino, Sherry Vinaigrette**

—Café Boulud (New York City)

**Kale Spanakopita: Harissa Spiced Smoked Tomato Fondu / Mint Oil**

—Crossroads (Los Angeles)

**Red Chile Kale: Local Black Kale, Guajillo Chile Sauce, Local Potatoes, Wood-Grilled**

**Onions, Anejo Cheese**

—Frontera Grill (Chicago)

**Raw Kale**

**Apples Salad: Marinated Kale, Apples, Red Cabbage, Shaved Fennel**

**tossed in a Cucumber Mint Dressing, topped with Beet Curls**

—Great Sage (Clarksville, MD)

**Grilled Spicy Kale: Chili, Garlic, Local Sunny Egg**

—Hotel Fauchère (Milford, PA)

**Warm Kale Salad, Avocado, Corn Chips, Spicy Carrots, Chipotle Dressing**

—M.A.K.E. (Santa Monica)

**Kale Salad with Basil, Almonds, Mango Pickle with Tahini Dressing**

**Sesame Wafer**

—Oleana (Cambridge, MA)

**Smoky Kale with Spanish Almonds, Smoked Tofu, Roasted Garlic**

—Plum Bistro (Seattle)

**Raw Kale Salad with Ginger Oil, Tamari, Raw Tofu, Seaweed, Lime Juice**

—Plum Bistro (Seattle)

**Rennie’s Peanut-Kale Salad: Hearty Kale, Carrots, Butternut Squash, Red Peppers, in a**

**Peanut-Cider Marinade**

—Seva (Ann Arbor, MI)

**Tuscan Black Kale, tossed with Lemon Juice, Olive Oil, Garlic, Chili Pepper Flakes, Grated**

**Pecorino Tuscano Cheese, Bread Crumbs**

—True Food Kitchen (Phoenix)

**KALE, BLACK (aka CAVOLO NERO, DINOSAUR**

**KALE, LACINATO KALE, or TUSCAN KALE)**

**Flavor:** slightly sweet (and less bitter), with more flavor complexity

a

silkier texture than green kale

**Volume:** quieter than regular kale

almonds

beans, e.g., borlotti, white

bread crumbs, e.g., whole-wheat

cheese, e.g., Parmesan, pecorino

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

**Flavor Affinities**

**black kale** + almonds + **garlic + olive oil**

**black kale** + chili pepper flakes + **garlic** + lemon + **olive oil** + pecorino

**black kale + garlic** + new potatoes + **olive oil**

black kale + potatoes + sage

**KAMUT**

[kah-MOOT]

**Flavor:** slightly sweet, with rich notes of butter and/or nuts, a rich, chewy texture

**Volume:** quiet–moderate

**What it is:** a whole-grain wheat, aka Khorasan wheat

**Gluten-free:** no

**Nutritional profile:** 79% carbs / 16% protein / 5% fats

**Calories:** 250 per 1-cup serving (cooked)

**Protein:** 11 grams

**Techniques:** pressure-cook, slow cook, steam

**Timing:** Cook presoaked kamut about 15–20 minutes, covered; unsoaked, it

can take up to 2 hours to become tender.

**Ratio:** 1:4 (1 cup kamut to 4 cups cooking liquid)

**Botanical relatives:** barley, corn, rye, spelt, triticale, wheat

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

butter

buttermilk

cabbage, e.g., savoy

**carrots**

cashews

**celery**

celery root

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

**cheese**, e.g., feta, goat, Parmesan

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

honey

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

**Flavor Affinities**

kamut + apples + pecans + vanilla

kamut + dried cranberries + winter squash

kamut + kidney beans + mushrooms

**Dishes**

**Winter Squash Kamut Risotto: Grilled Maitake Mushrooms, Cashew Cream, Fresh Shelling**

**Beans, Roasted Blue Banana Squash, Braised Fennel**

**Leek, Fall Greens, Fried Capers, Lemon Zest, Porcini Oil, Squash Tempura**

—Millennium (San Francisco)

**KANTEN**

**What it is:** a firm, opaque, gelatin-like dessert made with fruit juice (and

often served with fruit), agar-agar, kuzu

**Ratio:** 1 quart fruit juice (e.g., apple) + 4 tablespoons agar flakes + 2

tablespoons kuzu

**Tips:** Try substituting ginger or green tea for fruit juice. Serve with cashew

cream or whipped cream and/or fruit. Vary kanten by the season: autumn:

cranberries + pears *winter*: adzuki beans + chestnuts *spring:* berries + lemon

*summer:* apples + peaches

Try making kanten with the following fruits:

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)**

**Flavor:** slightly bitter, with earthy notes of nuts

toast, a crunchy

texture

**Volume: loud**

**What it is:** whole grain (toasted buckwheat groats)

**Nutritional profile:** 82% carbs / 12% protein / 6% fat

**Calories:** 155 per 1-cup serving (cooked)

**Protein:** 6 grams

**Timing:** Cook about 15 minutes, covered; let stand 10 minutes before

serving.

**Ratio:** 1:2 (1 cup kasha to 2 cups cooking liquid)

**Botanical relative:** rhubarb

apples

beans, green

beets

bell peppers

**cabbage**

**carrots**

*casseroles*

cauliflower

celery

chickpeas

chili pepper paste

corn

*croquettes*

cucumbers

dates

**DILL**

***Eastern European cuisines***

**eggs**, e.g., hard-boiled

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

**Flavor Affinities**

kasha + dates + pistachios

kasha + dill + mushrooms

kasha + gravy + mushrooms + onions

kasha + onions + *pasta* + watercress

“I love **kasha** in salads, where its earthy flavor is balanced nicely by the

sweetness of corn. Not only is it great in stuffed cabbage

pilafs, but

I like it as croquettes: I’ll make them from kasha

mashed potatoes, browning them in a skillet, serving them with a sauce or just some

caramelized onions.”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

**Dishes**

**The Butcher’s Burger: Kasha Portobello Burger, Cashew Cheddar Cheese, Bibb Lettuce, Heirloom Tomatoes, Pickles**

**Special Sauce, served with Roasted Potato Wedges and**

**Housemade Ketchup**

—The Butcher’s Daughter (New York City)

**KELP, KELP GRANULES, KELP POWDER (see also**

**ARAME, KOMBU, SEA VEGETABLES, WAKAME)**

**Flavor:** salty, with notes of the sea

**Volume:** quiet/moderate (e.g., powder)–moderate/loud (e.g., granules)

**What it is:** a family of sea vegetables

**Nutritional profile:** 79% carbs / 11% fat / 10% protein

**Calories:** 5 per 2-tablespoon serving (raw)

**Tip:** Season mashed chickpeas or tofu with kelp powder to give mock tuna

salad a seafood-like flavor.

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

**Flavor Affinities**

kelp + rice vinegar + soy sauce + sushi rice

kelp powder + celery + lemon juice + mayonnaise + *salads* + scallions + soy

sauce + tofu

**KIWI (aka KIWIFRUIT)**

**Season:** late autumn–spring

**Flavor:** sweet/sour, with notes of melon and/or strawberries, a soft

texture punctuated by tiny, crunchy seeds

**Volume:** quiet–moderate

**Nutritional profile:** 87% carbs / 7% fats / 6% protein

**Calories:** 110 per 1-cup serving (raw)

**Protein:** 2 grams

**Technique:** raw

**Tip:** When stored at room temperature, kiwi will continue to sweeten.

almonds

apples

**avocado**

**bananas**

berries

brown rice syrup

cashews

**cereals, breakfast**

cheese, cream

cherries

chocolate, e.g., dark, white

cinnamon

citrus

**coconut**

Cointreau

cream

**ice cream**

cucumbers

*desserts*

*drinks*

ginger

grapefruit

grapes

greens, e.g., baby

hazelnuts

**honey**

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; sweet, e.g., ice wine

yogurt

**Flavor Affinities**

kiwi + bananas + orange juice

kiwi + bananas + strawberries

**kiwi + honey + lime**

kiwi + mint + yogurt

**KOHLRABI**

**Season:** summer–autumn

**Flavor:** slightly sweet, with notes of broccoli, cabbage, cauliflower, cucumber, mustard, radish, turnip, and/or water chestnut;

a crisp, crunchy, juicy texture

**Volume: quieter** (esp. when younger)–louder (esp. when older)

**Nutritional profile:** 82% carbs / 15% protein / 3% fats

**Calories:** 40 per 1-cup serving (raw)

**Protein:** 2 grams

**Techniques: boil** (20–30 minutes), braise, glaze, grate, grill, parboil, puree, raw, roast, sauté, steam (about 30–45 minutes), stew, stir-fry, stuff

**Botanical relatives:** other cruciferous vegetables, e.g., broccoli, Brussels

sprouts, **cabbage**, cauliflower, collard greens, kale

**Factoid:** Chicago chef Stephanie Izard is kohlrabi’s self-described numberone

fan.

almonds

anise

apples

basil

beans

blueberries

broccoli

butter

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

caraway seeds

carrots

*casseroles*

cayenne

celery

**celery root**

**CHEESE**, e.g., blue, feta, goat, Gouda, **Parmesan**, ricotta, Swiss

chervil

chiles

*(Southern) Chinese cuisine*

chives

corn

couscous

cream

*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

**Flavor Affinities**

kohlrabi + apples + lemon + mustard + *slaws*

kohlrabi + basil + mushrooms

kohlrabi + celery root + nutmeg + onions + potatoes

kohlrabi + chili pepper flakes + mustard

kohlrabi + chives + lemon

kohlrabi + cream + *German cuisine* + nutmeg

**kohlrabi + dill + feta cheese** + *Greek cuisine*

**kohlrabi + dill** + horseradish + lemon juice + **sour cream**

kohlrabi + garlic + Parmesan cheese + parsley + risotto

kohlrabi + garlic + soy sauce

kohlrabi + paprika + sour cream

kohlrabi + sesame seeds + soy sauce

“**Kohlrabi** can be cubed

smoked, then baked in a hotel pan with

stock

oil so that it confits but is still toothsome. It’s great in a root

vegetable Bolognese, served with polenta

portobello mushrooms.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Kohlrabi Salad with Fennel, Evalon [semi-firm goat cheese], Toasted Almonds, Roasted**

**Shiitakes, Pears**

**Ginger Dressing**

—Girl & the Goat (Chicago)

**“Purple” Kohlrabi braised with a broth of its roasted leaves, Wild Rice, Ricotta, Dill**

—Oxheart (Houston)

**KOMBU**

**Flavor:** slightly sweet/umami, with notes of the sea

**Volume: moderate**–loud

**What it is:** sea vegetable (a type of edible kelp), used as a flavor enhancer

**Techniques:** deep-fry, pickle, roast, simmer, stew

**Tips:** Kombu breaks down indigestible sugars in beans. Soak

chop

kombu before adding to salads

vegetable dishes. Use kombu

water

to make vegetarian dashi (shojin dashi). Kombu adds richness to soup

stocks.

**Botanical relative:** kelp

**BEANS,** e.g., adzuki, cannellini, dried, lima

carrots

cilantro

cream

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

**Flavor Affinities**

kombu + carrots + kale + miso + shiitake mushrooms

kombu + ginger + shiitake mushrooms

kombu + miso + onions + shiitake mushrooms

kombu + miso + shiitake mushrooms + tofu + wakame

“I had no clue how to create a vegan seafood dish. Creating vegan clam

chowder was a by-product of having extra **kombu** broth around. We

ended up adding some potatoes, smoked oyster mushrooms, cashew

cream to replace traditional cream, it worked out great.”

—TAL RONNEN, CROSSROADS (LOS ANGELES)

**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

**Flavor Affinities**

**CHILI PEPPER PASTE + SOY SAUCE + SOYBEAN PASTE**

**KUMQUAT**

**Season:** autumn–**winter**

**Flavor: bitter/sweet**/sour, with sweet edible skin

a juicy texture

**Volume:** moderate–loud

**Nutritional profile:** 81% carbs / 10% fats / 9% protein

**Calories:** 15 per kumquat (raw)

**Techniques:** candy, pickle, raw, stew

**Botanical relatives:** grapefruit, lemon, lime, orange

anise

apples, esp. green

apricots

arugula

avocado

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

bananas

**beets**

blueberries

brandy

bulgur

butter

buttermilk

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

**honey**

*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

**Flavor Affinities**

kumquat + avocado + beet + citrus

**Dishes**

**White Chocolate Panna Cotta, Candied Kumquats, Dates, Toasted Walnuts**

—Print (New York City)

**KUZU (aka KUDZU ROOT)**

**Flavor:** neutral

**Volume:** very quiet

**What it is:** a root-based starch that serves as a **thickening agent**

**Ratio:** 1½ tablespoons kuzu per 1 cup cooking liquid for gravies, sauces; 2

tablespoons kuzu per 1 cup liquid for gelling liquids

**Tip:** Dissolve kuzu in a little cold water before adding to other ingredients.

**Possible substitute:** arrowroot

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

**Flavor Affinities**

kuzu + bay leaf + mushroom stock + onion + sesame oil + soy sauce

kuzu + *gravies* + sesame seeds + tamari

**LAMB’S-QUARTER (aka QUELITE or WILD SPINACH;**

**see also tips for GREENS, AMARANTH;**

**SPINACH)**

**Season:** summer

**Flavor:** notes of asparagus, nuts (peanuts, walnuts), and/or spinach, with a

soft texture

**Volume:** moderate–loud

**Nutritional profile:** 58% carbs / 24% protein / 18% fats

**Calories:** 60 per 1-cup serving (chopped, boiled)

**Protein:** 6 grams

**Techniques:** bake, sauté, steam (better cooked than raw)

**Tips:** Put in boiling water (never cold water, which sets the bitterness).

Cooking brings out its nuttiness. Combine with miso or other, milder

vegetables to quiet its flavor.

**Botanical relatives:** chard, epazote, spinach

**Possible substitutes:** amaranth greens, spinach

almonds

asparagus

avocado

**beans**, e.g., Anasazi, pinto

*casseroles*

cayenne

celery root

**cheese**, e.g., goat, Monterey Jack, Muenster, Parmesan

**chiles**, e.g., jalapeño

chili paste

chives

cilantro

cream

crema, Mexican

**eggs**, e.g., *omelets, quiches,* scrambled

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**

**Flavor Affinities**

lamb’s-quarter + chipotle chiles + cilantro + garlic + tomatoes + tortillas

lamb’s-quarter + eggs + mushrooms + potatoes

lamb’s-quarter + garlic + olive oil

**LAMB’S LETTUCE (see LETTUCE, LAMB’S)**

**LAND CRESS (aka GARDEN CRESS; see also**

**WATERCRESS)**

**Flavor:** mild (esp. in winter) to hot (esp. in summer), with notes of arugula, horseradish, mustard, pepper, and/or watercress, a crunchy texture

**Volume:** quiet–loud

**Nutritional profile:** 62% carbs / 20% protein / 18% fats

**Calories:** 20 per 1-cup serving (raw)

**Protein:** 1 gram

**Techniques:** cooked, raw

**Botanical relative:** mustard

**Possible substitute:** watercress

beets

butter

carrots

cauliflower

celery

dashi

eggs, e.g., hard-boiled

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**

**Flavor:** bitter/sour/sweet; very aromatic, with pungent notes of flowers, herbs, lemon, and/or woods

**Volume: loud**

**Techniques:** fresh, cook, infuse

**Botanical relatives:** basil, marjoram, mint, oregano, rosemary, sage, summer

savory, thyme

**Possible substitute:** caraway seeds

**apricots**

arugula

***BAKED GOODS****, e.g., biscotti, cakes, cookies, scones, shortbread*

basil

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

butter

*candies*

caraway seeds

carrots

**cheese**, e.g., blue, fromage blanc, **goat**, Gorgonzola

cherries

cinnamon

citrus, e.g., juice

coconut

corn

**cream**, **crème fraîche**, ***ice cream***

***custards***

*desserts*

*drinks, e.g., lemonade*

**figs**

***French cuisine****, esp. Provençal*

fruit

fruit preserves

guava

***herbes de Provence***

**HONEY**

***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

**Flavor Affinities**

lavender + butter + rosemary

lavender + blue cheese + figs + honey

“I like to dry my herbs from fresh while still green

run them through

a coffee grinder to make a seasoning salt—for example, dried rosemary

with salt, or dried **lavender** with sugar.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**LEEKS**

**Season:** autumn–spring

**Flavor:** slightly sweet, with notes of onions

**Volume:** quiet

**Nutritional profile:** 89% carbs / 7% protein / 4% fats

**Calories:** 55 per 1-cup serving (raw)

**Protein:** 1 gram

**Techniques:** boil, braise, fry, grill, pressure-cook (2–4 minutes), roast, sauté, steam (5–6 minutes), stew, stir-fry (2–3 minutes)

**Tips:** Very, very carefully rinse away all dirt or sand between leek layers

with cold water. Add early in the cooking process. Do not overcook (or

brown), or leeks become bitter.

**Botanical relatives:** asparagus, chives, garlic, **onions**, shallots

**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

**butter**

cabbage

capers

**carrots**

***casseroles***

**celery**

**CHEESE,** e.g., **blue, cheddar**, feta, **GOAT**, Gorgonzola, **GRUYÈRE**, halloumi, mozzarella, **PARMESAN**, ricotta, sheep’s milk

**chervil**

chestnuts

**chives**

coconut milk

**cream**

crème fraîche

*custards*

*flans*

**dill**

**EGGS**, e.g., fried, *frittatas,* hard-boiled, *omelets, quiches,* scrambled, *soufflés*

**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

**Flavor Affinities**

leeks + blue cheese + thyme

leeks + butternut squash + thyme

**leeks + carrots + celery + onions**

**leeks + celery + onions** + potatoes + stock

leeks (+ cream) + Dijon mustard + garlic + thyme + white wine

leeks + eggs + Gruyère cheese + *quiche*

leeks + fennel + Gorgonzola cheese

leeks + fennel + lemon + thyme

leeks + feta cheese + garlic + nutmeg + ricotta + spinach

leeks + garlic + lemon

leeks + lemon + mustard

leeks + onions + tomatoes

leeks + potatoes + watercress

**Dishes**

**Braised Leeks with Mozzarella, Mustard Bread Crumbs, a Fried Egg**

—FnB Restaurant (Scottsdale, AZ)

**Leek Tart, Thyme, Cashew Cheese, Herbed Olive Oil Crust, Arugula**

—True Bistro (Somerville, MA)

**Leeks with Pumpkin Seed Romesco Sauce**

—Vedge (Philadelphia)

**LEGUMES (see also specific BEANS, CHICKPEAS, LENTILS, PEANUTS, PEAS, SOYBEANS)**

**Tip:** Many chefs are experimenting with smoking legumes to enhance their

“meatiness.”

**Cooking Legumes**

There are three major categories of legumes:

pulses, including chickpeas, lentils, dried beans, dried peas

fresh beans

fresh peas

peanuts

soybeans

It’s best to follow the specific directions on the package of legumes you are using

to

understand that timing can still vary depending on a number of factors, including heat level and

heat conductivity of the pot you use. However, here are some helpful rules of thumb:

Rinse legumes to remove any dirt or foreign objects (e.g., tiny pebbles).

Soak most legumes overnight in water before cooking. This shortens their cooking time and

increases their digestibility. Discard the soaking water. (If time is of the essence, legumes can

still benefit from a quick soak achieved by bringing them to a boil in water, then removing

from heat, letting them stand for at least an hour. Drain

rinse before proceeding.)

Combine legumes with cooking liquid (e.g., water, stock) in a pot. Bring to a boil, then reduce

heat to low, partially covering the pot, simmer. Check to ensure that the desired tenderness

has been achieved, then remove from heat.

**LEMONGRASS**

**Flavor: sour**/sweet, with notes of citrus (e.g., lemon or lemon zest) and/or

flowers

**Volume:** quiet–moderate/loud

**What it is:** Southeast Asian grass used as a flavoring

**Techniques:** puree, simmer

**Tips:** Use fresh. Remove whole stalks after cooking

before serving.

Otherwise, puree or slice these fibrous stalks very, very thinly.

**Possible substitute:** lemon zest

***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

**Flavor Affinities**

lemongrass + chiles + garlic + ginger + shallots

lemongrass + coconut + lime + pineapple + yogurt

lemongrass + coconut + lychee + mango + mint + papaya + pineapple +

*salads*

lemongrass + coconut milk + palm sugar

**lemongrass + garlic + ginger**

**LEMONS**

**Flavor:** sour, with floral notes

**Volume:** moderate–**loud**

**What they are:** citrus fruit

**Nutritional profile:** 63% carbs / 24% protein / 13% fat

**Calories:** 20 per medium lemon (raw, with peel)

**Protein:** 1 gram

**Tip:** Use both the juice (for vitamin C)

the zest (for limonin and

limonene).

**Botanical relatives:** grapefruit, kumquat, lime, orange

*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**

**butter**

**capers**

cardamom

carrots

**cauliflower**

**cheese**, e.g., cream, goat, pecorino, **ricotta**

***cheesecake***

chickpeas

chives

chocolate

**COCONUT**

coriander

corn

couscous

cream

cucumbers

cumin

currants

*desserts, e.g., cheesecake, puddings*

dill

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

edamame

eggplant

eggs

**fennel**

flax, e.g., oil, seeds

**GARLIC**

**GINGER**

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

***Greek cuisine***

*gremolatas*

guavas

hazelnuts

herbs

**HONEY**

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**

**Flavor Affinities**

lemon + almond + coconut

lemon + apples + honey + romaine + *salads*

lemon + arugula + Parmesan cheese

lemon + asparagus + black pepper + *pasta*

lemon + asparagus + lemon + pecans + rice

lemon + basil + mint

lemon + blueberries + honey + ricotta

lemon + blueberries + yogurt

**lemon + capers + *sauces* + white wine**

lemon + cauliflower + tahini

lemon + coconut + strawberries

lemon + cream + *sauces* + tarragon

lemon + garlic + mustard + olive oil + oregano + vinegar

lemon + garlic + oregano

**LEMON + GARLIC + PARSLEY**

lemon + green beans + parsley

lemon + mint + zucchini

lemon + risotto + thyme + zucchini

“**Lemon juice** is one of the most important ingredients I use as a raw

chef. In addition to being a seasoning, it is a tenderizer that gives

vegetables pliability.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**Dishes**

**White Chocolate Lemon Mousse, Roasted Pineapple, Lemon Almond Tuile**

—Green Zebra (Chicago)

**Lemon Bar: Almond Coconut Crust, Tart Lemon Custard**

—Pure Food

Wine (New York City)

**LEMONS, MEYER**

**Season:** autumn–spring

**Flavor:** sour/sweet, with notes of lemon

orange

**Volume:** moderate–loud (but quieter than regular lemons)

almonds

arugula

**asparagus**

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

bananas

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

*beverages, e.g., cocktails*

celery

cheese, e.g., blue, ricotta

*cheesecake*

**citrus**, e.g., grapefruit, lemon, lime

coconut

*compotes*

cream

*custards*

dates

*desserts, e.g., puddings*

fennel

fruit, e.g., dried, other

ginger

grains, e.g., bulgur

grapefruit

honey

*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

**Flavor Affinities**

Meyer lemon + almond + vanilla

Meyer lemon + ginger + vanilla

Meyer lemon + parsley + shallots + thyme

Meyer lemon + pine nuts + sugar

“I love **Meyer lemon**, which adds such nice acidity to dishes. It’s

especially great with asparagus, sweet Maui onions, or zucchini. I even

grill them.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

**Dishes**

**Mesclun Greens with Meyer Lemon Vinaigrette**

**Crumbled Oregon Blue Cheese**

—Marché (Eugene, OR)

**LEMONS, PRESERVED**

**Flavor:** salty/**sour**/umami, with citrus notes

**Volume**: moderate–**loud**

**Tip:** Either blanch in boiling water for a few seconds or rinse to quiet the

flavor.

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

**Flavor Affinities**

preserved lemons + black olives + garlic + parsley

preserved lemons + butternut squash + chickpeas

preserved lemons + carrots + cumin + *salads*

preserved lemons + fennel + green olives

**LEMON THYME**

**Flavor:** sour, with notes of flowers, lemon, thyme

**Volume:** quieter–louder

**Tip:** Lemon thyme is quieter than regular thyme.

asparagus

basil

bay leaf

beets

*beverages*

**carrots**

chives

eggs

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**

**Flavor:** sour, with notes of flowers, fruit (e.g., lemon, lime), and/or herbs

**Volume:** loud

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

honey

*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)**

**Season:** autumn–winter

**Flavor:** sweet, with astringent/earthy notes, textures ranging from firm to

mushy when cooked

**Volume:** moderate

**What they are:** legumes

**Nutritional profile:** 70% carbs / 27% protein / 3% fats

**Calories:** 230 per 1-cup serving (boiled)

**Protein:** 18 grams

**Techniques:** boil, simmer (always cook thoroughly)

**Timing:** Cook until tender, typically less than 30 minutes.

**Ratio:** 1:2½ (1 cup lentils to 2½ cups cooking liquid, e.g., water)

**Tips:** Rinse well, remove any pebbles or small stones before cooking.

Unlike other legumes, lentils require no presoaking. Don’t salt the cooking

water, which can slow the cooking process. As a general rule, the darker the

lentil, the louder the flavor

the firmer the texture.

**Botanical relatives:** beans, lentils, peanuts, peas

apples

apple juice

artichokes

arugula

asparagus

barley

**basil**

**bay leaf**

beans, green

beer

**beets**

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

buckwheat

bulgur

butter

cabbage

capers

cardamom

**CARROTS**

cashews

*casseroles*

cauliflower

cayenne

**celery**

celery root

**CHARD**, e.g., Swiss

**CHEESE**, e.g., **feta, GOAT** (esp. fresh), Gorgonzola, Parmesan

**chickpeas**

**chiles**, e.g., ancho or green, or serrano, chili powder

*chili, vegetarian*

chives

**cilantro**

**cinnamon**

cloves

coconut

coriander

cream

cucumbers

**CUMIN**

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

***DALS****, i.e., Indian stewed lentils*

dill

*dips*

**eggplant**

eggs, e.g., hard-boiled

escarole

*European cuisines*

fennel

*French cuisine, esp. French lentils*

frisée

garam masala

**GARLIC**

ghee

**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

**Flavor Affinities**

lentils + beets + goat cheese

lentils + bell peppers + mushrooms

lentils + brown rice + onions + spinach

**lentils + carrots + celery + Dijon mustard + leeks**

lentils + cayenne + cinnamon + coriander + cumin

lentils + celery + tomatoes + zucchini

lentils + chiles + mint

lentils + cilantro + garlic + lemon

lentils + cilantro + sweet potatoes + yogurt

lentils + cinnamon + orange + spinach

lentils + coconut + lime

lentils + coriander + cumin + ginger

lentils + cumin + garlic

lentils + cumin + turmeric

**lentils +** curry powder + **garlic + ginger** + lemon

lentils + curry powder + yogurt

lentils + Dijon mustard + lemon juice

lentils + frisée + goat cheese + onions

**lentils** + garlic + **lemon + parsley** + sun-dried tomatoes

lentils + garlic + mint

**lentils + garlic + olive oil + salt**

**lentils +** grains(e.g., quinoa) **+ herbs** (e.g., basil, dill, mint, parsley) **+ lemon**

lentils + leeks + *pasta* + spinach

**lentils + olive oil + onions + rice**

lentils + *dals* + onions + tomatoes

lentils + spinach + yogurt

“I love cooking **lentils** until they’re soft, then combining them with

vegetables—especially onions

mushrooms, but also things like

broccoli—and pressing the mixture into a loaf pan

baking it for 40

minutes. After it’s cool, I’ll slice it

serve it with mashed potatoes

and gravy.”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

“Yellow

red **lentils** are the lightest in texture

flavor, while black

lentils are the heaviest

strongest in flavor. Green lentils fall inbetween.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**Dishes**

**Lentil Soup, Celery Root, Parmesan, Herbs**

—ABC Kitchen (New York City)

**Cassoulet with Lentils, Wild Mushrooms, Grilled Treviso, Buttered Leeks**

—Crossroads (Los Angeles)

**Crimson Lentil Croquettes with Mango Chutney, Scallion, Mint, Cilantro**

—Green Zebra (Chicago)

**Lentil Walnut Pâté with Tofu Sour Cream, Wheat-Free Rice Crackers, Crudités**

—Real Food Daily (Los Angeles)

**LENTILS, BLACK (aka BELUGA)**

**Flavor:** earthy notes of nuts, with a chewy yet soft texture

**Volume:** quiet–moderate

**Tip:** Black lentils hold their shape when cooked.

**Techniques:** boil, braise

**Timing:** Boil until tender, about 20–30 minutes.

**Ratio:** 1:2¼ (1 cup lentils to 2¼ cups water)

bay leaf

bell peppers

bread crumbs

butter

carrots

celery

cilantro

coriander

cream

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

“I learned how to make **black lentils** when I cooked for two years at

Bucara in Delhi, which is one of the best Indian restaurants in the world.

After soaking them overnight

draining them, we would slow-boil

them over low heat for two hours before seasoning them with ginger, garlic paste, tomato puree, salt, chili powder, unsalted butter, heavy

cream. They were so rich

delicious that we’d make 50 or 60 pounds

of them every day to serve 300 guests! I still make them the same way

today.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**Dishes**

**Carrots Cooked Shawarma Style, Black Lentils, Green Garbanzos, Tomato Olive Stew, Green Harissa**

—Vedge (Philadelphia)

**LENTILS, BROWN**

**Flavor:** earthy notes of nuts and/or pepper, with a soft texture (when cooked)

**Volume: moderate**–loud

**Techniques:** boil, mash, puree, simmer

**Timing:** Boil until tender, about 20–60 minutes.

**Ratio:** 1:3 (1 cup lentils to 3 cups water)

**Tip:** Use when a soft (or even mushy) texture is desired.

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

**Flavor Affinities**

brown lentils + olive oil + onions + scallions + tamari + walnuts

**LENTILS, CHICKPEA**

“I’ll use **chickpea lentils** to make chickpea flour, which I use instead of

cornstarch to bind ingredients. I use chickpea flour in my Indian

vegetable fritters.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**LENTILS, FRENCH**

**Flavor:** slightly sweet, with earthy notes of nuts and/or pepper, a firm, chewy texture

**Volume:** quiet–**moderate**

**Techniques:** braise, marinate

**Timing:** Boil until tender, about 20–45 minutes.

**Ratio:** 1:2½ (1 cup lentils to 2½ cups water or stock)

**Tip:** Use French green lentils when you want lentils that will hold their

shape.

**bay leaf**

*beer*

bell peppers, e.g., red, yellow

**carrots**

cayenne

**celery**

celery root

chard

cheese, e.g., feta, goat, ricotta salata

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

**Flavor Affinities**

French lentils + carrots + celery + onions

French lentils + cumin + lemon

French lentils + garlic + greens

French lentils + garlic + lemon + mint + olive oil + spinach

French lentils + mustard + vinegar

French lentils + tarragon + thyme

**LENTILS, GREEN**

**Flavor:** earthy notes of meat and/or nuts, with a firm texture

**Volume:** moderate–loud (for lentils)

**Techniques:** simmer

**Timing:** Cook green lentils about 20–45 minutes.

**Ratio:** 1:2½ (1 cup lentils to 2½ cups water)

**Tip:** These are good in salads, as they keep their firm texture.

*baked dishes*

**bay leaf**

beets

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

**carrots**

**celery**

chard, Swiss

**cheese**, e.g., feta, **goat**, ricotta salata

chili pepper flakes

cilantro

coriander

cucumbers

cumin

*curries*

curry powder

*dals*

dill

eggs, hard-boiled

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

**Flavor Affinities**

green lentils + goat cheese + mint + *salads*

“I love **green lentils**, because they have the same flavor as the gungo

peas I grew up with in Jamaica. They’re great with [coconut] rice, or in

lentil-thyme soup.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**Dishes**

**Green Lentil Velouté, Piquillo Pepper Harissa, Caramelized Pearl Onion, Root Vegetables, Tatsoi Salad**

—DANIEL (New York City)

**Flourish Vegetable Pot Pie: Lentil Simmer with Spinach**

**Broccoli**

—Flourish Baking Company (Scarsdale, NY)

**LENTILS, RED**

**Flavor:** slightly sweet, with earthy notes of split peas, a soft, mushy

texture when cooked

**Volume: quiet**–moderate

**Techniques:** boil, puree, simmer, stew

**Timing:** Cook red lentils until tender, about 10–30 minutes.

**Ratio:** 1:2 (1 cup red lentils to 2 cups water)

**Tip:** Red lentils cook quickly, even without presoaking.

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, PASTE,** or **POWDER, *CURRIES***

***dals***

dill

eggplant

fennel seeds

fenugreek seeds

**GARLIC**

ghee

**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**

**Flavor Affinities**

red lentils + avocado + cilantro + lemon

red lentils + brown rice + scallions

red lentils + carrots + celery + garlic + parsley + *pasta* + tomatoes

red lentils + carrots + leeks

red lentils + cilantro + curry powder + yogurt

red lentils + cinnamon + coriander + cumin

red lentils + coconut + garlic + ginger

red lentils + coriander + cumin

red lentils + garlic + onions

red lentils + lemon + *pasta* + rosemary

“**Red lentils** are my favorite lentils. I love their flavor, which is both

lentil-y

unique at the same time.

I love how they break down to

reach such a creamy texture. I like to cook them Egyptian-style with

potatoes, then puree them, seasoning them with cumin, salt, pepper

before finishing them with a squeeze of lemon.”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

“**Red lentils** are very light. You can combine several different kinds of

lentils—such as black, green, yellow, chickpea lentils—and cook

them together for a variety of colors

textures.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**Dishes**

**Crimson Lentil Croquettes, Mango Chutney, Scallion, Mint, Cilantro**

—Green Zebra (Chicago)

**Red Lentil Ravioli with Apple-Fennel Tempeh, Golden Beets, Apple White Wine Sauce**

—Plum Bistro (Seattle)

**LENTILS, YELLOW**

**Flavor:** creamy in texture

**Volume: quiet**–moderate

asafoetida powder

chili powder

cumin

*dals*

*Indian cuisine*

oil, e.g., canola

onions

rice, e.g., basmati

salt

turmeric

“**Yellow lentils** are very light—they are also fast-cooking, with a soft, creamy texture. They can be simply boiled

seasoned with turmeric, chili powder, salt. Or you can temper asafoetida powder by sautéing

it in oil

adding cumin

onion to season the lentils.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

**LETTUCES—IN GENERAL OR MIXED (see also specific**

**LETTUCES, e.g., LETTUCE, BUTTER; LETTUCE, ROMAINE)**

**Season:** spring–autumn

**Flavor:** slightly sweet/bitter

**Volume:** quiet–loud (depending on the type)

**What it is:** generic term for salad greens

**Techniques:** best served raw

**Tips:** Nutritionally, opt for butter, romaine, other green

red lettuces.

Beware fat-laden salad dressings. Consider using crisp whole lettuce leaves, in lieu of taco shells, for wrapping around fillings.

**Botanical relatives:** artichokes, chamomile, chicory, dandelion greens, endive, radicchio, salsify, tarragon

arugula

avocado

carrots

cashews

celery

**CHEESE**, e.g., blue, feta, Parmesan, pecorino

citrus, e.g., juice

cucumbers

eggs

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

“Not all salad is **lettuce**, but all lettuce is salad—so don’t cook it.”

—SIGN AT THE UNION SQUARE GREENMARKET IN NEW YORK CITY

**Dishes**

**Sucrine Lettuce: Blue Hill Farm Yogurt, Hazelnuts, Asparagus**

—Blue Hill (New York City)

**Greenhouse Head Lettuce: Homemade Yogurt, Peas, Fava Beans**

—Blue Hill (New York City)

**Avocado Lettuce Salad with Ginger-Carrot Dressing**

—Hangawi (New York City)

**Spicy Thai Lettuce Wraps: Mango, Carrots, Cabbage, Cashews, Basil, Mint, Cilantro, Pea**

**Shoots, Tamarind Sauce**

—Pure Food

Wine (New York City)

**LETTUCE, BIBB (aka LETTUCE, BUTTER; see LETTUCE, BUTTER)**

**LETTUCE, BOSTON (aka LETTUCE, BUTTER; see**

**LETTUCE, BUTTER)**

**LETTUCE, BUTTER (aka BIBB or BOSTON LETTUCE)**

**Flavor:** sweet, with notes of butter, a tender, slightly crunchy texture

**Volume:** quiet

**Nutritional profile:** 61% carbs / 25% protein / 14% fats

**Calories:** 10 per 1-cup serving (chopped, raw)

**Protein:** 1 gram

**Techniques:** braise, grill, **raw**, sauté

almonds

**apples**, e.g., green

**avocado**

**basil**

beans, e.g., black

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

bulgur, e.g., fine-grain

buttermilk

carrots

cauliflower

cayenne

celery

celery root

chayote

**cheese**, e.g., asiago, blue, feta, goat, Gorgonzola, Parmesan

chervil

chickpeas

**chiles**, e.g., red; chili paste

chili pepper flakes

chives

cilantro

cranberries, e.g., dried

crème fraîche

cucumbers

cumin

dill

eggs, soft-cooked

fennel

frisée

**garlic**

ginger

grapefruit

**hazelnuts**

**herbs, delicate,** e.g., chervil, chives, parsley, tarragon

**honey**

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

**Flavor Affinities**

butter lettuce + almonds + jícama + orange

**butter lettuce + avocado + grapefruit** + pecans + radicchio

butter lettuce + chiles + orange + pecans

butter lettuce + fennel + grapefruit

butter lettuce + figs + goat cheese + tarragon

butter lettuce + Gorgonzola cheese + hazelnuts + lemon + olives

**Dishes**

**Butter Lettuce with Feta**

**Scallions in a Soft-Cooked Egg Vinaigrette**

—Calliope (New York City)

**Bibb Salad with Maytag Blue Cheese, Crispy Shallots, Tomato, Truffle Vinaigrette**

—Mayflower Inn & Spa (Washington, CT)

**Boston Lettuce, Roasted Beet, Cashew Chèvre, Toasted Walnuts, Champagne Vinaigrette**

—True Bistro (Somerville, MA)

**LETTUCE, LAMB’S (aka CORN SALAD or MÂCHE)**

**Season:** spring–summer

**Flavor:** sweet, with buttery, floral, fruity, and/or nutty notes, a soft

texture

**Volume:** very quiet–quiet

**Techniques:** raw, steam

almonds

apples, e.g., green

artichokes

arugula

basil

**BEETS**, e.g., roasted

celery

cheese, e.g., goat, Parmesan, ricotta salata

chervil

chives

citrus

eggs, e.g., poached

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

**Flavor Affinities**

lamb’s lettuce + almonds + citrus + fennel

lamb’s lettuce + apples + clementines + endive + walnuts

lamb’s lettuce + beets + celery

lamb’s lettuce + beets + ricotta salata

lamb’s lettuce + garlic + yogurt

**Dishes**

**Mesclun**

**Mâche Salad: Spring Vegetables, Mustard Vinaigrette, Crudités**

—DANIEL (New York City)

**LETTUCE, ROMAINE**

**Season:** spring–autumn

**Flavor:** bitter/slightly sweet, with a crisp, crunchy texture

**Volume:** quiet

**Nutritional profile:** 67% carbs / 18% protein / 15% fats

**Calories:** 10 per 1-cup serving (raw, shredded)

**Protein:** 1 gram

**Techniques:** braise, grill, raw, sauté

**Tips:** To add a note of the sea in Caesar salads, try nori strips, or for a

pungent salty note, try capers.

**almonds**, e.g., sliced

apples

**AVOCADO**

basil

beans, black

beets

bell peppers, e.g., green, red

*bread, e.g., croutons*

buttermilk

capers

carrots

cayenne

celery

**CHEESE,** e.g., **blue, feta,** Gorgonzola, Monterey Jack, mozzarella, **PARMESAN**, queso fresco, Stilton

“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**

**eggs**, e.g., boiled, hard-boiled, yolks

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**

**Flavor Affinities**

**romaine + almonds + avocado** + carrots + smoked tofu + tomatoes

romaine + apples + celery + lime + raisins + walnuts

romaine + avocado + lime

romaine + avocado + pumpkin seeds

romaine + blue cheese + pears + walnuts

romaine + carrots + cucumbers + dill + feta cheese

**romaine** + chickpeas + **cucumbers +** feta cheese **+ olives** + **red onions +**

**tomatoes**

**romaine + dill** + garlic + lemon + **scallions**

**romaine + dill** + olive oil + red wine vinegar + **scallions**

romaine + Dijon mustard + lemon + olive oil + scallions

**romaine + feta cheese + tomatoes**

**romaine + garlic + lemon**

romaine + Gorgonzola cheese + walnuts

**romaine + lemon + Parmesan cheese**

romaine + pears + sherry vinegar + walnuts

“Our popular ‘raw taco’ substitutes a leaf of **romaine** for a taco shell, and is filled with sprouted

pureed walnuts that have been seasoned

with jalapeño, cilantro, bell peppers, cayenne

served with

guacamole, cashew ‘Parmesan’ cheese, fresh scallions.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**Dishes**

**Chopped Romaine Salad with Smoked Tofu**

**Almonds**

—Gobo (New York City)

**Laughing Seed Salad: Romaine Lettuce, Spring Mix, Grated Carrots**

**Red Cabbage, Cherry Tomatoes, Red Bell Peppers, Cucumbers, Red Onion, Fresh Corn, Blanched Broccoli, Mung Bean Sprouts**

**Clover Sprouts, topped with Sunflower**

**Pumpkin Seeds**

—Laughing Seed Café (Asheville, NC)

**Insalata di Lattuga Romana: Baby Romaine Lettuce with Beets, Goat Cheese, Marcona**

**Almonds, Citrus Vinaigrette**

—Le Verdure (New York City)

**Baby Romaine Salad: Olive, Mustard, Buttermilk, Lemon, Parmesan, Duck Yolk**

—Rowland’s Restaurant at Westglow (Blowing Rock, NC)

**Grilled Romaine Heart, French Lentils, Roasted Tomatoes, Mustard, Croutons**

—True Bistro (Somerville, MA)

**LIMES (e.g., JUICE, ZEST)**

**Flavor:** bitter/**sour**/sweet, a very juicy texture

**Volume:** moderate

**Nutritional profile:** 86% carbs / 8% protein / 6% fat

**Calories:** 20 per lime

**Botanical relatives:** grapefruit, kumquat, lemon, orange

**Tip:** Grind dried limes to make a powder that can be sprinkled on dishes

like a spice.

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

cheese, e.g., cotija

**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

**honey**

*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

**Flavor Affinities**

lime + avocado + romaine

lime + chipotle chiles + corn

lime + cilantro + cumin

lime + cilantro + garlic + oil

lime + coconut + graham crackers

lime + ginger + honey

lime + ginger + mint

lime + lychees + mint

lime + mint + scallions

lime + mushrooms + sesame

**Dishes**

**Key Lime Tart, Champagne Gelée, Almond Streusel, Toasted Meringue**

—Green Zebra (Chicago)

**Raw Key Lime Cheesecake: Made with Cashews, Avocado, Fresh Limes in a Faux**

**Graham Cracker Crust**

—Laughing Seed Café (Asheville, NC)

**LIQUID SMOKE**

**Flavor:** notes of meat and/or smoke

**Volume:** moderate–loud

**What it is:** condensed smoke in water—*not* an artificial ingredient; comes in

various flavors, e.g., apple, hickory, mesquite, pecan

***baked beans***

**beans**, e.g., black, navy, red

cabbage

*casseroles*

*chili, vegetarian*

*dips*

eggs

*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*

**Flavor Affinities**

liquid smoke + olive oil + soy sauce + vegetable stock

**LOTUS ROOT**

**Season:** summer–winter

**Flavor:** slightly sweet, with earthy notes of artichoke, jícama, or water

chestnut, a crunchy texture (similar to water chestnuts)

**Volume: quiet**

**Nutritional profile:** 89% carbs / 10% protein / 1% fat

**Calories:** 60 per 10-slice serving (raw)

**Protein:** 2 grams

**Techniques:** bake, boil, candy, fry, grate, pickle, raw, roast, simmer, steam, stew, stir-fry

**Botanical relative:** water lilies

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

**Flavor Affinities**

lotus root + ginger + lemon

lotus root + lemongrass + lime

**LOVAGE**

**Season:** spring–autumn

**Flavor:** sour, with musky notes of anise, basil, **celery**, lemon, **parsley**, pine, and/or yeast

**Volume:** moderate–**loud**

**What it is:** herb

**Tips:** Serve its hollow stem as a straw in a Bloody Mary or in tomato soup.

Its seeds can be used like celery seeds.

**Botanical relative**

**possible substitute:** parsley

apples

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

beans, e.g., dried, green

bell peppers

*British cuisine*

*bruschetta*

butter

caraway seeds

carrots

*casseroles*

**celery**

chard

**cheese**, e.g., cream, Parmesan

chervil

chiles

chives

**corn**

cucumbers

dill

eggs, e.g., *frittatas,* hard-boiled

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

**Flavor Affinities**

lovage + garlic + oregano + tomato

lovage + potatoes + *soups* + turnips

**LUNCH**

**DINNER**

When you can’t think of what to make for lunch or dinner, start here for

ideas:

*burritos, e.g., with beans, rice, vegetables on whole-grain tortillas*

*casseroles, e.g., chilaquiles (baked tortilla chip casserole)*

***chili, vegetarian***

*crepes, vegetable, e.g., asparagus*

*Crock-Pot dishes*

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

eggs, e.g., *frittatas, quiches*

*enchiladas*

*fajitas*

*falafel, e.g., on whole-grain pita, with cucumber, hummus, tomato*

*farrottos (farro made in the style of risotto), e.g., with vegetables*

*kebabs, e.g., mushrooms*

*vegetables*

*lasagna, e.g., with spinach, other vegetables, [tofu] ricotta, tomato sauce*

*lettuce wraps, e.g., around grains, vegetables*

mushrooms, e.g., *portobello “steaks,” with mashed potatoes*

*gravy*

*noodles*, *e.g., Asian, with sesame sauce*

*vegetables*

*pastas*, *e.g., whole-grain, with creamy (e.g., cashew-based) sauce or tomato*

*sauce, vegetables*

*pilafs, e.g., wild rice*

*pizzas, e.g., whole-grain, with tomato sauce*

*vegetables (and optional*

*cheese)*

*polentas, e.g., with mushrooms and/ or vegetables (and optional cheese)*

*risottos, e.g., with vegetables (and optional cheese)*

*salads, e.g., bean, “Caesar,” chickpea, fruit, grain, green, pasta, potato, spinach, tofu (e.g., “tuna”), vegetable*

*sandwiches, e.g., on whole-grain bread, pita, or tortilla; with cheese, nut*

*butter, or tofu and/ or fruits (e.g., apples, bananas) or vegetables (e.g., avocado, bell peppers, onions, tomatoes); or a classic veg “Reuben”*

seitan, e.g., with a sauce, a starch (e.g., grains, potatoes), vegetables

*soups, e.g., legume (e.g., bean, lentil, pea), mushroom, or vegetable*

*spaghetti*

*“wheatballs,” with tomato sauce*

*spaghetti squash “pasta,” e.g., with tomato sauce*

*stews, e.g., grain, legume, vegetable*

*stir-fries, e.g., with brown rice, tofu, and/or vegetables*

*stuffed (e.g., with grains) vegetables, e.g., bell peppers, cabbage, eggplant, mushrooms, squash, tomatoes, zucchini*

*sushi, e.g., nori rolls*

*tacos, e.g., whole-grain tortillas with beans, rice, salsa, vegetables*

tempeh, e.g., with a sauce

vegetables

tofu, e.g., grilled, with a sauce, rice, vegetables

*tostadas*

vegetables, e.g., steamed

***veggie burgers***

*wheat berry “risotto,” e.g., with vegetables (and optional cheese)*

*wraps*

**LYCHEES**

**Season:** summer

**Flavor:** sweet; aromatic, with notes of cherries and/or grapes, a juicy, jelly-like texture

**Volume:** quiet–moderate

**Nutritional profile:** 90% carbs / 6% fats / 4% protein

**Calories:** 125 per 1-cup serving (raw)

**Protein:** 2 grams

**Technique:** raw

**Tip:** Do not eat the seeds, which are toxic.

almonds

bell peppers

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

cheese, cream

cherries

chiles, e.g., jalapeño, serrano

*Chinese cuisine*

chocolate, white

cilantro

**coconut**

**coconut milk**

**cream**

*desserts, e.g., fruit tarts*

*drinks, e.g., cocktails*

garlic

gin

**ginger**

grapefruit

honey

*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

**Flavor Affinities**

lychees + coconut milk + rice

lychees + ginger + kiwi

lychees + ginger + lime

lychees + honey + lime

**MACA, MACA POWDER, or MACA ROOT**

**Flavor:** notes of butterscotch, **malt**, and/or nuts

**Volume:** quiet–moderate

**Tip:** Use it to enhance the creaminess of smoothies.

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

**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

**Flavor Affinities**

maca + almond butter + cacao

maca + almond butter + coconut milk + dates + vanilla

**Dishes**

**I Am Free: Chia Seed Porridge with Hempseed Milk, Lucuma, Maca, Cinnamon, Maple**

**Syrup, Goji Berries, Seasonal Fruit**

—Café Gratitude (Los Angeles)

**Malted Chai Smoothie: Banana.Dates. Coconut Meat. Coconut Water. Cinnamon. Maca.**

—M.A.K.E. (Santa Monica, CA)

**Maca Magic Smoothie: Mango, Strawberry, Pineapple, Banana, Raspberry, Orange Juice, Coconut Milk, Maca Powder, Goji Berry**

—Pomegranate Café (Phoenix)

**MACARONI**

**CHEESE**

**Tip:** Many of the best vegan versions of mac-n-cheese incorporate wholegrain

macaroni

some combination of chili pepper flakes + cornstarch +

Dijon mustard + **garlic** + **milk (e.g., soy)** + **nutritional yeast** + oil (e.g., canola, soy) + **paprika** + parsley + **salt** (e.g., sea) + tamari + tofu

**Dishes**

**Macaroni**

**Cheese**

(Its creaminess is said to come from soy milk

tofu.)

—Woodland’s Vegan Bistro, fka Everlasting Life Café (Washington, DC)

**Mac & Shews**

(calls for cashews + garlic + nutritional yeast + olive oil + sauerkraut)

—Isa Chandra Moskowitz

**Spicy Cajun Mac ’n’ Yease, Our Famous Vegan Mac**

**Cheese**

(Its secret recipe is said to include chili pepper flakes + mustard + nutritional yeast + soy milk.)

—Plum Bistro (Seattle)

**MACE**

**Flavor:** bitter/**sweet**; aromatic; with pungent notes of cloves, **nutmeg**, and/or

pine

**Volume:** moderate–**loud** (and quieter than nutmeg, though similar in flavor)

**What it is:** spice

**Botanical relative:** nutmeg

apples

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

carrots

**cheese**

**cheese dishes**, esp. creamy

cherries

**chocolate**

*chocolate, hot*

*chutneys*

**cream**

**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*

**MÂCHE (see LETTUCE, LAMB’S)**

**MAMEY (aka MAMEY APPLE or MAMEY SAPOTE)**

[MAH-may / MAH-may sah-POH-tay]

**Season:** spring–autumn

**Flavor:** sweet, with notes of almonds, amaretto, apricot, banana, caramel, honey, maraschino cherry, melon, nutmeg, pear, persimmon, pumpkin, sweet

potato, and/or vanilla, a soft, creamy, melting texture

**Volume:** moderate

**What it is:** fruit

**Nutritional profile:** 89% carbs / 8% fats / 3% protein

**Calories:** 215 per mamey half serving

**Protein:** 2 grams

**Techniques:** raw, stew

**Tips:** Store at room temperature until fruit softens. Serve chilled for optimal

flavor.

**Possible substitute:** mangoes

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

*beverages*

buttermilk

*Central American cuisines*

citrus, e.g., kumquats, oranges

cloves

*coulis*

cream, e.g., whipped

*Cuban cuisine*

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

ginger

greens, salad

honey

*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*

**MANDARINS (see ORANGES, MANDARIN)**

**MANGOES**

**Season:** spring–summer

**Flavor: sweet**/slightly sour, with notes of honey, peaches, and/or pineapple, and an extremely juicy texture

**Volume: moderate**–loud

**Who says they’re healthful:** The Center for Science in the Public Interest’s

*Nutrition Action* includes mangoes on its “10 Best Foods” list.

**Nutritional profile:** 94% carbs / 3% protein / 3% fats

**Calories:** 110 per 1-cup serving (raw, sliced)

**Protein:** 1 gram

**Techniques:** grill, **raw**, roast

**Botanical relatives:** cashews, pistachios

**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*

cream, crème fraîche, *ice cream*

*crepes*

cucumbers

cumin

*curry*

***desserts****, e.g., cheesecake*

endive

fennel

fenugreek

**garlic**

**GINGER**

ginkgo nuts

**honey**

*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

**Flavor Affinities**

**MANGO + avocado** + **CHILES + CILANTRO** + **LIME** + **ONIONS** +

vinegar

mango + bananas + honey + lime juice + orange juice

**mango** + beans + **cilantro + lime** + **onions**

**mango + bell peppers + cilantro + lime**

mango + blackberries + lime

mango + brown sugar + cinnamon + orange

**mango** + cardamom + **honey + yogurt**

mango + cashew + mint

**MANGO + CHILES + CILANTRO + LIME + RED ONIONS**

**mango + chiles** + cumin + garlic + **lime** + orange

mango + coconut + tapioca + white chocolate

mango + coconut + yogurt

**mango + coconut milk + sticky rice**

mango + fennel + lemon + rum

**mango + honey** + mint + **yogurt**

**mango + honey + orange juice + yogurt**

mango + kiwi + papaya + pineapple

**mango + lime + mint** + orange + papaya

**mango + lime + mint** + red onions

**mango + lime + raspberries** + vanilla

mango + peach + raspberries

**Dishes**

**Warm Apple Mango Cobbler with Cinnamon Oat Streusel**

**Fat-Free Vanilla Ice Cream**

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

**MANGOES, GREEN (see also MANGOES)**

**What they are:** unripe 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**

**Flavor: SWEET**/bitter, with notes of caramel and/or honey, a syrupy

texture

**Volume:** moderate–loud

**Nutritional profile:** 99% carbs / 1% fat

**Calories:** 50 per 1-tablespoon serving

**Tip:** Grade-B syrup is darker in color, less refined, richer in flavor and

minerals.

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

butter

buttermilk

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**

**Flavor Affinities**

maple syrup + acorn squash + butter + mustard

maple syrup + almonds + dried cranberries + oats + pumpkin seeds

maple syrup + blueberries + lemon

maple syrup + butternut squash + garlic

maple syrup + cinnamon + pecans + vanilla

maple syrup + mustard + pecans + seitan

maple syrup + pears + pecans

maple syrup + pecans + sweet potatoes

“**Maple syrup** isn’t technically raw, but it’s the least-processed widely

available sweetener, it’s vegan.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

“I especially love using **maple syrup** as a sweetener in autumn and

winter. During other times of year, I’ll use agave nectar, barley malt

syrup, or organic cane.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

**Dishes**

**Homestyle Quinoa Pancakes, Seasonal Fruit, Strawberry Butter, Gingered Maple Syrup**

—Candle 79 (New York City)

**Jalapeño Hush Puppies served with Maple Butter**

—Dirt Candy (New York City)

**Maple Harvest Salad: Arugula, Raisins, Walnuts, Green Apple, served with Creamy**

**Maple Vinaigrette**

—Root (Allston, MA)

**MARJORAM**

**Season:** summer–winter

**Flavor:** bitter/**sweet**; aromatic, with floral, pungent, and/or spicy notes of

basil, oregano, and/or thyme

**Volume:** quiet (regular)–moderate/loud (wild)

**What it is:** herb

**Tip:** Add marjoram at the end of the cooking process.

**Botanical relatives:** basil, lavender, mint, oregano (which is louder), rosemary, sage, summer savory, thyme

**Possible substitute:** oregano

artichokes

**basil**

bay leaf

**BEANS**, e.g., dried, green, lima

beets

bell peppers

*bouquets garnis*

butter

cabbage

capers

carrots

cauliflower

**cheese**, e.g., cottage, cream, Fontina, fresh, goat, mozzarella, Parmesan

chiles, e.g., dried

**corn**

cumin

**eggplant**

**eggs**, e.g., *frittatas*, hard-boiled, *omelets*

*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

**Flavor Affinities**

marjoram + capers + green olives + parsley + pine nuts

marjoram + chiles + orange

**MASCARPONE**

[mahs-kahr-POH-neh]

**Flavor:** sweet, with notes of cream, a smooth, soft, fluffy texture

**Volume:** quiet

**What it is:** a fresh, soft Italian “cheese” made from thick cream

**Nutritional profile:** 98% fat / 2% protein

**Calories:** 120 per 1-ounce serving

**Protein:** 2 grams

**Possible substitutes:** cream cheese (esp. whipped), Neufchâtel, ricotta

cheese (esp. whipped)

apples

apricots

artichokes

**basil**

beets

bell peppers, e.g., red, roasted

**BERRIES**, e.g., **blueberries, raspberries, STRAWBERRIES**

*breakfast/brunch, e.g., French toast*

chard

cheese, e.g., cream, Gorgonzola, Parmesan, Robiolo

chocolate, e.g., dark, white

cinnamon

cocoa

coffee

espresso

cream

whipped cream

dates

***DESSERTS****, e.g., cheesecakes, crepes, granitas, ice creams, parfaits, puddings, semifreddos, tarts, tiramisu*

figs

**fruit**

garlic

honey, e.g., chestnut

***Italian cuisine***

lemon, e.g., juice, zest

lime, e.g., juice, zest

maple syrup

mint

**mushrooms**

nectarines

noodles

**nuts**, e.g., almonds, hazelnuts, pine nuts, pistachios, walnuts

oranges

blood oranges

***pastas****, e.g., fettuccine, lasagna, linguini*

peaches

pears

peas

plums

***polenta***

poppy seeds

*risottos*

rosemary

sage

*salads, e.g., fruit*

*sauces, e.g., pasta*

***soups****, e.g., broccoli, butternut squash, mushroom, parsnip, pumpkin, spinach, tomato*

spinach

*spreads*

**sugar**

***TIRAMISU***

tomatoes

sun-dried tomatoes

truffles, e.g., white

**vanilla**

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

wine, e.g., Marsala

zucchini

**Flavor Affinities**

mascarpone + apples + cinnamon + maple syrup

mascarpone + apricots + pistachios

mascarpone + balsamic vinegar + cinnamon + maple syrup + pears

mascarpone + balsamic vinegar + strawberries

**mascarpone** + basil or sage + **pasta + walnuts**

mascarpone + beets + poppy seeds

mascarpone + chocolate + coffee + orange

mascarpone + cinnamon + Marsala + orange + pears + sugar

mascarpone + figs + ginger

mascarpone + Gorgonzola + polenta

mascarpone + mushrooms + pasta

**mascarpone + oranges + vanilla**

mascarpone + polenta + rosemary + walnuts

**MATCHA POWDER**

**Flavor:** bitter, with earthy vegetal notes

**Volume:** quiet–moderate

**What it is:** green tea powder

**Nutritional profile:** 67% protein, 33% carbs

**Calories:** 85 per ounce

**Protein:** 14 grams

agave nectar

avocado

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

bananas

berries

***beverages****, e.g., lattes*

cocoa

coconut water

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

ginger

honey

*ice creams*

mangoes

milk, nondairy, e.g., almond, rice, soy

pineapple

quinoa

*salad dressings*

***smoothies***

***TEAS***

**Flavor Affinities**

matcha powder + agave nectar + avocado + banana + (nondairy) milk

**MAYONNAISE**

**Tips:** For a vegan (eggless) substitute, check out the longtime gold-standard

Vegenaise vegan mayonnaise—or make your own. Wildwood also makes a

zesty vegan garlic aioli (garlic “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

eggs, e.g., hard-boiled

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*

**MEDITERRANEAN CUISINES (see GREEK CUISINE, ITALIAN CUISINE—SOUTHERN, etc.)**

“So much **Mediterranean food** is inherently vegan, which is why we

refer to Crossroads as a Mediterranean restaurant. We don’t use the

word ‘vegan’ here. This way, the food is not seen as foreign to people

who eat here. At Crossroads, people are not eating tofu or tempeh or

seitan, whose textures are foreign to most people. While I like tempeh, you are not going to convince someone to go vegan if that is the first

thing they try. People need familiar food that is transitional, that will

depend on the person. Our spanakopita or spiced chickpeas are dishes

people are already acquainted with, our risotto is the least

threatening dish on the menu

something that people have already

had.”

—TAL RONNEN, CROSSROADS (LOS ANGELES)

**MELON—IN GENERAL, or MIXED (see also MELON, CANTALOUPE; MELON, HONEYDEW; WATERMELON;**

**etc.)**

**Season:** summer–autumn

**Flavor:** sweet, with a juicy texture

**Volume:** quiet–**moderate**

**Technique:** raw

**Botanical relatives:** cucumbers, pumpkins, squashes

arugula

bananas

basil

bell peppers

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

chiles

cilantro

**coconut**

**coconut milk**

cucumber

*desserts*

garlic

**GINGER**

*granitas*

**grapes**

honey

**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, and/or **sweet**, e.g., Moscato d’Asti, port

yogurt

**Flavor Affinities**

melon + berries + lemon

melon + chiles + cilantro + garlic + lime + onions

melon + honey + lime

melon + lime + mint

**MELON, BITTER**

**Flavor: BITTER**/sour, with notes of **quinine**

**Volume: loud**

**What it is:** a fruit that is picked green (unripe)

eaten as a vegetable

**Techniques:** blanch, boil (sliced, 3–5 minutes), grill, pickle, steam, stir-fry, stuff

**Tips:** To reduce bitterness, rub raw slices with salt

let sit for several

minutes, or blanch slices in boiling water 2–3 minutes. Also, there’s no need

to peel—the bumpy skin is edible.

**Botanical relative:** squash

**Possible substitute:** winter melon

***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*

eggs

**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

**Flavor Affinities**

bitter melon + garlic + soy sauce

bitter melon + honey + lemon

bitter melon + miso + tofu

**MELON, CANTALOUPE**

**Season:** summer

**Flavor:** sweet, with a juicy texture

**Volume:** quiet–**moderate**

**Nutritional profile:** 87% carbs / 8% protein / 5% fats

**Calories:** 60 per 1-cup serving (raw, balls)

**Protein:** 1 gram

**Botanical relatives:** cucumbers, pumpkin, squash

agave nectar

**basil**

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

buttermilk

cheese, e.g., blue, cottage

chiles, e.g., jalapeño

cilantro

cinnamon

**CITRUS, e.g., lemon, LIME, orange**

cucumber

dates

figs

garlic

**GINGER**

**honey**

*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**

**Flavor Affinities**

cantaloupe + agave nectar + ginger

cantaloupe + basil + black pepper + blue cheese

cantaloupe + ginger + lime + orange

cantaloupe + honey + vanilla + yogurt

cantaloupe + lemon + mint

cantaloupe + mango + papaya

**Dishes**

**Cantaloupe Sorbet with Anise Shortbread**

**Jasmine Consommé**

—Charlie Trotter’s (Chicago)

**Chilled Melon Soup: Cantaloupe**

**Dried Chili Pepper, Pickled Carrots, Fried Shallots, and Mint-Chive Oil**

—Num Pang (New York City)

**MELON, HONEYDEW**

**Season:** summer

**Flavor:** sweet, with a juicy texture

**Volume:** quiet–**moderate**

**Nutritional profile:** 92% carbs / 5% protein / 3% fats

**Calories:** 65 per 1-cup serving (raw, balls)

**Protein:** 1 gram

arugula

**basil**

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

*beverages, e.g., fruit punch*

cayenne

cinnamon

cucumbers

**GINGER**

honey

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

**Flavor Affinities**

honeydew melon + cayenne + lemon

honeydew melon + ginger + lemon + pomegranate

**HONEYDEW MELON (+ HONEY) + LEMON and/or LIME + MINT**

**MELON, WINTER**

**Season:** winter

**Flavor:** sweet, with notes of zucchini, a juicy melon-like texture

**Volume:** quiet

**What it is:** Asian squash (not technically a melon)

**Techniques:** braise, simmer, steam

**Possible substitute:** bitter melon

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*

**MESCLUN (see GREENS, MESCLUN)**

**MEXICAN CUISINE**

achiote

avocados

bay leaf

**BEANS**, esp. black, pinto, red

*burritos*

canela

*chalupas*

chayote

cheese, e.g., cotija

*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

“I’ve made an ice cream with all the ingredients of a mole sauce, such as

the spices—but minus the garlic

onions. I’ve also made **Mexican**

chocolate cake with chipotle in the batter, served with a vanilla and

coconut sauce.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

**MIDDLE EASTERN CUISINES**

beans, e.g., fava

bulgur wheat

cheese, e.g., feta

chickpeas

cinnamon

cloves

coriander

couscous

cumin

dill

eggplant

*falafel*

fruits, e.g., dried

garlic

ginger

honey

*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

**Flavor Affinities**

bulgur + mint + onions + parsley

chickpeas + garlic + lemon + tahini

eggplant + garlic + parsley + tahini

**MILK, e.g., WHOLE or NONFAT—IN GENERAL**

**Tip:** Vegans can use nondairy milks (e.g., almond, hempseed, rice, soy, etc.) when baking or making French toast, with breakfast cereals, in

smoothies.

**MILK, ALMOND**

**Flavor:** slightly sweet, with notes of almonds, a creamy medium-to-fullbodied

texture

**Volume:** moderate

**Lactose-free:** yes

**Nutritional profile:** 56% carbs / 42% fat / 7% protein

**Calories:** 60 per 1-cup serving

**Protein:** 1 gram

**Tips:** For a delicious vegan hot chocolate, melt bittersweet or semisweet

chocolate, then blend with almond milk just until hot. Do not overheat, as

almond milk will evaporate.

**Brand:** Blue Diamond Almond Breeze Unsweetened Original

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**

**Flavor Affinities**

almond milk + agave nectar + cacao + vanilla

**Dishes**

**Rodrigo’s Rocket Fuel Smoothie: Almond Butter, Almond Milk, Raw Cacao, Banana, Chocolate Sunwarrior Protein, Cinnamon**

—Pomegranate Café (Phoenix)

**Make Your Own Almond Milk**

Diane Forley of Flourish Baking Company says it’s easy to make your own delicious almond

milk by

1. soaking raw almonds overnight

2. draining them

3. combining soaked almonds with fresh water in a 1:3 ratio in a Vitamix

4. straining the milk through a fine-mesh nut milk bag

5. adding cinnamon or nutmeg (optional)

You can also cook down almond milk, adding a pinch of pectin, then chill, to create a yogurt-like

almond cream to enjoy on its own or with berries, granola, etc.

**MILK, COCONUT**

**Flavor:** sweet, with notes of coconut, a rich, creamy texture

**Volume:** moderate–loud

**What it is:** liquid from grated coconut

**Lactose-free:** yes

**Nutritional profile:** 91% fat / 5% carbs / 4% protein

**Calories:** 445 per 1-cup serving (canned)

**Protein:** 5 grams

**Tips:** Look for organic coconut milk in cartons (versus cans). The healthconscious

can opt for light (both lighter in flavor

lower in fat) or

unsweetened coconut milk. Condensed coconut milk can be used for

desserts, sauces, soups.

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

**Flavor Affinities**

coconut milk + bananas + pearl tapioca + sesame seeds

coconut milk + carrots + lemongrass

coconut milk + cauliflower + potatoes + spinach

coconut milk + espresso + vanilla

coconut milk + galangal + lemongrass + noodles

coconut milk + Kaffir lime + peanuts

coconut milk + lime + peas + rice

coconut milk + lime + tapioca

coconut milk + sweet potatoes + wild rice

“We make our own **coconut milk**–based ice creams

use Irish moss

to stabilize them. We’ll even top them with ‘whipped cream’ from a

siphon, which is also coconut milk-based. Coconut Bliss is a fantastic

Oregon-based dairy-free ‘ice cream’ made with **coconut milk** and

agave, which was recently sold to a dairy.”

—AARON ADAMS, PORTOBELLO (PORTLAND, OR)

“We have a new vegan truck for selling burgers, desserts like our

Vegan Fat Boys, which are vegan brownies filled with **coconut milk**–

based Coconut Bliss ice cream. The texture is very rich

creamy, not

icy, its flavor is not overpowering.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

“We make our ice cream from a blend of **coconut milk**

soy milk, which prevents the flavor, texture, color of either milk from

interfering with that of the ice cream. The result is a very thick and

creamy ice cream.… Our roast pumpkin ice cream is accented mostly by

cinnamon, but also allspice, cloves, nutmeg.… Coconut milk has

such a high fat content that all you need to do is add a bit of powdered

sugar

run it through a charged canister to have nice, thick whipped

cream.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

“Our signature ice cream starts with **coconut cream**, organic unrefined

cane sugar, agave, a trace amount of plant-based stabilizers (guar

and xanthan gum), works well with exotic spicy

savory flavors, such as toasted pine nut

fennel, or Mexican chocolate with cayenne

and cinnamon, or Thai chili peanut. Our nut-based flavors are made with

an almond

cashew blend, work best with more traditional

flavors like caramel, chocolate, cookie, peanut butter, vanilla. Our

soft ice cream flavors are made with a soy base.”

—DEENA JALAL, FOMU

ROOT (ALLSTON, MA)

“**Coconut milk** is fantastic—it’s saved our lives in being able to serve

our vegan guests. We use it a lot in vegan desserts, like our coconut milk

panna cotta. The mouthfeel is not the same as when making a dairy

panna cotta, so you’ve got to use a bit more vanilla

sugar. And

we’ve made mousses by putting a mixture of coconut milk

agar-agar

through an iSi whipped cream dispenser.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

**MILK, GOAT**

**Flavor:** salty/**sour/** sweet

**Volume:** moderate–loud

**Tips:** Can be easier to digest given its lower level of lactose (4.1%) than

cow’s milk (4.7%)

the absence of cow’s milk’s main problem-causing

protein (alpha SI casein). Sweeten

reduce over medium heat to make

*cajeta* (a thick Mexican caramel sauce).

apples

*butter*

carrots

carrot juice

*cheese*

chocolate

cinnamon

*confections, e.g., caramels, fudge*

*desserts, creamy, e.g., puddings*

eggplant

eggs, e.g., *quiches*

honey

*ice cream*

*gelato*

*pancakes*

potatoes

*smoothies*

*soups*

sugar

vanilla

*yogurt*

**MILK, HEMP**

**Flavor:** notes of nuts, a creamy texture

**Volume:** quiet–moderate

**What it is:** milk made from hemp seeds

**Lactose-free:** yes

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

“We tested lots of different nondairy milks to come up with our recipe

for a latte with the creamy richness of cow’s milk, which is half **hemp**

**milk**

half coconut milk, plus agave nectar as a sweetener, added to

two shots of espresso. Either will be good on its own, but the fat from

the coconut milk adds great richness, while the hemp milk adds a more

understated nutty flavor, together they foam up really well.”

—CASSIE

MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

**MILK, RICE**

**Flavor:** sweet, with notes of rice, a light-bodied texture

**Volume:** moderate

**Lactose-free:** yes

**Tip:** Given its sweetness, it works better in desserts than in savory dishes.

**Brand:** Rice Dream

*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

“**Rice milk** makes great custards

sauces. I’m using it to develop a

vegan béchamel sauce.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**MILK, SOY**

**Flavor:** vegetal notes, full-bodied

**Volume:** loud

**Lactose-free:** yes

**Nutritional profile:** 54% carbs / 27% fat / 19% protein

**Calories:** 165 per 12-ounce serving

**Protein:** 8 grams

**Tips:** Foams well, e.g., for cappuccinos

lattes. Consider vanillaflavored

soy milk for use in desserts

sweet beverages.

**Brand:** Silk

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

banana

chocolate

coffee

*coffee drinks, e.g., cappuccinos, lattes*

*desserts, creamy (e.g., panna cotta)*

gelatin

honey

lime, e.g., Kaffir

mangoes

*mashed potatoes*

*puddings*

raspberries

*salad dressings*

*sauces, e.g., creamy, pasta*

*smoothies*

tofu, e.g., silken

**vanilla**

**Dishes**

**Vanilla–Kaffir Lime–Soy Milk Panna Cotta with Mango**

**Raspberries**

—Charlie Trotter’s Restaurant C at OneandOnly Palmilla (Los Cabos, Mexico)

**MILLET**

[MILL-let]

**Flavor:** bitter/sweet, with notes of corn and/or nuts; chewy, crunchy, and/or

fluffy in texture

**Volume: quiet**–moderate (toasted)

**What it is:** whole grain

**Gluten-free:** yes

**Nutritional profile:** 82% carbs / 11% protein / 7% fat

**Calories:** 210 per 1-cup serving (cooked)

**Protein:** 6 grams

**Techniques:** dry roast, marinate, pressure-cook, simmer, **steam**, toast

**Timing:** Simmer about 15–20 minutes (chewier) to 30–40 minutes (softer), until desired tenderness is reached.

**Ratio:** 1: 2–3 (1 cup millet to 2–3 cups liquid. Use more liquid for softer

texture; also, given its flavor neutrality, use vegetable stock instead of water.)

**Tips:** Toast before steaming to bring out its flavor. Marinate, or cook

risotto-style: Sauté millet before adding liquid to simmer slowly.

**Possible substitute:** couscous

***(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**

butter

cabbage

cardamom

**CARROTS**

*casseroles*

**CAULIFLOWER**

celery

celery root

***CEREALS, HOT BREAKFAST***

**chard**

**cheese**, e.g., cheddar, Jack, Parmesan, pecorino, ricotta

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**

honey

***(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

**Flavor Affinities**

millet + agave nectar + almond milk + coconut milk

millet + almonds + cardamom + cinnamon + cumin + turmeric

millet + almonds + orange

millet + apricots + raisins

**millet + black beans + sweet potatoes**

millet + blueberries + fennel + hazelnuts

**millet + cauliflower + *“mashed potatoes”***

millet + chickpeas + garlic + greens

millet + cilantro + lime + tomatoes

millet + dates + nuts

millet + garlic + mint + parsley

millet + ginger + winter squash

millet + honey + milk

millet + honey + nuts

millet + lemon + watercress

millet + orange + pecans

millet + peanuts + sweet potatoes

“When I opened Verbena [in 1994], I would go to Kalustyan’s [the

famed Manhattan spice

specialty food store]

buy unusual grains

to serve. **Millet** was never used at other restaurants at the time. In

Verbena’s review in *The New York Times*, it was referred to as ‘bird

seed.’ So you see how much times have changed!”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**Dishes**

**Millet Salad: Beluga Lentils, Parsley, Roasted Zucchini, Cauliflower, Carrot, Baby**

**Turnips; served over Mesclun with a side of Creamy Cucumber Dressing**

—Candle Cafe (New York City)

**MINT (typically SPEARMINT)**

**Flavor:** slightly sweet; aromatic, with pungent notes of herbs and/or lemon

**Volume:** quiet/moderate (e.g., spearmint)–loud (e.g., peppermint)

**Tips:** Recipes that call for mint typically mean spearmint (versus, e.g., peppermint). Mint suggests “false coolness,”

adds a note of freshness to

dishes.

**Botanical relatives:** basil, lavender, marjoram, oregano, rosemary, sage, summer savory, thyme

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

**cheese**, e.g., chèvre, feta, ricotta

**chickpeas**

**CHILES**, e.g., green, jalapeño

chives

**CHOCOLATE**, e.g., dark

***chutneys***

**cilantro**

citrus

**coconut**

**coconut milk**

coriander

couscous, e.g., Israeli, whole-wheat

cream

\***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**

**Flavor Affinities**

mint + artichokes + chiles

mint + balsamic vinegar + berries

mint + balsamic vinegar + peaches + ricotta

mint + barley + carrots + peas **mint** + basil + **cilantro** + **chiles** + **garlic** +

lime

mint + bell peppers + chiles + garlic + papaya + pineapple

mint + cardamom + ginger + lemon

**mint** + **chiles** + **cilantro** + **garlic** + olive oil + vinegar

mint + chiles + lemon + shallots + sugar

mint + citrus + zucchini

**MINT** + **CUCUMBER** + **YOGURT**

mint + feta cheese + lentils

mint + feta cheese + peas + rice

mint + Israeli couscous + lime

mint + lemon + strawberries

mint + lime + lychees

mint + olive oil + white beans + white wine vinegar

**MIRIN**

**Flavor:** slightly sweet, with the texture of syrup

**Volume:** moderate

**What it is:** sweet Japanese rice wine used in cooking; contains about 13–14

percent alcohol

40–50 percent sugar

**Tip:** Look for mirin labeled “hon-mirin honjozo” in health food stores;

beware heavily sweetened versions in Asian markets, which often contain

high-fructose corn syrup.

***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

**Flavor Affinities**

mirin + garlic + ginger + sesame oil + soy sauce

**MISO—IN GENERAL (or MIXED MISOS), ORGANIC**

[MEE-soh]

**Flavor:** sweet (light miso) and/or salty (dark miso), with earthy/savory notes

of cocoa, coffee, malt, nuts, and/or yeast

**Volume:** quiet (lighter miso, e.g., white, yellow)–loud (darker miso, e.g., red, brown)

**What it is:** Japanese fermented soybean paste, available in countless

different varieties in Japan—as many varieties as there are types of cheese

available in the U.S.!

**Nutritional profile:** 55% carbs / 25% fat / 20% protein

**Calories:** 275 per ½-cup serving

**Protein:** 16 grams

**Techniques:** To protect miso’s nutritional value, never bring to a boil.

**Tips:** Mix light

dark misos for more complex flavors. Add miso to

mashed or pureed vegetables

use as a sauce. Also, customize miso soup

by the season; for example, in *spring/summer*, use light miso + basil + green

beans, in *autumn/winter*, use dark miso + Brussels sprouts + garlic.

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

honey

***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**

**Flavor Affinities**

miso + carrots + kale + kombu + shiitake mushrooms

miso + carrots + spinach + tofu

**miso + ginger + lemongrass + *soup***

miso + ginger + scallions

miso + ginger + tofu

miso + kombu + onions + shiitake mushrooms

**miso + mushrooms + scallions**

miso + scallions + tofu + wakame

miso + sesame + tofu + watercress

miso + shiitake mushrooms + shiso

miso + shiitake mushrooms + watercress

miso + tofu + udon noodles

**Dishes**

**Miso Tortellini with Red Cabbage, Turnip Confit, Ponzu**

—Charlie Trotter’s (Chicago)

**MISO, from Quietest to Loudest**

**Type:** White

**Use with:** salad dressings, soups

**Type:** Light/sweet/yellow

**Use with:** lighter broths, sauces, soups

**Type:** Medium

**Use with:** most applications

**Type:** Dark/brown

**Use with:** heavier braised or stewed dishes

**Type:** Black

**Use with:** other misos, soups

**MISO, BROWN**

**Season:** autumn–winter

**Flavor: SALTY**/*umami*, rich in texture

**Volume:** loud

basil

beer

garlic

***GRAVIES***

mushrooms

oil, grapeseed

onions

*soups*

tamari

thyme

tofu

tomato paste

wine, dry, e.g., sherry

**MISO, DARK**

**Season:** autumn–winter

**Flavor: SALTY**

**Volume:** moderate–loud

**What it is:** miso that has been fermented for as long as three years

**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)**

**Season:** spring–summer

**Flavor:** salty, sour, and/or sweet

**Volume:** quiet–moderate

**What it is:** miso that has been fermented for one year or less

almonds

avocados

beans, e.g., green, pinto

chickpeas

corn, e.g., grilled

dill

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

garlic

ginger

*gravies*

honey

*“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

**Flavor Affinities**

light miso + almond butter + rice wine

light miso + garlic + lemon + parsley + sesame paste

light miso + honey + oil + vinegar

light miso + rice vinegar + sesame paste

light miso + sesame paste + vegetable stock

light miso + soy sauce + tofu

**MISO, RED**

**Flavor: salty**/sweet, with a rich texture

**Volume:** moderate–loud

**What it is:** soybeans fermented (longer than for light miso, perhaps one to

three years) with mostly barley, until reddish-brown

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)**

**Flavor:** salty / slightly sweet

**Volume:** quieter

**What it is:** soybeans fermented with rice

almonds

almond butter

carrots

*dips, e.g., bean*

*marinades*

mushrooms, e.g., portobello

mustard

oil, e.g., peanut, sesame

peanuts

peanut butter

potatoes, e.g., *mashed*

***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

**Flavor Affinities**

white miso + carrots + sesame seeds

white miso + mustard + oil + tahini + vinegar

**MISO, YELLOW (see also MISO, LIGHT)**

**Flavor:** earthy notes

**Volume:** quieter

**What it is:** soybeans fermented with mostly barley

*glazes*

***marinades***

***salad dressings***

*sauces*

***SOUPS****, miso*

tofu

**MIZUNA (see GREENS, MIZUNA)**

**MOLASSES**

**Flavor:** bitter (darkest) / **sweet** (darkest) **–very sweet** (lightest), with notes of

brown sugar, caramel, coffee, and/or smoke, a syrupy texture

**Volume:** moderately loud (lightest)–very loud (darkest)

**Tips:** Molasses ranges from mild (the lightest) to dark to blackstrap (the

darkest). The darker the molasses, the higher the nutrient content. Try using

it instead of maple syrup to top whole-grain pancakes

waffles.

**Possible substitutes:** barley malt syrup, honey, maple syrup

*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

**Flavor Affinities**

molasses + chili pepper flakes + ginger

molasses + cinnamon + nutmeg + orange zest

molasses + garlic + ginger + orange

molasses +\_ginger + lemon juice

**MOROCCAN CUISINE**

almonds

apricots

bell peppers, e.g., green

carrots

cayenne

*chermoula*

chickpeas

chiles

cilantro

cinnamon

coriander

***couscous***

cucumbers

cumin

dates

eggs

figs

fruits

garlic

ginger

harissa

honey

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

**MUNG BEANS (see BEANS, MUNG)**

**MUSHROOMS—IN GENERAL**

**Flavor:** earthy and/or woodsy notes, a meaty texture

**Volume:** quiet–moderate

**What they are:** fungi

**Techniques:** bake (6–8 minutes), broil, deep-fry, grill, pan-roast, raw (e.g., in

salads), roast, sauté (3–4 minutes), smoke, steam (5 minutes), stew, stuff

**Tips:** Generally serve cooked. Opt for Asian mushrooms (e.g., maitake, shiitake), or wild mushrooms (e.g., chanterelle, morel), over common

mushrooms (e.g., button, white) for maximum health benefits.

**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

**butter**

cardamom

carrots

*casseroles*

cayenne

celery

chard

**CHEESE**, e.g., blue, feta, goat, Gruyère, Parmesan, ricotta salata

**chervil**

chickpeas

chiles

**CHIVES**

**cilantro**

cinnamon

**coriander**

cornmeal, e.g., to crust

cornstarch

**cream**

*crepes*

cumin

*Czech cuisine*

daikon

dashi

dill

eggplant

**EGGS**, *e.g., fried, frittatas, omelets, quiches*

endives

farro

fennel

\***GARLIC**

**ginger**

grains, whole

***gravies****, e.g., mushroom*

honey

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

**Flavor Affinities**

mushrooms + arugula + pasta + peas

mushrooms + blue cheese + herbs + onions + walnuts

**mushrooms** + breadcrumbs + chives + **garlic** + **olive oil**

mushrooms + caraway seeds + dill + potatoes + sour cream

mushrooms + fennel + spinach + *stuffed*

mushrooms + garlic + ginger + scallions

**mushrooms** + **garlic** + leeks + **lemon** + walnuts

**mushrooms** + **garlic** + marjoram + mint + **parsley** + tomatoes

**mushrooms** + **garlic** + **olive oil** + parsley + rosemary + thyme

mushrooms + garlic + onions + thyme

**mushrooms** + **garlic** + **onions** + vegetable stock

mushrooms + goat cheese + rosemary

mushrooms + lemon + mustard

**mushrooms** + **lemon juice** + olive oil + Parmesan cheese + **thyme**

**mushrooms** + **lemon juice** + **olive oil** + parsley

“If green vegetables are the king of Super Immunity, **mushrooms** are

the queen.… White, cremini, portobello, oyster, maitake, reishi

mushrooms have all been shown to have anticancer effects.”

—DR. JOEL FUHRMAN, IN *SUPER IMMUNITY*

“Bottom line, **mushrooms** are good medicine. Cook them well before

eating them

enjoy a variety rather than any one specific type.”

—DR. ANDREW WEIL, ON DRWEIL.COM

“Raw **mushrooms** are technically not supposed to be good for you.

Also, the texture you get from them when they are cooked is much more

exciting than when they are raw. So how do you give your mushrooms

flavor without heat [as in raw cuisine]? You do it with citrus

salt

because they will bring out a lot of flavor

enhance its texture. If you

rub a mushroom with salt, the water comes out

the solids collapse

and it becomes soft.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“**Abalone mushrooms**, which are available in August

again in

February through April in the Pacific Northwest, are incredibly meaty, meaty mushrooms. They’re giant, about five inches in diameter. I’ll slice

them thick, score them, poach them for an hour in butter, cognac, shallot, garlic, parsley, thyme until they’re soft, serve them with

candied pistachios.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

“I love **trumpet mushrooms**, which are milder in flavor

have the

texture of scallops. They take marinades really well.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

“I’ll slice large **Trumpet Royale mushrooms** into scallops, whose great

texture they resemble, although they’re not as yielding or buttery. They

can be woody, so I’ll acidulate them with lemon juice, which makes

them tender

lovely, their residual sugar helps with their

caramelization when I sauté them in garlic

olive oil.”

—AARON ADAMS, PORTOBELLO (PORTLAND, OR)

**Dishes**

**Roasted Mushroom Flat Bread with Tomato Jam, Roasted Mushrooms, Caramelized Onions, Fresh Almond Ricotta, Frisée**

—Crossroads (Los Angeles)

**MUSHROOMS, BLACK TRUMPET**

**Season:** late summer–early winter

**Flavor:** aromatic, with earthy notes of butter, fruit, meat, and/or smoke, a

soft, rich

chewy texture

**Volume:** moderate–**loud**

**Technique:** sauté

**Tip:** Often sold dried, they can be rehydrated by soaking in hot water for 30

minutes.

**Botanical relative:** chanterelles

**Possible substitute:** truffles (Black trumpets are nicknamed “poor man’s

truffles.”)

artichokes

butter

*casseroles*

cheese, e.g., Parmesan, Taleggio

eggs, e.g., *omelets*

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

“I love the earthy, almost dirt-y, flavor of **black trumpet mushrooms**.

A sauce of parsley, shallots, white wine will help them to release

their flavor—especially paired with seitan

roasted potatoes.”

—JORGE PINEDA, CANDLE 79 (NEW YORK CITY)

**Dishes**

**Artichoke**

**Green Garlic Soup with Black Trumpet Mushroom Crouton**

—Chez Panisse (Berkeley, CA)

**MUSHROOMS, BUTTON (aka WHITE MUSHROOMS)**

**Season:** year-round

**Flavor:** slightly sweet, with earthy notes, a tender texture

**What they are:** common, everyday mushrooms

**Volume: very quiet** (raw)–quiet/moderate (cooked)

**Nutritional profile:** 50% carbs / 37% protein / 13% fats

**Calories:** 15 per 1-cup serving (raw, sliced)

**Protein:** 2 grams

**Techniques:** bake, braise, broil, sauté, steam, stir-fry, stuff

**Botanical relatives: cremini**, enoki, **portobello** mushrooms

barley

buckwheat

cheese, cream

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

“People who don’t like **white button mushrooms** probably haven’t had

them cooked well—which is seared on screamingly high heat. You want

to caramelize them in some garlic

olive oil, seasoned with chili

flakes

parsley.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**MUSHROOMS, CHANTERELLE**

**Season:** late spring–autumn

**Flavor:** slightly sweet/umami, with earthy notes of apricots, flowers, fruits, nuts, and/or pepper;

a chewy, meaty texture

**Volume:** quiet–moderate

**Techniques:** bake, braise, roast, sauté

**Tips:** Delicious both fresh

dried. The flavor quiets down during the

cooking process. Do not overcook, or the mushrooms may become tough.

**Botanical relative:** black trumpet mushrooms

beans, e.g., shell

bread or toast

buckwheat

**butter**

celery root

chestnuts

**corn**

**cream**

**EGGS**, e.g., *omelets, poached*

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

**Flavor Affinities**

chanterelles + celery root + wild rice

chanterelles + cream + parsley + shallots

**MUSHROOMS, CHICKEN OF THE WOODS**

**Season:** summer–**autumn**

**Flavor:** notes of **chicken**, crab, **lemon**, lobster, and/or turkey, with a

chicken-like texture

**Volume: quiet**–moderate

**Techniques:** braise, broil, grill, marinate, roast, sauté, simmer, stir-fry

**Tip:** This is a species of mushroom different from hen of the woods.

artichokes, Jerusalem

butter

carrots

celery root

cheese, e.g., cream, Monterey Jack, Parmesan

cream

**eggs**

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)**

[krem-EE-nee]

**Flavor:** rich earthy, meaty notes, a firm, meaty texture

**Volume: quiet**–moderate

**What they are:** immature portobello mushrooms

**Nutritional profile:** 60% carbs / 37% protein / 3% fat

**Calories:** 20 per 1-cup serving (raw, sliced)

**Protein:** 2 grams

**Techniques:** broil, raw, sauté

**Botanical relatives: button**, enoki, **portobello** mushrooms

allspice

barley

bay leaf

beans, green

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

butter

cheese, e.g., Fontina, pecorino

chili pepper flakes

chives

cloves

cream

**eggs**, e.g., *frittatas, omelets, quiches*

**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

**Flavor Affinities**

cremini mushrooms + cream + tarragon

cremini mushrooms + eggs + Fontina cheese

cremini mushrooms + lentils + walnuts

cremini mushrooms + onions + tempeh

cremini mushrooms + walnuts + white beans

**Dishes**

**Pesto-Stuffed Mushrooms: Cremini Mushrooms stuffed with Pistachio Pesto**

—118 Degrees (California)

**MUSHROOMS, ENOKI (aka ENOKITAKE)**

[enn-OH-kee or enn-oh-kee-TAH-kee]

**Flavor:** slightly sweet, with fruity (e.g., grape) notes, a tender yet

crisp/crunchy texture (and chewy when cooked)

**Volume: quiet**

**Nutritional profile:** 70% carbs / 23% protein / 7% fats

**Calories:** 30 per 1-cup serving (raw, sliced)

**Protein:** 2 grams

**Techniques:** deep-fry, raw, simmer, steam, stir-fry

**Tip:** Use these tiny long-stemmed mushrooms as garnishes.

**Botanical relatives:** button, cremini, portobello mushrooms

apples

*Asian cuisines*

basil

Thai basil

beans, long

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

carrots

cayenne

cheese, Parmesan

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**

**Flavor Affinities**

enoki mushrooms + garlic + Parmesan cheese

enoki mushrooms + soy sauce + tofu + vegetable stock

**Dishes**

**Enoki Doki Hand Roll: Enoki, Shiitake, Portobello Mushroom, Cashew, Ginger, Romaine, Black Rice with Hot Pepper Paste**

—Beyond Sushi (New York City)

**MUSHROOMS, HEDGEHOG**

**Season:** late summer–autumn

**Flavor:** slightly sweet, with earthy notes of fruit, nuts, pepper, and/or pine, and a semi-dry, firm, meaty texture

**Volume:** moderate (long-cooked)–loud (quick-cooked)

**Techniques:** braise, roast, sauté

**Possible substitute:** chanterelles

butter

*casseroles*

cheese, e.g., ricotta

cream

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)**

**Season:** autumn

**Flavor:** umami, with rich, earthy notes of **chicken,** garlic, lobster, meat, and/or nuts, a firm, meaty texture

**Volume:** quiet–moderate

**Nutritional profile:** 74% carbs / 21% protein / 5% fats

**Calories:** 30 per 1-cup serving (raw, diced)

**Protein:** 1 gram

**Techniques:** braise, grill, roast, sauté (about 5 minutes), simmer, stew

**Tip:** Soak in water or stock for 30 minutes before using.

**Botanical relative:** shiitake mushrooms

breadcrumbs

*bruschettas*

**butter**

celery root

cheese, pecorino

chiles, e.g., jalapeño

*Chinese cuisine*

cilantro

cornmeal

cream

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

**Flavor Affinities**

hen of the woods mushrooms + celery root + mustard

**hen of the woods mushrooms + garlic** + greens + **olive oil**

**hen of the woods mushrooms + garlic + olive oil** + parsley + pasta

hen of the woods mushrooms + lemon juice + miso + tamari

hen of the woods mushrooms + parsley + rice

“We’ve been making our **Hen of the Woods mushroom** pâté for years

now, it tastes like wild, foraged maitakes. We sear them in olive oil

with caramelized onions, shallots, garlic, thyme, mushroom stock, and

port (like traditional pâté), finish them with mascarpone

truffle

oil. We use agar-agar to make a port gelée.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

“We serve a roasted **maitake mushroom** with celery root fritter and

grilled leek rémoulade. We love the texture of the mushroom because it

is a wedge, so you get the singed, frilly little edge of the mushroom

along with the juicy succulent base.”

—RICH LANDAU

KATE JACOBY, VEDGE (PHILADELPHIA)

“**Maitake mushrooms** are massive umami bombs. When they’re dried

in the oven, they have a—dare I say—bacon-esque quality to them.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Hen + Egg: Hen of the Woods Mushroom, Soft Poached Egg, Beluga Lentils, Fresh Herbs**

—The Acorn (Vancouver)

**Hen of the Woods Mushroom Pâté, Vidalia Onion Marmalade, Herb Butter**

—Green Zebra (Chicago)

**Egg Yolk Gnocchi, Mushroom Brown Butter, Hen of the Woods**

—Ink (Los Angeles)

**Roasted Maitake**

**Asparagus, with Apple, Radish, Beets, Parsnip Puree**

—Natural Selection (Portland, OR)

**Roasted Maitake Mushroom with Crispy Sunchoke, English Peas, Creamy Horseradish**

—Vedge (Philadelphia)

**Tamari**

**Maple Roasted Maitake-Pecan Cream Tamale with Grilled Broccoli Raab, a**

**Cardamom Mole Roja, a Black Lemon Tequila Gastrique**

—Sutra (Seattle)

**MUSHROOMS, LOBSTER**

**Season:** summer–autumn

**Flavor:** salty/sweet, with notes of shellfish (e.g., **lobster**!), a firm yet

tender, chewy texture (not unlike lobster meat)

**Volume:** quiet

**What they are:** bright red-orange fungi (not actually mushrooms)

**Techniques:** bake, braise, sauté, simmer, stir-fry

butter

cheese, e.g., pecorino

**corn**

cream

dill

**eggs**, e.g., *frittatas, omelets*

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

**Dishes**

**Pasta with Lobster Mushrooms, Squash, Pecorino, Squash Blossom Butter**

—FnB Restaurant (Scottsdale, AZ)

**MUSHROOMS, MAITAKE (see MUSHROOMS, HEN OF**

**THE WOODS)**

**MUSHROOMS, MATSUTAKE**

**Season: autumn**–winter

**Flavor:** aromatic, with earthy notes of cinnamon, mint, nuts, pine, and/or

spices, a very firm, meaty texture

**Volume:** moderate–**loud**

**Techniques:** bake, braise, broil, en papillote, grill, marinate, sauté, steam, tempura-fry

**Tips:** Cook lightly. Beware drying the mushrooms, or slicing them too

thinly, as their flavor may be lost.

apples

*Asian cuisines*

asparagus

bay leaf

bok choy

cabbage, e.g., savoy

carrots

celery

celery root

cheese, Parmesan

chervil

chiles, e.g., Thai

**chives**

cloves

*custards*

**DASHI**

eggs

frisée

garlic

ginger

*gohan*

honey

***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

**Flavor Affinities:**

matsutake mushrooms + leeks + sake

matsutake mushrooms + soy sauce + vinegar

“There is nothing on the planet like **matsutake mushrooms**! You’ve

got to treat them delicately. I’ve served them with housemade

buckwheat noodles, or simply grilled over rice.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

“There may be no more prized ingredient in Japanese cuisine than

**matsutake mushrooms**. They are as celebrated in Japan as truffles are

in Italy or France. I love the texture of the mushroom, will never

forget a shockingly good version of a sukiyaki dish I tasted that featured

them. But that dish was like a short-distance dash—and I like serving

them cooked in a pot as a dobin mushi, which really celebrates their

lasting flavor

is more like a long-distance marathon.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**Dishes**

**Matsutake Sukiyaki Donburi: Matsutake Mushroom cooked with Konnyaku, Scallion, and**

**Choji-Fu, served over Rice**

—Kajitsu (New York City)

**Matsutake Takiawase: Japanese Taro, Pumpkin-Fu, Yuzu Zest on Top**

—Kajitsu (New York City)

**Braised Matsutake Mushrooms: Broccoli**

**Black Sesame Paste, Braising Jus infused with**

**Yuzu**

—Mélisse (Santa Monica, CA)

**Grilled Matsutake Mushrooms with Miso Custard, Ginger, Soy, Kaffir Lime**

—The Point (Saranac Lake, NY)

**MUSHROOMS, MOREL**

**Season: spring**

**Flavor:** umami, with earthy and/or meaty notes of bacon, egg, nuts, and/or

smoke, a firm, chewy (esp. fresh) texture

**Volume:** quiet (lighter in color)–moderate (darker in color)

**Techniques:** boil, sauté, simmer, stew

**Tip:** Use morel mushrooms on their own, not mixed with other mushrooms.

**Botanical relative:** truffles

artichokes, Jerusalem

**ASPARAGUS**, e.g., green, white

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

**breadcrumbs**

**butter**

**caraway seeds**

carrots

celery root

chard

**cheese**, e.g., goat, **Parmesan**

**chervil**

**chives**

corn

**CREAM**

**eggs**, e.g., *frittatas,* poached

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

**Flavor Affinities**

morel mushrooms + asparagus + chervil + fava beans

morel mushrooms + bitter greens + garlic + pasta

“**Morel mushrooms** are so decadent tasting—I’ll cook them in Earth

Balance with salt

pepper

serve them with a splash of

champagne vinegar.”

—MARK SHADLE, G-ZEN (BRANFORD, CT)

“You can find **morels** up in the Sierras in the springtime, when I’ll pick

them myself. The fat in cashew cream carries the flavor of the morels

beautifully. I might serve them paired with peas in a pastry dough.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Cavatelli, Morels, Peas, Ricotta, Fresh Chiles**

—ABC Kitchen (New York City)

**One-Hour Poached Hen’s Egg with Morel Mushrooms, Swiss Chard, Liquorice**

—Charlie Trotter’s (Chicago)

**Scaloppini with Marsala-Glazed Morel Mushrooms**

—Crossroads (Los Angeles)

**Foraged Morel Mushrooms, Fiddlehead Ferns, Hollandaise**

—Green Zebra (Chicago)

**Oregon Morel Risotto with Spring Peas, Baby Spinach, Asparagus, Shaved Pecorino**

—Nora (Washington, DC)

**Handrolled Potato Gnocchi**

**Morels with English Peas, Asparagus, Fiddlehead Ferns, Pea**

**Shoots, Goat Ricotta**

—Nora (Washington, DC)

**MUSHROOMS, OYSTER**

**Season:** autumn

**Flavor:** sweet

earthy, with notes of butter, oysters, pepper, and/or

seafood, a chewy, tender texture

**Volume: quiet** (cooked)

**Nutritional profile:** 60% carbs / 31% protein / 9% fats

**Calories:** 40 per 1-cup serving (raw, sliced)

**Protein:** 3 grams

**Techniques:** confit, deep-fry, roast, sauté, stew, stir-fry (Note: Do *not* eat

raw.)

**Tips:** The cooking process lowers the volume of the flavor. Cook quickly, and do *not* overcook, lest you lose it all! Use as a substitute for oysters in

bisques

other dishes.

artichokes (including Jerusalem)

arugula

***Asian cuisines***

**asparagus**

basil

bay leaf

**beans, black**

beans, fermented black

beans, green

bread crumbs

**BUTTER**

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

**carrots**

**celery**

**celery root**

**cheese,** e.g., **Parmesan**, Swiss, Taleggio

chervil

**chiles**, e.g., chipotle, green, jalapeño

*Chinese cuisine*

chives

*chowders*

cider

cilantro

cinnamon

coconut

coconut milk

coriander

cornmeal

**cream**

*crepes*

cumin

curries, e.g., green

dashi

dill

eggplant, e.g., Japanese

eggs, e.g., *quiches, scrambled*

**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

**Flavor Affinities**

oyster mushrooms + bay leaf + olive oil + thyme

oyster mushrooms + cider + cream + polenta + sage

oyster mushrooms + cream + parsley + *pizza*

oyster mushrooms + fermented black beans + ginger

oyster mushrooms + garlic + lemon + parsley + pasta

oyster mushrooms + lemon + mint + pasta + zucchini

oyster mushrooms + rosemary + tomatoes

“The inspiration for my artichoke oysters dish [which is served with

artichoke puree, crispy **oyster mushrooms**, yellow tomato béarnaise, and kelp caviar] came from peeling an artichoke one day. I was peeling

the leaves

one fell on a plate on its back

it looked like an oyster

shell. One of the things I love to do is re-create dishes I love that I miss

being a vegan

dishes that are unexpected in a vegan diet. The

inspiration was nature, it turned into ‘oysters Rockefeller.’ ”

—TAL RONNEN, CROSSROADS (LOS ANGELES)

**Dishes**

**Artichoke Oysters: Artichoke Purée, Crispy Oyster Mushroom, Yellow Tomato Béarnaise, and Kelp Caviar** (pictured on here)

—Crossroads (Los Angeles)

**Sesame Cornmeal Crusted Oyster Mushrooms with Sweet**

**Spicy Apple-Pepper Jam, Shaved Onion, Radish Salad**

—Millennium (San Francisco)

**Oyster Mushroom Fettuccine with Kale, Seitan, Fresh Chives**

—Plum Bistro (Seattle)

**Cornmeal-Crusted Oyster Mushrooms, Horseradish-Dill Aioli, Aji Amarillo Chili Sauce**

—True Bistro (Somerville, MA)

**MUSHROOMS, POM POM**

**Flavor:** notes of **crab**, lobster, and/or veal

**Technique:** sauté

**Botanical relative:** truffles

butter

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)**

**Season:** summer–autumn

**Flavor:** slightly sweet; aromatic, with earthy/pungent notes of meat, nuts, and/or smoke, a rich, meaty texture

**Volume:** moderate–loud (and louder when dried)

**Calories:** 100 per 1-ounce serving (dried)

**Protein:** 7 grams

**Techniques:** bake, braise, grill, raw, roast, sauté, simmer, stew, stuff

**Tips:** Often dried, which intensifies

enhances its flavor. Grind to a

powder (e.g., in a spice grinder)

use to crust tofu before cooking, or use

as a seasoning. To reconstitute, soak in hot water for 20–30 minutes before

adding to dishes; the flavored water can be strained

added to sauces, soups, or stews.

almonds

artichokes

asparagus

**BARLEY**

basil

bay leaf

bread crumbs

*bruschetta*

butter

*carpaccio, mushroom*

carrots

*casseroles*

chard

**cheese**, e.g., goat, **Parmesan**, provolone, ricotta, Romano

chickpeas

chives

cloves

corn

cream

*crostini*

dill

*dumplings, e.g., bread*

eggplant

**eggs**, e.g., *frittatas, omelets*

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

**Flavor Affinities**

porcini mushrooms + basil + garlic + olive oil + potatoes

porcini mushrooms + chard + chickpeas

porcini mushrooms + chives + lemon

porcini mushrooms + cream + potatoes

porcini mushrooms + garlic + lemon + olive oil + thyme

“**Porcini** are the godfather of wild mushrooms. They’re big, giant, meaty, ultra-rich mushrooms that are really majestic to find when you’re

out foraging in the woods.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Roasted Garlic Mashed Potatoes with Pinot Noir—Porcini Mushroom Sauce**

Greens Restaurant (San Francisco)

**Porcini Bruschetta, with White Beans, Garlic, Fennel, Chèvre**

Natural Selection (Portland, OR)

**MUSHROOMS, PORTOBELLO**

**Flavor:** rich, earthy, meaty notes

texture

**Volume: moderate**–loud

**Nutritional profile:** 69% carbs / 25% fats / 6% protein

**Calories:** 45 per 1-cup serving (grilled, sliced)

**Protein:** 2 grams

**Techniques:** broil, **grill**, marinate, **roast**, sauté (about 15 minutes), sear, stuff

**Botanical relatives: button, cremini**, enoki mushrooms

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”

butter

cayenne

celery

celery leaves

chard, Swiss

**CHEESE**, e.g., cheddar, dry Jack, feta, **goat**, Gorgonzola, Gouda, manchego, **MOZZARELLA**, **PARMESAN**, provolone, ricotta, Swiss

chervil

chickpeas

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

chives

cilantro

couscous, e.g., Israeli, whole-wheat

cream

*crepes*

dill

eggplant

**eggs**, e.g., *omelets*

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

**Flavor Affinities**

portobellos + arugula + balsamic vinegar + mozzarella + rosemary

portobellos + arugula + mustard

portobellos + arugula + red bell peppers + white beans

**portobellos + balsamic vinegar + garlic + olive oil** + parsley

portobellos + barley + *soups* + thyme

portobellos + bell peppers + eggplant + goat cheese + *sandwiches*

portobellos + bell beppers + *pizza* + zucchini

portobellos + bitter greens + potatoes

portobellos + cilantro + garlic + ginger + jalapeño + soy sauce

**portobellos** + **garlic** + **olive oil** + Parmesan cheese + spinach

portobellos + garlic + soy sauce

portobellos + garlic + sun-dried tomatoes

portobellos + goat cheese + potatoes

portobellos + goat cheese + spinach

portobellos + mint + zucchini

portobellos + pesto + polenta

portobellos + polenta + rosemary

portobellos + spinach + tomatoes

portobellos + vinegar + walnut oil + walnuts

“I’ve made **portobello mushroom** ‘bacon’ by roasting portobellos that

have been rubbed with smoked paprika, thyme, shallots. When

they’re sliced thin, they’ve got layers of color from the infused spice

mixture, actually look like bacon.”

—KEN LARSEN, TABLE VERTE (NEW YORK CITY)

**Dishes**

**Tuscan Portobello Sandwich: Grilled Portobello, Roasted Red Peppers, Caramelized**

**Onions, topped with Vegan Mozzarella**

**Spicy Mayo**

—Blossom (New York City)

**“French Dip Sandwich”: Caramelized Onions, Swiss Cheese, Portobello Mushrooms on**

**Herbed Baguette with Roasted Garlic-Mushroom Jus**

**choice of Organic Wild Greens or**

**Yam Fries**

—Cafe Flora (Seattle)

**Grilled Portobello Sandwich on Acme Focaccia with Grilled Peppers, Roasted Onions, Wagon Wheel, Basil Mayonnaise, Arugula. Served with Fingerling Potatoes, Artichokes, Pickled Red Onions, Capers, Champagne Dijon Vinaigrette**

—Greens Restaurant (San Francisco)

**Portobello Quesadilla: Marinated Mushrooms, Monterey Jack, Avocado, Caramelized Onion, and Poblano Cream**

—Mii amo Café (Sedona, AZ)

**Portabella Carpaccio, Garbanzo Tonatto, Fennel Mustard, Crispy Capers**

—Vedge (Philadelphia)

**MUSHROOMS, SHIITAKE—DRIED**

**FRESH**

[shee-TAH-kay]

**Season:** spring; autumn

**Flavor:** slightly sweet/*umami*; aromatic, with earthy, pungent notes of fruit, garlic, pine, smoke, steak, woods, and/or yeast, a firm, chewy (esp.

cooked), meaty texture

**Volume: moderate** (fresh)–loud (dried)

**What they are:** wild mushrooms

**Nutritional profile:** 90% carbs / 7% protein / 3% fats

**Calories:** 80 per 1-cup serving (cooked)

**Protein:** 2 grams

**Techniques—fresh:** bake, braise, broil, deep-fry, grill, roast (30 minutes), sauté (10–15 minutes), simmer, smoke, steam, stir-fry

**Techniques—dried:** Soak in boiling water 10–15 minutes, or overnight in

cold water, to reconstitute; then cook as above. Strain, add the nutritious

soaking water to sauces, soups, or stews.

**Botanical relative:** hen of the woods mushrooms

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*

butter

**cabbage**, e.g., Chinese or napa

**carrots**

*casseroles*

cayenne

**celery**

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

**cheese**, e.g., feta, goat, Parmesan

**chiles**, e.g., ancho, chili pepper paste

***Chinese cuisine***

**chives**

coconut milk

daikon

dashi

**dumplings**, e.g., Asian, potstickers

**eggplant**

**eggs**, e.g., *omelets, quiches*

escarole

**GARLIC**

**GINGER**

**GRAINS**, e.g., **barley, brown rice**, buckwheat, kamut, kasha, **pearled**

**barley**, quinoa, **rice**, wild rice

*gravies*

greens, e.g., mizuna

hazelnuts

honey

***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

**Flavor Affinities**

shiitake mushrooms + Asian noodles + sesame sauce + soy sauce

shiitake mushrooms + celery + onions + soy sauce

shiitake mushrooms + fermented black beans + rice vinegar + sesame oil +

sriracha + tamari

shiitake mushrooms + garlic + soy sauce

**shiitake mushrooms + ginger** + mirin + sake + **soy sauce**

shiitake mushrooms + ginger + scallions

**shiitake mushrooms + ginger + sesame + soy sauce**

shiitake mushrooms + lemon juice + soy sauce

shiitake mushrooms + miso + sesame seeds

shiitake mushrooms + miso + shiso + soy sauce + tofu

**shiitake mushrooms** + **olive oil** + **onions** + ***pizza*** + **rosemary** + **walnuts**

shiitake mushrooms + scallions + sweet potatoes

“I’ll sometimes want to serve **shiitake mushrooms** in a non-Asian

cuisine context, such as mixed with other mushrooms like creminis and

wrapped in pastry dough in a Wellington-esque dish.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Shiitake Salad: Marinated Shiitake Mushrooms, Julienne Carrots, Purple Beet, Yellow**

**Squash with Sweet Ginger Dressing**

—118 Degrees (California)

**Shiitake Miso Soup: Served warm with Miso, Fresh Seaweeds, Shiitakes, Scallions**

—118 Degrees (California)

**Farm Vegetable Dumplings with Miso Lemongrass Broth, Ginger, Scallions, Swiss Chard, and Shiitake Mushrooms**

—The Lodge at Woodloch (Hawley, PA)

**Pad Thai Sauté: Roasted Shiitake Mushrooms, Edamame, Napa Cabbage, Bean Sprouts, Broccolini, Tofu, Spicy Miso Vinaigrette**

—Mii amo Café (Sedona, AZ)

**Shiitake Mushrooms Roasted in a Garlic Rosemary Balsamic**

**Red Wine Sauce with**

**Carrot Butter Pâté**

**Toasted Baguette Slices**

—Sage’s Cafe (Salt Lake City)

**Shiitake**

**Tofu Lettuce Cups: Ginger, Soy, Cashew**

—True Food Kitchen (Phoenix)

**MUSHROOMS, WHITE (see MUSHROOMS, BUTTON)**

**MUSHROOMS, WILD—IN GENERAL, or MIXED (see also**

**CHANTERELLE, HEN OF THE WOODS, MOREL, PORCINI, etc.)**

**Techniques:** roast, stew

asparagus

**barley**

beans, e.g., cannellini

**cheese**, e.g., feta, goat, Gouda, Taleggio

*crepes*

*crostini*

**eggs**

*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

**Flavor Affinities**

wild mushrooms + cannellini beans + parsley + truffle oil

wild mushrooms + eggs + pizza dough

wild mushrooms + feta cheese + phyllo dough + shallots + spinach

wild mushrooms + garlic + olive oil + shallots + thyme

wild mushrooms + goat cheese + herbs + shallots

wild mushrooms + Madeira + pecans

**Dishes**

**Wild Mushroom**

**Goat Cheese Strudel with Balsamic Reduction**

—The Golden Door (Escondido, CA)

**Wild Mushroom**

**Leek Tartlet with Gruyère**

**Thyme**

—Greens Restaurant (San Francisco)

**Wild Mushroom Ravioli with Grilled Matsutake**

**Chanterelle Mushrooms, Savoy**

**Spinach, Spring Onions, Green Garlic, Pine Nuts, Herb Butter, Grana Padano**

—Greens Restaurant (San Francisco)

**Wild Mushroom Omelet with Quinoa, Sweet Onions, Baby Spinach, White Cheddar**

—The Lodge at Woodloch (Hawley, PA)

**Wild Mushroom Risotto with Winter Squash, Black Truffle Butter**

—Picholine (New York City)

**Chef Colin Bedford of North Carolina’s Fearrington House on Mushrooms**

At the Fearrington House, we treat mushrooms very much like meat. We will take larger **king**

**oyster** or **maitake** mushrooms

confit them whole in olive oil, or we will sous-vide them as

that is another great technique to infuse flavor

to create layers of flavors. The flavors differ

throughout the year. In March, we use thyme, garlic, white wine, as the wine really brightens

the flavor.

**King Oysters** are nice, big, fat mushrooms. We will confit them with garlic, bay leaf, and

thyme. The ratio of stalk to cap is crazy—like 5 percent cap to 95 percent stalk, so we use the

stalk for carpaccio, cooking the mushrooms at 85°C for one to one-and-a-half hours with lots of

aromatics. Once they are cool, we slice them thin on a mandoline

lay them on the plate.

With the dish, we add crosnes, which are like a really cool artichoke; sunchokes, roasted

cippolini onions, garlic chips for a crispy texture.

**Maitake** mushrooms are my favorite. They have a meaty quality

are so versatile. We will

confit them whole. Sunchokes work really well with them, as does ginger, which gives it a

warm, earthy tone—with fresh ginger adding heat, candied ginger mellowing the flavor. I’ll

also use sherry vinegar, a bit of maple syrup—we use Mikuni Wild Harvest’s NOBLE maple

syrup.

**Chanterelles** are another favorite. Thyme is one of my favorite pairings, as is sage; I will use

one or the other. In the fall or winter, black garlic also works well with them: We will caramelize

and puree the garlic, which has a kind of fermented quality that brings up sweetness, from

there we will add some Madeira

maple [syrup] for more flavor. Chanterelles are a mushroom

that we don’t cook to order. We like to cook them beforehand

stew them down with

aromatics, butter, just a pinch of white wine at the end to balance the flavors.

**Matsutakes** call for keeping it simple, so we don’t mess around with them too much, simply

confit them. After they are cooked, we will score

then pan sear them so you get that

contrasting texture.

**Doubloons** are smaller than shiitake mushrooms, but we treat them the same way.

**Pickling Mushrooms with Colin Bedford**

Beech mushrooms are perfect for pickling, as they are essentially sponges. A cremini would be too

hard; you would just get little nuggets. When pickling mushrooms, the pickling solution will

depend on the season, which will influence our choice of vinegar—for example:

• **Autumn:** madeira

sherry vinegars

• **Winter:** port wine, red wine, raspberry vinegars

• **Spring:** lemon

chardonnay vinegars

• **Summer:** white balsamic

champagne vinegars

**MUSTARD, e.g., DIJON (see also GREENS, MUSTARD;**

**MUSTARD POWDER; MUSTARD SEEDS)**

**Flavor:** bitter; hot, with peppery, spicy notes

**Volume:** moderate–very loud

**Tips:** For most purposes, choose Dijon mustard (made with verjus instead

of vinegar); other options include stone-ground and/or whole-grain mustard.

Add mustard at the end of the cooking process.

**Botanical relatives:** broccoli, Brussels sprouts, collard greens, horseradish, kale, kohlrabi

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

cheese

**chives**

cilantro

cream

crème fraîche

cucumbers

cumin

fennel

***French cuisine, esp. Dijon mustard***

fruits, e.g., mostardo

**GARLIC**

*glazes*

grains

**greens, salad**

**honey**

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

**Flavor Affinities**

mustard + cabbage + potatoes

mustard + cilantro + lime + yogurt

mustard + maple syrup + oil + vinegar

mustard + maple syrup + pecans + tempeh

**Dishes**

**Baby Lettuces with Dijon Cream, with Figs, Pear, Pickled Carrots, Croutons, Spiced**

**Pecans**

—Natural Selection (Portland, OR)

**MUSTARD POWDER (aka DRY MUSTARD)**

**Flavor:** hot, pungent notes of mustard

**Volume:** loud

**What it is:** ground mustard seeds

**Tips:** Use within six months, as it loses its potency. Mix with cold water (to

maintain “loudness”; alternatively, use hot water to quiet the heat) to form a

hot mustard paste; let stand 10–15 minutes before using. Alternatively, mix

with beer or white wine.

**Brand:** Colman’s

beans, e.g., pinto

beer

cabbage

cheese, e.g., cheddar, Gruyere, Swiss

*dips*

herbs, e.g., oregano, tarragon

honey

lentils

maple syrup

mayonnaise

nutritional yeast

oil, e.g., olive

paprika

*pastas, e.g., macaroni*

*cheese*

popcorn

***salad dressings***

*sauces, e.g., barbecue, hollandaise*

*slaws*

spinach

split peas

tofu

vinegar

**MUSTARD SEEDS**

**Flavor:** bitter; pungent

**Volume:** moderate (yellow)–loud (brown)

**Tips:** Toast or sauté in a covered pan to bring out their earthy sweetness.

Use black mustard seeds in Indian curries.

*African cuisines*

*American cuisine*

*Asian cuisines*

butter

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

**NAMA-FU (see also recommendations for SEITAN)**

**Flavor:** neutral, with a smooth, chewy texture akin to dense custard or

scallops

**What it is:** fresh wheat gluten, often made from wheat gluten

mochi rice

flour; an important ingredient in Japanese temple vegetarian cuisine; the

ancestor of seitan

**Nutrional profile:** mostly protein, nearly fat-free

**Techniques:** blanch, grill

**Tip:** It is also available dried.

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** (one of the “three sisters”)

berries, e.g., cranberries, strawberries

bread, e.g., fry

chiles

chocolate

**CORN** (one of the “three sisters”)

fruit, e.g., dried

garlic, e.g., wild

grains

honey

maple sugar

nuts

onions, e.g., wild

potatoes

seeds, e.g., pumpkin, sunflower

**SQUASH** (one of the “three sisters”)

tomatoes

**NECTARINES (see also tips for PEACHES)**

**Season:** summer

**Flavor:** sweet, with a juicy texture

**Volume:** quiet–**moderate**

**Nutritional profile:** 86% carbs / 8% protein / 6% fats

**Calories:** 65 per 1-cup serving (raw, sliced)

**Protein:** 2 grams

**Techniques:** bake, broil, grill, poach, raw, sauté

**Tip: Opt for organic nectarines.**

**Botanical relatives:** apricots, **peaches**, plums

**Possible substitute:** peaches

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

**basil**

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

brandy

butter

buttermilk

**caramel**

*cereals, hot breakfast*

cheese, e.g., blue, mozzarella

cherries

**cinnamon**

cloves

**cream**

***desserts****, e.g., crisps, fruit cobblers, shortcakes*

figs

**GINGER**

greens, salad

hazelnuts

**honey**

***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**

**Flavor Affinities**

nectarines + almonds + caramel

nectarines + balsamic vinegar + basil

nectarines + caramel + ginger

nectarines + ginger + lemon

**NETTLES (aka STINGING NETTLES)**

**Season: spring**–summer

**Flavor:** bitter/sweet, with notes of meat (when cooked), spinach, and/or toast

**Volume:** loud

**Techniques:** blanch, boil, sauté

**Tips:** Beware: Use tongs to place nettles in your shopping bag. Blanch in

boiling water to neutralize their sting. (Don’t use cold water, which sets

their bitterness.) Combine with miso or other, milder vegetables to

neutralize nettles’ strong flavor.

**Possible substitute:** spinach

almonds

*(North) American cuisines*

asparagus

basil

butter

brown butter

buttermilk

**CHEESE**, e.g., **Parmesan**, pecorino, **RICOTTA**, **ricotta salata**

chiles, e.g., red

chives

cream

crème fraîche

*curries*

eggs, e.g., *frittatas, poached*

*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

**Flavor Affinities**

**nettles** + basil + cheese + garlic + **lemon juice + olive oil** + pine nuts

nettles + cream + eggs

nettles + leeks + potatoes

**Dishes**

**Pizzetta with Wild Nettles**

**Ricotta Salata**

—Chez Panisse (Berkeley, CA)

**Pearled Barley “Risotto,” with Stinging Nettles, Shiitake Mushrooms, Pickled Mustard**

**Seeds**

—Green Zebra (Chicago)

**Nettle**

**Red Chili Cappellettis, Brown Butter, Parmesan, Sage Flowers**

—Verjus (Paris)

**NIGELLA SEEDS**

**Flavor:** slightly bitter and/or pungent, with musty notes of celery, cheese, mustard, nuts, onions, oregano, pepper, and/or smoke, a crunchy texture

**Volume:** moderate

**What they are:** spice

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

**Flavor Affinities**

nigella seeds + cumin + fennel seeds + fenugreek + mustard seeds

nigella seeds + eggplant + fennel seeds

“**Nigella** is my all-time favorite spice. I’ll even add it to my za’atar spice

blend, where it adds a cheesy note that is hauntingly beautiful.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**NOODLES, ASIAN (see NOODLES, CELLOPHANE;**

**NOODLES, KELP; NOODLES, RAMEN; NOODLES, RICE;**

**NOODLES, RICE VERMICELLI; NOODLES, SOBA;**

**NOODLES, SOMEN;**

**NOODLES, UDON)**

**Tips:** Many Asian noodles should be soaked before cooking. They can be

served either cold or hot. For the most nutrients, opt for whole-grain

noodles.

**Flavor Affinities**

Asian noodles + ginger + peanuts + rice vinegar

Asian noodles + kale + sesame oil + sesame seeds + soy sauce

Asian noodles + lime + peanuts

Asian noodles + mushrooms + napa cabbage

**NOODLES, BEAN THREAD (see NOODLES, CELLOPHANE)**

**NOODLES, BUCKWHEAT (see NOODLES, SOBA)**

**NOODLES, CELLOPHANE (aka BEAN THREAD**

**NOODLES, GLASS NOODLES, MUNG BEAN NOODLES)**

**Flavor:** neutral, with a chewy texture

**Volume:** quiet

**What they are:** very thin mung bean flour noodles

**Techniques:** Soak (in hot water, until soft) first, then cook until tender, about 8–15 minutes.

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

eggs, e.g., poached

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

**Flavor Affinities**

cellophane noodles + cabbage + carrots + seaweed + sesame

cellophane noodles + cilantro + cucumbers + garlic + ginger

cellophane noodles + cilantro + peanut oil + rice vinegar

cellophane noodles + shiitake mushrooms + spinach

**Dishes**

**Toasted Sesame Noodles, Housemade Kimchi, Braised Lotus Root, Chinese Mustard**

—Green Zebra (Chicago)

**NOODLES, CHINESE EGG**

**Flavor:** notes of egg, a rich, chewy texture

**Volume:** quiet–moderate

**What they are:** Chinese noodles made from egg

wheat

**Possible substitute:** egg-based pasta noodles

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, GLASS (see NOODLES, CELLOPHANE)**

**NOODLES, GREEN TEA SOBA**

**Flavor:** notes of green tea, a chewy texture

**Volume:** quiet–moderate

**What they are:** soba noodles to which green tea has been added

**Technique:** Cover with boiling water for about 4–5 minutes.

**Tip:** These are considered a delicacy

served on special occasions.

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

**Flavor Affinities**

green tea soba noodles + cucumbers + peanut sauce + scallions

**NOODLES, KELP**

**Flavor:** neutral, with a toothy (green) or crunchy (clear) texture

**Volume:** quiet (clear)–moderate (green)

**What they are:** noodles made from sea vegetables

**What’s healthful about them:** virtually free of calories, carbohydrates, fat

**Gluten-free:** yes

**Tips:** There are two primary types of kelp noodles: **clear** (bland in flavor, crunchy in texture)

**green** (with seaweed notes

the toothiness of al

dente pasta). Because they are not heated above 110°F during the

production process, they are said to be appropriate for raw food diets.

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

**Flavor Affinities**

kelp noodles + miso + orange + sea vegetables + sesame seeds

**kelp noodles + miso + sesame seeds**

kelp noodles + sesame + shiso + vegetables

kelp noodles + sesame sauce + spinach

**NOODLES, MUNG BEAN (see NOODLES, CELLOPHANE)**

**NOODLES, RAMEN**

**What they are:** baked or fried Chinese wheat noodles

**bamboo shoots**

bean sprouts

bok choy

**carrots**

**chiles**, e.g., dried

cilantro

**corn**

cucumbers

eggplant

**EGGS**, e.g., hard-boiled, poached

**garlic**

**GINGER**

greens, e.g., collard

honey

***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

**Flavor Affinities**

ramen noodles + corn + garlic + green onions + miso

ramen noodles + ginger + scallions + soy sauce

ramen noodles + kale + mushrooms + red chili oil + seitan

ramen noodles + kale + shiitake mushrooms + soy sauce + vegetable stock

**Dishes**

**Chilled Ramen Noodles**

**Vegetable Spring Roll: Japanese/Chinese Style Chilled Noodles**

**with Cucumber, Avocado, Rikyu-Fu, Sesame, Tomato, Shishito Pepper, Pak Choy, served with Spring Rolls**

—Kajitsu (New York City)

**NOODLES, RICE (aka RICE STICKS—or RICE**

**VERMICELLI, which are thinner strands)**

**What they are:** rice flour noodles, typically flat like linguini

**Nutritional profile:** 95% carbs / 3% protein / 2% fats

**Calories:** 195 per 1-cup serving (cooked)

**Protein:** 2 grams

**Techniques:** soak (in hot water, until soft)—then stir-fry, if desired

**Tips:** Using sufficient oil during the cooking process (e.g., stir-frying) keeps

noodles from sticking together. Opt for brown rice noodles.

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

eggs

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

**Flavor Affinities**

rice noodles + almonds + ginger + lime + papaya + savoy cabbage

rice noodles + basil + walnuts

**rice noodles + bean sprouts + garlic + lime + peanuts + scallions +**

**tamarind + tofu**

rice noodles + bok choy + shiitake mushrooms

rice noodles + broccoli + hoisin + peanuts + tofu

rice noodles + carrots + cucumbers + lettuce + oil + scallions

rice noodles + chiles + garlic + ginger + tofu

rice noodles + cilantro + parsley + sesame oil + soy sauce

rice noodles + coconut + eggplant + mustard greens + shiitake mushrooms

rice noodles + garlic + miso + sesame seeds

rice noodles + mint + zucchini

**Dishes**

**Crispy Rice Noodles, Baby Bok Choy, Miso Glazed Turnips, Lotus Root, Cashews**

—Green Zebra (Chicago)

**Tofu Pad Thai: Rice Noodles, Julienne Vegetables, Thai Coconut Peanut Sauce**

—The Lodge at Woodloch (Hawley, PA)

**NOODLES, SHIRATAKI**

**TOFU SHIRATAKI**

**Flavor:** bland in flavor, with notes of the ocean (e.g., fish or seafood), and

the chewiness of pasta (tofu versions)

**Volume:** quiet–moderate

**What they are:** These low-calorie noodles are made from a type of yam (and

sometimes tofu, which makes them closer in flavor

texture to typical

pasta).

**What’s healthful about them:** virtually free of calories

**Tip:** Rinse noodles well (three or more times) to reduce any fishy aromas or

flavors.

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

**Flavor Affinities**

shirataki noodles + coconut milk + curry spices + tofu

shirataki noodles + vegetable stock + lime juice

**Dishes**

**Shirataki Noodle Stir-Fry: Sweet Chili Marinated Tofu, Wok-Fried Zucchini, Lotus Root, and Edamame**

—The Lodge at Woodloch (Hawley, PA)

**NOODLES, SOBA—WHOLE-GRAIN**

**What they are:** buckwheat

wheat-based noodles

**Nutritional profile:** 82% carbs / 17% protein / 1% fats

**Calories:** 115 per 1-cup serving (cooked)

**Protein:** 6 grams

**Tips:** Remove starch after cooking by rinsing in cold water. Serve noodles

cold during warmer seasons

hot during colder seasons.

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*

**Flavor Affinities**

soba noodles + avocado + carrots + cashews + cilantro + peanuts + tofu

soba noodles + broccoli + cabbage + carrots + lotus root + snow peas

soba noodles + cashews + enoki

shiitake mushrooms + romaine + *wraps*

soba noodles + chili pepper flakes + garlic + scallions + sesame oil/ seeds +

tamari

soba noodles + cilantro + lime + peanut sauce + scallions

soba noodles + cucumbers + feta cheese + lemon + parsley

**soba noodles + daikon** + dashi + nori + scallions + soy sauce + **wasabi**

soba noodles + dry sherry + kombu + tamari

**soba noodles + garlic + ginger** + cilantro + scallions

**soba noodles + garlic + ginger** + hiziki + miso

**soba noodles + garlic + ginger** + peanuts + red cabbage

**soba noodles + garlic + ginger** + rice vinegar + tamari

soba noodles + garlic + sesame paste + soy sauce

soba noodles + ginger + seaweed + shiitake mushrooms + soy sauce

**soba noodles** + greens + lime + **sesame oil** + soy sauce + **tofu**

**soba noodles** + orange + **sesame + tofu**

“During a kaiseki menu, you want to make a certain impact with the

very first course, to make sure the main course itself is outstanding.

But the courses before

after the main course should be toned down, to enhance its impact. I would serve something very simple and

delicious before the main course, like **soba noodles**.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**Dishes**

**Dashi**

**Noodles: Bowl of traditional Japanese Broth made with Shiitake Mushrooms, Kombu, Fresh Ginger, Shoyu, served warm over Soba Noodles**

—Angelica Kitchen (New York City)

**Nutty Buddy: Buckwheat Noodles, Cashews, Carrots, Cilantro, Jalapeño Peanut Butter, Avocado, Sesame Oil, Tofu, Romaine**

—Beyond Sushi (New York City)

**Cold Soba Salad: Soba Noodles, Julienne Vegetables, Cucumbers, Cilantro, Sesame Seeds, Peanuts, Peanut Dressing**

—Real Food Daily (Los Angeles)

**Buckwheat Noodles tossed in a Sesame Vinaigrette, served on a bed of Mixed Greens and**

**topped with Tahini Dressing, Seasonal Vegetables, Cumin-Sesame Blackened Tempeh**

—Sage’s Cafe (Salt Lake City)

**NOODLES, SOMEN**

**Season:** spring–summer, when they are typically served cold

**Flavor:** neutral, with a light, smooth texture

**Volume:** quiet

**What they are:** very thin whole-wheat noodles

**Nutritional profile:** 87% carbs / 12% protein / 1% fats

**Calories:** 230 per 1-cup serving (cooked)

**Protein:** 7 grams

**Timing:** Boil until tender, about 2 minutes.

**Tip:** Remove starch after cooking by rinsing in cold water.

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**

**Flavor:** neutral, with a soft, slippery texture

**Volume:** quiet

**What they are:** thick (flat or round) noodles made from wheat

**Timing:** Cook until tender, about 1–3 minutes (fresh noodles) or 5–7 minutes

(dried noodles).

**Tip:** Remove starch after cooking by rinsing in cold water.

**Possible substitute:** linguini

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

eggs

**garlic**

**GINGER**

hoisin

honey

***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

**Flavor Affinities**

udon noodles + almonds + ginger + mushrooms + scallions

udon noodles + bok choy + miso + shiitake mushrooms

udon noodles + chili paste + garlic + peanut butter + rice vinegar + soy sauce

udon noodles + dashi + kombu + soy sauce

udon noodles + garlic + rice vinegar + scallions + soy sauce + tahini

**udon noodles + ginger + mushrooms + tofu**

udon noodles + mirin + mushroom stock + soy sauce + watercress

udon noodles + peanut sauce + snow peas

udon noodles + rice vinegar + snow peas + soy sauce

**Dishes**

**Chilled Somen Noodles, Hawaiian Hearts of Palm, Papaya, Edamame, Shiso, Ginger-Soy**

—Green Zebra (Chicago)

**Chilled Somen Noodles with Sesame Sauce**

**Inari Sushi: Japanese Extra-Thin Noodles**

**with Sesame, Umeboshi, Chive, Myoga, Pak Choy, served with Inari Sushi**

—Kajitsu (New York City)

**NORI (aka LAVER)**

[NOR-ee]

**Flavor:** salty, with notes of the sea, the texture of handmade paper

**Volume:** quiet (as is)–moderate (after toasting)

**What it is:** dried

pressed sheets of seaweed, typically used to wrap sushi, hand rolls, nori (aka maki) rolls

**What’s healthful about it:** easy to digest; higher in protein than any other

seaweed

**Nutritional profile:** 53% carbs / 40% protein / 7% fats

**Calories:** 1 calorie per sheet

**Tips:** Lightly toast the dried seaweed sheet before using, by waving it over

an open flame on your stovetop, which enhances its flavor

texture. At

traditional sushi restaurants, vegetarian options typically include white or

brown short-grain sticky rice rolls filled with avocado and/or cucumber.

However, New York City’s Beyond Sushi features iron-rich six-grain rice—

a delicious medley of rye berries, barley, pearl barley, brown rice, red rice, and black rice.

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

eggs, e.g., *omelets*

**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**

**Flavor Affinities**

Nori roll combinations = nori + sticky rice + any of the groups listed below:

alfalfa sprouts + avocado + sweet potato

almonds + spinach + tofu

**avocado + carrots + cucumbers**

avocado + chayote + chiles + cilantro

avocado + cucumber + mango

avocado + pickled ginger + shiitake mushrooms

cucumber + daikon + umeboshi paste

cucumber + shiitake mushrooms + spinach

cucumber + tofu + wasabi

mushrooms + teriyaki sauce + tofu

“Toast **nori**, then grind it, use the nori powder as a seasoning to add

an ocean-esque quality to dishes like fried mushrooms.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**NUTMEG**

**Season:** autumn–winter

**Flavor:** bitter/**sweet**, with spicy notes of cloves and/or mace

**Volume:** moderate–**loud**

**Botanical relative:** mace

**Tips:** Add nutmeg toward the end of the cooking process. Use in

moderation, as it is high in saturated fat.

apples

***BAKED GOODS****, e.g., biscuits, cakes, cookies, pastries, pies*

bananas

carrots

*cereals, hot breakfast*

**cheese**, e.g., cheddar, Gruyère, pecorino, ricotta

***CHEESE DISHES****, e.g., fondues, soufflés*

chocolate

cinnamon

cloves

coconut milk

**cream**

**milk**

***desserts****, e.g., cheesecake, custards, puddings*

***drinks****, esp. cream- or milk-based, e.g., eggnogs*

eggs

*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*

*cheese*

***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

“When I visited France, I noticed that every house I visited smelled of

**nutmeg**! I use fresh whole nutmeg in my potatoes Dauphinois. I will

also add nutmeg to the yam I make with cinnamon, bay leaf, thyme, and

few other ingredients. I will also add it to potatoes, cream, garlic, and

thyme. It even works with sautéed spinach

greens as balance to the

bitterness.”

—KEN LARSEN, TABLE VERTE (NEW YORK CITY)

**NUTRITIONAL YEAST (aka affectionately as NOOCH)**

**Flavor:** savory/*umami*, with rich notes of **CHEESE** (esp. untoasted), chicken

stock (esp. toasted), and/or nuts

**Volume:** quiet–moderate

**What it is:** yellowish flaky deactivated yeast (Note: It is *not* the same as

brewer’s yeast.)

**Calories:** 30 per 1-tablespoon serving

**Protein:** 4 grams

**Brand:** Red Star

almonds

arrowroot

artichokes

barley

beans

bread, garlic

*breadings*

broccoli

cashews, raw

***casseroles***

chard

***cheeses****, nondairy, e.g., nut*

*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

**Flavor Affinities**

**nutritional yeast + Dijon mustard + garlic** + nondairy milk

**nutritional yeast + garlic** + lemon + **mustard**

nutritional yeast + garlic + onion + sesame seeds

nutritional yeast + pasta + soy milk

nutritional yeast + tofu + turmeric

“I will go old school when I make gravy, start with a roux before

adding aromatics like garlic

onion. The two big flavor components I

also add are tamari instead of salt

**toasted nutritional yeast** to give

it that poultry-like flavor.”

—DAVE ANDERSON, MADDY’S

FORMERLY MADELEINE BISTRO (LOS

ANGELES)

**NUTS (see also ALMONDS, CASHEWS, PEANUTS, WALNUTS, etc.)**

**NUTS, BRAZIL**

**Flavor:** nutty, with tropical (e.g., coconut, macadamia) notes, a very rich

texture

**Volume:** moderate

**Calories:** 185 per 1-ounce serving

**Protein:** 4 grams

**Tip:** Avoid too-high levels of selenium (which can be toxic) by not eating

more than two Brazil nuts per day.

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**

**Flavor:** salty (esp. if salted) / slightly sweet, with notes of butter, a rich, creamy/crunchy texture

**Volume:** moderate–loud

**Nutritional profile:** 88% fat / 8% carbs / 4% protein

**Calories:** 205 per 1-ounce serving

**Protein:** 2 grams

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

honey

*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**

**Flavor Affinities**

macadamia nuts + chocolate + coffee

macadamia nuts + coconut + white chocolate

**OATMEAL**

**OATS**

**Flavor:** slightly sweet, with notes of nuts, a chewy and/or creamy texture

(when cooked)

**Volume:** quiet

**What it is:** whole grain

**Nutritional profile:** 70% carbs / 15% protein / 15% fats

**Calories:** 110 per 1-ounce serving (uncooked)

**Protein:** 5 grams

**Techniques:** boil, simmer

**Timing:** Cook Scottish oats about 10 minutes, or old-fashioned (aka rolled)

oats about 10–15 minutes, covered; steel-cut oats will cook in about 30

minutes, although cooking time can be cut by presoaking.

**Ratio:** 1: 2–3 (1 cup oats to 2–3 cups liquid, e.g., almond milk or water)

**Tips:** To make a creamier oatmeal, use Scottish oats and/or substitute milk

(e.g., almond) for some or all of the water. For chewier oatmeal, opt for

steel-cut oats. In-between? You might prefer good old-fashioned rolled oats.

Whole oat groats can be used in savory dishes, such as pilafs.

**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*

butter

**buttermilk**

cardamom

cashews

celery

***CEREALS, HOT BREAKFAST***

cheese, e.g., Parmesan

**CINNAMON**

coconut

cream

***DESSERTS***, *e.g., fruit crisps*

*crumbles*

dill

fennel seeds

**FRUITS, DRIED, e.g., cherries, cranberries, currants, dates, figs, peaches, plums, RAISINS**

ginger

***GRANOLA***

**HONEY**

***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

**Flavor Affinities**

**OATS + ALMONDS** + **CINNAMON + fruit** (e.g., blueberries, cherries) +

**MAPLE SYRUP**

oats + almond milk + dates + sunflower seeds

**OATS + ALMONDS** + cashews + **CINNAMON** + **MAPLE SYRUP** +

vanilla

**oats + almonds + cinnamon + yogurt**

oats + almonds + honey + raisins

oats + almonds + kombu + sunflower seeds

**oats + apples** + brown sugar + **cinnamon** + **raisins**

oats + apples + cheddar cheese

**oats + apples + cinnamon** + dates

**oats + apples + cinnamon** + honey + raisins

oats + apples + honey + *muffins*

oats + apples/pears + maple syrup

**OATS** + bananas + **CINNAMON + MAPLE SYRUP**

**oats + bananas + maple syrup** + nuts (e.g., hazelnuts)

oats + brown sugar + nuts + raisins

oats + cinnamon + figs + honey + vanilla

**OATS + CINNAMON + MAPLE SYRUP**

oats + cranberries + nuts (e.g., hazelnuts, walnuts)

oats + ginger + plums

oats + honey + miso + walnuts

oats + honey + nuts + raisins

oats + pecans + sweet potatoes + vanilla

**OIL—IN GENERAL**

Virtually all oils have about 120 calories per 1-tablespoon serving, are

high in fats

low in nutrients.

**Tips:** Select an oil based on its intended purpose, e.g., finishing dishes (e.g., extra-virgin olive, flavored), or low-, medium-, or high-temperature (e.g., grapeseed, peanut, safflower) cooking. Always opt for unrefined

less

processed oils (e.g., “expeller-pressed” or “cold pressed”), which are free of

chemicals

solvents, choose organic corn

soybean oils.

**OIL, ACORN SQUASH SEED**

**Flavor:** earthy notes of brown butter, chestnuts, spice, squash, and/or toasted

walnuts, a rich texture

**Volume:** moderate

**Tip:** Use for medium-temperature cooking (e.g., sautéing).

**Brand:** Stony Brook

Brussels sprouts

*casseroles*

cheeses, e.g., soft

*marinades*

*salads*

*soups, e.g., winter*

squash, esp. winter, e.g., acorn, butternut

vegetables, e.g., roasted, sautéed

**OIL, ALMOND**

**Flavor:** notes of almonds

**Volume: quiet**–moderate

**Techniques:** bake, raw

**Tip:** Use for medium- (e.g., baking, sautéing) to high-temperature (e.g., frying) cooking.

**Brand:** La Tourangelle

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**

**Flavor:** notes of cream, fruit, and/or **nuts**, with a creamy texture

**Volume:** quieter (untoasted)–louder (toasted)

**Tip:** Use only for finishing dishes, not for cooking.

**Possible substitutes:** almond oil, hazelnut oil

**almonds**

**almond paste**

basil

bell peppers, e.g., red, roasted

cheese, e.g., blue, goat

chickpeas

chocolate

couscous

cream

cucumbers

*desserts*

*dips*

eggs, e.g., *fried, scrambled*

honey

*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

**Flavor Affinities**

argan oil + almonds + honey

argan oil + honey + yogurt

argan oil + lentils + tomatoes

**Dishes**

**Creamless Cream of Pea Soup with Crispy Burrata**

**Argan Oil**

—Mélisse (Santa Monica, CA)

**OIL, AVOCADO**

**Flavor:** rich, with notes of avocado and/or butter

**Volume:** quiet

**Techniques:** emulsify, fry, grill, raw, roast, sauté, stir-fry

**Tip:** Use for medium-(e.g., baking, sautéing) to high-temperature (e.g., frying, stir-frying) cooking.

avocado

cilantro

eggs, e.g., *fried eggs*

**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

**Flavor Affinities**

avocado oil + cilantro + lime juice + yogurt

**OIL, CAMELINA SEED**

**Flavor:** notes of asparagus, broccoli, cauliflower, greens, nuts, and/or seeds

**Volume:** moderate–loud

**Techniques:** bake, sauté, stir-fry

**Tip:** stays fresher longer than flaxseed oil

asparagus

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

cabbage

carrots

*cereals, hot breakfast*

cheese, e.g., Parmesan

chickpeas

dill

*dips, e.g., baba ghanoush, hummus*

eggplant

eggs, e.g., *quiche*

garlic, e.g., green

*granola*

honey

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

“**Camelina seed oil** has a really interesting, strong, seed-y flavor. I’ll

combine it with caramelized lemon

green garlic.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA, CA)

**OIL, CANOLA**

**Flavor:** neutral

**Volume:** quiet

**What it is:** rapeseed oil from CANada (which is where it gets its name)

**Techniques:** bake, **fry**, sauté

**Tips: Use *only organic, expeller-pressed* canola oil**, as many canola oils

are made from GMO seeds; otherwise, opt for another oil altogether. Use as

fresh as possible, check regularly for rancidity (as it goes rancid

quickly). Canola oil can be used for medium- (e.g., baking) to hightemperature

(e.g., frying) cooking. Use with boldly flavored dishes that

would obscure the flavor of more expensive oils.

*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**

**What it is:** vegetable (e.g., peanut) oil infused with chiles

**Tip:** Add at the end of the cooking process, to finish a dish

add heat.

*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

**Flavor Affinities**

chili oil + rice vinegar + sesame oil + soy sauce + sugar

**OIL, COCONUT**

**Flavor:** notes of coconut, cream, nuts, and/or vanilla, with a rich, creamy

texture

**Volume:** quiet–moderate

**Technique:** fry (as it has a high smoke point)

**Tip:** Opt for virgin, non-hydrogenated coconut oil.

**Brand:** Omega

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

**Flavor Affinities**

coconut oil + almonds + cocoa powder + coconut

coconut oil + coriander + ginger

“I’ll blend **coconut oil** with cacao powder to make raw truffles, while I

use coconut butter in raw desserts.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

“The choice of oil in baking is important. For cookies I will use canola, grapeseed, or **coconut oil**. The coconut oil is used in our doughnuts and

cakes as well, but you have to be careful so that the flavor does not

become overpowering.”

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

“**Coconut oil** is a liquid when it’s at 72°F

up, a solid with the

texture of butter or shortening at temperatures below 72°F. When we

make biscuits, we’ll use solid coconut oil

cut it into the dough, which results in a layering effect

flakier biscuits. We’ll also cut

solid coconut oil into our pancake batter, where it has a leavening effect

that makes our pancakes light

fluffy—more so than with canola oil.”

—DEENA JALAL, FOMU

ROOT (ALLSTON, MA)

**OIL, FLAXSEED**

**What’s healthful about it:** omega-3 fatty acids

**Tips:** Flaxseeds are said to be even higher in lignans than flaxseed oil is.

Heating flaxseed oil destroys its nutrients. Store in the refrigerator.

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

**Flavor Affinities**

flaxseed oil + apple cider vinegar + lemon juice

flaxseed oil + herbs + red wine vinegar

**OIL, GRAPESEED**

**Flavor:** neutral, with delicate notes of fruit, grapes, and/or nuts

**Volume: very quiet**

**Tips:** Use for high-temperature cooking, e.g., sautéing. Buy only coldpressed

oil.

**Possible substitutes:** butter, canola oil

citrus

coconut

herbs

*marinades*

***mayonnaises***

oils, other, e.g., nut, olive

***SALAD DRESSINGS****, e.g., vinaigrettes*

*salads*

sauces, oil-based

***sautéed dishes***

vinegar

“The flavor of olive oil can sometimes be overpowering, so I will often

use **grapeseed oil**—which has a nice, neutral flavor—in a ratio of two

parts grapeseed oil to one part olive oil.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA, CA)

**OIL, HAZELNUT**

**Flavor:** notes of hazelnuts

**Volume: moderate**–loud

**Tips:** Use for low- to medium-temperature cooking (e.g., baking, sautéing), or as a finishing oil. Use caution when cooking, as hazelnut oil burns easily.

Store in the refrigerator, use within a few months after opening.

apples

**artichokes**

*baked goods*

beans, e.g., green

berries, e.g., blackberries, raspberries

bread

broccoli

cheese, e.g., fresh

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

**VINEGAR**, e.g., apple cider, balsamic, champagne, fruit, sherry, tarragon

“**Hazelnut oil** with either artichokes or endives is a nice combination.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA, CA)

**OIL, HEMP**

**Flavor:** notes of nuts and, um, marijuana; with a creamy texture

**Volume:** mild–moderate/loud

**What’s healthful about it:** omega-3s

**Tips:** Refrigerate, use quickly. Do not heat.

garlic

grains, e.g., oats, quinoa

honey

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**

**Flavor:** notes of lemon

**Volume:** loud

artichokes

arugula

asparagus

*baked goods, e.g., pastries*

beans, green

beets

broccoli

broccolini

carrots

cheese, e.g., goat

chili pepper flakes

fennel

garlic

olives, black

parsley

*pastas*

pepper, e.g., black

rosemary

***salad dressings****, e.g., lemon vinaigrettes*

*salads*

thyme

**OIL, NUT (see OIL, ALMOND; OIL, HAZELNUT; OIL, PISTACHIO; OIL, WALNUT)**

**OIL, OLIVE**

**Flavor:** earthy notes of fruit and/or olives, with a rich texture

**Volume:** quieter (e.g., lighter-colored virgin)–louder (e.g., deeper-colored

extra-virgin)

**Techniques:** bake, fry, raw, sauté (on low heat)

**Tips:** Use raw, or warm only to low temperatures. Opt for lighter, quieter

virgin (aka “pure”) oil for baking, frying, grilling, roasting, sautéing, and darker, louder extra-virgin oil for dressing salads or drizzling on

bruschetta or pizza. For salad dressings, the typical ratio is one part vinegar

to three or four parts extra-virgin olive oil, but those looking to lower the fat

in their diets (not to mention calories) should consider using less oil.

almonds

arugula

*baked goods, esp. Italian, e.g., cakes, cookies, piecrusts*

basil

beans, e.g., cannellini, white

beets

bread

breadcrumbs

*bruschetta*

capers

cheese, e.g., mozzarella, Parmesan, pecorino

chickpeas

chiles

citrus

coriander

cornmeal

cumin

*dressings*

eggplant

eggs, e.g., fried

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

**Flavor Affinities**

**olive oil + basil + chili pepper flakes + garlic + tomatoes**

**olive oil + basil + garlic + Parmesan cheese + pine nuts**

**olive oil + garlic + parsley**

**olive oil + garlic + red wine vinegar**

**olive oil + salt + vegetables**

“I can sum up in two words the difference between vegetarian cooking

in the 1970s vs. today: **olive oil**. Back then, it was common to mask

dishes with the richness of butter

cream. Olive oil lets more of the

flavor shine through, particularly dishes made with garlic

herbs.”

—MOLLIE KATZEN, AUTHOR

“One you’ve fallen in love with the flavor of **extra-virgin olive oil**, there’s no place to go after that. I’ll only use it to finish dishes. For highheat

cooking, I use canola, grapeseed, or safflower oil—or some

combination thereof.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**OIL, PEANUT**

**Flavor:** neutral (regular)–nutty (roasted)

**Volume:** quiet (regular)–moderate/loud (roasted)

**Techniques: deep-fry**, **fry**, grill, raw, roast, sauté, **stir-fry**

**Tips:** Use regular, unroasted peanut oil for high-temperature cooking. Given

the severity of peanut allergies, make sure to let guests know when it is used

in a dish.

**Brand:** Loriva roasted peanut oil

***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

**Flavor Affinities**

peanut oil + ginger + scallions + soy sauce

**OIL, PINE NUT**

**Flavor:** neutral, with notes of pine nuts and/or pine resin

**Volume:** quiet

basil

broccoli

broccoli rabe

chard

cheese, e.g., Parmesan

chili pepper flakes

garlic

parsley

*pastas*

*pestos*

pine nuts

rice

*sauces*

soy sauce

spinach

*stuffings*

thyme

tomatoes

vinegar, e.g., rice, wine

**OIL, PISTACHIO**

**Flavor:** notes of pistachios

**Volume:** quiet–moderate

**Tip:** Use for medium-temperature cooking (e.g., baking, sautéing).

apples

asparagus

avocado

*baked goods, e.g., breads*

beets

cheese, e.g., goat

*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

**Flavor Affinities**

pistachio oil + orange + pistachios

**OIL, PUMPKIN SEED**

**Flavor:** notes of nuts, a very rich texture

**Volume:** quieter (untoasted)–louder (toasted)

**What’s healthful about it:** omega-3 fatty acids

**Tips:** Do not cook with pumpkin seed oil. Use it to drizzle on finished

dishes.

*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, RAPESEED (see OIL, CANOLA)**

**OIL, RED PALM**

**Flavor:** pungent notes of smoke, with a texture that is a cross between that of

oil

tomato paste

**Volume:** moderate–loud

**What it is:** oil pressed from palm *fruit* (not to be confused with palm *kernel*

oil)

**Brand:** Jungle Products

*(West) African cuisine*

*baked goods, e.g., muffins*

bananas

chiles

*chili, vegetarian*

cilantro

coconut

couscous

*curries*

eggs

egg dishes

garlic

ginger

lemon

lime

*macaroni*

*cheese (for yellow/orange color)*

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**

**Flavor:** neutral, sometimes with notes of nuts, a rich texture

**Volume:** quiet

**Tips:** Use for deep-frying, sautéing, stir-frying. Choose the high-oleic

versions as well as those processed without chemicals.

**Botanical relatives:** the sunflower family, e.g., Jerusalem artichokes, salsify

**Brands:** Loriva, Spectrum

artichokes, Jerusalem

***baked goods***

chicory

*curries*

*granola*

lettuces

noodles, e.g., Asian

*salad dressings*

***salads***

salsify

*stir-fries*

**OIL, SESAME**

**Flavor:** aromatic, with notes of nuts, a rich texture

**Volume:** moderate (light)–**loud** (dark)

**What it is:** oil pressed from sesame seeds

**Tips:** Use light sesame oil for low- to medium-heat cooking (e.g., baking, sautéing), dark (roasted or toasted) sesame oil primarily drizzled on as a

seasoning, to finish raw or cooked dishes. Buy sesame oil fresh, use

within one year.

***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

**Flavor Affinities**

sesame oil + garlic + ginger + mirin + soy sauce

**OIL, SUNFLOWER SEED**

**Flavor:** notes of nuts

**Volume:** quiet–moderate

**Tips:** Use for medium-(e.g., baking, sautéing) to high-temperature cooking

(e.g., frying, stir-frying). Use sparingly, if at all, as sunflower seed oil is

often highly refined

processed, as well as high in unhealthful omega-6

fatty acids. If you do use it, look for the high-oleic version and/or Loriva

brand.

***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)**

**Flavor: umami**

**Volume:** moderate–loud

**Tips:** Truffle oil can be drizzled on top of dishes; it is not suitable for

cooking. Look for oils with visible truffle bits in the oil, e.g., those produced

by Urbani.

cheese

eggs

leeks

mushrooms, e.g., chanterelle, portobello

***pastas***

potatoes

***risottos***

*salad dressings*

**OIL, TRUFFLE—BLACK**

**Flavor: umami**

**Volume:** loud

eggs

*French cuisine*

*marinades*

mushrooms

potatoes

*salads*

**OIL, TRUFFLE—OREGON**

**Flavor: umami**

**What it is:** oil made from Oregon-foraged truffles

mushrooms, e.g., wild

*pastas, esp. creamy*

*pizzas*

popcorn

potatoes, e.g., baked, mashed

*risottos*

*sauces, e.g., creamy*

**OIL, TRUFFLE—WHITE**

**Flavor: umami**

**Volume:** loud

artichokes

asparagus

eggs, e.g., scrambled

***Italian cuisine***

*marinades*

mushrooms, e.g., porcini

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

potatoes

***risottos***

**Flavor Affinities**

white truffle oil + mushrooms + *risotto*

**OIL, VEGETABLE**

**Tip:** Skip the formerly ubiquitous generically named “vegetable oil” in

favor of an oil with a specific name, so you can be quite sure what you’re

getting.

**OIL, WALNUT**

**Flavor:** earthy notes of walnuts, a rich texture

**Volume:** moderate–loud

**What’s healthful about it: omega-3 fatty acids**

**Tips:** Drizzle on dishes before serving. Use for low-heat to medium-highheat

cooking (e.g., baking, sautéing).

apples

artichokes, Jerusalem

arugula

asparagus

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

**beets**

breads

celery

celery leaves

cheese, e.g., blue

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**

**Flavor Affinities**

walnut oil + blue cheese + celery + pears + walnuts

**Dishes**

**Ensalada Clasica: Bayless Garden Greens, La Nogalera Walnut Oil, Fresh Lime, Toasted**

**Walnuts**

**Chile Threads**

—Topolobampo (Chicago)

**OIL SUBSTITUTES**

**Tips:** When baking sweets (e.g., cakes, cookies, cupcakes, muffins, etc.), substitute 1 cup of fruit puree for each cup of oil called for in the recipe.

You can use applesauce or other fruit purees (e.g., banana, prune, pumpkin), and even pureed black beans in dark-colored baked goods such as brownies

and chocolate cakes. Substitute vegetable stock for oil when sautéing garlic, onions, or other vegetables.

**CHOOSE YOUR OIL**

**Cooking Methods:** No heat

**Best Types of Oil:** almond, avocado, flaxseed, hazelnut, pumpkin, safflower, sunflower, walnut

**Cooking Methods:** Low-heat cooking methods (e.g., baking, sautéing)

**Best Types of Oil:** coconut, corn, olive, peanut, sesame

**Cooking Methods:** Medium-heat cooking methods (e.g., higher-heat baking, sautéing)

**Best Types of Oil:** canola, grapeseed, safflower

**Cooking Methods:** High-heat cooking methods (e.g., frying, stir-frying)

**Best Types of Oil:** canola, corn, peanut, safflower, sunflower

**OKRA**

**Season:** summer–autumn

**Flavor:** bitter/sour, with notes of artichoke, asparagus, and/or eggplant, a

sometimes slightly slimy texture

**Volume:** moderate–loud

**Nutritional profile:** 71% carbs / 21% protein / 8% fats

**Calories:** 20 per ½-cup serving (boiled)

**Protein:** 1 gram

**Techniques:** bake, blanch, boil, braise, bread, deep-fry, fry, grill, marinate, pickle, pressure-cook, sauté, simmer, steam, stew

**Tips:** To minimize okra’s potential sliminess, blanch it in salt water before

shocking it in ice water. Do not cook in brass, copper, or iron pans, or okra

will turn black.

***African cuisine***

apricots, dried

**BASIL**

beans, e.g., green

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

bulgur

butter

*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***

honey

*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

**Flavor Affinities**

okra + beans + rice

okra + bell peppers + curry powder + red onions

okra + black pepper + lemon juice

okra + corn + tomatoes

okra + cornmeal + olive oil + onions

**okra** + garlic + **ginger + tomatoes**

okra + ginger + tomatoes

okra + potatoes + *stews* + tomatoes

**Dishes**

**Wood Oven Roasted Okra**

**Shishitos, with Sesame-Garlic Crumbs**

—ABC Kitchen (New York City)

“**Okra**, when stewed with cinnamon, dried apricots, lemon juice, and

tomatoes, releases its thick viscosity into the sauce, uniting this

irresistible combination.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**OLIVES—IN GENERAL, or MIXED**

**Flavor:** bitter, **salty**, and/or sour

**Volume:** quiet/moderate–loud (depending on the type)

**Nutritional profile:** 88% fat / 10% carbs / 2% protein (and high in sodium)

**Calories:** 4 per olive

**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

**CHEESE**, e.g., **feta**, kasseri, Parmesan

**chickpeas**

**chiles**, e.g., jalapeño, chili pepper flakes

cilantro

citrus

coriander

couscous

cumin

*dips*

eggplant

**eggs**, e.g., *deviled, frittatas,* hard-boiled, soft-boiled

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

**Flavor Affinities**

olives + arugula + figs + Parmesan cheese

olives + asparagus + basil

olives + basil + tofu + tomatoes

olives + beets + feta cheese

olives + beets + olives + orange

olives + capers + garlic + onions + oregano + tomatoes

**olives + capers + lemon juice + olive oil**

**olives + capers + tomatoes**

olives + chili pepper flakes + garlic + lemon + rosemary

olives + fennel + orange

olives + feta cheese + garlic + spinach

olives + garlic + lemon + rosemary

olives + herbs + lemon

olives + orange + parsley + pine nuts

olives + pasta + pine nuts + tomatoes

**OLIVES, KALAMATA**

[kah-lah-MAH-tah]

**Flavor:** salty, with notes of fruit and/or wine, a rich, meaty texture

**Volume:** loud

**What they are:** black or dark purple Greek olives cured in a salted vinegar

brine

artichoke hearts

**basil**

bell peppers

**capers**

*caponata*

cardoons

chard, Swiss

**cheese**, e.g., feta

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

**Flavor Affinities**

kalamata olives + artichoke hearts + sun-dried tomatoes

kalamata olives + basil + capers

kalamata olives + bell peppers + cucumbers + feta cheese + tomatoes

kalamata olives + capers + pasta + tomatoes

kalamata olives + chili pepper flakes + garlic + lemon + olive oil + orange +

oregano

kalamata olives + Dijon mustard + garlic + lemon

kalamata olives + garlic + rosemary

**OLIVES, MANZANILLA (aka SPANISH OLIVES)**

**Flavor:** salty, with notes of nuts (esp. almonds) and/or smoke, a firm, rich, meaty texture

**Volume:** moderate–loud

**What they are:** smallish green brine-cured Spanish olives

almonds, e.g., Spanish

***cocktails****, e.g., martinis*

**garlic**

oil, olive

**pimento**

*pizza*

*salads*

*Spanish cuisine*

**OLIVES, NIÇOISE**

**Flavor:** sour, with nutty notes, a rich texture

**Volume:** quiet–moderate

**What they are:** small black olives from southern France

**Possible substitute:** kalamata olives

beans, e.g., green, white

***French cuisine****, esp. Provençal*

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**

**Flavor:** notes of anise and/or nuts, a crisp texture

**Volume:** moderate

**What they are:** green olives from the south of France

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**

**Season:** year-round, esp. autumn

**Flavor:** sweet (and sweeter, when caramelized), with pungent notes

**Volume:** quieter (cooked)–louder (raw)

**What they are:** vegetables

**Nutritional profile:** 90% carbs (high in sugars) / 8% protein / 2% fats

**Calories:** 65 per 1-cup serving (raw)

**Protein:** 2 grams

**Techniques:** bake (60–90 minutes), boil, braise, broil, caramelize, deep-fry, fry, grill, pickle, pressure-cook, roast, sauté, steam, stir-fry

**Tips:** Onions increase appetite

pair well with virtually all savory foods.

**Botanical relatives:** asparagus, chives, garlic, leeks, shallots

**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*

**butter**

*caramelized onions*

cardamom

**CARROTS**

*casseroles*

cauliflower

cayenne

**CELERY**

celery seeds

chard

**CHEESE**, e.g., blue, **cheddar**, chèvre, Comté, Emmentaler, feta, goat, Gouda, **GRUYÈRE**, nondairy, **Parmesan**, pecorino, **Swiss**

chestnuts

**chickpeas**

chiles

*chili, vegetarian*

**cinnamon**

**cloves**

*compotes*

*confit*

coriander

corn

couscous

**cream**

crème fraîche

croutons

*curries*

curry powder

dates

dill

*dips*

eggplant

**EGGS**, e.g., *frittatas,* hard-boiled, *omelets, quiches*

fennel

fennel seeds

figs

*French cuisine, e.g., soups, tarts*

frisée

**GARLIC**

grains, whole

***gravies***

**greens**, e.g., bitter (e.g., collard) or salad

honey

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

**Flavor Affinities**

onions + arugula + chèvre cheese + figs

onions + avocado + garlic + *salads*

onions + bell peppers + potatoes

onions + bitter greens + soy sauce

onions + black pepper + nutmeg + Swiss cheese

onions + black pepper + oil + tomato paste + vegetable stock

onions + blue cheese + walnuts

**\*ONIONS + CARROTS + CELERY**

onions + cheese + croutons + garlic + vegetable stock

onions + cream + Dijon mustard

onions + feta cheese + olives

onions + garlic + mint + white balsamic vinegar

onions + lemon + parsley

onions + parsley + tamari

onions + rosemary + vinegar

onions + thyme + vinegar

**Dishes**

**Red Wine Braised Heirloom Onions: Arrowleaf Spinach, Broccolini, Cauliflower “Florettes,”**

**Meyer Lemon, Preserved Horseradish**

—Per Se (New York City)

**Onion Pie: Cranberry, Radish Chow-Chow, Bourbon Glaze**

—Rowland’s at Westglow (Blowing Rock, NC)

**French Onion Soup au Gratin: Caramelized Onions, Croutons, Swiss au Gratin in Veggie**

**Stock**

—Table Verte (New York City)

**ONIONS, CIPOLLINI**

**Flavor:** sweet

**Techniques:** glaze, grill, roast

bay leaf

cinnamon

honey

*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, GREEN (see SCALLIONS)**

**ONIONS, PEARL**

**Flavor:** sweet

**Volume:** quiet

breadcrumbs

Brussels sprouts

burdock

carrots

*casseroles*

cream

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

**Flavor Affinities**

pearl onions + cream + spinach

**ONIONS, RED (see also ONIONS)**

**Flavor:** slightly sweet, with a firmer, drier texture than that of yellow onions

**Volume:** quiet

**Techniques:** can be eaten raw, as in salads—otherwise: grill, roast

**Tip:** The quiet flavor of red onions works well with fruits as well as quieter

and/or sweeter vegetables

legumes, not to mention served raw in salads

and salsas or on sandwiches

veggie burgers.

avocado

beans, e.g., black

beets

carrots

cauliflower

celery

**cheese**, e.g., blue, feta, goat, Jack, Parmesan

chickpeas

cilantro

eggs, e.g., *frittatas*

fennel

**fruits**, e.g., apples, mangoes, melons, oranges, papayas, peaches, pineapple

garlic

ginger

honey

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

**Flavor Affinities**

red onions + balsamic vinegar + olive oil

red onions + basil + tomatoes

red onions + chiles + cilantro + olive oil + vinegar

red onions + chiles + corn + garlic + lime + tomatoes

**red onions + corn + tomatoes**

red onions + cranberries + ginger + orange

red onions + feta cheese + pine nuts

red onions + jícama + orange

red onions + lemon + olive oil + Parmesan cheese + parsley + *salads*

red onions + lime + mint

red onions + miso + vegetable stock

red onions + red wine vinegar + thyme

**Dishes**

**Potato, Spring Onion, Celeriac Soup, with Pear, Celery, Lemon, Chives**

—Natural Selection (Portland, OR)

**ONIONS, SPRING (see also SCALLIONS)**

**Tip:** *Spring onions* refers to both **green onions** (small

mild) and

**scallions** (smaller

milder)*,* which are immature onions. They can

typically be used interchangeably.

**ONIONS, VIDALIA**

**Season:** spring–summer

**Flavor:** sweet–very sweet, with a juicy texture

**Volume:** quiet–moderate

**What they are:** Georgia’s “state vegetable,” famed as the world’s sweetest

onions

basil

breadcrumbs

cheese, e.g., blue, goat, Parmesan

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**

**Season:** year-round, esp. winter

**Flavor:** sour/**sweet**, with a very juicy texture

**Volume:** moderate–loud

**Nutritional profile:** 91% carbs / 7% protein / 2% fats

**Calories:** 65 per medium orange

**Protein:** 1 gram

**Techniques:** poach, raw

**Tips:** Buy organic oranges. Lemon brightens the flavor of orange.

**Botanical relatives:** grapefruit, kumquats, lemons, limes

**Possible substitutes:** clementines, mandarins, tangerines

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*

**cheese**, e.g., cream, **feta**, goat

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**

cream

cumin

daikon

**DATES**

*desserts, e.g., puddings*

endive

escarole

**FENNEL**

figs

fruit, dried

fresh

**garlic**

**GINGER**

**greens**, e.g., dandelion, salad

*“gremolata”*

**HONEY**

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**

**Flavor Affinities**

oranges + almonds + Bibb lettuce + jícama

oranges + almonds + dates + figs

oranges + arugula + hazelnuts

oranges + asparagus + couscous

oranges + avocados + beets

oranges + avocados + black beans + red onions

oranges + balsamic vinegar + beets + fennel

oranges + barley + fennel + radishes

oranges + black beans + quinoa

oranges + carrots + ginger

oranges + cashews + rice

oranges + chickpeas + couscous + fennel

oranges + chili pepper flakes + garlic + ginger + soy sauce

oranges + cilantro + jícama

oranges + cinnamon + honey + pears

oranges + cranberries + pears

oranges + dandelion greens + pine nuts

**oranges + fennel + olives**

oranges + fennel + parsley

oranges + fennel + walnuts

oranges + fennel + watercress + white beans

oranges + feta cheese + spinach

oranges + ginger + rice wine vinegar

oranges + goat cheese + pomegranates + walnuts

oranges + honey + rosemary

oranges + pecans + radicchio

oranges + sesame + spinach

**ORANGES, BLOOD (see also ORANGES)**

**Season: winter**–spring

**Flavor:** sour/sweet, with notes of raspberries

**Volume:** moderate

almonds

arugula

avocado

beets

***beverages****, e.g., juices, mimosas*

Brussels sprouts

caramel

cheese, e.g., blue, feta, goat

chicory

chiles

chocolate, e.g., white

cilantro

cinnamon

citrus, other, e.g., limes, regular oranges

cloves

cream

*desserts, e.g., fruit tarts*

endive

**FENNEL**

grains, e.g., quinoa

grapefruit

greens, salad

honey

*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

**Flavor Affinities**

blood oranges + arugula + beets + walnuts

blood oranges + black olives + fennel + lemon juice + olive oil

**ORANGES, MANDARIN**

**Season:** autumn–spring

**Flavor:** sweet/sour, with notes of orange, a very juicy texture

**Volume:** moderate

**What they are:** Clementines

tangerines are varieties of mandarins, which are a smaller variety of oranges.

**Nutritional profile:** 90% carbs / 5% protein / 5% fat

**Calories:** 50 per medium-sized mandarin (raw)

**Protein:** 1 gram

**Techniques:** broil, raw

**Botanical relatives**

**possible substitutes:** clementines, oranges, tangerines

agave nectar

almonds

bananas

basil

berries

**caramel**

cashews

*cheesecake*

chili paste

*Chinese cuisine*

chives

**chocolate, dark**

cilantro

**coconut**

*compotes*

cranberries

cream

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

**Flavor Affinities**

mandarins + cilantro + lime + onions + tomatoes

**Dishes**

**Pasticcini with Caramel**

**Clementine Ice Creams, Toasted Hazelnuts, Bittersweet**

**Chocolate**

—Chez Panisse (Berkeley, CA)

**Enlightened Asian Salad: Sweet Clementines, Organic Edamame, Sliced Almonds grace**

**an invigorating blend of Organic Spring Mix, Red Cabbage, Carrots, Cucumbers, and**

**Tomatoes; paired with our Sesame-Ginger Vinaigrette**

—Wildflower (Millville, NJ)

**OREGANO**

**Flavor:** bitter (esp. Greek oregano) / slightly sweet (esp. Italian oregano), with pungent floral, herbal, lemon, and/or marjoram notes

**Volume:** moderate (Italian < Greek)–loud (Mexican)

**Tips:** Add dried oregano at the beginning of cooking, fresh at the end.

Oregano can have great variability, i.e., from milder to hotter

spicier.

Italian oregano is sweeter (and quieter) than Greek or Mexican oregano.

**Botanical relatives:** basil, lavender, marjoram, mint, rosemary, sage, summer savory, thyme

**basil**

**BEANS, dried**, e.g., black, white

**bell peppers**, red

yellow, esp. roasted

capers

cayenne

**cheeses**, e.g., feta, soft, white

chickpeas

chiles, e.g., red

*chili, vegetarian*

cilantro

citrus, e.g., lemon, orange

corn

cumin

**EGGPLANT**

**eggs**, e.g., *omelets*

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

**Flavor Affinities**

oregano + cannellini beans + zucchini

oregano + feta cheese + *salads* + tomatoes

**oregano + garlic + lemon** + *salad dressings*

oregano + lemon juice + olive oil + *marinades*

**OREGANO, MEXICAN**

**Flavor:** bitter, with pungent floral, herbal, lemon, and/or marjoram notes

**Volume:** loud

**Tip:** Add at the beginning of cooking.

**Possible substitute:** epazote

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*

**ORGANIC PRODUCE**

**Tip:** Opt for organic produce whenever possible—and definitely when you

buy one of the Environmental Working Group (EWG)’s so-called “Dirty

Dozen Plus” fruits or vegetables, which are those most affected by chemical

contamination, i.e., **apples, bell peppers, celery, cherry tomatoes, chili**

**peppers, collard greens, cucumbers, grapes, kale, nectarines (imported), peaches, potatoes, spinach, strawberries, summer squash**.

The EWG notes that “[t]he health benefits of a diet rich in fruits and

vegetables outweigh the risks of pesticide exposure. Use EWG’s *Shopper’s*

*Guide to Pesticides*™ to reduce your exposures as much as possible, but

**eating conventionally-grown produce is far better than not eating fruits**

**and vegetables at all.**”

**ORZO (see PASTA, ORZO)**

**PALM, HEARTS OF (aka HEARTS OF PALM)**

**Flavors:** slightly sweet, with earthy notes of artichoke hearts, bamboo shoots, and/or nuts, a tender

flaky yet firm texture

**Volume:** quiet

**What they are:** the hearts of the stems of the Sabal palmetto tree

**Nutritional profile:** 59% carbs / 22% protein / 19% fats

**Calories:** 40 per 1-cup serving (canned)

**Protein:** 4 grams

**Techniques:** blanch, grill, marinate, raw, sauté, sear, steam, stew, stir-fry

**Tip:** Substitute for seafood (e.g., crab) in texture, or white asparagus in

flavor.

**almonds**, e.g., marcona

artichokes

artichoke hearts

arugula

asparagus

**AVOCADO**

**bell peppers**

breadcrumbs

cabbage, red

carrots

cashews

**cayenne**

celery

*Central American cuisines*

**cheese**, e.g., manchego

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

**Flavor Affinities**

hearts of palm + almonds + avocado + manchego cheese + romaine +

tomatoes

hearts of palm + asparagus + basil + shiitake mushrooms

**hearts of palm + avocado + black olives** + pine nuts + tomatoes

hearts of palm + avocado + mango

hearts of palm + avocado + orange

hearts of palm + cayenne + salt

hearts of palm + chickpeas + tomatoes

hearts of palm + cilantro + jícama + lemon + orange

**hearts of palm + garlic + herbs + lime + olive oil**

hearts of palm + mayonnaise + mustard + nori + Old Bay seasoning +

*“crabcakes”*

**Dishes**

**Coconut Garlic Soup with Japanese Wood Grilled Hawaiian Hearts of Palm**

—Bouley Restaurant (New York City)

**Salad of Boston Bibb, Red Watercress, Fresh Hawaiian Hearts of Palm, Julienne of Royal**

**Trumpet Mushrooms**

—Bouley Restaurant (New York City)

**“Crab Cakes”: Hearts of Palm / Apples / Beets / Horseradish Cream** (pictured above)

—Crossroads (Los Angeles)

**Curried Wild Rice**

**Hawaiian Hearts of Palm: Sea Bean Tempura, Myoga Shavings**

—DANIEL (New York City)

**Hearts of Palm—Vadouvan Ravioli: Eggplant Caponata, Young Cilantro Leaves**

—DANIEL (New York City)

**Ensalada de Palmitos: Romaine, Tomatoes, Hearts of Palm, Avocado, Toasted Almond**

**Vinaigrette, Manchego Shavings**

—El Parador Café (New York City)

**Hawaiian Hearts of Palm with Tangerines, Pea Shoots, Cucumber, Tamarind Vinaigrette**

—Nora (Washington, DC)

**Hawaiian Hearts of Palm, Lemongrass Corn Purée, Lomi Tomatoes, Pickled Corn**

—Vedge (Philadelphia)

**PALM SHORTENING**

**Flavor:** neutral

**Volume:** quiet

**What it is:** fat

**Technique:** deep-fry

**Brands:** Spectrum Organics, or another non-hydrogenated, organic, sustainable shortening produced by small-scale farmers certified by

ProForest, which ensures that the palm oil is sustainably harvested

meets

strict social, environmental, technical criteria

*baked goods, e.g., cakes, cookies, crumbles, piecrusts*

*desserts*

*fries, e.g., French*

*icings*

“I’ll use **palm shortening** to make an icing with vegan powdered sugar

and a little soy milk. If I want aroma, I’ll add some orange flower or

rose water.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**PAPAYA (i.e., RED)**

**Season:** summer–autumn

**Flavor: sweet**/sour, with musky notes of melon, a soft, juicy texture

(when ripe)

**Volume: quiet**–moderate

**Nutritional profile:** 92% carbs / 5% protein / 3% fats

**Calories:** 55 per 1-cup serving (raw, cubed)

**Protein:** 1 gram

**Techniques:** bake, grill, raw, sauté

**Tip:** Avoid using with gelatin, as the fruit’s enzymes interfere with its

setting.

agave nectar

arugula

**AVOCADOS**

bananas

beans, e.g., black

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

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

*Caribbean cuisines*

carrots

**cayenne**

cheese, e.g., Mexican

**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

**honey**

*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**

**Flavor Affinities**

papaya + banana + honey

**papaya + bananas + mangos** + vanilla + yogurt

papaya + bananas + oranges

papaya + bell peppers + cilantro + lime + onions

**papaya + cayenne** + cilantro + **lime**

**papaya + cayenne** + greens + jicama + lemon + **lime**

papaya + chiles + cilantro + ginger

papaya + chiles + mango + mint + pineapple

papaya + cilantro + mango + scallions

papaya + coconut + rice

**papaya + ginger + lime**

papaya + ginger + mango + orange

papaya + honey + mint + yogurt

papaya + jícama + orange + red onions

papaya + kiwi + mango + pineapple

**papaya + lime** + mango + **mint** + orange

**papaya + lime + mint**

papaya + passion fruit + raspberries

papaya + strawberries + yogurt

**PAPAYA, GREEN (UNRIPE)**

**Flavor:** slightly sweet, with a firm, crunchy, yet watery (apple- or cucumberlike)

texture

**Volume:** very quiet

**Technique:** shred

**Tip:** Green (unripe) papayas are typically eaten as vegetables, while ripe

papayas are eaten as fruit.

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

**Flavor Affinities**

**green papaya** + chili pepper + garlic + **lime + peanuts**

green papaya + green beans + lime + peanuts + tomatoes

**green papaya + lime + peanuts** + Thai basil

**PAPRIKA (see also PAPRIKA, SMOKED)**

**Flavor:** bitter / slightly sweet (and sometimes hot, depending on variety), with earthy/fruity/pungent notes

**Volume:** quiet (e.g., sweet paprika)–loud (e.g., hot or smoked paprika)

**What it is:** finely ground dried capsicums (hot peppers)

**Tips:** Hungarian paprika is typically sun-dried

sweet. Try Spanish

**smoked paprika** (aka pimenton), which has been smoked over fire, to add

notes of smokiness to dishes.

**Botanical relatives:** bell peppers, chiles, eggplant, gooseberries, potatoes, tomatillos, tomatoes

beans, black

cayenne

cheese

chiles

chili powder

***chili, vegetarian***

cilantro

coriander

corn

**cumin**

***deviled eggs***

*Eastern European cuisines, e.g.,* ***Hungarian***

**EGGS**, e.g., hard-boiled, *omelets*

**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

**Flavor Affinities**

paprika + mushrooms + sour cream

**Dishes**

**Crispy Chickpeas, Smoked Paprika, Lemon**

—FnB Restaurant (Scottsdale, AZ)

**PAPRIKA, SMOKED (aka PIMENTON or PIMENTON DE**

**LA VERA)**

**Flavor:** bitter / slightly sweet (and sometimes hot, depending on variety), with notes of meat and/or smoke

**Volume:** moderate–loud

**Tip:** Release the flavors of smoked paprika by heating in hot oil very briefly

before adding to liquids or sauces.

almonds

avocados

bell peppers, e.g., red, roasted

*casseroles*

chickpeas

coriander

cumin

eggplant

**eggs**, e.g., *baked, deviled,* hard-boiled, *scrambled*

**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

**Flavor Affinities**

smoked paprika + garlic + olive oil + seitan

**PAPRIKA, SPANISH (see PAPRIKA, SMOKED)**

**PARSLEY, generally ITALIAN (aka FLAT-LEAF**

**PARSLEY)**

**Flavor:** sweet, with astringent, earthy notes of celery, herbs, lemon, and/or

pepper

**Volume: quiet** (curly)–quiet/moderate (flat-leaf or Italian)

**Techniques:** fresh, sauté

**Tips:** Parsley is best served fresh (not dried). Use to enhance the flavor of

other herbs

spices. Add toward the end of the cooking process. Chew on

a sprig to freshen your breath. Don’t forget that the stems have a lot of

flavor—Noma chef René Redzepi sautés them in the winter, deeming them

“incredible.”

**Botanical relatives:** anise, caraway, **carrots**, **celery**, **celery root**, chervil, coriander, cumin, **dill**, **fennel**, **parsley root**, parsnips

**almonds**

apples

artichokes

avocados

*baba ghanoush*

barley

**basil**

bay leaf

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

**beets**

bell peppers, red

*bouquets garnis*

breadcrumbs

**bulgur**

**butter**

cabbage

**CAPERS**

**CARROTS**

cauliflower

**celery root**

cheese, e.g., kasseri, Parmesan

**chervil**

**chickpeas**

chiles

chili pepper flakes

*chimichurri sauce*

**chives**

cilantro

corn

couscous

cucumbers

cumin

*dips*

eggplant

**EGGS, e.g., hard-boiled, *omelets***

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**

**Flavor Affinities**

parsley + artichokes + garlic

parsley + breadcrumbs + butter + garlic + shallots

parsley + bulgur + lemon + mint + tomatoes

**PARSLEY + CAPERS** + garlic + **LEMON** + olive oil

parsley + chili pepper flakes + garlic + olive oil + vinegar

**PARSLEY + GARLIC +** *gremolata* + **LEMON**

**PARSLEY + GARLIC + LEMON** + mint + olive oil + walnuts

“I love **parsley** as a flavor. Parsley risotto is amazing, its color is as

vibrant as its flavor. There is more to parsley than just the leaf; I use the

stems

roots as well. The stems add good texture, I use them to

add crunch to soups. As for the root, which has an herbaceousness

similar to parsnips, I like to roast

puree them for soups as well.…

People also need to remember that there is more than flat-leaf parsley

out there. I am a fan of curly parsley, which is often overlooked

has

an intense, almost celery-like flavor. There was a time in America when

you couldn’t serve a plate without the orange wedge

curly parsley.”

—CHRISTOPHER BATES, HOTEL FAUCHÈRE (MILFORD, PA)

**PARSLEY ROOT**

**Season:** winter

**Flavor:** aromatic, with earthy notes of carrots, celery, celery root, parsley, and/or parsnips

**Volume:** moderate–loud

**What it is:** root vegetable

**Techniques:** boil, braise, grate, mash, puree, roast, sauté, steam, stew

**Botanical relatives:** anise, caraway, **carrots**, **celery**, **celery root**, chervil, **dill**, **fennel**, **parsley**, parsnips

**Possible substitutes:** carrots, celery root, parsnips, turnips

apples

bay leaf

beans, e.g., cannellini, white

butter

caraway seeds

**carrots**

cauliflower

celery

cheese, e.g., Parmesan

chestnuts

cream

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

**Flavor Affinities**

parsley root + garlic + olive oil

**Dishes**

**Dairy-Free Garlic**

**Almond Soup, Parsley Root, Parsley Purée with Shiitake**

**Mushrooms**

—Bouley Restaurant (New York City)

**Parsley Root Puree with Sunchoke Fricassee: Hedgehog Mushrooms, Verjus-Pickled Celery, Cocoa Bean Shavings**

—DANIEL (New York City)

**PARSNIPS**

**Season:** autumn–spring

**Flavor:** sweet, with earthy notes of celery, herbs, and/or nuts, a smooth, starchy potato-like texture (when cooked)

**Volume:** moderate–**loud**

**What they are:** root vegetables resembling pale carrots

**Nutritional profile:** 91% carbs / 5% protein / 4% fats

**Calories:** 55 per ½-cup serving (boiled, sliced)

**Protein:** 1 gram

**Techniques:** bake, blanch, boil, braise, deep-fry, fry, grate, grill, mash, pressure-cook, puree, **roast**, sauté, simmer (15–20 minutes), steam

**Tip:** Select young, tender parsnips for optimal flavor

texture.

**Botanical relatives:** anise, caraway, **carrots**, **celery, celery root**, chervil, **dill**, **fennel, parsley, parsley root**

**allspice**

anise seeds

**APPLES, apple cider, apple juice**

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

**basil**

bay leaf

beans

**BREADCRUMBS**

**BUTTER**

**brown butter**

capers

caramel

cardamom

**CARROTS**

**celery**, celery leaves, celery seeds

**celery root**

chayote

**CHEESE**, **e.g., cream, Parmesan**

chervil

*chips, parsnip*

**CHIVES**

**cilantro**

**CINNAMON**

cloves

coconut

**coriander**

couscous

**CREAM**

crème fraîche

**cumin**

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

**dates**

*desserts, e.g., cakes, custards*

dill

eggs

fennel

**GARLIC**

ghee

**GINGER**

***gratins***

greens, bitter, e.g., dandelion, mustard

*hash browns*

**HONEY**

horseradish

*“hummus”*

kale

**LEEKS**

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

**lentils**

lettuce

lime, e.g., juice, zest

mace

**MAPLE SYRUP**

marjoram

mayonnaise

**milk**, dairy or nondairy, 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

**Flavor Affinities**

parsnips + allspice + almonds + cinnamon + vanilla

parsnips + almonds + honey + sage

**parsnips + apples + cinnamon** + pecans

parsnips + apples + sweet potatoes

parsnips + black pepper + butter

parsnips + caramel + cream cheese + walnuts

parsnips + carrots + dill + potatoes

**parsnips + carrots** + rutabagas + **sweet potatoes**

parsnips + celery root + potatoes

parsnips + chestnuts + mushrooms + Parmesan cheese

parsnips + cinnamon + cloves + ginger + nutmeg

parsnips + coconut + lime + mint

parsnips + coriander + cumin + ginger

parsnips + cumin + orange

parsnips + curry + yogurt

parsnips + garlic + onions + tomatoes

parsnips + ginger + orange juice/zest

parsnips + honey + rosemary

parsnips + honey + sesame oil/seeds + soy sauce

parsnips + leeks + lemon + parsley + potatoes

parsnips + lentils + root vegetables

parsnips + maple syrup + pecans

parsnips + maple syrup + thyme

parsnips + potatoes + pumpkin

parsnips + potatoes + shiitake mushrooms

“I’ve made **parsnip** jam by seasoning it with vanilla

rice wine

vinegar.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

“If I’m serving a smooth pureed **parsnip** soup, I’ll layer other parsnip

flavors into the dish—for example, both cooked

raw parsnips, fried

parsnip chips, a confited parsnip ‘butter.’ I’ll keep working to think

of new ways to get more parsnip flavor into the dish one more time—

like taking the parsnip oil from confited parsnips

reemulsifying it

back into the soup. All together, the flavor becomes so much more

impactful.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**Dishes**

**Potato Parsnip Croquette, Okanagan Apple, House-Smoked Aged Cheddar, Pale Ale Sauce**

—The Acorn (Vancouver)

**Confit Parsnip with Savoy Cabbage, Sautéed King Oyster Mushroom, Caramelized Onion**

—DANIEL (New York City)

**Parsnip Soup with Coconut, Lime, Mint**

—Jean-Georges (New York City)

**Charred Parsnips with Garlic, Spanish Almonds, Smoked Tofu, Thyme, Lemon**

—Plum Bistro (Seattle)

**PASSION FRUIT**

**Flavor:** sweet/sour, with notes of guava, honey, jasmine, and/or vanilla, and

gel-like flesh filled with crunchy seeds

**Volume:** moderate–loud

**Nutritional profile:** 86% carbs / 8% protein / 6% fats

**Calories:** 230 per 1-cup serving (raw)

**Protein:** 5 grams

**Techniques:** bake, cook, puree, raw

**Tip:** The seeds are edible.

agave nectar

apples

bananas

**basil**

*cakes*

**caramel**

chiles, chipotle

chocolate, e.g., dark, white

cinnamon

**citrus**, e.g., grapefruit, lemon, **orange**

**COCONUT**

**COCONUT MILK**

**cream**

***desserts****, e.g., filled, frozen, panna cottas, puddings (e.g., rice), sorbets, tarts*

fruit, other tropical

ginger

**honey**

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

**Flavor Affinities**

passion fruit + almonds + brown sugar + cinnamon

passion fruit + cashews + coconut + white chocolate

passion fruit + chocolate + hazelnuts

**passion fruit + coconut + lemongrass**

passion fruit + coconut + pistachios

passion fruit + cream + strawberries

passion fruit + honey + strawberries + yogurt

passion fruit + mint + strawberries

**Dishes**

**Baked Alaska: Coconut Ice Cream**

**Passion Fruit Caramel**

—Oleana (Cambridge, MA)

**Passion Fruit Tart, Shortbread Crust, Cascabel Coconut Caramel**

—True Bistro (Somerville, MA)

**PASTA—WHOLE-GRAIN, IN GENERAL**

**What it is:** whole-grain product (refined)

**Nutritional profile:** 81% carbs / 15% protein / 4% fats

**Calories:** 175 per 1-cup serving (whole-wheat spaghetti, cooked)

**Protein:** 7 grams

**Tips:** There are more whole-grain varieties than ever, including brown rice, buckwheat, corn, oat, quinoa, rice, spelt, whole-wheat, etc. Experiment with

various shapes, e.g., penne, rotini, shells, etc.

**Possible substitutes:** spiralized vegetables (e.g., zucchini) instead of

linguini, spaghetti, etc.; sliced vegetables (e.g., eggplant, summer squash, sweet potato) instead of lasagna noodles

“There are entire regions of Italy that make **pasta** without eggs. Gnocchi

is made without eggs in Liguria [so it’s naturally vegan]. I don’t use

eggs in my ravioli dough—I use tapioca flour. I sometimes stuff ravioli

with thick cashew cream, or kale, or a vegetable puree. I’ve served

English pea ravioli with morels, mint, lemon zest, sweated shallots.”

—AARON ADAMS, PORTOBELLO (PORTLAND, OR)

“**Pastas** are a good way to get people to try a vegan dish in a vegan

restaurant. Pizzas, too. They’re a friendly entry point that can help to

pull people in, when they’re served with ingredients like heirloom

tomatoes or pestos, they’re not intimidating.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

**Dishes**

**Spaghetti**

**Wheatballs, with Truffle-Tomato Sauce, Roasted Garlic, Sautéed Spinach, and**

**Cashew Parmesan** (pictured above)

—Candle Café West (New York City)

**Butternut Squash Ravioli with Sweet Onion Puree**

**Smoked Farmers Cheese, Cranberry, Pecan, Cinnamon, Kale**

—The Fearrington House (Fearrington Village, NC)

**Fava Bean Agnolotti with Ramps, Pecorino Froth, Pistou**

—Picholine (New York City)

**Talking with Chef Chris Eddy of Winvian about Cooking for Vegetarians**

One of my favorite dishes of 2013 was a simple vegetarian pappardelle dish I was served at

Winvian, a unique Connecticut resort that houses eighteen individually designed cottages, including a helicopter

a treehouse. It featured a green sauce, along with sautéed cauliflower, mushrooms, onions, a very light dusting of grated cheese on top. The creamy sauce

turned out to be a steamed broccoli puree made in a Vitamix with a bit of ice (“to cool the

broccoli as quickly as possible,” according to chef Chris Eddy), some clear vegetable stock (“so

as not to interfere with the beautiful green color”), a hint of heat in the form of either cayenne or

chili pepper flakes (“always—it’s a ‘calling card’ that leaves an impression even after you’ve

finished eating”), just a touch of brown butter (“to add an amazing dimension to the sauce”).

It’s based on a “ridiculously simple” technique Eddy learned while working with Chef Alain

Ducasse and, I can attest, it’s ridiculously delicious.

Eddy says the technique works just as well with other vegetables—whether cabbage, carrots, cauliflower, celery root, or parsnips—and if added richness is desired, one could substitute

cream for some of the clear vegetable stock (“although its whiteness fades the bright colors”), though the dish is creamy

rich even without added cream.

While Eddy characterizes Winvian’s customers as about 35 to 40 percent pescetarian, he and

chef de cuisine Patrick Espinoza

their kitchen team spent a month eating vegetarian during

the summer of 2013, just for the experience of putting themselves into the shoes of the

significant portion of Winvian’s clientele (“about 7 or 8 percent of our customers”) who eat

vegetarian. Why? “Number one, we love vegetables,” Eddy admits. But out of compassion for

Winvian’s vegetarian customers, “We wanted to ‘feel their pain.’ We came to understand their

frustration [at other restaurants] of only being offered the same dishes again

again—whether

eggplant Parmesan, or risotto, or a salad—when they went out to dine.” In addition to prompting

Eddy

his team to come up with an ever-changing array of dishes like the incredible

pappardelle I fell in love with, their month-long vegetarian experiment had an added bonus: a

number of Eddy’s cooks discovered that they felt healthier

sometimes less irritable.

“Now, we like to go all out for our vegetarian guests, give them something special,”

says Eddy. Mission accomplished.

**PEACHES**

**Season:** summer

**Flavor: sweet**/sour, with a soft, juicy texture

**Volume:** quiet–**moderate**

**Nutritional profile:** 87% carbs / 8% protein / 5% fats

**Calories:** 70 per large peach

**Protein:** 2 grams

**Techniques:** bake, broil, grill, poach, puree, raw, roast, sauté

**Tips: Opt for organic peaches.** The lighter (i.e., whiter) the skin, the

sweeter the peach; the darker (i.e., yellower) the skin, the more acidic the

peach.

**Botanical relatives:** apples, apricots, blackberries, cherries, pears, plums, quinces, raspberries, strawberries

**Possible substitute:** nectarines

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**

butter

buttermilk

**caramel**

cardamom

**cheese**, e.g., blue, burrata, cream, goat, halloumi, mozzarella, **ricotta**, ricotta

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

**HONEY**

***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

**Flavor Affinities**

peaches + almonds + cinnamon + yogurt

peaches + almonds + lemon + olive oil + saffron

peaches + balsamic vinegar + endive + maple syrup + olive oil + watercress

peaches + balsamic vinegar + mint + ricotta

peaches + basil + mozzarella cheese

peaches + berries + lemon

**PEACHES + BLUEBERRIES + LEMON** + maple syrup

peaches + blue cheese + hazelnuts

peaches + cashew cream + balsamic vinegar

peaches + cherries + balsamic vinegar

**peaches** + chiles + coriander + **ginger + lime** + vinegar

**peaches** + cilantro + **ginger + lime**

peaches + cinnamon + honey + lemon + yogurt

peaches + cream + lemon verbena + raspberries

peaches + fennel + lemon

**peaches + ginger** + honey + **lemon** + lemongrass

**peaches + ginger + lemon**

peaches + honey + lemon + yogurt

**peaches** + honey + **nuts** (e.g., almonds, pecans) + **oatmeal/oats**

peaches + mangoes + raspberries

**peaches** + maple syrup + **nuts** (e.g., almonds, walnuts) + orange juice **+**

**ricotta**

peaches + maple syrup + orange + vanilla

peaches + mascarpone + strawberries + vanilla

peaches + pistachios + vanilla

“The flavor of **peaches** takes me to the South, so I like pairing them

with pecans

whiskey.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

“We’ll make a vegan **Peach** Melba—leveraging the winning

combination of peaches with raspberries

almonds—by replacing the

vanilla ice cream with a coconut milk sorbet.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

**Dishes**

**Peaches: Ginger Cake, Fromage Blanc Sorbet, Pine Nuts**

—Blue Hill (New York City)

**Baby Roma Tomato**

**White Peach Salad, Peterson’s Greens, Basil, Balsamic-Honey**

—Cal-a-Vie (Vista, CA)

**Arugula**

**Peach Salad with Parmesan, Lemon**

**Vanilla Dressing, Truffle, Celery, Sesame Seeds, Fennel**

—Fearrington House (Fearrington Village, NC)

**“Rupert”: “Demi-Sec” Peaches, Walnut Tapenade, Pearl Onions, Watercress**

—The French Laundry (Yountville, CA)

**Peach Trifle: Lemon Verbena Panna Cotta, KandJ Orchard Peaches, Champagne**

**Granite**

—The French Laundry (Yountville, CA)

**Grilled Haloumi Cheese**

**Peaches with Chard Rib Salad, Sundried Olive, Sweet**

**Pepper Broth**

—Oleana (Cambridge, MA)

**PEANUTS**

**PEANUT BUTTER**

**Flavor:** salty and/or sweet, with astringent notes of nuts

**Volume:** moderate–loud

**What they are:** legumes

**Nutritional profile:** 73% fat / 16% protein / 11% carbs

**Calories:** 160 per 1-ounce serving of peanuts

**Protein:** 7 grams

**Calories:** 190 per 2-tablespoon serving of peanut butter

**Protein:** 8 grams

**Techniques:** boil, stew

**Tips:** Opt for all-natural peanut butter containing only peanuts

salt

(check the label). Because of the severity of peanut allergies, be sure to alert

guests to any dishes you serve that contain peanuts.

**Botanical relatives:** beans, lentils, peas

***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

**honey**

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**

**Flavor Affinities**

peanuts + apples + raisins

peanuts + Asian noodles + broccoli + hoisin sauce + tofu

peanuts + bananas + chocolate

peanuts + bran + honey + vanilla

**peanuts** + brown rice vinegar + chiles + cilantro + coconut milk + **garlic** +

**ginger** + mint + *sauce* + **soy sauce**

peanuts + brown sugar + *dipping sauce* + rice wine vinegar + soy sauce

**peanuts** + chiles + cilantro + **garlic + soy sauce** + vinegar

peanuts + chiles + coconut milk + scallions

peanuts + chiles + lime

peanuts + chili paste + coconut milk + lemongrass

peanuts + chili paste + lemongrass + tamarind

peanuts + chili paste + rice wine vinegar + sesame paste + soy sauce

peanuts + coconut + curry

**peanuts +** garlic **+ ginger + soy sauce** + tahini + vinegar

**peanuts + ginger** + scallions + **soy sauce**

peanuts + ginger + sesame seeds

peanuts + rice wine vinegar + sesame oil + soy sauce + whole-wheat

spaghetti

**Dishes**

**Rennie’s Peanut-Kale Salad: Hearty Kale, Carrots, Butternut Squash, Red Peppers, and**

**Peanut-Cider Marinade**

—Seva (Ann Arbor, MI)

**PEARS—IN GENERAL**

**Season:** autumn–winter

**Flavor:** sweet, with subtle notes of citrus, custard, honey, nuts, Sauternes, and/or vanilla, a crisp, juicy, and/or soft texture (when ripe)

**Volume:** quiet–moderate

**What they are:** fruit

**Nutritional profile:** 96% carbs (high in sugars) / 2% protein / 2% fats

**Calories:** 105 per one medium pear (raw)

**Protein:** 1 gram

**Techniques:** bake, braise, grill, pickle, **poach**, puree, raw, roast, sauté, stew

**Botanical relatives:** apples, apricots, blackberries, cherries, peaches, plums, quinces, raspberries, strawberries

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

**butter**

cabbage, e.g., red, white

**CARAMEL**

**cardamom**

cashew cream

celery

**CHEESE**, e.g., **BLUE** (e.g., Cabrales, Gorgonzola, Roquefort, Stilton), Brie, cream, **feta**, **goat**, Gruyère, halloumi, **Parmesan**, pecorino, ricotta

cherries, e.g., dried, fresh

chestnuts

chicory

chives

**CHOCOLATE (esp. dark)**

**cocoa**

**CINNAMON**

citrus

**cloves**

**CRANBERRIES**

**cream**

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

**HONEY**

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

**Flavor Affinities**

pears + agave nectar + lemon + strawberries

**pears + allspice + black pepper + maple syrup + red wine**

pears + almonds + chicory

pears + almonds + figs

pears + arugula + balsamic vinegar + blue cheese + fennel + olive oil

pears + pomegranate seeds + shallots

pears + balsamic vinegar + cinnamon + maple syrup

pears + blue cheese + fennel

pears + butter lettuce + honey

pears + caramel + peanuts

pears + cardamom + white wine

pears + cayenne + ginger + soy sauce

**PEARS + CHEESE** (e.g., blue, goat, Parmesan) + **NUTS** (e.g., hazelnuts, pecans, walnuts)

pears + cherries + ginger

pears + cinnamon + cranberries + oats

**pears + cinnamon** + lemon juice + **maple syrup** + red wine

**pears + cranberries + hazelnuts**

pears + cranberries + orange

**pears + cranberries + pecans + vanilla**

pears + cream + molasses

pears + fennel + fennel seeds + ginger

pears + feta cheese + red onions + salad greens

pears + ginger + orange

pears + ginger + pecans

**pears + goat cheese + hazelnuts**

**pears + Gorgonzola cheese + pecans** + spinach

pears + hazelnuts + raspberries

pears + honey + maple syrup + orange + Parmesan cheese + pears

**Dishes**

**Citrus**

**Spice Cake: Poached Pear, Mascarpone Mousse, Ginger Gelato**

—Boulud Sud (New York City)

**CityZen Fruit Plate: Ginger Poached Pear, Pomegranate, Mission Fig, Butternut Squash, and**

**Concord Grape Sorbet**

—CityZen (Washington, DC)

**Grilled Frog Hollow Warren Pear with Watercress, Point Reyes Original Blue, Hazelnuts, Golden Balsamic, Arbequina Olive Oil**

—Greens Restaurant (San Francisco)

**Pears**

**Fall Greens Salad with Shaved Fennel, Red Onion**

**Radish, Rosemary Candied**

**Pecans, Pear-Miso Dressing**

—Millennium (San Francisco)

**Walnut Pear Shortcake with Spiced White Chocolate Filling, Gingerbread Ice Cream, and**

**Cinnamon Anglaise**

—Millennium (San Francisco)

**Curly Cress**

**Pear Salad: Dried Figs, Chèvre, Orange Flower Honey, Raisin Croutons**

—Natural Selection (Portland, OR)

**Pear Salad with Mâche, Miner’s Lettuce, Chickweed, Toasted Hazelnuts, Truffle**

**Vinaigrette**

—Portobello (Portland, OR)

**PEAS (aka ENGLISH PEAS, GARDEN PEAS, or GREEN**

**PEAS; see also BLACK-EYED PEAS**

**PEAS, SPLIT)**

**Season:** spring–summer

**Flavor:** slightly sweet, with a soft, starchy texture

**Volume:** quiet–moderate

**What they are:** legumes (however, nutritionally, often considered a starchy

vegetable)

**Nutritional profile:** 73% carbs / 23% protein / 4% fats

**Calories:** 120 per 1-cup serving (raw)

**Protein:** 8 grams

**Techniques:** blanch, boil (2–3 minutes), braise, poach, puree, sauté, simmer

(2–3 minutes), **steam**, stir-fry (2–3 minutes)

**Tip:** Try frozen peas, which maintain their freshness

nutritional value.

**Botanical relatives:** beans, lentils, peanuts

allspice

**almonds**

**artichokes**

**ASPARAGUS**

avocados

barley

**BASIL**

bay leaf

**beans, fava**

breadcrumbs

bulgur

**butter**

buttermilk

cabbage

cardamom

**CARROTS**

**cashews**

*casseroles*

cauliflower

**celery**

**cheese**, e.g., feta, goat, mozzarella, **Parmesan**, ricotta

**chervil**

**chiles**, e.g., green, red

**chives**

**cilantro**

**coconut milk**

coriander

couscous

**cream**

crème fraîche

cucumbers

***CURRIES****, esp. green*

curry powder

**dill**

eggs

fennel

garam masala

**GARLIC**, e.g., green, white

ghee

**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

**Flavor Affinities**

peas + almonds + grapefruit + thyme

peas + artichokes + oregano + snap peas

peas + arugula + potatoes

peas + buttermilk + mint + olive oil + scallions

peas + carrots + mushrooms

peas + chiles + yogurt

peas + chili powder + mint

peas + cilantro + coconut

peas + coconut + coriander

peas + dill + mint

peas + garlic + mint + spinach

peas + ginger + sesame oil

peas + lime + mint + paprika

peas + mint + mushrooms + rhubarb

peas + mint + ricotta

peas + mint + risotto

peas + mushrooms + pasta

peas + mushrooms + peanut oil + soy sauce

peas + pasta + ricotta cheese

“With some vegetables there is a real need for speed [i.e., getting them

from the garden to the table], corn

peas are the greatest

examples. Fresh **peas** are the world’s greatest. I love risotto or pasta

with fresh peas.”

—CHRISTOPHER BATES, HOTEL FAUCHÈRE (MILFORD, PA)

“There is nothing better than English **peas** or snap peas that are really

sweet. I like to make a pea

radish salad with pea tendrils, pea shoots, and a bright lemon olive oil dressing.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Chilled Pea Soup: Braised Romaine Lettuce, Ricotta Cheese, Lemon Zest**

—Café Boulud (New York City)

**Garden Salad: Pea, Tarragon, Morel Crouton, Local Organic Vegetables**

—Rowland’s Restaurant at Westglow (Blowing Rock, NC)

**Farmers Market Salad: English Peas, Artichoke, Lemon, Mint, Manchego**

—True Food Kitchen (Santa Monica, CA)

**PEAS, SNAP (see SUGAR SNAP PEAS)**

**PEAS, SNOW (see SNOW PEAS)**

**PEAS, SPLIT**

**Flavor:** slightly sweet, with earthy notes, a soft, creamy, luscious texture

**Volume:** quiet (e.g., yellow)–moderate (e.g., green)

**What they are:** peas that have been dried

split

**Nutritional profile:** 72% carbs / 25% protein / 3% fats

**Calories:** 335 per 1-cup serving (raw)

**Protein:** 24 grams

**Technique:** puree

**Timing:** Boil then simmer split peas about 30–60 minutes (or longer, for

yellow split peas), until tender. No need to pre-soak.

**Tip: Do not** pressure-cook, as split peas foam, which can clog the valve and

cause the cooker to explode(!).

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

**Flavor Affinities**

split peas + dill + garlic

split peas + potatoes + *soup*

**PEA SHOOTS (see SHOOTS, PEA)**

**PEAS, SUGAR SNAP (see SUGAR SNAP PEAS)**

**PECANS**

**Season:** autumn

**Flavor:** bitter/sweet, with notes of butter and/or nuts, a rich texture

**Volume:** quiet–moderate

**Nutritional profile:** 87% fats / 8% carbs / 5% protein

**Calories:** 375 per ½-cup serving (chopped)

**Protein:** 5 grams

**Botanical relative**

**possible substitute:** walnuts

almonds

***(Native***

***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

butter, e.g., brown

cabbage, red

**caramel**

*casseroles*

cayenne

celery

***cereals****, breakfast, e.g.,* ***granola***

cheese, e.g., blue, goat, ricotta

**cherries**, esp. dried

chili powder

**chocolate**

cinnamon

clementines

**CRANBERRIES, DRIED**

cream

**dates**

***DESSERTS***

endive

figs

garlic

ginger

**grains, whole**, e.g., amaranth, spelt

***granola***

grapes

greens, bitter

**honey**, e.g., raw

*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

**Flavor Affinities**

pecans + apples + butternut squash

pecans + apples + romaine

pecans + asparagus + lemon + wild rice

pecans + brown rice + shiitake mushrooms

pecans + butter + caramel + salt

**pecans + cayenne/chili powder + cinnamon + salt + sugar**

pecans + dates + vanilla

**pecans + dried cranberries + wild rice**

pecans + oranges + radicchio

pecans + pears + spinach

**PEPITAS (see SEEDS, PUMPKIN)**

**PEPPER, BLACK**

**Flavor:** hot (and sometimes sweet); aromatic, with pungent notes of cloves, lemon, and/or wood

**Volume:** moderate–loud

**Tips:** Look for tellicherry black peppercorns, which are often regarded as

the best in the world for their rich, complex flavor. Pepper suggests “false

heat,”

also stimulates the appetite. Always use freshly ground black

pepper from a pepper mill for optimal flavor. Add at the very last minute

before serving.

allspice

*(North) American cuisine*

apricots

*baked goods, e.g., spice cakes*

basil

berries

*Cajun cuisine*

cardamom

cheese

cherries

cinnamon

cloves

coconut milk

coriander

*Creole cuisine*

cumin

eggs

*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

“I think **black pepper**

the whole rainbow of peppercorns are among

the most underrated spices in the kitchen. Peppercorns are truly berries

—they are sweet, fruity, spicy—so a great pepper adds a lot of

flavor. I’ve served cauliflower crusted with pepper, the pepper

helped the cauliflower sing on the plate.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**PEPPER, ESPELETTE**

**Flavor:** hot, with notes of the ocean, peaches, pepper, and/or smoke

**Volume:** quiet/moderate–loud

**What it is:** paste or powder made from dried chiles from the Basque region

of France

Spain

**Possible substitutes:** (milder) cayenne, (hot) paprika

almonds

***Basque cuisine***

bell peppers

*breads*

cheese, e.g., French, Spanish

chocolate

*drinks, e.g., Bloody Marys*

eggs

garlic

honey

mayonnaise

oil, olive

onions

parsley

potatoes

**PEPPER, SZECHUAN**

**Flavor:** sour/hot, with pungent notes of anise

**Volume:** loud

**Tips:** Dry-roast for a few minutes before grinding. Add at the end of the

cooking process.

**Botanical relatives:** NOT black pepper

*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**

**Flavor:** hot, with wine-like notes

**Volume: moderate**–loud (and quieter than black pepper)

**Tips:** Use white pepper when you don’t want to see black flecks in your

dish, and/or when you want a milder pepper than black pepper. Add at the

end of the cooking process. Look for Sarawak white peppercorns.

allspice

*Asian cuisines*

cloves

coriander

eggs, e.g., *quiches, scrambled*

*European cuisines*

ginger

*gravies, e.g., white*

*Japanese cuisine*

lemongrass

*macaroni*

*cheese*

*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**

**Flavor:** slightly sweet

**Volume:** very loud

**What it is:** herb

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

**PEPPER SAUCE (see HOT PEPPER SAUCE)**

**PEPPERS, BELL (see BELL PEPPERS)**

**PEPPERS, CHILE (see CHILES)**

**PEPPERS, PIQUILLO**

**Flavor:** hot

**Volume:** moderate–loud

**Techniques:** roast, stuff

aioli

almonds

artichokes

asparagus

**beans, white**

bread

**CHEESE, e.g., GOAT, manchego, mozzarella**

chickpeas

chocolate, dark

eggs

**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

**Flavor Affinities**

piquillo peppers + goat cheese + mushrooms

**PEPPERS, SWEET (see BELL PEPPERS—RED and**

**YELLOW)**

**PERSIMMONS**

**Season: autumn**–winter

**Flavor:** sweet/sour, with apricot and/or spicy notes

**Volume:** moderate–loud

**Nutritional profile:** 95% carbs (high in sugars) / 3% fats / 2% protein

**Calories:** 35 per persimmon (raw)

**Techniques:** bake (esp. Hachiya), broil, freeze, puree, raw, roast

**Tips:** Generally allow (Hachiya) persimmons to become very soft (and

sweet) before using. However, smaller, sweeter (Fuyu) persimmons should

be enjoyed while still firm

crisp.

agave nectar

avocados

***BAKED GOODS****, e.g., breads, cakes, cookies, muffins, pies, quick breads*

(esp. Hachiya)

bananas

barley

brandy

caramel

**cheese**, e.g., creamy, feta, goat

cherries, e.g., dried or fresh

**CINNAMON**

cloves

cranberries

**CREAM**

*custards*

daikon

endive, Belgian

escarole

figs

frisée

**ginger**

graham crackers

grapefruit

grapes, e.g., red

greens, salad

**honey**

*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

**Flavor Affinities**

persimmons + allspice + cinnamon + ginger

persimmons + almonds + goat cheese

persimmons + avocado + grapefruit + onions

persimmons + cranberries + maple syrup

persimmons + feta or goat cheese + hazelnuts + lettuces

persimmons + ginger + lemon juice + orange juice

persimmons + greens + olive oil + orange juice + pears + pecans + sherry

vinegar

persimmons + lemon + sesame + soy sauce

persimmons + lemon + vanilla + walnuts

persimmons + maple syrup + pecans

persimmons + pomegranates + walnuts

persimmons + vanilla + yogurt

“My personal preference is to serve fruit only at the end of a meal, but

persimmons are an exception: They are not too sweet, not too

overwhelming in flavor, so they are easy to use at other points in a meal.

I’ve served a mid-menu dish of chilled persimmon with tofu paste, I

also think sesame paste accents it well.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**Dishes**

**Hachiya Persimmon Pudding with Cognac Cream**

—Chez Panisse (Berkeley, CA)

**“Glace à la Vanille”: Steamed Persimmon Pudding, Candied Walnuts, Lemon-Vanilla**

**Syrup**

—Per Se (New York City)

**PHYLLO, WHOLE-WHEAT**

**What it is:** paper-thin sheets made of flour

water

**Nutritional profile:** 73% carbs / 18% fats / 9% protein

**Calories:** 60 per sheet

**Protein:** 1 gram

**Tips:** Opt for organic whole wheat versions. Coconut or grapeseed oil can

be substituted for melted butter when preparing vegan dishes made with

phyllo dough.

apples

***baklava***

butter, esp. melted

cheese, e.g., goat, ricotta

figs

***Greek cuisine***

honey

***Middle Eastern cuisines***

mushrooms

nuts

oil, e.g., coconut, grapeseed

pears

*phyllo triangles*

***spanakopita***

spinach

*strudels*

vegetables, roasted

**Flavor Affinities**

**phyllo** + feta + **garlic** + onions + ricotta + **spinach**

**phyllo + garlic** + lemon + mushrooms + nutmeg + **spinach** + tofu

phyllo + goat cheese + honey

**Dishes**

**Apple Baklava: Mulled Wine Roasted Apples, Pistachio Baklava, Ginger Syrup, Pistachio-**

**Nutmeg Ice Cream**

—Millennium (San Francisco)

**PIECRUSTS, VEGAN**

**Tip:** Think creatively when coming up with healthful, delicious vegan

piecrusts based on ground fruits, nuts, spices, more. You can press a

crust based on one of the following combinations into your next pie plate:

almond milk + almonds + oat flour + oil

applesauce + coconut + graham cracker crumbs + pecans

brown rice syrup + cinnamon + coconut oil + oats + pecans

coconut + dates + vanilla + walnuts

dates + graham cracker crumbs (+ orange juice)

**PIMENTON (see also PAPRIKA, SMOKED)**

**Flavor:** bitter/sweet; sometimes hot and/or smoky

**Volume:** ranges from quiet (dulce, or sweet) to moderate (agridulce, or

bittersweet) to loud (picante, or hot)

**What it is:** Spanish paprika

**Tip:** Look for pimenton labeled “de la Vera,” or “from La Vera,” in

Extremadura, which is considered to be the best quality.

**PINEAPPLE**

**Season:** winter

**Flavor:** sour/**sweet**, with a juicy texture

**Volume:** moderate

**Nutritional profile:** 94% carbs (high in sugars) / 4% protein / 2% fats

**Calories:** 85 per 1-cup serving (raw, chunks)

**Protein:** 1 gram

**Techniques:** bake, broil (at 500°F, about 3–5 minutes), grill, poach, raw, roast, sauté

**Tip:** In addition to fresh, consider frozen

even canned pineapple packed

in juice for ease of use.

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**

butter

caramel

*Caribbean cuisines*

cashews

cheese, e.g., ricotta

**chiles**, e.g., chipotle, jalapeño, red, serrano

chili powder

chocolate, e.g., dark, white

*chutneys*

**CILANTRO**

**cinnamon**

cloves

**COCONUT**

**COCONUT MILK**

**cream**

**ice cream**

**cucumbers**

*curries*

curry powder/spices

*drinks, e.g., piña coladas*

fruit, other tropical

**garlic**

**ginger**

grapefruit

***Hawaiian cuisine***

honey

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**

**Flavor Affinities**

pineapple + almonds + vanilla

pineapple + apple + brown sugar + ginger + orange juice + soy sauce

pineapple + banana + brown sugar

pineapple + banana + lemon + red onions + *salsas*

pineapple + black beans + cucumbers + *salsas*

pineapple + brown sugar + ginger + lime (+ oats + walnuts)

**pineapple + brown sugar** + honey + **rum + vanilla**

**pineapple + brown sugar + lime**

pineapple + carrots + cinnamon + raisins

pineapple + chiles + cilantro + garlic + lime + red onions

pineapple + chiles + lime + mint + tomatoes

pineapple + chiles + lime + red onions

**pineapple + cilantro + lime**

pineapple + cinnamon + curry + star anise

pineapple + coconut + brown sugar

pineapple + coconut + ginger + rum

pineapple + coconut + passion fruit + white chocolate

pineapple + coconut + rum

pineapple + coconut + yogurt

pineapple + ginger + maple syrup

pineapple + honey + mint + yogurt

pineapple + kiwi + mango + papaya

pineapple + *lassi* + star anise + yogurt

pineapple + lime + mint

pineapple + peanuts + yams

“All Jamaicans grow up eating **pineapple** chicken. I love making

[vegan] pineapple stew, sautéing vegetables with pineapple, white rum, and brown sugar, with a dash of either apple cider or red wine vinegar, so that the stew is sweet

spicy

tangy.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

**Dishes**

**Grilled Pineapple Crisp: Pineapple baked with Ginger, Lime, Brown Sugar**

**a Crisp**

**Walnut-Oat Topping**

—Great Sage (Clarksville, MD)

**Annana Epice, Roti, Couli de Mures: Roast Smoked Chipotle Spiced Pineapple with a touch**

**of Sea Salt, Coconut Sorbet, a Blackberry Sauce**

—Table Verte (New York City)

**PINE NUTS (aka PIGNOLI)**

**Flavor:** slightly sweet, with notes of butter and/or pine resin, a rich, soft

texture

**Volume: moderate**–loud

**Nutritional profile:** 85% fats / 8% carbs / 7% protein

**Calories:** 190 per 1-ounce serving

**Protein:** 4 grams

**What they are:** seeds of certain kinds of pine trees

**Techniques:** raw, roast, toast

*(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

**CHEESE**, e.g., feta, goat, mozzarella, **PARMESAN, ricotta**

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

**Flavor Affinities**

**pine nuts + basil + garlic + olive oil + Parmesan cheese**

pine nuts + beets + mascarpone

pine nuts + bitter greens + raisins

pine nuts + broccoli + pasta

pine nuts + couscous + lemon

pine nuts + currants + rice

pine nuts + garlic + green beans

pine nuts + garlic + spinach

pine nuts + goat cheese + pesto + sun-dried tomatoes

pine nuts + olives + oranges + parsley

pine nuts + olives + pasta + tomatoes

**PISTACHIOS**

**Flavor:** notes of butter

nuts, a rich texture

**Volume:** moderate

**What they are:** nuts

**Nutritional profile:** 67% fats / 20% carbs / 13% protein

**Calories:** 345 per ½-cup serving (raw)

**Protein:** 12 grams

**Techniques:** raw, roast

**Botanical relatives:** cashews, mangoes, sumac

**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

**cheese**, e.g., blue, goat, Gorgonzola, Parmesan, ricotta, Taleggio

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

**honey**

***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**

**Flavor Affinities**

pistachios + almonds + rose water

pistachios + apricots + dates

pistachios + basil + mint

pistachios + Brussels sprouts + olive oil + vinegar

pistachios + cardamom + orange

pistachios + cardamom + *puddings* + rice + rose water

pistachios + chili powder + garlic powder + onion powder

pistachios + citrus + mango

**pistachios + dried fruit** (e.g., apricots, cherries) + **grains** (couscous, quinoa)

pistachios + garlic + orange

pistachios + goat cheese + grapes

pistachios + goat cheese + tomatoes

pistachios + pine nuts + rice + saffron

pistachios + rhubarb + yogurt

pistachios + strawberries + yogurt

**Dishes**

**Braised Baby Beets: Endive, Green Celery, Blue Cheese, Pistachios, Raspberry Vinaigrette**

—Glenmere Mansion (Chester, NY)

**PLANTAINS—IN GENERAL, or MIXED**

**Flavor:** range from savory

starchy (green) to slightly sweet

firm

(yellow/brown) to sweet

creamy (black), with fruity (banana-like) notes

**Volume:** quiet/moderate (green)–moderate (yellow, black)

**What they are:** fruit

**Nutritional profile:** 97% carbs (high in sugars) / 2% protein / 1% fats

**Calories:** 235 per 1-cup serving (cooked, mashed)

**Protein:** 2 grams

**Techniques:** bake (at 350°F, 45–60 minutes), boil (25–40 minutes), broil, deep-fry, grill, mash, raw (*only* when all black), sauté, simmer, steam (about

10 minutes)

**Tips:** Serve as a starchy vegetable. When adding to soups or stews, add

during the last 10 minutes of the cooking process.

**Botanical relative:** bananas

*African cuisine*

almonds

**BEANS, BLACK**

bell peppers

**butter**

***Caribbean cuisine***

*Central American cuisine*

cheese, e.g., blue, goat

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**

**Flavor:** neutral, with a starchy texture

**Volume:** quiet–moderate

**Techniques:** bake, boil, deep-fry, fry, mash, sauté, stew

**Tip:** Look for green plantains without any yellow.

*African cuisine*

beans, e.g., black, pinto

butter

cardamom

*Caribbean cuisine*

*Central American cuisine*

cheese, e.g., queso fresco

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

**Flavor Affinities**

green plantains + garlic + thyme

**PLANTAINS, SWEET (e.g., BROWN or YELLOW)**

**Flavor:** sweet, with notes of banana, a soft, creamy yet firm texture

**Volume:** moderate

**Techniques:** bake, boil, deep-fry, grill, mash, pan-fry, sauté

*African cuisine*

allspice

beans, black

bell peppers, e.g., green

butter

*Central American cuisine*

chocolate

cilantro

cinnamon

cloves

coconut milk

*Cuban cuisine*

*desserts, e.g., puddings*

fruits, tropical

garlic

ginger

honey

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

**Flavor Affinities**

sweet plantains + bell peppers + black beans + cilantro + rice + scallions

**Dishes**

**Black Bean**

**Plantain Tamales: Corn Husk-Steamed Tamales studded with Black Beans**

**and Sweet Plantains. Red Guajillo Chile Sauce, Sour Cream, Queso Añejo, Arugula Salad**

—Frontera Grill (Chicago)

**PLUMS**

**Season: summer**–autumn

**Flavor: sweet** and/or sour, with astringent notes of cherries, citrus, and/or

honey, a very juicy texture

**Volume:** quiet–moderate

**Nutritional profile:** 90% carbs (high in sugars) / 5% protein / 5% fats

**Calories:** 30 per plum

**Techniques:** bake, poach, raw, stew

**Botanical relatives:** almonds, apples, apricots, blackberries, cherries, peaches, pears, quinces, raspberries, strawberries

allspice

anise hyssop

**apples**

**apple juice**

**apricots**

arugula

bananas

bay leaf

beans, e.g., black

bell peppers, e.g., red

blackberries

butter

caramel

cardamom

cheeses, e.g., blue, cream, feta, goat, manouri, soft

**cherries**

**chiles**, e.g., jalapeño, chili powder

chocolate

*chutneys*

cilantro

**CINNAMON**

**cloves**

*compotes, fruit*

coriander

cream

crème fraîche

custard

dates

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

garlic

**GINGER**

grapefruit

**HONEY**, e.g., acacia, clover

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

**Flavor Affinities**

**plums + almonds** + cinnamon + **orange**

plums + almonds + honey + mascarpone

plums + barley + goat milk + honey

**plums + brown sugar + oats**

plums + chiles + garlic + ginger + lemon

plums + cinnamon + honey

plums + cinnamon + orange

plums + garlic + honey + olive oil + red onions + vinegar

plums + ginger + orange

plums + honey + orange + vanilla

plums + maple syrup + orange

**PLUMS, DRIED (aka PRUNES)**

**DRIED PLUM PUREE**

**Flavor:** sweet, with notes of raisins, a sticky, chewy texture

**Volume:** moderate

**Nutritional profile:** 96% carbs / 3% protein / 1% fats

**Calories:** 210 per ½-cup serving (pitted dried plums)

**Protein:** 2 grams

**Techniques:** poach, raw

**Tip:** Substitute puree of dried plums for fat or oil in baking.

**ALMONDS**

apples

apricots

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

bananas

caramel

**cheese**, e.g., blue, Brie, cream, feta, goat, ricotta

chestnuts

***CHOCOLATE***, e.g., dark

**CINNAMON**

cloves

coffee

*compotes*

cornmeal

cream

crème fraîche

*crisps*

currants

***desserts, e.g., cobblers***

*granola*

hazelnuts

honey

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

**Flavor Affinities**

dried plums + apples + cinnamon + raisins

dried plums + brown sugar + red wine

dried plums + caramel + pecans

dried plums + cinnamon + orange

**PLUMS, UMEBOSHI**

**UMEBOSHI PLUM PASTE (see**

**UMEBOSHI PLUMS)**

**POLENTA (see CORNMEAL, from which polenta is made)**

**POMEGRANATE MOLASSES**

**Volume:** loud (and louder than fresh pomegranate seeds)

allspice

arugula

bananas

beans

bell peppers

*beverages*

bulgur

cardamom

carrots

cheese, e.g., goat

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**

**POMEGRANATE JUICE (see**

**also POMEGRANATE MOLASSES)**

**Season: autumn**

**Flavor: sour**/sweet, with notes of cranberries, juicy, crunchy seeds

(when fresh)

**Volume:** moderate (fresh seeds)

**Nutritional profile:** 81% carbs / 12% fats / 7% protein

**Calories:** 75 per ½-cup serving (fresh seeds)

**Protein:** 1 gram

**Techniques:** juice, raw

**Tips:** While the season for fresh pomegranates is short, the fruit freezes well

(e.g., whole, in a zip-locked plastic bag). Just thaw, cut open, remove

the delicious, juicy seeds to add to smoothies

other dishes, all year long.

agave nectar

allspice

almonds

**apples**

arugula

**avocado**

bananas

barley

beans

bell peppers

bulgur

cardamom

carrots

**cheese**, e.g., cream, **goat**

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

**honey**

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

**Flavor Affinities**

pomegranates + apples + butternut squash + walnuts

pomegranates + arugula + endive

pomegranates + balsamic vinegar + pine nuts + spinach

pomegranates + bell peppers + chiles + cumin + lemon + walnuts

pomegranates + cucumbers + garlic + mint

pomegranates + goat cheese + orange + walnuts

pomegranates + grapefruit + greens + red onions

pomegranates + lemon + sugar

pomegranates + orange + yuzu

**Dishes**

**Jerk Pomegranate Molasses Seitan Steak with Fresh Fennel, Candied Orange, Rose**

**Petals, served on a bed of Wild Rice**

—Plum Bistro (Seattle)

**Pomegranate Kiwi Pancakes with Whipped Pomegranate Molasses Butter**

**Crème**

**Fraîche**

—Plum Bistro (Seattle)

**POMELO (see recommendations for GRAPEFRUIT)**

**Season:** winter

**Flavor:** sour/sweet, with grapefruit notes (although milder, sweeter, and

juicier than grapefruit)

**Volume:** loud

**What it is:** citrus fruit

**POPCORN, e.g., air-popped**

**What it is:** whole grain

**What’s healthful about it:** high in fiber, low in calories (when air-popped)

**Tips:** Opt for organic popcorn, as non-organic popcorn is on the USDA’s

top 10 list of foods contaminated with toxic chemicals

pesticides. Spritz

with a little soy sauce for flavor

saltiness—or with a little olive oil

a

sprinkle of cheesy-tasting nutritional yeast for a dose of vitamin B12.

*Washington Post* food editor Joe Yonan, author of *Eat Your Vegetables*, created his own version of the addictive herbed popcorn produced by

Seventh-day Adventist vegetarian restaurant Little Lad’s, which features oilpopped

popcorn seasoned with nutritional yeast, dried oregano, dried dill, dried thyme, crushed red pepper flakes, an optional shake of fine sea

salt.

almonds

**caramel**

cayenne

cheese, e.g., cheddar, Parmesan

chili pepper flakes

cinnamon

coconut, e.g., oil, sugar

coriander

cumin

**curry powder**

dill, dried

dulse

**garlic**

**garlic powder**

gomashio

herbs, esp. dried

honey

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

**Flavor Affinities**

popcorn + almonds + honey

popcorn + brown sugar + cinnamon

**POPPY SEEDS (see SEEDS, POPPY)**

**POSOLE (see HOMINY)**

**POTATOES—IN GENERAL, WITH SKIN**

**Season:** year-round, esp. summer–winter

**Flavor:** neutral, with earthy notes, a starchy texture

**Volume:** quiet

**What they are:** vegetable—starchy

**Nutritional profile:** 93% carbs / 6% protein / 1% fats

**Calories:** 70 per ½-cup serving (boiled)

**Protein:** 1 gram

**Techniques:** bake (whole, wrapped in foil, at 400°F, about 50–60 minutes), boil (note: use the leftover, nutritious water for sauces, soups), deep-fry, fry, grill, mash (esp. older, starchier potatoes), puree, roast (quartered, 20–40

minutes at 400°F), sauté, steam, stuff

**Tips: Opt for organic potatoes.** Leave the skins on for extra flavor, texture, nutrition. Scrub well before cooking. Boil potatoes whole, not

cut, so they don’t absorb water. Before baking potatoes, poke with a fork

several times so steam can escape. Potatoes are America’s favorite

vegetable (especially as French fries!), but don’t forget the importance of

enjoying a wide variety of vegetables to ensure yourself the benefits of an

equally wide variety of nutrients.

**Botanical relatives:** bell peppers, chiles, eggplant, gooseberries, tomatillos, tomatoes

**Possible substitutes for mashed potatoes:** mashed white beans, millet, pureed cauliflower

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

**BUTTER**

buttermilk

**cabbage**, e.g., savoy

capers

caraway seeds

cardamom

**carrots**

cashews

*casseroles*

**cauliflower**

**cayenne**

**celery**, **CELERY ROOT**, celery seeds

**chard**

**CHEESE**, e.g., Asiago, blue, **cheddar**, Fontina, **goat**, Gouda, **Gruyère**, Jack, manchego, mozzarella, **Parmesan**, pecorino, Swiss

**chervil**

chicory

**chickpeas**

**chiles**, e.g., chipotle

**CHIVES**

**garlic chives**

**cilantro**

cinnamon

cloves

coconut

coconut cream

coriander

**corn**

**cream**

crème fraîche

**cumin**

**curry powder**

**spices**

***curries***

**dill**

eggplant

**EGGS**, e.g., *frittatas,* hard-boiled, *omelets, quiches, tortillas*

**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**

**Flavor Affinities**

potatoes + black olives + lemon + sun-dried tomatoes

potatoes + buttermilk + chocolate + cinnamon + vanilla

potatoes + butternut squash + sage

potatoes + cauliflower + leeks

potatoes + celery root + parsnips

potatoes + cheddar cheese + chiles + corn

potatoes + chipotle chiles + garlic

potatoes + cilantro + coconut

potatoes + cream + garlic + thyme

potatoes + crème fraîche + dill

potatoes + fennel + garlic + leeks

potatoes + fennel + lemon + yogurt

potatoes + garlic + herbs (e.g., oregano, rosemary, sage)

**potatoes + garlic + lemon** + olive oil + **parsley** + vinegar

**potatoes + garlic + lemon zest + parsley** + rosemary + thyme

**POTATOES + GARLIC + OLIVE OIL**

**potatoes + garlic + olive oil** + walnuts

potatoes + Gruyère cheese + winter squash

**potatoes + herbs** (e.g., oregano, rosemary, thyme) + **lemon**

**potatoes + leeks** + nutmeg + onions + **parsley**

**Dishes**

**Pierogis: Pan Seared, filled with Potato**

**Caramelized Onion, Cashew Sour Cream, Scallions**

—Blossoming Lotus (Portland, OR)

**Tomato-stuffed Russet Potato: Glazed Chanterelles, Romanesco Purée, Scallion Oil**

—DANIEL (New York City)

**Nichol’s Farm Confit Potato Salad, Goat’s Feta, Kalamata Olive, Shaved Onion, Oregano**

—Green Zebra (Chicago)

**Potato “Mille-Feuille” with Carrots, Salsify, a Parsley Vinaigrette**

—Picholine (New York City)

**POTATOES, BLUE (or PURPLE)**

**Season:** year-round, esp. summer–mid-winter

**Flavor:** neutral, with earthy notes of nuts, a dry, floury, starchy texture

**Volume:** quiet

**What’s healthful about them:** antioxidants

**Techniques:** bake, boil, fry, grill, mash, roast, steam

**Tips:** Keep the nutritious skins on when cooking. Lemon juice enhances the

brightness of their color while accenting their flavor.

artichokes

beans

butter

cheese, e.g., cheddar, cotija

chiles, e.g., poblano

*chips*

chives

cilantro

corn

cream

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

“While I was first attracted to **purple potatoes** for their beautiful color, I

love them for their flavor, which is nuttier

with more body than your

typical Russet or yellow potato. I serve them smashed with any herb, some salt

pepper, a little lemon juice or zest—or smashed and

served with pesto tofu.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

**POTATOES, FINGERLING**

**Flavor:** slightly sweet, with rich, earthy notes of butter and/or nuts, a

firm, waxy texture

**Volume:** quiet

**Techniques:** braise, oven-roast, pan-fry, roast

beans, green

butter

capers

cashew cream

chervil

chiles, e.g., jalapeño

chives

cream

dulse

eggs, e.g., *frittatas*

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, HIGH-STARCH (e.g., IDAHO, RUSSET)**

**Tip:** High-starch potatoes leave a creamy white liquid on the knife when

cut; the greater the residue, the higher the level of starch.

**Techniques:** bake, fry, **mash**

**POTATOES, LOW-STARCH (e.g., NEW)**

*boiled potatoes*

*gratins*

*salads, potato*

**POTATOES, NEW (aka RED POTATOES)**

**Season:** spring–summer

**Flavor:** slightly sweet, with a moist, creamy texture

**Volume:** quiet

**What they are:** freshly harvested potatoes of the season

**Techniques:** boil, mash, roast, salt-bake, steam (Avoid frying.)

capers

carrots

cashews, e.g., ground raw

chives

cream

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

**Flavor Affinities**

new potatoes + chives + lemon + olive oil

**new potatoes** + cider vinegar + **dill** + horseradish + **olive oil**

**new potatoes + dill** + *mash* + **olive oil** + parsley + soy milk

new potatoes + garlic + lemon + mustard

new potatoes + garlic + shallots + tarragon + vinegar

new potatoes + horseradish + mustard + scallions + yogurt

**POTATOES, RED (see POTATOES, NEW)**

**POTATOES, RUSSET**

**Flavor:** slightly sweet, with earthy notes, dry, crumbly/fluffy texture

with a thick, chewy skin

**Volume:** quiet

**Techniques: bake**, fry, **mash**, roast

**Tip:** As they don’t hold their shape well, russets are not recommended for

casseroles or salads.

*baked “fries”*

***baked potatoes***

chives

*gnocchi*

***mashed potatoes***

sour cream

**POTATOES, SWEET (see SWEET POTATOES)**

**POTATOES, THICK-SKINNED (e.g., IDAHO, RUSSET)**

**Techniques:** bake, fry

**POTATOES, THIN-SKINNED (e.g., NEW POTATOES, WHITE POTATOES)**

**Techniques:** boil, pressure-cook, steam

**POTATOES, WHITE**

**Flavor:** neutral, with a thin skin

**Volume:** quiet

**Techniques: boil**, fry, mash, steam

*casseroles*

*mashed potatoes with skins*

*salads, e.g., potato*

*soups*

*stews*

**POTATOES, YELLOW (e.g., YUKON GOLD)**

**Flavor:** slightly sweet, with notes of butter, a rich texture

**Volume:** quiet

**What they are:** versatile, all-purpose, medium-starch potatoes

**Techniques:** bake (whole, 60 minutes at 400°F), boil, grill, mash, roast

(quartered, 20–40 minutes at 400°F)

apples

*baked potatoes*

chives

*mashed potatoes*

*roasted potatoes*

sage

*salads, e.g., potato*

sour cream

**PRESSURE-COOKING**

**Tip:** Cooks foods 50–70 percent faster than traditional methods—which is

especially helpful when it comes to slow-cooking foods such as **dried beans**

and **grains**.

“I love **pressure-cooking** beans

grains, not only because it’s faster

but because it makes them more digestible. Chickpeas that would

normally take hours

hours of boiling will be done in 60 minutes in a

pressure-cooker. The only beans I won’t pressure-cook are white beans, because it makes them too mushy for our arugula salad that features

them.

you shouldn’t pressure-cook split peas or soybeans because

they foam, which can clog the mechanism

make it explode—

something I unfortunately learned the hard way after just painting my

kitchen.… Brown rice can pressure-cook in just 40 minutes, only

needs a 1:2 rice-to-liquid ratio, because you don’t need much liquid

when pressure-cooking.”

—PAM BROWN, GARDEN CAFÉ ON THE GREEN (WOODSTOCK, NY)

**PRUNES**

**PRUNE PUREE (see PLUMS, DRIED)**

**PULSES (see also specific BEANS, CHICKPEAS, specific**

**LENTILS; PEAS, SPLIT)**

**What they are:** legumes

**Protein:** up to 9 grams per ½-cup serving

**Tips:** A half-cup of cooked pulses is equivalent to one serving of vegetables

and the protein in two ounces of meat. For more information, visit the

website cookingwithpulses.com.

*African cuisines*

*Australian cuisine*

*Indian cuisines*

*Mediterranean cuisines*

*Middle Eastern cuisines*

*South American cuisines*

“With up to 9 grams of protein per half-cup serving, **pulses** offer a lowfat

or fat-free alternative to animal proteins. Pulses improve the protein

quality of cereal grains, by adding a complimentary amino acid profile.

**Due to the high nutrient density, pulses can be considered both a**

**protein**

**a vegetable.**”

—COOKINGWITHPULSES.COM

**PUMPKIN (see also SQUASH, WINTER)**

**Season:** autumn

**Flavor:** sweet, with earthy notes of sweet potatoes, a dense, fibrous

texture

**Volume:** quiet–**moderate**

**What it is:** Technically, pumpkins are a hard-rind (i.e., winter) squash.

**Nutritional profile:** 88% carbs / 9% protein / 3% fats

**Calories:** 50 per 1-cup serving (cooked, mashed)

**Protein:** 2 grams

**Techniques:** bake (at 350–400°F, 45–60 minutes), boil, grill, mash, puree, roast (at 350°F for 60 minutes), steam

**Tip:** For ease of use, consider canned pumpkin.

**Botanical relatives:** cucumbers, melons, squashes

**Possible substitutes:** carrots, winter squash

**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

**butter**

brown butter

caramel

cardamom

carrots

cashews

**cayenne**

**celery**

**CHEESE**, e.g., blue, **cream**, Emmental, **feta**, Fontina, goat, **GRUYÈRE**, mozzarella, **PARMESAN**, pecorino, ricotta, Romano, soft, Swiss, vegan

*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

**cream**

**cumin**

***curries***

**curry leaves, paste, powder**

*custards*

***desserts****, e.g., cheesecakes, pies*

fennel

fennel seeds

frisée

garam masala

**GARLIC**

**GINGER**

graham cracker crumbs

*gratins*

greens

hazelnuts

**honey**

**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

**Flavor Affinities**

**pumpkin** + allspice + **cinnamon + ginger + orange** + vanilla

pumpkin + almonds + raisins

pumpkin + apples + cilantro + curry + leeks

pumpkin + balsamic vinegar + Parmesan cheese + sage

pumpkin + black sesame + corn + spinach

pumpkin + breadcrumbs + garlic + parsley

**pumpkin** + brown sugar + **cinnamon + cloves + ginger + nutmeg + orange**

+ walnuts

**pumpkin** + cardamom + **cinnamon + cloves**

pumpkin + chickpeas + cilantro + garlic + ginger + lemongrass

pumpkin + chiles + garlic + orange + rosemary

**pumpkin + cinnamon + cloves** + coconut milk + **ginger + nutmeg** + vanilla

**pumpkin + cinnamon + ginger** + maple syrup + pecans

**pumpkin + cinnamon + ginger** + oatmeal + raisins

**PUMPKIN + CINNAMON + MAPLE SYRUP**

pumpkin + coconut milk + curry paste

pumpkin + cranberries + orange

pumpkin + cream cheese + graham cracker crumbs + orange

pumpkin + garlic + olive oil + rosemary + thyme

pumpkin + nutmeg + Parmesan cheese

pumpkin + oats + sage + walnuts

pumpkin + onions + sage + *soups* + soy milk

**Dishes**

**Pumpkin Mousse with Cranberries**

**Candied Pecans**

—Angelica Kitchen (New York City)

**Pumpkin Cinnamon Roll: Housemade Jumbo Cinnamon Roll with Pumpkin**

**Pecans**

—Blossoming Lotus (Portland, OR)

**Griddled Pumpkin Bread: Ginger Purée, Pumpkin Jam, Oatmeal Sherbet**

—CityZen (Washington, DC)

**Pumpkin Enchiladas: Pumpkin, Black Beans, Roasted Corn, Cilantro, Chiles wrapped in**

**Corn Tortillas, topped with Cilantro “Sour Cream”**

**Mole, over Spanish Quinoa**

—Great Sage (Clarksville, MD)

**Pumpkin Coconut Bisque with Pumpkin Seeds**

—The Lodge at Woodloch (Hawley, PA)

**Tamale: Pumpkin**

**Roasted Jalapeño Tamale with Pumpkin Seed Mole**

—Mana Food Bar (Chicago)

**Pumpkin Custard: Spiced Whipped Cream, Candied Pumpkin Seeds, Caramel Sauce, Ginger**

**Molasses Cookies**

—Millennium (San Francisco)

**“Seminole” Pumpkin Roasted with Vadouvan**

**Hibiscus, Braised Borage, “Delfino”**

**Cilantro**

—Oxheart (Houston)

**Pumpkin Pancakes with Whipped Maple Butter, Maple Syrup, Pumpkin Seeds, Brown**

**Sugar, Raisins**

—Plum Bistro (Seattle)

**Pumpkin Sage Ravioli with Roasted Fennel Cream Sauce, Maple Smoked Tofu, Pumpkin**

—Plum Bistro (Seattle)

**Pumpkin Cheesecake, Pecan Crust, Bourbon, Brown Sugar Cream**

—True Bistro (Somerville, MA)

**PUMPKIN SEEDS (see SEEDS, PUMPKIN)**

**PURSLANE (aka VERDOLAGA)**

**Season:** summer–early autumn

**Flavor:** bitter/salty/**sour**, with notes of cucumber, lemon, pepper, sorrel, and/or tomato, a crunchy, juicy texture

**Volume: very quiet / quiet** (raw)–moderate (cooked)

**What it is:** herb/green

**Nutritional profile:** 71% carbs / 20% protein / 9% fats

**Calories:** 20 per 1-cup serving (cooked)

**Protein:** 2 grams

**Techniques:** raw, sauté, steam

**Tips:** Can cook like spinach. Bitterness increases during cooking, so cook

only lightly.

arugula

**basil**

beans, e.g., green, pinto

**beets**

bell peppers

bread, e.g., pita

Brussels sprouts

butter

buttermilk

carrots

**cheese**, e.g., feta, goat, Jack, mozzarella

chickpeas

**chiles**, e.g., green, jalapeño

chives

cilantro

**CITRUS**

couscous, Israeli

cream

**cucumbers**

dill

*dips*

eggplant

eggs, e.g., *frittatas*

**garlic**

grapefruit

hazelnuts

honey

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

**Flavor Affinities**

purslane + basil + croutons + cucumbers + olive oil + onions + tomatoes +

vinegar

purslane + basil + goat cheese + scallions + tomatoes

purslane + feta cheese + tomatoes

purslane + garlic + nutmeg + onion + potatoes + sorrel

purslane + garlic + yogurt

purslane + romaine + scallions

“**Purslane** is one of those ingredients that people will taste

ask, ‘What is that?’ I enjoy it in the summertime raw in salads, or lightly

sautéed—but be aware that it cooks down a lot.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

**Dishes**

**Mâche**

**Purslane Salad with Roasted Delicata Squash, Cipollini Onions, Brussels Sprouts, Chickpeas, Radish, Sunflower Seeds, tossed with a Creamy Tarragon Dressing**

—Candle 79 (New York City)

**QUELITES (see LAMB’S-QUARTER)**

**QUINCES**

**Season:** autumn

**Flavor:** sour, with notes of apples, flowers, and/or pears, a very hard

texture

**Volume:** quiet–moderate

**Nutritional profile:** 97% carbs / 2% protein / 1% fat

**Calories:** 50 per medium quince (raw)

**Techniques:** bake, poach (e.g., in simple syrup and/or wine), stew

**Tips:** Never serve raw. Remove skin before serving. High in pectin (a

gelling agent), quinces can substitute for powdered pectin in certain

preparations.

**Botanical relatives:** almonds, apples, apricots, blackberries, cherries, peaches, pears, plums, raspberries, strawberries

\***APPLES**

**APPLE JUICE**

*baked goods, e.g., cakes, crisps, pies*

butter

**CHEESE**, e.g., blue, cream, goat, Gorgonzola, manchego, ricotta, soft, Spanish, esp. with quince paste

cherries, dried tart

chicory

chili pepper flakes

***chutneys***

cilantro

**CINNAMON**

***compotes***

coriander

**cream**

crème fraîche

*crepes*

cumin

*desserts, e.g., apple or pear: crisps, crumbles, tarts*

**ginger**

**honey**

**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

**Flavor Affinities**

quince + apples + cinnamon

quince + blue cheese + greens + sherry vinegar + walnut oil + walnuts

quince + cinnamon + ginger + *pancakes*

**Dishes**

**Sticky Toffee Pudding: Quince, Amaretto, Honey**

—Mélisse (Santa Monica, CA)

**QUINOA**

[KEEN-wah]

**Flavor:** bitter/slightly sweet, with earthy notes of couscous, grass, herbs, millet, **nuts**, and/or sesame, a light

fluffy (when cooked), slightly

crunchy texture

**Volume: quiet**–moderate

**What it is:** often thought of as a whole grain, even though it’s the fruit of an

herb, not a grain

**What’s healthful about it:** Most quinoa contains 15–20% protein (higher

than the typical 14% of wheat, 9–11% of millet, 7–8% of rice), is

richer in calcium than milk.

**Gluten-free:** yes

**Nutritional profile:** 71% carbs / 15% protein / 14% fat

**Calories:** 220 per 1-cup serving (cooked)

**Protein:** 8 grams

**Techniques:** boil, simmer, steam, toast

**Timing:** Cooks in 10–15 (white) to 20 (red) to 30 (black) minutes.

**Ratio:** 1: 1½–2 (1 cup quinoa to 1½–2 cups liquid, e.g., stock, water)

**Tips:** Quinoa must be rinsed very well before cooking, to remove all traces

of bitterness (and “suds” from the rinse water). Toast first before using in

dishes to enhance its flavor. For enhanced flavor

texture, try sautéing

for 5 minutes before adding liquid—and/or substituting vegetable stock or

juice, or fruit juice (e.g., orange or passion fruit), for some or all of the

water. Fluff with a fork after cooking to separate the grains (and remember

that black

red quinoa won’t stick together as much as white). Quinoa

doesn’t get mushy, even when overcooked.

**Botanical relatives:** amaranth, beets, chard, lambs’-quarter, spinach

**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

**CHEESE, esp. FETA**, goat, Parmesan, ricotta salata

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

**Flavor Affinities**

**quinoa + almond milk + cinnamon** + **nuts**

quinoa + bell peppers + carrots + parsley + rice vinegar + sesame oil/seeds

**quinoa + black beans + cumin**

**quinoa + black beans + mango**

**quinoa + cashews + pineapple**

**quinoa + cucumbers** + feta cheese + parsley + **tomatoes**

**quinoa + cucumbers** + lemon + mint + **parsley**

**QUINOA + DILL + LEMON JUICE** + zucchini

“Eating plain white **quinoa** can be like eating bird food. What I like to

do is mix it with red

black quinoa, which gives you great flavor and

texture with some nuttiness

chew to it.”

—CHARLEEN BADMAN, FnB RESTAURANT (SCOTTSDALE, AZ)

“I love **quinoa**. I especially like making quinoa tabbolueh. I add onions, tomatoes, cucumber, parsley, lemon, salt. You don’t have to cook it

that long

it absorbs all the flavors.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“Every ingredient in our dishes is there for a reason—either flavor, texture, and/or its health benefit. **Quinoa** is kind of our ‘house grain’

because of all of the above—it’s great in salads, golden quinoa is

one of two key ingredients [along with black beans] in our signature

Root veggie burger. Our burgers are also made with pureed carrots, garlic, onions, breadcrumbs seasoned with black pepper

paprika

before shaping into patties. To achieve their meaty texture, they’re

cooked twice—the first time slowly on low heat on the grill, the

second time seared on high heat to crisp it.”

—DEENA JALAL, FOMU

ROOT (ALLSTON, MA)

**Dishes**

**Quinoa with Snow Peas, Sugar Snaps, Ginger**

—ABC Kitchen (New York City)

**Veggie Burger: Butternut Squash**

**Quinoa Patty, Roasted Red Peppers, Avocado, Lettuce, Tomato, Mayo on a Semolina Bun**

—Blossom (New York City)

**Homestyle Quinoa Pancakes with Seasonal Fruit, Strawberry Butter, Gingered Maple**

**Syrup**

—Candle 79 (New York City)

**Tempeh Vegetable Tamale with Quinoa Pilaf, Sautéed Spinach, Pumpkin Seeds, Chocolate**

**Mole Sauce, Guacamole, Sour Cream, Mango Salsa**

—Candle 79 (New York City)

**Red Quinoa: Pan-Roasted Fresh Artichoke Hearts**

**Fava Beans / Light Tomato Broth**

—Crossroads (Los Angeles)

**Quinoa Salad with Fennel, Avocado, Grapefruit**

—Lake Austin Spa Resort (Austin, TX)

**Quinoa**

**Wakame Salad with Sesame Ginger Vinaigrette**

—The Lodge at Woodloch (Hawley, PA)

**Quinoa**

**Baby Greens Salad, Pomegranate, Candied Walnuts, Dried Cranberries**

—Madeleine Bistro (Los Angeles)

**Quinoa: Toasted Grain, Currants, Almonds, Mint, Tangerine**

—Mana Food Bar (Chicago)

**Quinoa with Crushed Pistachio**

**Za’atar (i.e., herbs, salt, sesame, sumac)**

—Oleana (Cambridge, MA)

**Gluten-Free Quinoa Johnny Cake with Banana, Maple Syrup, Greek Yogurt**

—True Food Kitchen (Phoenix)

**Quinoa Tabbouleh Salad with Watercress, Beet, Pomegranate, Lemon, Cold-Pressed**

**Olive Oil**

—True Food Kitchen (Santa Monica, CA)

**RADICCHIO**

[rod-EEK-ee-oh]

**Season:** year-round, esp. summer–winter

**Flavor:** bitter, with earthy notes, crisp/crunchy

firm in texture

**Volume: moderate**–loud

**Nutritional profile:** 76% carbs / 15% protein / 9% fats

**Calories:** 10 per 1-cup serving (raw, shredded)

**Protein:** 1 gram

**Techniques:** bake, **braise**, broil, **grill,** julienne, oven-grill, **raw,** roast, **sauté**, sear, steam, stir-fry

**Tip:** Cooking radicchio (and, cookbook author Marcella Hazan says, slicing

it thinly on the diagonal) brings out its sweetness.

**Botanical relatives:** artichokes, chamomile, chicory, dandelion greens, endive, lettuces (e.g., Bibb, iceberg, romaine), salsify, tarragon

**apples**

**arugula**

basil

bay leaf

**BEANS, e.g., cannellini, white**

beets

**breadcrumbs**

butter

cabbage, e.g., savoy

capers

carrots

**CHEESE**, e.g., pungent: Asiago, **blue** (**Gorgonzola**, Roquefort, Stilton), feta, Fontina, goat, Gruyère, **mozzarella**, **PARMESAN**, pecorino, ricotta, Taleggio

chickpeas

chicory

chili pepper flakes

chives

citrus

**eggs**, e.g., hard-boiled, *omelets*

**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

**honey**

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

**Flavor Affinities**

radicchio + apples + fennel

**radicchio + arugula + endive**

**radicchio + balsamic vinegar** + garlic + **olive oil**

**radicchio + balsamic vinegar** + mushrooms + **Parmesan cheese** + *risotto*

**radicchio +** beets **+ blue cheese + walnut oil + walnuts**

**radicchio + blue cheese + walnut oil + walnuts**

radicchio + breadcrumbs + hard-boiled egg + parsley

radicchio + breadcrumbs + Parmesan cheese

**RADICCHIO** + **CHEESE** (e.g., Asiago, blue, goat) + **FRUIT** (e.g., dried

cranberries, oranges, pears) + **NUTS** (e.g., hazelnuts, pecans, pine nuts, walnuts)

**radicchio + fennel + olive oil** + orange + pear

**radicchio + fennel + olive oil** + red wine vinegar

radicchio + frisée + mustard + nuts + pears + red wine vinegar

radicchio + garlic + olive oil + Parmesan cheese + white beans radicchio +

garlic + olive oil + vinegar

radicchio + garlic + parsley + pasta + ricotta cheese

radicchio + Gorgonzola cheese + mushrooms

radicchio + lemon + pasta

**Dishes**

**Radicchio Salad with Mozzarella, Mango, Basil**

—Eleven Madison Park (New York City)

**Roasted Beet Salad with Radicchio Slaw, Blue Cheese Dressing, Toasted Walnuts**

—Marché (Eugene, OR)

**Grilled Radicchio Salad with Cinnamon-Roasted Carrots, Pomegranate, Farro, Toasted**

**Pistachio, Preserved Lemon Vinaigrette, Tahini, Black Olive-Urfa Chili Oil, Fresh Herbs**

—Millennium (San Francisco)

**RADISHES—IN GENERAL (see also DAIKON)**

**Season:** spring–summer

**Flavor:** slightly sweet/hot, with pungent notes of nuts

pepper, a

crunchy (raw) or creamy (cooked) texture

**Volume:** moderate (cooked)–loud (raw)

**Nutritional profile:** 83% carbs / 12% protein / 5% fats

**Calories:** 20 per 1-cup serving (raw, sliced)

**Protein:** 1 gram

**Techniques:** braise, grate, **raw** (best served raw), roast, sauté, shave (e.g., into noodles), steam

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, horseradish, kale, kohlrabi, land cress, rutabagas, turnips, watercress

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)

**BUTTER**

**cabbage**

capers

**carrots**

cayenne

**celery**

celery salt

**cheese**, e.g., **blue**, **cream**, dry Jack, **feta**, goat, Gouda, Gruyère, manchego, Parmesan, ricotta

chervil

chickpeas

**chives**

**cilantro**

cream

**cucumbers**

curry powder

**dill**

edamame

eggs, hard-boiled

*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**

**Flavor Affinities**

radishes + avocados + lettuce

**RADISHES + bread + BUTTER + SALT**

radishes + cabbage + celery salt + onions

radishes + carrots + cayenne + lime juice + salt + *slaws*

radishes + chives + cream cheese + sour cream

radishes + cilantro + lime + olive oil

radishes + cucumbers + dill

radishes + cucumbers + endive + mustard

radishes + dill + salt + vinegar + yogurt

radishes + escarole + lemon + orange

radishes + garlic + yogurt

radishes + lemon + pistachios

radishes + mint + orange

radishes + rice wine vinegar + sesame oil + soy sauce

**Dishes**

**Fancy Radishes: Roasted, Raw, Pickled, Smoked Tamari, Avocado, Shishito**

—Vedge (Philadelphia)

**RADISHES, BLACK**

**Season:** winter–spring

**Flavor:** notes of horseradish, with a firm, crisp texture

**Volume:** loud

**Techniques:** grate, pickle, raw, roast, sauté, stew, stir-fry

**Tips:** Peel before eating. Grate into soups

stews.

almonds

apples

beans, e.g., mung, pinto

bell peppers, e.g., red

chili pepper flakes

*chips*

chives

cilantro

**garlic**

ginger

greens

honey

**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

“I love the strong flavor of **black radishes,** especially with sesame oil

and mirin—[the latter’s] sweetness tames [the former’s] bitterness.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**RADISHES, DAIKON (see DAIKON)**

**RADISHES, WATERMELON**

**Season:** autumn–spring

**Flavor:** slightly sweet, with notes of jícama and/or pepper, a firm, crunchy texture

**Volume:** quiet–moderate

**Techniques:** grate, marinate, pickle, raw, sauté, shave, slice

**Factoid:** Watermelon radishes are named for their green skin

pink/red

flesh.

apples, e.g., green

arugula

asparagus

**avocado**

butter

brown butter

buttermilk

carrots

cayenne

celery

**cheese**, e.g., blue, chèvre, feta, goat, Gouda, Parmesan, ricotta salata

chives

cilantro

**CITRUS**, e.g., lemon, lime

crème fraîche

cucumbers

dill

eggs, e.g., hard-boiled

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

**Flavor Affinities**

watermelon radishes + avocados + pumpkin seeds + salad greens

watermelon radishes + citrus segments + salad greens

“I’ll slice **watermelon radishes** so that they cook through—they turn so

red they look almost bloody. I toss them in butter, add them to

parsnip dishes, or salads. I’ll also pickle them to make kimchi.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“**Watermelon radishes** are as wonderful for their color as they are for

their flavor. They grate well, they slice on the mandoline well, they

even hold well, with a good shelf life.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

“People eat with their eyes first—so food should always look beautiful

at the table. **Watermelon radishes** are beautiful, their color and

flavor enhance everything from citrus salads to grain salads to spring

rolls.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Wild Arugula Salad with Watermelon Radishes**

**Kimchi Dressing**

—Dirt Candy (New York City)

**RAISINS**

**Flavor:** sweet–very sweet, with a chewy texture

**Volume:** moderate

**Nutritional profile:** 95% carbs / 3% protein / 2% fats

**Calories:** 120 per ¼-cup serving (seeded)

**Protein:** 1 gram

**Techniques:** bake, raw, steam, stew

**Tip:** Opt for organic, sun-dried raisins; sun-drying helps maintain the

nutrients.

allspice

**almonds**

anise

**apples**

apricots, e.g., dried

***BAKED GOODS****, e.g., breads, cookies, fruitcakes, muffins, scones*

bananas

barley, pearl

brandy

broccoli rabe

butter

buttermilk

cabbage

caramel

cardamom

**CARROTS**

celery root

***cereals, cold or hot breakfast***

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

cheese, e.g., goat, ricotta

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

honey

*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

**Flavor Affinities**

**raisins + almonds / almond milk + cinnamon + grains (e.g., rice, pearled**

**barley)**

**raisins** + brown sugar + **oats** raisins + cardamom + rice

**raisins +** carrots + **cinnamon** + lemon + **quinoa**

raisins + carrots + cumin

raisins + carrots + flaxseed oil + tamari + umeboshi vinegar

raisins + carrots + pine nuts

raisins + carrots + walnuts

**raisins + cinnamon + grains** (e.g., couscous, oats, pearled barley, quinoa)

raisins + couscous + lemon

raisins + orange + rum

**Dishes**

**Pumpkin Raisin French Toast with Local Maple Syrup**

—The Lodge at Woodloch (Hawley, PA)

**RAMPS**

**Season: spring**–summer

**Flavor:** slightly sweet; aromatic, with pungent notes of garlic and/or onion

**Volume:** quiet–moderate

**What they are:** wild leeks

**Techniques:** blanch, braise, grill, parboil, pickle, raw, simmer, stew

**Tip:** Flavor becomes sweeter with cooking.

**Botanical relatives:** leeks, lily

*(North) American cuisine*

**ASPARAGUS**

beans, fava

breadcrumbs

butter

carrots

cayenne

chard

**cheese**, e.g., burrata, goat, mozzarella, **Parmesan**

chiles, e.g., jalapeño

**cream**

**EGGS**, e.g., *custards, frittata*s*, omelets, quiches,* scrambled

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

**Flavor Affinities**

**ramps + asparagus** + eggs + **morels**

ramps + asparagus + lemon + mint + pasta

**ramps** + asparagus + **Parmesan cheese + risotto**

ramps + burrata cheese + garlic + tomatoes

ramps + garlic + jalapeño + pasta

ramps + mascarpone + polenta

ramps + olive oil + Parmesan cheese + *“pestos”* + walnuts

ramps + pasta + tomatoes

**Dishes**

**Spaghetti: Spring Ramps, Roasted Mushrooms, Asparagus, Herb Butter, Parmigiano**

—Glenmere Mansion (Chester, New York)

**Wild Ramp Risotto, Navel Orange, Ramp Pesto, Sunflower Seeds, Grilled Bitter Greens**

—Green Zebra (Chicago)

**Linguini Pasta: Ramp**

**Walnut Pesto, Slow-Cooked Egg, English Peas, Morels, Parmesan**

**Cheese**

—Plume (Washington, DC)

**RASPBERRIES**

**Season:** summer

**Flavor: sweet**/sour, with a delicate, juicy texture

**Volume:** quiet–moderate

**Nutritional profile:** 82% carbs / 10% fat / 8% protein

**Calories:** 65 per 1-cup serving (raw)

**Protein:** 1 gram

**Botanical relatives:** almonds, apples, apricots, blackberries, cherries, peaches, pears, plums, quinces, strawberries

**ALMONDS**

apples

**apricots**

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

bananas

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

*beverages*

buttermilk

**cheese**, e.g., Brie, cream, goat, ricotta

**CHOCOLATE**, e.g., dark

\***CHOCOLATE, WHITE**

**cinnamon**

citrus fruits

cloves

*coulis*

**CREAM**

crème anglaise

crème fraîche

***DESSERTS****, e.g., crepes, crisps, crumbles, custards*

**figs**

ginger

graham crackers

grapefruit

grapes

**hazelnuts**

**honey**

**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**

**Flavor Affinities**

raspberries + apricots + mint

raspberries + brown sugar + cinnamon + oats

**raspberries +** (honey +) **lemon + yogurt**

raspberries + mango + peaches

raspberries + mint + pistachios

**Dishes**

**Raspberries: Goat’s Milk Cheesecake**

**Pistachios**

—Blue Hill (New York City)

**White Chocolate Pots de Crème: Raspberry, Ginger, Almond Brittle**

—Natural Selection (Portland, OR)

**RHUBARB**

**Season: spring**–summer

**Flavor:** very sour, with notes of lemon, a crisp (raw) or tender (cooked)

texture

**Volume:** loud

**What it is:** a vegetable (technically) that is more often eaten as a fruit

**Nutritional profile:** 78% carbs / 14% protein / 8% fats

**Calories:** 25 per 1-cup serving (raw, diced)

**Protein:** 1 gram

**Techniques:** bake, poach, puree, sauté, stew

**Tip:** Never eat rhubarb leaves, which are poisonous.

**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**

butter

buttermilk

caramel

**cardamom**

celery

**cheese**, e.g., blue, cream, goat, ricotta

cherries

*chutneys*

**CINNAMON**

citrus

**cloves**

coconut cream

coconut milk

***compotes****, fruit*

**cream**

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

**HONEY**

*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**, e.g., sheep’s milk

**Flavor Affinities**

rhubarb + almonds + apples + maple syrup + raspberries

rhubarb + almonds + ginger + maple syrup

**RHUBARB (+ ALMONDS+ OATS) + ORANGE + STRAWBERRIES +**

**VANILLA**

**rhubarb + almonds + vanilla**

rhubarb + apples + cinnamon + cloves + orange

rhubarb + apples + pomegranates

rhubarb + brown sugar + ginger + vanilla

rhubarb + cloves + honey + orange

rhubarb + fennel + goat cheese + hazelnuts + watercress

rhubarb + ginger + strawberries

rhubarb + lemon + strawberries

rhubarb + mangoes + oranges

**Dishes**

**Rhubarb: Steamed Goat’s Milk Cheesecake**

**Yogurt Sorbet**

—Blue Hill (New York City)

**Chilled Fall Rhubarb Soup: Santa Barbara Organic Strawberries, Buckwheat Gelato**

—Bouley (New York City)

**Strawberry**

**Rhubarb Panna Cotta: Almond Crumble, Vanilla Chantilly, Mimosa Sorbet**

—Café Boulud (New York City)

**Strawberry-Rhubarb Crumb Pie**

—Candle Cafe (New York City)

**Rhubarb Slow-Cooked with Celery**

**Sheep’s Milk Yogurt Sorbet**

—Eleven Madison Park (New York City)

**Strawberry Rhubarb Crumble, with Lemon**

**Basil Sorbet**

—Natural Selection (Portland, OR)

**RICE—IN GENERAL**

**Flavor:** slightly sweet

**Volume:** quiet

**What it is:** grain

**Gluten-free:** yes

**Nutritional profile:** 92% carbs / 7% protein / 1% fat

**Calories:** 120 per ½-cup of white rice (medium-grain, cooked)

**Protein:** 2 grams

**Techniques:** boil, steam

**Tip:** The darker the rice, the greater the nutrients (i.e., black > brown

> white).

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

**butter**

*cabbage, stuffed*

**cardamom**

*Caribbean cuisines*

carrots

*casseroles*

cayenne

cheese, Swiss

chervil

chili powder

chili sauce

*Chinese cuisine*

chives

cilantro

**cinnamon**

cloves

**COCONUT**

**COCONUT MILK**

**cream**

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

**Flavor Affinities**

**rice + almonds or almond milk** + caradamom + cinnamon (+ fruit, e.g., apples) + **sweetener** (brown sugar, honey, maple syrup)

rice + carrots + leeks/onions + parsley + *pilafs*

rice + cilantro + garlic + Mexican oregano + tomatoes

rice + cinnamon + milk (+ raisins) + vanilla

rice + coconut + lemon

rice + coconut + raisins

rice + feta cheese + mint

**Dishes**

**Breakfast Rice Porridge: Brown Sugar, Apples, Almonds, Cranberries, Spices mixed**

**with a Blend of Rice, served with Lowfat Yogurt**

—Canyon Ranch Grill (Las Vegas)

**RICE, ARBORIO (aka RISOTTO)**

**Flavor:** neutral, with a firm chalky center

a starchy, creamy surface

(when cooked)

**Volume:** quiet

**Techniques:** Sauté rice in butter or oil until white. Stir while gradually

adding hot/boiling liquid (e.g., vegetable stock)

simmering, about 20

minutes.

**Ratio:** 1: 3–3½ (1 cup rice to 3–3½ cups cooking liquid, e.g., juice, stock, water, and/or wine)

**Tips:** Let the seasons inspire your risotto pairings, e.g., basil

tomato in

summer, wild mushrooms in autumn. Try the same flavor pairings with

“risottos” made from other grains, e.g., barley, farro. Look for brown

Arborio rice, which is higher in nutrients.

**Possible substitutes:** baldo rice, carnaroli rice (which, while less widely

available, makes the creamiest—and arguably the best—risotto), vialone

nano rice

**artichokes**

arugula

**ASPARAGUS**

**basil**

beans, e.g., fava, green

beer, e.g., IPA

**beets**

bell peppers

butter

**carrots**

cauliflower

celery

**chard, Swiss**

**CHEESE**, e.g., blue, feta, Fontina, goat, **PARMESAN**, pecorino, ricotta, Taleggio

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

**Flavor Affinities**

risotto + apples + cinnamon + maple syrup

risotto + artichokes + cheese (e.g., ricotta) + fava beans

**RISOTTO + ASPARAGUS + LEMON + peas**

risotto + asparagus + mint + ricotta

**risotto + asparagus + morel mushrooms + Parmesan cheese**

**risotto + basil** + eggplant + **tomatoes**

**risotto** + basil + **green vegetables** (e.g., asparagus, peas) **+ saffron**

**risotto + basil + tomatoes** + zucchini

risotto + beets + dill + fennel

risotto + blue cheese + sage + walnuts

risotto + butternut squash + chanterelles + saffron

**risotto + butternut squash** + chard + **kale** + mushrooms

risotto + carrots + garlic + lemon + thyme

risotto + cheese (e.g., Gorgonzola, Parmesan) + pumpkin + sage

risotto + coconut milk + lemon + vanilla

risotto + eggplant + mint + tomatoes

risotto + feta cheese + garlic + mushrooms + spinach

risotto + green vegetables (e.g., peas, spinach) + mushrooms (e.g., porcini)

risotto + lemon thyme + morels + peas + spring onions

risotto + morel mushrooms + spring garlic + spring onions

risotto + peas + pesto + tomatoes

risotto + *pesto* + sun-dried tomatoes + zucchini

risotto + pine nuts + raisins + spinach

**Dishes**

**Roasted Artichoke Risotto with Basil Pesto**

—The Lodge at Woodloch (Hawley, PA)

**Winter Harvest Risotto with Butternut Squash, Cranberries, Shallots, Pumpkin Seeds, and**

**Port Wine Sauce**

—The Lodge at Woodloch (Hawley, PA)

**RICE, BASMATI, BROWN BASMATI RICE**

**Flavor:** slightly sweet; aromatic, with notes of nuts, popcorn, smoke, and/or

toast, a firm, slightly chewy texture

**Volume:** quiet–moderate

**What it is:** aged long-grain rice

**Techniques:** boil, simmer (about 2 minutes), steam

**Timing:** Simmer, covered, about 20 (white) to 40 (brown) minutes.

**Ratio:** 1: 1½ (white)–2 (brown) (1 cup rice to 1½–2 cups cooking liquid)

**Tips:** Rinse basmati rice before using. Soak it for 10 minutes before

cooking in enough water to “reach your first knuckle,” according to Hemant

Mathur of Tulsi.

**Brand:** Falak

**ALMONDS**

apricots, e.g., dried

basil

**bay leaf**

beans, e.g., fava, mung

bell peppers, esp. red

*biryani*

butter

buttermilk

**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**

ghee

**ginger**

honey

***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**

**Flavor Affinities**

basmati rice + almonds + honey + orange + vanilla

basmati rice + bay leaf + cardamom + cloves + cumin

**basmati rice + cardamom + cinnamon** + dates + garlic + **ginger**

basmati rice + cardamom + cinnamon + ginger + vanilla

**basmati rice + cardamom** + milk + orange + raisins + **vanilla**

basmati rice + cumin + fennel seeds + saffron

basmati rice + cumin + ghee + mung beans + mustard + turmeric

**BASMATIC RICE + DRIED FRUIT** (e.g., apricots, dates, raisins) **+**

**NUTS** (e.g., almonds, cashews, pine nuts)

basmati rice + fennel seeds + orange

**RICE, BLACK (aka FORBIDDEN RICE)**

**Flavor:** slightly sweet, with notes of mushrooms and/or nuts

**Volume:** quiet–moderate

**What’s healthful about it: antioxidants**; even more nutritious than brown

rice

**Ratio:** 1:2 (1 cup rice to 2 cups cooking liquid, e.g., stock, water)

**Factoid:** In ancient China, black rice was called “forbidden rice” because

only nobles were allowed to eat it.

anise seeds

***Asian cuisines***

avocados

bananas

basil

beets

bell peppers, e.g., red, yellow

bok choy

cabbage, e.g., red

carrots

cashews

celery

cheese, e.g., Parmesan

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

**Flavor Affinities**

black rice + almond milk + cinnamon + vanilla

**black rice + coconut/coconut cream/coconut milk** + fruit (e.g., banana, mango) + sweetener (e.g., brown sugar, maple syrup, palm sugar)

black rice + ginger + star anise

black rice + kimchi + scallions

black rice + sesame oil + soy sauce

**RICE, BOMBA (see also SPANISH CUISINE)**

**Tip:** Bomba rice absorbs 30 percent more liquid than other rices.

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**

**Flavor:** nutty, with a chewy texture

**Volume:** quiet–moderate

**What it is:** whole grain

**Nutritional profile:** 87% carbs / 7% protein / 6% fat

**Calories:** 220 per 1-cup serving (medium-grain, cooked)

**Protein:** 5 grams

**Timing:** Cook at a low boil, covered, for about 30–50 minutes, until tender.

**Ratio:** 1:2 (1 cup brown rice to 2 cups of cooking liquid)

**Tips:** Because brown rice takes so long to cook, make sure you cook extra.

You can freeze the leftovers, then reheat the frozen rice in about 10 minutes

on the stove. If you’re short on time, quick brown rice cooks in about 10–15

minutes.

**Brand:** Lundberg Organic

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

eggs

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

**Flavor Affinities**

brown rice + almonds + cinnamon + fruit (e.g., blueberries, raisins) + maple

syrup + vanilla

brown rice + black beans + garlic + kale + tahini

brown rice + broccoli + tofu

brown rice + brown sugar + dried plums + orange zest

brown rice + butternut squash + garlic

brown rice + cilantro + garlic + lime + onions

brown rice + edamame + ginger

brown rice + ginger + leeks + peas

brown rice + ginger + miso + tofu + vegetables

brown rice + kale + scallions

brown rice + lemon + tahini + vegetables

brown rice + lentils + spinach

brown rice + mushrooms + spinach + tofu

brown rice + sage + root vegetables

brown rice + sesame + shiitake mushrooms + tofu

**Dishes**

**Vegetable Stir-Fry: Wok-Sautéed String Beans, Broccoli Florets, Zucchini, Cremini**

**Mushrooms, Bell Pepper, Baby Bok Choy with Organic Tamari Brown Rice**

—Josie’s (New York City)

**Bi Bim Bop: Hot Pepper Miso**

**Vegetables over Brown Rice**

**Sunny Side Up Egg**

—Mana Food Bar (Chicago)

**Cilantro-Peanut Stir Fry: Stir-Fried Broccoli, Red**

**Yellow Peppers, Mushrooms, Mung**

**Sprouts, Carrots, Green Onions with a Spicy Cilantro-Peanut-Ginger-Lime Sauce, over**

**Organic Brown Rice, topped with Roasted Peanuts**

—Seva (Ann Arbor, MI)

**Teriyaki Brown Rice Bowl, Asian Vegetable, Sesame, Avocado (+ Optional Tofu)**

—True Food Kitchen (Santa Monica)

**RICE, BROWN—BASMATI (see RICE, BASMATI)**

**RICE, BROWN—JASMINE (see RICE, JASMINE)**

**RICE, BROWN—LONG-GRAIN**

**Flavor:** earthy, with a fluffy texture

separate grains

**Timing:** Simmer, covered, for 40–50 minutes.

**Ratio:** 1:2 (1 cup rice to 2 cups cooking liquid, e.g., broth, water)

*casseroles*

*pilafs*

*salads*

*soups*

*stir-fries*

*stuffings*

**RICE, BROWN—SHORT-GRAIN**

**Flavor:** nutty, with a creamy, soft yet chewy

sticky texture

**Timing:** Simmer, covered, for 40–50 minutes.

**Ratio:** 1:2 (i.e., 1 cup rice to 2 cups cooking liquid, e.g., broth, water)

*croquettes*

*desserts*

*paella*

*puddings*

***rice balls or rice croquettes***

***risotto***

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

***sushi****, nori rolls*

***VEGGIE BURGERS***

**RICE, CARNAROLI (aka RISOTTO; see recommendations**

**for RICE, ARBORIO)**

**What it is:** rice with a slightly larger grain than Arborio rice grains

**RICE, JASMINE (see also THAI CUISINE)**

**Flavor:** aromatic, with notes of flowers, nuts, popcorn, and/or toast, a

soft texture

**Volume:** moderate

**What it is:** long-grain rice

**Timing:** 15–20 minutes

**Ratio:** 1:1½ (1 cup rice to 1½ cups cooking liquid, e.g., broth, water)

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

**Flavor Affinities**

jasmine rice + coconut + lemon

**RICE, LONG-GRAIN (see also RICE, BASMATI**

**RICE, JASMINE)**

**Tip:** “Long-grain” refers to grains that are at least three times as long as

they are wide. Opt for brown long-grain rice, which is higher in fiber than

white rice, for more nutrients.

*curries*

*fried rice*

*pilafs*

*salads*

*stews*

*stir-fries*

**RICE, SHORT-GRAIN (see also RICE, ARBORIO**

**RICE, SUSHI)**

**Tips:** “Short-grain” refers to grains that are less than twice as long as they

are wide. Opt for brown short-grain rice, which is higher in fiber than white

rice, for more nutrients.

*“bowls,” Japanese*

*cereal, hot breakfast*

*puddings, e.g., rice*

*risottos*

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

**RICE, STICKY**

**Flavor:** sweet, with a sticky texture that makes it easier to eat with chopsticks

**Volume:** quiet

**Tip:** Soak sticky rice overnight before steaming.

**Techniques:** boil, then steam

**Ratio:** 1:1⅓ (1 cup sticky rice to 1⅓ cups cooking liquid, e.g., stock, water)

**Brand:** Nishiki

*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

**Flavor Affinities**

sticky rice + coconut milk + mango

**RICE, SUSHI**

**What it is:** short-grain rice with a sticky texture

**Techniques:** boil, steam

**Ratio:** 1:1½ (1 cup sushi rice to 1½ cups cooking liquid, e.g., stock, water)

**Tips:** Consider using sticky brown sushi rice to get more nutrients. Instead

of using ordinary sushi rice, Beyond Sushi in New York City uses a

delicious six-grain combination of (hull-less) barley, (pearl) barley, black

rice, (short-grain) brown rice, red rice, rye berries in its nori rolls and

vegan sushi.

*sushi*

**Flavor Affinities**

sushi rice + rice vinegar + sugar

**RICE, WILD**

**Season:** autumn

**Flavor:** bitter/sweet, with complex earthy/savory notes of grass and/or

**NUTS**, a very chewy texture

**Volume:** moderate–loud

**What it is:** considered a whole grain, even though it is technically a seed (of

aquatic grass)

not in the botanical grain family

**What’s healthful about it:** twice the fiber

protein of brown rice

**Gluten-free:** yes

**Nutritional profile:** 83% carbs / 14% protein / 3% fats

**Calories:** 170 per 1-cup serving (cooked)

**Protein:** 7 grams

**Techniques:** pressure-cook (20–25 minutes), simmer (covered, 35–60

minutes), steam

**Ratio:** 1: 3–4 (1 cup wild rice to 3–4 cups cooking liquid)

**Tips:** Rinse wild rice thoroughly before cooking. Combine with other

rice(s) to lessen its chewiness.

**Factoid:** It is the only native North American grain.

**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

**butter**

cardamom

carrots

*casseroles*

**celery**

celery leaves

celery seeds

**celery root**

cheese, e.g., blue, feta, goat

chives

cinnamon

**corn**

*crepes*

dates

dill

eggs, e.g., *frittatas, omelets*

**FRUIT, DRIED, e.g., cherries, CRANBERRIES**

**GARLIC**

ghee

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

**Flavor Affinities**

wild rice + beets + orange

wild rice + bread crumbs + celery + dried cranberries + herbs + onions +

*stuffings*

wild rice + brown rice + nuts

wild rice + cider vinegar + walnut oil

wild rice + cinnamon + orange zest

wild rice + dates + pecans

wild rice + dried cherries + pine nuts

wild rice + feta cheese + lemon + mint

**WILD RICE + FRUIT (e.g., apples, dates, dried cherries or cranberries, raisins) + NUTS (e.g., almonds, pecans,** pine nuts, **walnuts**)

wild rice + garlic + spinach

wild rice + ginger + pineapple

wild rice + green onions + hazelnuts

wild rice + kabocha squash + sage

wild rice + pine nuts + shiitake mushrooms + spinach

wild rice + scallions + walnuts

**RICOTTA (see CHEESE, RICOTTA)**

**What it is:** While not technically a cheese, ricotta is commonly referred to as

such

so is listed under “Cheese.”

**RISOTTO (see recommendations for RICE, ARBORIO)**

**ROMAINE (see LETTUCE, ROMAINE)**

**ROOT VEGETABLES—IN GENERAL, or MIXED (see also**

**BEETS, CARROTS, PARSNIPS, RUTABAGAS, SWEET**

**POTATOES, TURNIPS, etc.)**

“I’ll confit root vegetables—like carrots, celery root, parsley root, and

parsnips—that have been shaved thin on a mandoline in olive oil with

herbs, spices, citrus for six to eight hours in an 85°F oven, which

breaks down their cell wall structure. As they become tender, their water

is replaced with fat. I strain

puree them, which creates the texture of

room-temperature butter. Because this ‘root vegetable butter’ has the

same qualities as butter or soft cheese, I can use it in similar ways, such

as on canapés or to bind other ingredients.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**ROSEMARY**

**Season:** winter (when rosemary is milder; it is stronger in summer)

**Flavor:** bitter/slightly sweet; aromatic; with notes of camphor, lemon, mint, pepper, pine, sage, smoke, and/or wood

**Volume:** moderately loud (winter)–loud (summer)

**Technique:** grill

**Tip:** Add early in the cooking process.

**Botanical relatives:** basil, lavender, marjoram, mint, oregano, sage, summer

savory, thyme

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

butter

**cabbage**, e.g., savoy

carrots

cauliflower

celery

**cheese**, e.g., cheddar, chèvre, cream, feta, goat, **Parmesan**, ricotta

chives

**citrus**

cream

*desserts*

**eggplant**

eggs

*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*

**honey**

*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**

**Flavor Affinities**

rosemary + balsamic vinegar + shallots

rosemary + balsamic vinegar + spinach

rosemary + butter + lemon

rosemary + feta cheese + spinach

**rosemary + garlic + lemon + olive oil** + white beans

**ROSEMARY + GARLIC + OLIVE OIL + POTATOES**

**rosemary + honey + orange**

rosemary + lemon + tofu

rosemary + lemon + white beans

rosemary + mushrooms + thyme

rosemary + onions + potatoes

rosemary + oregano + thyme

rosemary + Parmesan cheese + polenta

rosemary + Parmesan cheese + tomatoes + white beans

“Anytime you combine **rosemary**

thyme, you’ve got instant

Thanksgiving! Their soulful, dark, rich flavors will enhance anything, from a bag of chips to a mushroom dish. But rosemary is very pungent, so you only need a little. I won’t add rosemary to a soup: by the time

rosemary turns gray, it’s given everything it has to give, you want it

out of there anyway. Instead, I’ll use a rosemary branch to stir the soup

and infuse the flavor.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**RUTABAGAS**

**Season: autumn**–spring

**Flavor:** sweet/sometimes bitter, with sometimes sharp, peppery, and/or

pungent notes of cabbage, nuts, and/or turnips, a crisp texture

**Volume:** moderate (esp. cooked)–loud (esp. raw)

**What they are:** root vegetables

**Nutritional profile:** 86% carbs / 9% protein / 5% fats

**Calories:** 70 per 1-cup serving (cooked, cubed)

**Protein:** 2 grams

**Techniques:** bake (at 350°F for 50–60 minutes), blanch, boil, braise, deepfry, grate, hash, julienne, marinate, mash, pressure-cook, puree, roast, sauté, shred, steam (10–15 minutes), stew, stir-fry

**Tips:** Do not undercook. The longer it cooks, the sweeter the flavor, but do

*not* overcook. Add a touch of sweetness (e.g., sugar) to counteract

bitterness. Puree with quieter vegetables, e.g., potatoes.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, horseradish, kale, kohlrabi, land cress, radishes, turnips, watercress

**Possible substitute:** turnips

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

**butter**

**caraway seeds**

cardamom

**CARROTS**

*casseroles*

cayenne

celery

**celery root**

**cheese**, e.g., blue, cream, goat, **Gruyère**, Parmesan

chestnuts

chives

**cinnamon**

coconut milk

coriander

**cream**

cumin

**dill**

*eggs, e.g., frittatas*

farro

fennel

fennel seeds

**garlic**

**ginger**

**greens**, e.g., bitter, collard, dandelion

***hash****, e.g., served with eggs*

**hazelnuts**

*herbes de Provence*

**honey**

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

**Flavor Affinities**

rutabaga + apples + carrots + onions + sweet potatoes

rutabaga + apples + maple syrup

rutabaga + broccoli + carrots

rutabaga + caraway seeds + garlic

**rutabaga + carrots** + (fried) egg + parsnips + **potatoes**

**rutabaga + carrots** + mustard + parsley + **potatoes**

**rutabaga + carrots** + nutmeg + **potatoes**

rutabaga + cheese + potatoes

rutabaga + celery + onions

rutabaga + coconut milk + lime

rutabaga + leeks + turnips

rutabaga + parsnips + potatoes

rutabaga + potatoes + rosemary + thyme

“**Rutabagas** are one of those vegetables that are a hard-sell on a menu. I

probably wouldn’t put a rutabaga gratin on Greens’ menu, but I’d tuck it

into a dish as one of several ingredients [e.g., in a hash]—or perhaps not

even mention that it was there.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Glazed Chestnuts Rutabaga-Mace Puree, Wild Mushrooms Fricassee with Horseradish**

—DANIEL (New York City)

**Roasted Rutabaga Salad, Grilled Trumpet Mushrooms, Charred Onion, Pistachio**

—Vedge (Philadelphia)

**RYE BERRIES (aka WHOLE RYE)**

**Flavor:** sweet/sour, with notes of rye

walnuts, a firm, very chewy

texture

**Volume:** moderate–loud

**What they are:** whole grain

**What’s healthful about them:** a lower glycemic index than wheat

other

grains; promote feeling full quickly

**Gluten-free:** no

**Nutritional profile:** 81% carbs / 13% protein / 6% fats

**Calories:** 150 per ¼-cup serving (dry)

**Protein:** 6 grams

**Techniques:** simmer (covered, about 60 minutes), steam

**Ratio:** 1:3 (1 cup rye berries to 3 cups cooking liquid)

**Tips:** Rinse rye berries well. Soak overnight. Use in blends with other less

chewy grains.

**Botanical relatives:** barley, corn, spelt, triticale, wheat

**Possible substitutes:** triticale, wheat berries

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*

cheese, e.g., goat, Gruyère, halloumi

chervil

chickpeas

*chili, vegetarian*

cinnamon

corn

dates

*(Northern) European cuisines*

fennel

garlic

**GRAINS, OTHER,** less chewy, e.g., barley, **brown rice**, quinoa

honey

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

**Flavor Affinities**

rye berries + apples + brown sugar + caraway seeds + red cabbage

rye berries + apples + cinnamon + raisins

rye berries + caraway seeds + carrots + celery + olive oil + onions + soy

sauce

rye berries + raisins + walnuts

**Dishes**

**Rye Spaetzle, Kraut, Smoked Caramelized Onion, Caraway, Stout Foam**

—Green Zebra (Chicago)

**SAFFRON**

**Flavor:** bitter/sour/sweet, with earthy/pungent notes of honey

**Volume:** quieter (yellow)–**louder** (orange, red)

**Tips:** Add later in the cooking process; saffron is activated by the heat of

cooking. This bright yellow/orange-hued spice is used for its color as well

as its flavor. A little saffron goes a very long way—never add more than is

necessary.

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

basil

bell peppers, e.g., roasted

*biryani*

butter

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

**Flavor Affinities**

saffron + cardamom + rose water

saffron + Parmesan cheese + risotto

**Dishes**

**Saffron Cheesecake: Rhubarb Ice Cream, Basil Gel, Black Olive-Pistachio Crumble**

—Vedge (Philadelphia)

**SAGE**

**Season:** autumn (savory)–spring (minty)

**Flavor:** bitter/sour/sweet, with astringent/musty/pungent/rich/spicy notes of

camphor, eucalyptus, flowers, herbs, lemon, **mint**, and/or pine

**Volume:** moderate–**loud**

**What it is:** herb

**Tip:** Add near the end of the cooking process.

**Botanical relatives:** basil, lavender, marjoram, mint, oregano, rosemary, summer savory, thyme

artichokes

asparagus

*baked goods, e.g., biscuits, corn bread, focaccia*

**BEANS**—in general, e.g., borlotti, **dried**, pinto, **WHITE**

*bread*

*bread crumbs*

**butter**

brown butter

*casseroles*

**CHEESE**, e.g., Brie, cheddar, feta, Fontina, Gruyère, **Parmesan**, ricotta

chestnuts

**corn**

cornmeal, e.g., as *corn bread*

eggplant

eggs, e.g., *frittatas*, scrambled

fennel

**GARLIC**

garlic scapes

ghee

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**

**Flavor Affinities**

sage + bread crumbs + olive oil

sage + butter + lemon + Parmesan cheese + *pasta*

**sage** + **butternut squash + walnuts**

sage + cheese + tomatoes

**sage + garlic + olive oil** + parsley + winter squash

sage + garlic + potatoes

sage + garlic + white beans

sage + walnuts + *pesto*

**SALAD DRESSINGS**

**Flavor Affinities**

almonds + dill + garlic + lemon juice + tahini

apple cider vinegar + chives + garlic + lemon juice + olive oil + parsley +

tahini + tamari

apple cider vinegar + **cilantro** + garlic + **lime juice/zest** + olive oil

apple cider vinegar + maple syrup + mustard

apple cider vinegar + onions + poppy seeds + tahini

**avocado + cayenne** + garlic + **lemon juice** + olive oil + parsley

avocado + cucumber + dill + lemon juice + maple syrup

**BALSAMIC VINEGAR + BASIL + GARLIC + MUSTARD + OLIVE**

**OIL**

*[Balsamic Vinaigrette] BALSAMIC VINEGAR + DIJON MUSTARD* +

**GARLIC + OLIVE OIL** [+ basil + lemon juice]

**BALSAMIC VINEGAR + DIJON MUSTARD** + **GARLIC** + ginger +

maple syrup

**BALSAMIC VINEGAR + DIJON MUSTARD + GARLIC** + honey + tofu

(e.g., silken)

*[“Green Goddess”]* basil + celery + dill + garlic + green onions +

mayonnaise

**BASIL + LEMON JUICE**

black sesame + garlic + sesame oil + wasabi

**BUTTERMILK + CHIVES**

buttermilk + cider vinegar + dill + garlic + shallots

*[“Ranch”]* buttermilk + garlic + herbs [e.g., chives, cilantro, parsley] + lime

+ mayonnaise + salt

**buttermilk + horseradish**

*[“Caesar”]* capers + garlic + lemon juice + miso + olive oil

**CARROT** + dill + **GINGER**

**CARROT** + garlic + **GINGER** + onions + (cider) vinegar

**CARROT + GINGER** + miso

champagne vinegar + honey + canola oil

chickpea + garlic + lemon juice + mustard + (balsamic) vinegar

*[“Green Goddess”]* chives + parsley + tarragon vinegar + tofu

**CILANTRO** + cumin + **LIME**

cilantro + garlic + ginger + ponzu + sesame

cilantro + garlic + olive oil + red wine vinegar + roasted tomato

**CILANTRO** + honey + **LIME**

**CILANTRO + LIME** + garlic + olive oil + sherry vinegar

**citrus + soy sauce**

*[Asian Peanut]* coconut milk + curry paste + ginger + peanut butter + soy

sauce

*[Cucumber Dill]* cucumber + dill + lemon juice + onion + silken tofu

**cumin + lime juice**

*[“Caesar”]***Dijon mustard + garlic + lemon juice + olive oil** + Parmesan

cheese **+ red wine vinegar** + (vegetarian) Worcestershire sauce

**Dijon mustard + garlic + lemon juice + olive oil** + Vegenaise + vinegar

**DIJON MUSTARD + LEMON JUICE + OLIVE OIL** + orange juice +

soy sauce

**DIJON MUSTARD + LEMON JUICE + OLIVE OIL** + shallots

**Dijon mustard + red wine vinegar** + shallots + walnut oil

*[“Ranch”]* dill + garlic + lemon juice + onion + parsley + Vegenaise +

vinegar

dill + garlic + mustard

dill + tahini + tofu

**feta + garlic + oregano**

garlic + ginger + lemon juice + parsley + sesame oil

garlic + ginger + miso + orange

garlic + ginger + olive oil + rice vinegar + sesame oil + tamari

garlic + ginger + peanuts + rice vinegar + soy sauce

**GARLIC** + hemp seed + honey + **LEMON JUICE + TAHINI**

*[“Ranch”]* garlic + herbs + onions + soy milk + Vegenaise

garlic + lemon juice + mustard + tarragon

**garlic + lemon juice + olive oil + tamari**

garlic + lemon juice + orange juice

*[Lemon Tahini]* **GARLIC + LEMON JUICE** + sesame oil + **TAHINI** +

tamari

**garlic + lemon juice** + nori + **olive oil** + soy sauce + tofu

*[Greek]* **garlic + lemon juice + olive oil** + crumbled feta or extra-firm tofu

**GARLIC + LEMON JUICE + TAHINI** + tamari + umeboshi plum vinegar

garlic + mustard + rice vinegar

**garlic** + olive oil + **red wine vinegar**

garlic + sesame paste/seeds + wasabi

**GINGER** + honey + **MISO** + rice vinegar

**GINGER + LEMON JUICE + oil + tahini + tamari**

**GINGER** + lemongrass + maple syrup + orange juice + rice vinegar +

**SESAME OIL**

**ginger + lime** + mango

*[Citrus Vinaigrette]* **ginger + lime** + orange juice + vinegar

*[Asian Sesame]* **GINGER** + maple syrup + orange juice + rice vinegar +

**SESAME OIL**

**GINGER** + **MISO** + mustard + sesame oil + tahini + tamari + (cider)

vinegar

**GINGER + MISO** + sesame

**ginger + peanut butter/oil** + soy sauce

**GINGER + SESAME**

**GINGER + SESAME** + soy sauce

**ginger + tahini**

*[“Green Goddess”]* **green onions** + olive oil + **parsley** + shallots + **white**

**wine vinegar**

*[Italian]* herbs (basil, oregano) + olive oil + vinegar

**green onions + parsley** + tahini + **vinegar**

**honey** + peanut oil + white **wine vinegar**

**honey** + poppy seeds + red **wine vinegar**

*[“Thousand Island”]* ketchup + onion + chopped pickle relish + silken tofu

or Vegenaise

**lemon juice** + maple + **mustard + tamari**

**lemon juice + mustard** + nutritional yeast + **tamari** + vinegar

*[Greek]* lemon juice + oregano + thyme + (red wine) vinegar + crumbled feta

or extra-firm tofu

*[Japanese Ponzu]* lemon juice + rice vinegar + sesame oil + soy sauce

**lemon juice + tahini**

**lemon juice + mustard + olive oil** + walnut oil

lime juice + (garlic + ginger + honey) + sesame seeds

**lime juice + mint +** rice wine

lime juice + miso + peanut oil

*[Maple Mustard]* maple syrup + mustard + (balsamic) vinegar

*[Middle Eastern]* chickpeas + garlic + lemon juice + vinegar

mirin + miso + soy sauce + (brown rice) vinegar

*[Japanese Miso]* miso + mustard + (rice wine) vinegar

**miso + orange**

**miso + sesame oil**

**mustard** + olive oil + parsley + **tarragon**

olive oil + orange juice + sherry vinegar + walnut oil

olive oil + red wine vinegar + shallots

orange + saffron + tahini

**orange + sesame oil** + soy sauce

**PARSLEY + SCALLIONS + TAHINI + umeboshi purée**

**sesame oil/paste/seeds + soy sauce**

**SHALLOTS + SHERRY VINEGAR** + walnut oil

“Every dish needs a vibrant quality about it. In a leafy green **salad**, when you toss it

serve it, it doesn’t have the leaves all upside down

so their backs are to someone. I call it ‘fluffy

lofty’—the greens

twins—that make the salad inviting. If you list a bunch of ingredients in

the salad, don’t hide them all at the bottom. Make sure the stand-out

ingredients stand out.

don’t go cheap: three extra cherry tomatoes is

not going to break the bank. You want a person to feel that you care

every step of the way.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**The Secret to Loving Salads: A Great Salad Dressing**

One of the most healthful

flavorful changes you can make to your diet is to eat more

vegetables—a *lot* more vegetables. At least half of them should be eaten raw, such as in salads.

Keeping things flavorful through mastering a compelling array of salad dressings is a worthwhile

pursuit.

Don’t undo the good you’ve done by using typical oil-laden dressings, which clock in at

nearly 120 calories per tablespoon (like pure fat itself). Below are some ways to cut calories and

fat without eliminating flavor:

**Ratio:** The standard radio is 1:3 or 1:4 (1 part vinegar to 3 or 4 parts oil), but consider

minimizing (if not eliminating) oil in salad dressings.

**Tips:** Always start the process of making salad dressing with the vinegar and/or citrus (e.g., lemon, lime, orange) juice

seasonings (e.g., citrus zest, herbs; minced garlic, onions, or

shallots; spices), slowly whisk in any oil. If too much oil is added, the flavor balance will be

lost. For more Omega-3s, consider substituting flaxseed or walnut oil for part of the extra-virgin

olive oil. With citrus vinaigrettes, use a lighter vinegar, e.g., champagne, rice, or sherry. Those

looking to minimize or eliminate oil can base salad dressings on other liquids or pastes, such as

buttermilk, fruit juice, kefir, nut butters, tahini, vegetable juice or stock, vinegar, yogurt, and/or

water—or even pureed fruit, silken tofu, or vegetables (e.g., avocados). To make vegetarian

dressings creamier, add a little cream cheese, fresh goat cheese, kefir, mascarpone, or ricotta;

vegans can blend with nutritional yeast or silken tofu.

Not only great for salads, the combinations listed in this section can also be used for dips, dipping sauces, marinades, sautés, or stir-fries—or drizzled over hot vegetables, Asian noodles, or pastas.

**Talking with Charleen Badman of FnB in Scottsdale about Making a Great Salad**

For a great salad, you need the elements of crunch, sweetness, savoriness, fattiness.

**Crunch: “**For crunch in a salad, I can use a variety of things beyond nuts. I like to use things

in the onion family—for example, julienning

salting onions, frying them in olive oil.

Leeks

shallots both crisp up well

can be used as a garnish. I also like using puffed rice

to add texture.”

**Sweetness:** “Sweetness can be added with fresh fruits, like apples or pears; dried fruits like

raisins; or even sweet vegetables like corn or tomatoes.”

**Savoriness:** “Adding some spice is also a great way to enhance a salad. You can do it with

some chili pepper or even raw fresh ginger, which tastes great with rutabaga.”

**Fattiness:** “To add fat, there are many options. You can select a fatty vegetable, like an

avocado. You can use a mayonnaise turned into aioli. Cheese is good in dressings, as are

infused olive oils.”

**SALSIFY**

**Season:** autumn–winter

**Flavor:** slightly sweet, with notes of artichoke hearts, asparagus (esp. white), coconut (esp. black salsify), Jerusalem artichokes, nuts, and/or **oysters**

**Volume:** moderate

**What it is:** root vegetable

**Nutritional profile:** 87% carbs / 11% protein / 2% fats

**Calories:** 95 per 1-cup serving (boiled)

**Protein:** 4 grams

**Techniques:** bake, blanch, boil (about 10–20 minutes), braise (about 45

minutes), fry, glaze, mash, pan-roast, poach, puree, raw, roast, sauté, simmer, **steam**, stew

**Tips:** Remove inedible peel. Soak in lemon water to avoid browning. Cook

until very tender.

**Botanical relatives:** artichokes, chamomile, chicory, dandelion greens, endive, lettuces (e.g., Bibb, iceberg, romaine), radicchio, tarragon

anise

apples

artichokes

artichokes, Jerusalem

bell peppers, e.g., red

**bread crumbs**

burdock

**butter**

**brown butter**

carrots

cayenne

celery

celery root

chard, e.g., Swiss

**cheese, e.g., Parmesan,** sheep’s milk

**chervil**

**chives**

coriander

**cream**

crème fraîche

currants

eggs

endive, Belgian

fennel

garlic

ghee

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

**Flavor Affinities**

salsify + apples + hazelnuts

salsify + bread crumbs + eggs + Parmesan cheese

salsify + chervil + chives

salsify + lemon + parsley + shallots

**Dishes**

**Smoked Salsify Risotto, Grilled Treviso, Orange Supreme, Fresh Dill**

—Green Zebra (Chicago)

**Caramelized Salsify “Potage”: Watercress Glaze, Sultanas, Madeira Mousseline**

—Per Se (New York City)

**SALT—IN GENERAL**

“Because of my French training, **fleur de sel** is one of the salts I rely on

most. Its flavor is perfect with tomatoes. I’ll use **Malden sea salt**, which

has lots of notes of the ocean, for dishes like roasted root vegetables. **Sel**

**gris**, which often comes in blue bottles, is strong, not as fine as

other salts. I have nothing against **kosher salt**, but its flavor is just not

what I’m used to working with.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

**SALT, BLACK**

**Flavor:** salty; pungent with notes of eggs and/or sulphur

**Volume: very loud**

**What it is:** pinkish-gray Indian mineral salt

**Tips:** Look for Indian kala namak. Adds a boiled egg flavor to vegan dishes

(e.g., tofu scrambles, “egg salads” made with tofu). Caution: A little goes a

long way! Grind it fine to use in the smallest doses.

apples

bananas

*chats*

chili pepper flakes

***chutneys***

cucumbers

fruits

honey

*Indian cuisine*

kiwi

lemon, e.g., juice

oranges

*pickles*

*raitas*

*salad, vegan “egg”*

*sauces, e.g., “cheese”*

tofu, e.g., *omelets, scrambles*

tomatoes

yogurt

**Flavor Affinities**

black salt + chili pepper flakes + honey + lemon juice

black salt + cucumbers + tomatoes + yogurt

**SALT, HIMALAYAN**

“**Himalayan salt** is the only seasoning I use with any regularity. It

definitely helps to bring the flavor out of virtually anything—especially

raw food.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**SALT, KOSHER**

**Volume:** loud

**Tip:** Use kosher salt as an everyday salt for bolder-flavored or heavier

dishes.

**SALT, SEA**

**Volume:** moderate

**Tip:** Use sea salt as an everyday salt for most dishes, especially to flavor

dishes that are served cold.

**SALT, SMOKED**

**Flavor:** salty, with notes of smoke

beans

lentils

potatoes, e.g., baked

**SALT, TRUFFLE**

**Flavor:** salty, with earthy notes of truffles

**Tip:** Add just before serving.

celery root

eggs

egg dishes

popcorn

potatoes

*risottos*

*salads*

vegetables, e.g., root

**SALTINESS**

**Tip:** Adding salt to a dish diminishes the effects of bitter, sour, sweet

flavors. Below are some ways to add saltiness to a dish.

Bragg Liquid Aminos

Herbamare, an organic herb

salt blend

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

sea vegetables, e.g., dulse

soy sauce

tamari, organic wheat-free

“I’ve seasoned with sea vegetables like dulse to add minerals as well as

**saltiness**.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**SAUERKRAUT**

**Flavor:** salty, **sour** and/or sweet, with a crunchy (fresher) or soft (older)

texture

**Volume:** moderate–**loud**

**What it is:** fermented/pickled shredded cabbage

**What’s healthful about it:** live enzymes, probiotics

**Nutritional profile:** 80% carbs / 16% protein / 4% fat

**Calories:** 30 per 1-cup serving

**Protein:** 1 gram

**Technique:** braise

**apples**

apple cider

“bacon”

bay leaf

*bread, e.g., rye*

**caraway seeds**

carrots

*casseroles*

cheese, e.g., Swiss

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

**Flavor Affinities**

sauerkraut + apples + caraway seeds

**SAVORY**

**Season:** year-round, esp. summer (summer savory)

winter (winter

savory)

**Flavor:** bitter, with earthy/herbaceous notes of mint, **pepper**, and/or thyme

**Volume:** moderately loud (summer savory)–loud (winter savory)

**Tips:** Use each type of savory in the season when it’s available; each

naturally complements seasonal produce. However, one can almost always

be used in place of the other. Winter savory is more biting

pungent than

summer, so use less. Add at the end of the cooking process.

**Botanical relatives:** basil, lavender, marjoram, mint, oregano, rosemary, sage, thyme

**Possible substitute:** thyme

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

cheese, e.g., cottage, cream, goat, Parmesan, *cheese dishes*

chestnuts

chives

cumin

eggplant

**eggs**, e.g., *omelets,* scrambled

*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

**Flavor Affinities**

savory + bay leaf + dried beans + onions

summer savory + artichoke hearts + fava beans + olive oil

summer savory + garlic + green beans

winter savory + eggs + onions + parsley

winter savory + garlic + tomatoes + *sauces*

**SCALLIONS (aka GREEN ONIONS or SPRING ONIONS)**

**Season:** spring (scallions)–summer (green onions)

**Flavor:** pungent notes of onions, with a tender texture

**Volume:** quiet/moderate (scallions)–moderate/loud (green onions)

**What they are:** baby onions that mature into green onions (Immature

scallions

green onions are both often referred to as spring onions

can

be used interchangeably.)

**Nutritional profile:** 81% carbs / 14% protein / 5% fats

**Calories:** 35 per 1-cup serving (raw, chopped)

**Protein:** 2 grams

**Techniques:** braise, broil, grill, pickle, poach, raw, sauté, simmer, stir-fry

**Botanical relative:** onions

artichokes

***Asian cuisines***

**asparagus**

**basil**

bay leaf

beans, e.g., black, fava, white

bell peppers

bok choy

broccoli

butter

carrots

**cheese**, e.g., cheddar, cream, goat, mild, Parmesan

**chiles**

*Chinese cuisine*

cilantro

cinnamon

cloves

**corn**

couscous

cream

*crudités*, esp. milder scallions

cucumbers

curry powder/spices

*curries*

daikon

dill

*dumplings, Asian*

eggplant, e.g., Japanese

**EGGS**, e.g., *omelets, quiches*

**fennel**

**garlic**

**ginger**

grains, whole, e.g., couscous

*gravies*

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

honey

*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

**Flavor Affinities**

scallions + black beans + corn + tomatoes

scallions + garlic + ginger

scallions + ginger + soba noodles

scallions + mint + zucchini

scallions + sesame oil + soy sauce

**SCRAMBLES (see TOFU, SCRAMBLED)**

**SEA BEANS (aka GLASSWORT or SAMPHIRE)**

**Season:** spring–summer

**Flavor: salty**/sour, with notes of apples (green), asparagus, the ocean, and/or

spinach, a crisp, crunchy texture (when fresh)

**Volume:** moderate

**What they are:** marsh plants

**Techniques:** blanch, deep-fry, pickle, raw, sauté, steam, stir-fry (Note: Cook

quickly to retain its crispness.)

**Botanical relatives:** *not* sea vegetables

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

**SEA VEGETABLES (see also ARAME, DULSE, HIZIKI, KOMBU, NORI, WAKAME)**

**Flavor:** salty, with notes of the sea

**Volume:** range from quieter (e.g., arame, wakame)–louder (e.g., hiziki)

**What’s healthful about them:** very high in essential

trace minerals

**Tips:** Kept in a cool, dry area, sea vegetables store beautifully. Soak dried

sea vegetables in cold water for 5+ minutes to reconstitute before cooking

(and to reduce sodium). Serve either cold or hot.

“If you dry **sea lettuce**, it tastes just like black truffles—it’s an umami

bomb! You can find sea lettuce along the San Mateo coast, harvest

it in the wintertime—just dry it

grind it to a powder to use to season

sea vegetable salads or onigiri.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Seaweed Salad: Mixed Baby Greens, Laver, Sea Lettuce, Dulse Flakes, Avocado, and**

**Cucumber tossed in Miso Dressing**

—118 Degrees (California)

**Raw Sea Vegetable**

**Avocado Salad with Satsuma Mandarin, Marinated Shiitake**

**Mushroom, Shredded Daikon**

**Carrot, Citrus-Ginger Vinaigrette, Wasabi Cream, and**

**Chile-Toasted Cashews**

—Millennium (San Francisco)

**Sea Cake: Butternut Squash, Yam**

**Sea Vegetable Croquette, Pesto, Sweet Chili Aioli**

—Real Food Daily (Los Angeles)

**SEASONALITY (see AUTUMN, SPRING, SUMMER, WINTER)**

“Live in each **season** as it passes: Breathe the air, drink the drink, taste

the fruit, resign yourself to the influences of each.”

—HENRY DAVID THOREAU

**SEAWEED (see SEA VEGETABLES, ARAME, DULSE, HIZIKI, KELP, NORI, WAKAME)**

**SEEDS, CARAWAY (see CARAWAY SEEDS)**

**SEEDS, CHIA (see CHIA SEEDS)**

**SEEDS, FLAX (see FLAXSEEDS)**

**SEEDS, HEMP**

**Flavor:** slightly sweet, with notes of **nuts**, pine nuts, sesame seeds, **sunflower seeds**, and/or vanilla, a buttery, creamy texture

**Volume:** quiet–moderate

**What’s healthful about them:** omega-3 fatty acids

**Botanical relative:** marijuana (but without the same psychoactive properties, sorry)

**Brand:** Nutiva

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

cheese, e.g., cottage

*chili, vegetarian*

chocolate

cilantro

***dips***

eggs, e.g., *omelets*

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**

**Flavor:** slightly sweet, with notes of nuts or smoke, a rich, crunchy

texture

**Volume:** quiet

**Tip:** Toast poppy seeds to heighten their flavor.

almonds

apples

*Asian cuisines*

***BAKED GOODS****, e.g., bagels, biscuits, breads, cakes, cookies, pastries, rolls*

beans, e.g., green

blueberries

**butter**

buttermilk

cabbage

*candies*

carrots

cauliflower

cheese, e.g., ricotta

cinnamon

cloves

cream

curry powder

***desserts***

*dips, e.g., cheese*

eggplant

eggs

*egg dishes*

*(Central) European cuisines*

fruits

ginger

**honey**

***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**

**Flavor Affinities**

poppy seeds + blueberries + lemon

poppy seeds + lemon + vanilla

**SEEDS, PUMPKIN**

**Season:** autumn

**Flavor:** sweet, with notes of Brazil nuts and/or coconut, a chewy (when

raw) or crunchy (when toasted) texture

**Volume:** quiet

**Nutritional profile:** 71% fat / 16% protein / 13% carbs

**Calories:** 150 per 1-ounce serving (dried)

**Protein:** 7 grams

**Techniques:** bake (at 250°F about 60–90 minutes), boil, raw, roast (at 350

for 15–20 minutes), toast

**Tips:** Rinse seeds, then soak in salted water for a few hours. Let dry before

toasting. You can also roast other winter squash seeds in the same way as

pumpkin seeds.

**Possible substitute:** sunflower seeds

*American cuisine*

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

beans, e.g., black, green

*breadings*

caramel

cayenne

cheese, e.g., goat, quesos

**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

**Flavor Affinities**

pumpkin seeds + cayenne + curry powder

**pumpkin seeds + cayenne + olive oil** + sea salt

pumpkin seeds + chiles + cilantro + lime + *salsa*

pumpkin seeds + chiles + garlic + *salsa*

**pumpkin seeds + chili powder** + garlic + **lime** + salt + sugar

pumpkin seeds + ginger + tamari

“I like to fry **pumpkin seeds**

treat them like nuts for our guests with

nut allergies.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**Dishes**

**Pumpkin Seed-Crusted Seitan with Quinoa, Corn Pilaf, Sautéed Lobster Mushrooms, Broccoli, Leeks, a Smoky Tomato-Chipotle Sauce with Radish Salad**

—Candle 79 (New York City)

**SEEDS, SESAME (see SESAME SEEDS)**

**SEEDS, SUNFLOWER**

**Season:** autumn

**Flavor:** notes of nuts

**Volume: quiet**–moderate

**Nutritional profile:** 74% fat / 14% carbs / 12% protein

**Calories:** 165 per 1-ounce serving (dried)

**Protein:** 6 grams

**Techniques:** raw, roast, sprout, toast

**Tips:** To enhance flavor, toast before using. Check out sunflower seed

butter as an alternative to peanut butter.

**Possible substitute:** pumpkin seeds

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***

honey

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

**Flavor Affinities**

sunflower seeds + basil + garlic + olive oil + pasta

sunflower seeds + flaxseeds + millet

sunflower seeds + lentils + onions + *pâtés*

sunflower seeds + quinoa + raisins

“I’ve cooked **sunflower seeds** risotto-style in an onion fennel broth, accenting the dish with sunflower-seed puree

toasted whole

sunflower seeds.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**Dishes**

**Warm Sunflower Seed Soup, Burnt Onion, Puffed Rices**

**Grains, Pumpkin Seeds, Black**

**Tea**

—Oxheart (Houston)

**SEITAN (see also tips for NAMA-FU)**

[SAY-tahn]

**Flavor:** neutral, with a meaty (e.g., chicken cutlet-like) texture

**Volume:** quiet

**What it is:** a meat substitute made from wheat gluten, nicknamed “wheat

meat”

**Nutritional profile:** 81% protein / 15% carbs / 4% fat

**Calories:** 105 calories per 1-ounce serving (vital wheat gluten)

**Protein:** 21 grams

**Techniques:** bake, barbecue, fry, grill, marinate, pan-sear, sauté, sear, steam, stew, stir-fry

**Tips:** For peak flavor, be sure to marinate the seitan for at least a few hours.

Add texture through seasoned crusts, e.g., herbs, panko. Use seitan “scraps”

for sauces, soups, taco fillings. Seitan also freezes well.

You can easily make your own seitan from scratch with vital wheat

gluten, seasoning it to taste (e.g., as you would making your own chorizo or

gyros). However, if you’re just getting started, you might try one of

Arrowhead Mills’s quick mixes or a Knox Mountain mix. You can also find

commercially prepared seitan from national brands like Lightlife and

WhiteWave, or local producers like The Bridge (Middleton, CT).

**Possible substitutes:** tempeh, extra-firm or super-firm tofu

***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

**Flavor Affinities**

seitan + balsamic vinegar + ginger + maple syrup

seitan + basil + ginger + sesame + snow peas

**seitan + bell peppers** + “cheese” + **onions**

**seitan + bell peppers** + coconut milk + curry + **onions**

**seitan + capers + garlic + lemon** + **parsley + shallots** + **white wine**

**seitan + capers + garlic + lemon** + spinach

seitan + cayenne + fennel + garlic + paprika + *“Italian sausage”*

seitan + chickpeas + fennel + olives

seitan + citrus + herbs

seitan + daikon + ponzu + soy sauce + yuzu

seitan + eggplant + lemon + tahini

**SEITAN + GARLIC + GINGER + kombu + soy sauce/tamari**

seitan + garlic + lime + oregano

seitan + garlic + oregano + rosemary

seitan + maple + mustard + pecans

seitan + Marsala wine + shallots + thyme

seitan + miso + shiitake mushrooms + tamari

seitan + mushrooms + spinach + wine

seitan + olive oil + smoked paprika + *“chorizo sausage”*

“Tofu, tempeh, seitan are the holy trinity of vegetarianism. **Seitan** is

my favorite because of its versatility.”

—JOY PIERSON, CANDLE 79 (NEW YORK CITY)

“I love serving **seitan** with a crunchy crust, such as crushed cashews, pumpkin or sunflower seeds, or even quinoa. Instead of egg wash, we’ll

dip the seitan in a vegan mixture of water, lemon juice, garlic, and

nutritional yeast before crusting

sautéing.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

“I don’t know of any other vegetarian restaurant that offered a

vegetarian Reuben sandwich before we did. Ours is made with a **seitan**based

pastrami ‘wheat meat,’ a little sauerkraut, spicy mustard, Thousand Island dressing, Vegenaise on oversized Jewish rye bread, which you can get with either Swiss cheese, vegan cheese, or—my

favorite—cottage-style tofu, which is mashed tofu seasoned with garlic, chives, onions. I’ve probably eaten two hundred of them over the

past ten years. In the beginning, we used to make our Reubens with

vegetarian bacon bits, which softened on the sandwich, which was

spread with a layer of Vegenaise. But the seitan version is more

authentic.”

—BOB GOLDBERG, FOLLOW YOUR HEART (CANOGA PARK, CA)

**Dishes**

**Seitan Scallopini: Seitan Cutlets in a White Wine-Lemon-Caper Sauce, served with Mashed**

**Potatoes**

**Kale**

—Blossom (New York City)

**Seitan Skewers with Chimichurri Citrus-Herb Sauce**

—Candle Café (New York City)

**Scallopini with Marsala-Glazed Morel Mushrooms** (pictured above)

—Crossroads (Los Angeles)

**All Veggie Meatloaf: Organic Lentil, Seitan, Shiitake Mushrooms, Sweet Potato Loaf**

**with Miso Gravy**

**Wok-Sautéed Greens**

—Josie’s (New York City)

**Barbeque Seitan with Mushroom Sage Cornbread Stuffing**

**Seared Collard Greens**

—Karyn’s on Green (Chicago)

**Seitan**

**Waffles with Caramelized Onions, Ancho Chili-Maple Redux, Watercress and**

**Creamy Caesar, Candied Walnuts**

—Plant (Asheville, NC)

**Barbecued Seitan: Molasses-Mustard Glazed Seitan, Crispy Fried Polenta Tots, Slow-**

**Cooked Collard Greens**

—Portobello (Portland, OR)

**The Club (Sandwich): Crispy Seitan, Tempeh Bacon, Avocado, Lettuce, Tomato, and**

**Vegenaise on Sourdough Bread**

—Real Food Daily (Los Angeles)

**Blackened Seitan, Creamy Grits, Melted Collards, Smoked Onion, Chili Vinegar**

—True Bistro (Somerville, MA)

**SESAME OIL (see OIL, SESAME)**

**SESAME SEEDS—IN GENERAL (aka GOMA)**

**Flavor:** slightly sweet, with notes of butter, milk, and/or nuts (e.g., almonds), and a rich texture

**Volume: quiet** (white seeds)–moderate (dark seeds)

**Nutritional profile:** 73% fats / 16% carbs / 11% protein

**Calories:** 160 per 1-ounce serving (dried)

**Protein:** 5 grams

**Techniques:** raw, roast

**Tips:** Toast to bring out their flavor. Use ground or whole.

***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*

**honey**

***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

**za’atar**

**Flavor Affinities**

sesame seeds + avocado + greens + tomatoes

sesame seeds + bananas + coconut

sesame seeds + chili pepper flakes + hemp seeds + nori + poppy seeds

sesame seeds + ginger + honey + lime

sesame seeds + lemon + **za’atar**

sesame seeds + nori + shiso

**sesame seeds + sumac + thyme**

**SHALLOTS**

**Season: summer**–autumn

**Flavor:** slightly sweet, with complex notes of garlic and/or onions

**Volume: quiet**–moderate

**Nutritional profile:** 89% carbs / 10% protein / 1% fat

**Calories:** 10 per 1-tablespoon serving (raw, chopped)

**Techniques:** bake, blanch, boil, braise, deep-fry, fry, grill, pickle, raw, roast, sauté, stew, stir-fry, toast

**Tip:** Shallots are quieter than garlic or onions.

**Botanical relatives:** asparagus, chives, garlic, leeks, onions

**Possible substitute:** onions

*Asian cuisines*

asparagus

avocados

basil

**bay leaf**

**beans, green**

beets

**Brussels sprouts**

butter

carrots

cheese, e.g., Roquefort

chiles

*Chinese cuisines*

chives

**CITRUS**, e.g., grapefruit, lemon, lime, orange

coconut milk

corn

cream

*curries*

*dips*

eggplant

eggs, e.g., *omelets*

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

honey

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

**Flavor Affinities**

shallots + chiles + ginger + lemongrass

shallots + herbs + lemon juice + mustard

shallots + lemon juice + Roquefort cheese + vegan Worcestershire sauce +

yogurt

**SHISHITO PEPPERS**

**Flavor:** sweet/hot, with notes of citrus

**Volume:** quiet (for peppers)

**What they are:** small green Asian peppers

**Techniques:** grill, roast, sauté, stuff

*Asian cuisines*

cheese, e.g., blue, goat, Parmesan

chili pepper flakes

eggs, e.g., *omelets*, scrambled

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*

**Flavor Affinities**

shishito peppers + chili pepper flakes + lemon + soy sauce

**Dishes**

**Pan-Fried Shishito Peppers with Parmesan, Sesame, Miso**

—Girl & the Goat (Chicago)

**SHISO LEAF (aka JAPANESE BASIL or PERILLA)**

**Flavor:** slightly sour; aromatic, with notes of anise, basil, cinnamon (esp.

green), fennel, **lemon**, licorice, **mint**, pepper, and/or sage

**Volume:** quieter (red)–moderate/louder (green)

**Tip:** This Japanese herb comes in green (typical)

red (more astringent, with notes of anise, flowers, mint).

**Techniques:** blanch, raw, steam, tempura-fry

**Botanical relatives:** basil, **mint**

**Possible substitute:** mint

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

**Flavor Affinities**

shiso leaf + avocado + cucumber + nori + sushi rice

shiso leaf + garlic + oil + soy sauce + vinegar

shiso leaf + ginger + lime

shiso leaf + ginger + tamari

**SHOOTS, PEA**

**Season: spring**

**Flavor:** sweet, with notes of peas, a crispy/crunchy texture

**Volume:** quiet

**What they are:** pea sprouts before they grow into baby pea greens

**Calories:** 30 per 1-cup serving (raw)

**Protein:** 2 grams

**Techniques:** raw, or very lightly cooked; sauté, steam, stir-fry

**Tips:** Cook only briefly, if at all (e.g., quickly sauté in olive oil

garlic).

Add to dishes at the end of the cooking process or just before serving.

*Asian cuisines*

avocado

basil

cheese, e.g., feta, goat, Parmesan

chervil

*Chinese cuisine*

chives

corn

dill

eggs, e.g., scrambled

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

**Flavor Affinities**

pea shoots + garlic + ginger + sesame oil

pea shoots + garlic + mushrooms + olive oil + *pasta* + Parmesan cheese

pea shoots + lemon + olive oil + radishes

**SHOOTS, SUNFLOWER**

**Flavor:** notes of lemon

nuts, a crisp texture

**Volume:** quiet–moderate

**What they are:** sunflower sprouts before they grow into sunflower baby

greens

**Techniques:** raw, sauté (very briefly!)

apples

avocado

cheese, e.g., goat, Parmesan

garlic

lemon

**oil, olive**

pepper, black

*pestos*

***salads***

salt, sea

sunflower seeds

yogurt

**SLOW-COOKED**

**Season:** autumn–winter

**Tips:** These herbs

flavorings taste better with longer cooking. For the

opposite of slow-cooked, see **freshness**.

cumin

garlic

ginger

horseradish

onions

oregano

rosemary

shallots

thyme

**SMOKING**

**Tips:** It doesn’t take more than 30–60 seconds in a smoker to add a smoked

flavor to many foods. You definitely don’t want to oversmoke foods, which

makes them bitter

leaves an unpleasant brownish coating. Experiment

with various woods for different flavors, but you’ll typically want to lean

toward lighter woods like apple

cherry (which are sweeter), or perhaps

oak

pecan (which are a bit louder), rather than hickory, maple, and

mesquite (which are much more pronounced

can easily overwhelm

fruits

vegetables).

**Brand:** Nordic Ware

other companies for small stovetop/grilltop

smokers

“I like **smoked flavors**

smoke lots of different fruits

vegetables.

Smoked lettuce has the flavor of a grilled hamburger. It’s comical how

convincing it can be: Customers have accused us of putting bacon into

our smoked potato puree dish, which evokes bacon

eggs. We’ll

smoke garlic or onions

puree them for sauces—or to add a bacony

note to pasta alla carbonara. Customers automatically expect raisins to

taste dry, chewy, sweet—but serving them raisins that have been

pickled then smoked will make them think again.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

“Sometimes I’ll add a little tequila to a black bean sauce to give it a

unique **smoky** flavor—a sauce that would be delicious with chile-grilled

seitan with collard greens

sweet plantains.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

**Dishes**

**Smoked Broccoli Dogs, Broccoli Kraut, Salt, Vinegar Broccoli Rabe**

—Dirt Candy (New York City)

**Lady Duck Farm Egg, Smoked Potato Purée, Parsley, Country Sourdough**

—Green Zebra (Chicago)

**SMOOTHIES (see also JUICES)**

**What they are:** differentiated from juices in that they contain fiber, which

makes them creamy

more nutritious.

**Tips:** When in doubt, add a banana for texture

flavor; they combine

well with many other fruits

even vegetables. For richer-tasting

smoothies, use frozen fruit.

“**Smoothies** made with tropical fruits will hide the flavor of strong

greens. One of our most popular smoothies is the Island Green, which is

made with coconut, coconut water, cucumber, kale, mango, pineapple, spinach, strawberries.”

—CASSIE

MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

“The seasons are an inspiration to all of us here. One autumn, I came up

with an ideal seasonal treat: a sweet potato **smoothie** flavored with

maple syrup, almond milk, cinnamon, nutmeg. Every fall, we bring

it back!”

—MARK DOSKOW, EXECUTIVE DIRECTOR, CANDLE 79 (NEW YORK CITY)

**SNACKS**

**Tips:** When you’re craving a snack, reach for one of the healthier veg

options below instead of the standard American snacks of salty or sweet

processed foods. For example, if you’re craving chocolate, don’t snack on

candy bars or even chocolate chips—try cacao nibs.

apples (e.g., with cheese or nut butter)

applesauce

*baba ghanoush*

*bagel, whole grain,* e.g., with nut butter

bananas

berries

*bread, whole grain,* e.g., with nut butter or other *spread*

cacao nibs

carrot sticks

*chips, e.g., baked tortilla*

crudités, e.g., with dip

*dips, e.g., artichoke, bean, lentil, spinach*

edamame, e.g., dry-roasted, fresh

eggs, e.g., deviled, hard-boiled

fruit, e.g., dried or fresh, e.g., apples, bananas, clementines, pears

*graham crackers (whole grain)*, e.g., with nut butter

*granola or granola bar*

grapes, e.g., frozen

*guacamole*

*hummus with raw veggies and/or whole-grain pita*

melon

nuts

nut butters, e.g., almond, peanut

olives

peanuts

*pesto, e.g., with whole-grain bread* or vegetables

pickles

pickled vegetables

*pita bread, whole grain*

popcorn, e.g., with nutritional yeast

*rice cakes*

*salsas, e.g., with baked chips*

seeds, e.g., pumpkin, sunflower, esp. toasted

*smoothies*

*soups, e.g., vegetable, with whole-grain bread or crackers*

*spreads, e.g., bean, sun-dried tomato*

*tortilla chips, baked, e.g., with salsa*

*trail mix*

vegetables, raw, e.g., carrots, celery, cucumber slices, e.g., with *dips*

yogurt, e.g., fresh, frozen

**Flavor Affinities**

almond butter + apple slices (or whole-grain bread) + raw honey (one of Chef

Matthew Kenney’s favorite snacks)

**SNAP PEAS (see SUGAR SNAP PEAS)**

**SNOW PEAS (aka CHINESE PEA PODS) (see also SUGAR**

**SNAP PEAS)**

**Season:** spring, autumn

**Flavor:** sweet, with a crisp, crunchy yet tender texture

**Volume:** moderate

**Nutritional profile:** 73% carbs / 23% protein / 4% fats

**Calories:** 40 per 1-cup serving (raw, chopped)

**Protein:** 3 grams

**Techniques:** blanch, boil (2–3 minutes), raw, sauté, simmer, **steam, stir-fry**

(2–3 minutes)

**Tip:** Cook only briefly–just 3 or 4 minutes.

**Botanical relatives:** peas, sugar snap peas

***Asian cuisines***

bamboo shoots

bean sprouts

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

bok choy

broccoli

butter

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

**Flavor Affinities**

snow peas + Asian noodles + lime + peanut sauce

snow peas + Asian noodles + mirin

snow peas + bell peppers + curry powder + scallions + tofu

snow peas + carrots + ginger

snow peas + carrots + honey + orange

snow peas + chiles + ginger + lemongrass

snow peas + coconut milk + garlic + lime

snow peas + garlic + ginger

snow peas + garlic + peanut oil + pepper

snow peas + ginger + scallions

**Dishes**

**Pesto Linguini with Lemon Zest, Sun-Dried Tomato, Snow Peas**

—Rancho La Puerta (Mexico)

**SORGHUM (aka JOWAR**

**MILO)**

**Flavor:** slightly sweet, with nutty notes, the appearance of Israeli

couscous; very chewy

**Volume:** quiet–moderate

**What it is:** whole grain

**Gluten-free:** yes

**Nutritional profile:** 89% carbs / 8% fat / 3% protein

**Calories:** 165 per ¼-cup serving

**Protein:** 5 grams

**Techniques:** pop (like popcorn), simmer (50–60 minutes), steam

**Ratio:** 1:3 (1 cup sorghum to 3 cups cooking liquid, e.g., water or stock)

*African cuisines*

avocado

bay leaf

carrots

*cereals, hot*

cayenne

cheese, e.g., feta, Parmesan

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**

[SOR-ell]

**Season: spring**–autumn

**Flavor:** bitter/**very sour**/sweet, with astringent notes of lemon and/or

spinach, a soft texture

**Volume:** moderate (younger and/or cultivated)–loud (older and/or wild)

**Techniques:** raw, simmer, wilt

**Botanical relative:** buckwheat

**asparagus**

basil

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

beets

bell peppers

bread crumbs

butter

carrots

celery

celery root

**chard**

**cheese, e.g., goat,** Gruyère, Parmesan, ricotta

chervil

chives

**cream**

crème fraîche

cucumbers

cumin

curry powder

*custards*

dill

**EGGS, *e.g., frittatas,*** hard-cooked, ***omelets***, poached, ***quiches***

*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

**Flavor Affinities**

sorrel + asparagus + risotto

sorrel + chives + garlic + yogurt

sorrel + garlic + mushrooms

sorrel + garlic + yogurt

sorrel + mushroom stock + red onions + *sauces*

sorrel + garlic + nutmeg + onion + potatoes + purslane

sorrel + potatoes + spring onions + *soups*

sorrel + tomatoes + white beans + *soups*

**Dishes**

**Turnip**

**Potato Soup with Sorrel**

—Chez Panisse Café (Berkeley)

**Barigoule Consommé en Gelée: Heirloom Sorrel, Toasted Pine Nuts, Castelvetrano**

**Olives**

—Per Se (New York City)

**Strawberry-Sorrel Bread Pudding with Beet Root Jam**

**Sorrel Bon Bon**

—Vedge (Philadelphia)

**SOUR CREAM**

**Flavor:** sour, with a creamy texture

**Volume:** moderate–loud

**Tips:** Use fresh, or cook at low temperatures only. Try fat-free or dairy-free

(e.g., cashew or tofu) sour cream.

**Vegan Brand:** Tofutti non-hydrogenated Better Than Sour Cream

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

**beans, black**

beets

*blintzes*

chiles, e.g., chipotle

cilantro

corn

cucumbers

*desserts*

dill

*dips*

*European cuisines, esp. Eastern, Northern*

*fajitas*

fruit

horseradish

lemon, e.g., juice

lime, e.g., juice

***Mexican cuisine***

mustard, e.g., Dijon

noodles

*pancakes, savory, e.g., corn, griddle*

paprika

pepper, e.g., black

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

*Russian cuisine*

*salad dressings*

***salads***

salsa

***sauces***

scallions

*Scandinavian cuisines*

***soups****, e.g., beet, borscht, broccoli, carrot, mushroom, pumpkin, sweet potato*

sugar, e.g., brown

*toppings*

vanilla

vegetables

**Flavor Affinities**

sour cream + chili powder + cilantro + garlic + honey + salt

sour cream + mustard + vegetable stock

**SOURNESS**

**Tips:** Sourness tends to sharpen other flavors. In small amounts, sour notes

enhance bitterness; in large amounts, they suppress bitterness. Examples of

sour foods are below:

apples, tart, e.g., Granny Smith, winesap

blackberries

buttermilk

caraway seeds

cheese, sour, e.g., chèvre

other goat cheeses, cream

cherries, sour

citrus

cloves

coriander

cornichons

cranberries

cream of tartar

crème fraîche

currants

fermented foods

fruits, e.g., sour, unripe

galangal

ginger

grapefruit

grapes, green

Kaffir lime

kiwi

kumquats

lemon, e.g., juice, zest

lemon, preserved

lemongrass

lime, e.g., juice, zest

milk, e.g., goat

miso

mushrooms, e.g., enoki

orange, e.g., juice, zest

pickled foods

plums, esp. unripe

ponzu

quince

rhubarb

rose hips

*sauces, e.g., reduced wine*

*sauerkraut*

sorrel

sour cream

soy sauce

sumac

tamarind

tomatoes, esp. green

verjus

vinegars

whey

*wine, dry*

yogurt

yuzu

**SOUTH AMERICAN CUISINE**

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

bell peppers

cheese, e.g., queso fresco

chiles

**corn**

fruit, tropical

maca

potatoes

quinoa

**squash**

yuca

**SOUTHWESTERN (U.S.) CUISINE**

**What it is:** an amalgam of Mexican, Native American, Spanish

influences

avocados

**BEANS, e.g., black,** red

bell peppers

cactus

cayenne

chayote

cheese, e.g., cotija, queso fresco

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

**Flavor Affinities**

bell peppers + black beans + brown rice + butternut squash + cilantro +

scallions

**SOYBEANS (see also EDAMAME, which are green**

**soybeans)**

**Flavor:** neutral, with notes of beans and/or grass

**Volume:** quiet

**Nutritional profile:** 43% fat / 33% protein / 24% carbs

**Calories:** 300 per 1-cup serving (boiled)

**Protein:** 29 grams

**Timing:** Cook presoaked dried soybeans about 3–4 hours. **Do not** pressurecook, as soybeans foam, which can clog the valve

cause the cooker to

explode.

**Tips:** Buy only organic (non-GMO) soybeans. Look for black soybeans, which have more flavor.

*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

honey

*“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

**Flavor Affinities**

soybeans + cilantro + mint + spinach

soybeans + nut butter + soy sauce

**SOY SAUCE, NATURALLY FERMENTED (see also**

**TAMARI)**

**Flavor:** salty, with notes of caramel and/or toast

**Volume:** moderate–loud

**What it is:** brewed soybeans, sea salt, water, wheat

**Nutritional profile:** 58% carbs / 41% protein / 1% fat (and very high in

sodium)

**Calories:** 10 per 1-tablespoon serving

**Protein:** 1 gram

**Tips:** Add at the end of the cooking process or to finish a dish. Look for raw

(unpasteurized) soy sauce. Japanese soy sauce tends to be slightly sweeter

and louder than Chinese soy sauce. Those watching their sodium intake can

opt for low-sodium soy sauce.

**Brands: Nama Shoyu** or San-J

**Possible substitutes:** Bragg Liquid Aminos, tamari

*Asian cuisines*

basil, Thai

chiles

***Chinese cuisine***

citrus

*dumplings, e.g., Asian*

eggplant

**garlic**

**ginger**

greens

honey

*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

**Flavor Affinities**

soy sauce + brown rice + nori + sesame seeds

soy sauce + brown rice vinegar + chili sauce + lime + sesame oil

soy sauce + chiles + garlic

**soy sauce** + chiles + garlic + **ginger** + honey + mirin + **scallions** + sesame oil

+ vinegar

**soy sauce + garlic + ginger** + mirin + sesame oil

**soy sauce + ginger + scallions**

**soy sauce + ginger + sesame**

soy sauce + tamarind + tofu

soy sauce + Thai basil + tofu

**SOY SAUCE, THAI (aka LIGHT, THIN, or WHITE SOY**

**SAUCE)**

**Flavor:** salty, with a thin, watery texture

**Volume:** moderate

**Tip:** Use instead of fermented fish sauce in Southeast Asian dishes.

**Brand:** Healthy Boy

*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*

eggs

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**

**Flavor:** slightly sweet, with notes of barley and/or nuts, a dense, firm, chewy texture

**Volume:** quiet–moderate/loud

**What they are:** whole grain (Note: spelt is *not* the same as farro, which is a

much faster-cooking grain.)

**What’s healthful about them:** higher in **protein** than wheat

some other

grains

**Gluten-free:** no

**Nutritional profile:** 78% carbs / 16% protein / 6% fats

**Calories:** 250 per 1-cup serving (cooked)

**Protein:** 11 grams

**Techniques:** marinate, simmer, steam

**Timing:** If a richer flavor is desired, toast grains first. Rinse grains, presoak

for 8 hours, then simmer about 30–60 minutes, covered, until tender.

**Ratio:** 1:2 (chewy)–1:3 (soft) (1 cup spelt to 2–3 cups cooking liquid, e.g., water, stock)

**Botanical relatives:** barley, corn, rye, triticale, wheat

**Possible substitute:** wheat berries

allspice

apples

artichokes, Jerusalem

avocado

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

basil

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

Brussels sprouts

butter

buttermilk

*casseroles*

celery

***cereals****, e.g., hot breakfast*

**cheese**, e.g., feta, goat, Parmesan

**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

**Flavor Affinities**

spelt berries + apples + pine nuts + *salads*

spelt berries + balsamic vinegar + nuts (or tofu) + olive oil + raw vegetables

spelt berries + caramelized onions + lentils

spelt berries + cornmeal + *pizza dough*

spelt berries + currants + walnuts

**Dishes**

**Warm Marinated Artichoke**

**Spelt Salad with Shaved Fennel**

**Red Onion, Escarole**

**and Bitter Greens, Olive**

**Currant Vinaigrette, Pink Peppercorn Aioli**

—Millennium (San Francisco)

**SPINACH**

**Season:** year-round, but especially spring–**autumn**

**Flavor: bitter**/slightly sweet, with a soft texture

**Volume:** quieter (when young)–louder (when older)

**What it is:** vegetable–green

**Nutritional profile:** 59% carbs / 32% protein / 9% fats

**Calories:** 40 per 1-cup serving (boiled)

**Protein:** 5 grams

**Techniques:** blanch, boil, raw, sauté, steam (2–3 minutes), stir-fry, wilt

**Tips:** Opt for organic spinach. Use as fresh as possible.

**Botanical relatives:** beets, quinoa, Swiss chard

**Possible substitute:** Swiss chard

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*

**butter**

*calzones*

capers

cardamom

**carrots**

*casseroles*

cauliflower

**cayenne**

**CHEESE**, e.g., blue, cheddar, cottage, Emmental, **FETA**, Fontina, **GOAT**, Gorgonzola, **Gruyère**, paneer, **PARMESAN**, pecorino, **RICOTTA**, ricotta salata, Swiss

chervil

**CHICKPEAS**

chicory

**chiles**, e.g., green, jalapeño, serrano;

**chili pepper flakes**

**chives**

cilantro

cloves

**coconut milk**

coriander

**CREAM**

*creamed spinach*

*crepes*

**cumin**

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

**dill**

***dips***

**eggplant**

**EGGS**, e.g., *Florentine, frittatas,* hard-boiled, *omelets,* poached, *quiches,* soft-boiled, *soufflés*

*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

**Dishes**

**Spinach, Mushroom, Pine Nut Ravioli in Cashew Cream**

—Blossom (New York City)

**Spinach**

**Mushroom Salad with Warm Caramelized Onion**

**Mustard Vinaigrette**

—Canyon Ranch (Lenox, MA)

**Creamed Spinach-Filled Crepe, Oyster Mushrooms, Confit Artichoke, Parmesan**

—Green Zebra (Chicago)

**Star Route Wilted Spinach Salad with Chicory, Red Dandelion, Feta, Croutons, Red Onions, Gaeta Olives, Garlic, Mint, Sherry Vinegar, Hot Olive Oil**

—Greens Restaurant (San Francisco)

**Spinach Falafel with Tahini, Yogurt, Beets, Crinkled Cress**

—Oleana (Cambridge, MA)

**Spinach Crepe with Pesto, Pear, Ricotta, Arugula**

—Plum Bistro (Seattle)

**Organic Spinach Salad: Cauliflower, Radish, Verjus, Morel Aioli, Westglow Nasturtium**

**Vinaigrette**

—Rowland’s Restaurant at Westglow (Blowing Rock, NC)

**Warmed Spinach tossed into a Balsamic Emulsification topped with Seasonal Grilled Fruit, Seasonal Vegetables, Pure Maple Candied Walnuts**

—Sage’s Cafe (Salt Lake City)

**Spinach Enchiladas: Spinach, Onions, Garlic, Mushrooms, Cheese baked in Organic**

**Corn Tortillas, with Spicy Sour Cream Sauce**

—Seva (Ann Arbor)

**Flavor Affinities**

spinach + almonds + chanterelle mushrooms + lemon

spinach + artichoke hearts + feta cheese + *pizza*

**spinach + avocado** + grapefruit + **red onions**

**spinach + beets** + fennel + **orange + walnuts**

spinach + carrots + ginger + *salads*

spinach + carrots + orange + sesame (oil

seeds)

**SPINACH + CHEESE** + **fruit** (e.g., apples, pears, strawberries) + **NUTS**

**SPINACH + CHEESE** (e.g., blue, feta, goat) + **NUTS** (e.g., almonds, walnuts)

**spinach + chili pepper flakes + garlic + olive oil** + **vinegar**

spinach + chili pepper flakes + lemon

spinach + citrus + pomegranate + onion + walnuts

spinach + Dijon mustard + dried cherries + maple syrup + pecans

spinach + dried cranberries + goat cheese + hazelnuts + pears

spinach + dill + feta cheese

spinach + fennel + orange + red onions

spinach + feta cheese + garlic + lemon + nuts

spinach + feta cheese + orange + walnut oil

spinach + feta cheese + *pasta*

**SPINACH + FRUIT + NUTS**

spinach + garlic + ginger + peanut oil + soy sauce

spinach + garlic + goat cheese + herbs + *phyllo dough* + ricotta + walnuts

**spinach + garlic + lemon + olive oil** + Parmesan cheese + parsley

spinach + garlic + mushrooms + tofu

spinach + garlic + olive oil + pine nuts

spinach + garlic + rosemary

spinach + garlic + sesame

spinach + ginger + onions + orange + sesame

spinach + ginger + peanut butter + peanut oil + soy sauce

spinach + goat cheese + lemon + olive oil/olives

spinach + lemon + tahini

spinach + miso + sesame seeds + soy sauce + tahini

spinach + mushrooms + nutmeg + ricotta

**SPINACH + NUTS (e.g., pine nuts, walnuts) + RAISINS**

spinach + pumpkin seeds + wild rice

spinach + shiitake mushrooms + soba noodles

“Zucchini ‘noodles’ are soft

pliable—especially if blanched in

lemon juice, which gives them a soft ‘cooked’ texture—making them

the #1 raw pasta option. While using a **spiralizer** produces a more

realistic noodle, using a mandoline is fine if you’re pressed for time.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**SPIRALING or SPIRALIZING**

Use a spiral slicer to create “pasta” (e.g., “angel hair,” “linguini,” “spaghetti”) or thin ribbons out

of hard vegetables (e.g., beets, carrots, celery root, daikon, jícama, kohlrabi, squash, sweet

potatoes, turnips, zucchini) or even fruits (e.g., apples). To soften, toss with a bit of oil

salt

(or sauté very briefly) before saucing or adding to soup.

**Possible substitutes:** julienne peelers, mandolines

**Dishes**

**Housemade Coconut Curry, Jícama Noodles, Garlic Chives, Ube, Roasted Shiitake**

—Green Zebra (Chicago)

“I’ll use a **spiralizer** to make ‘noodles’ like vermicelli from raw

kohlrabi or zucchini or other vegetables. Just massage them with a little

oil

salt, in just one minute, the noodles are no longer crunchy

but chewy.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

“**Spiralized** jícama looks like pho noodles. I’ll add them to a vegetarian

pho [Vietnamese noodle soup], or a mushroom curry made with roasted

shiitakes

purple sweet potatoes, with the red curry sauce poured

tableside.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**SPRING**

**Weather:** typically warm

**Techniques:** pan-roast

other stovetop methods

**artichokes, esp. baby** (peak: March–April)

artichokes, Jerusalem (peak: autumn/**spring**)

arugula (peak: spring/summer)

**asparagus**, e.g., green, purple, white (peak: April)

avocados (peak: spring/summer)

bamboo shoots (peak: spring/summer)

**beans, fava** (peak: April–June)

beets

blueberries (peak: spring/summer)

borage

boysenberries (peak: spring/summer)

carrots

cauliflower (peak: March)

chard, Swiss

cherries

chervil

chicory

chives, esp. garlic

cilantro (peak: spring/summer)

cucumbers (peak: spring/summer)

currants, red

dill (peak: spring/summer)

endive, e.g., Belgian, curly

escarole

fennel, esp. baby

fennel pollen (peak: spring/summer)

fiddlehead ferns

FRESHNESS, i.e., ingredients that are raw or only lightly cooked

garlic, e.g., green (peak: March), spring

**greens**, e.g., collard, dandelion (peak: May–June), mizuna, mustard, salad, spring

jícama (peak: winter/spring)

leeks

lemons

lemons, Meyer

lettuces, e.g., lamb’s, oak leaf, romaine, spring

*lighter dishes*

limes, key

loquats

mâche

mangoes (peak: spring/summer)

mint

miso, light

mushrooms, e.g., chanterelle, **morel** (peak: April), shiitake

nettles (peak: spring/summer)

noodles, e.g., somen

onions, e.g., spring, Vidalia (peak: May)

oranges, e.g., blood (peak: winter/ spring)

oranges, navel (peak: March)

**peas, e.g., English, spring, sweet** (peak: May)

potatoes, new

**radishes**

**ramps** (peak: May)

**rhubarb** (peak: April)

**scallions**

shoots, e.g., garlic, pea

snow peas (peak: spring; autumn)

sorrel (peak: May)

*soufflés*

**spinach**

sprouts, e.g., daikon

**strawberries**

sugar snap peas (peak: spring)

tea, green, esp. early

tomatillos (peak: spring/summer)

tomatoes, heirloom

wakame (peak: winter/spring)

watercress (peak: spring/summer)

zucchini blossoms

“When I see ramps come in, I know there is light at the end of the tunnel

—and that I will not be using squash

potatoes much longer! I look

forward to **spring**’s asparagus

morels, which grow in the Midwest.

When June hits, it is strawberry season.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

“In the **spring**, asparagus is the first thing to roll in, then the peas, followed by the fava beans. We are lucky

spoiled here at Greens

because we get great produce all year

we know it. It would be hard

to do what we do anywhere else!”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

**Dishes**

**Mixed Sprout Salad: A refreshing toss of Snow Pea Shoots, Sunflower Sprouts**

**Seeds, and**

**Mint, mixed with Cabbage, Daikon, Carrots, Watercress in a Cool Mint Vinaigrette.**

**Adorned with Toasted Peanuts**

**Sprouts of Onion**

**Daikon**

—Angelica Kitchen (New York City)

**SPROUTS—IN GENERAL, or MIXED**

**What they are:** edible shoots of germinated beans, grains, or seeds (typically

crunchy)

**What’s healthful about them:** many more nutrients than the nonsprouted

versions

**Techniques:** raw, or *very* lightly cooked, e.g., steamed

**Tip:** Always buy sprouts from a trusted source, e.g., a respected farmers’

market provider, especially if you choose to eat them raw.

**apples**

**apple juice**

avocado

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

cabbage, e.g., green, red

**carrots**

cheese, e.g., blue, cottage, Monterey Jack

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

**Flavor Affinities**

sprouts + avocado + *bread* + carrots + cucumber + onions + tahini

**SPROUTS, ALFALFA**

**Flavor:** slightly sweet, with nutty notes

**Volume:** quiet

**Tips:** Cook very quickly, or else they turn to mush. Beware possible toxins

in raw alfalfa sprouts.

avocados

beans, e.g., pinto

bell peppers, e.g., orange, red

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

cabbage

cilantro

dill

eggs, e.g., *omelets*

ginger

honey

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*

**Flavor Affinities**

alfalfa sprouts + avocado + lime + mango

alfalfa sprouts + honey + lemon

**SPROUTS, BEAN (see SPROUTS, MUNG BEAN)**

**SPROUTS, BROCCOLI**

**Flavor:** neutral, with notes of broccoli

**Volume:** quiet

**Calories:** 20 calories per 1-cup serving

**Protein:** 3 grams

**Techniques:** raw, steam, stir-fry

**Tip:** Cook quickly, if at all, to preserve nutrients.

beets

carrots

cheese, e.g., Havarti, Muenster

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

***sandwiches, e.g., veggie burgers***

sprouts, other, e.g., clover

*stir-fries*

tahini

**SPROUTS, BUCKWHEAT**

**Techniques:** Better served raw.

*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, CHICKPEA**

**Tips:** Cook lightly, never eat raw.

*hummus*

*stir-fries*

**SPROUTS, CLOVER**

**Flavor:** slightly sweet

**Volume:** quiet

*cole slaws*

eggs, e.g., *omelets*

onions

*salads*

***sandwiches****, e.g., peanut butter*

sprouts, other, e.g., broccoli

*stir-fries*

**SPROUTS, DAIKON (see also SPROUTS, RADISH)**

**Season:** spring–summer

**Flavor:** bitter

**Volume:** quiet

**Technique:** raw

*Japanese cuisine*

*salads*

*sushi*

**SPROUTS, LEAFY (see ALFALFA SPROUTS**

**CLOVER**

**SPROUTS)**

**SPROUTS, LENTIL**

**Flavor:** slightly sweet, with earthy notes of bell pepper, celery and/or nuts

**Volume:** moderate

**Nutritional profile:** 75% carbs / 21% protein / 4% fat

**Calories:** 80 per 1-cup serving (raw)

**Protein:** 7 grams

**Techniques:** steam (Note: never raw)

**Possible substitutes:** celery, green bell pepper

arugula

beans

butter

*drinks, e.g., juices, smoothies*

ginger

greens, salad

honey

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**

**Flavor:** slightly sweet, with notes of spring peas, a crisp, crunchy, juicy

texture

**Volume:** quiet

**Nutritional profile:** 70% carbs / 25% protein / 5% fat

**Calories:** 30 per 1-cup serving (raw)

**Protein:** 3 grams

**Techniques:** sauté, steam, stir-fry (just 30 seconds, to maintain sprouts’

crispy texture) (Note: never raw)

**Factoid:** the most-consumed sprout worldwide

***Asian cuisines***

beans, e.g., black

bell peppers, e.g., red

bok choy

butter

cabbage, e.g., napa

carrots

celery

cheeses, soft

chickpeas

chiles, e.g., red

***Chinese cuisine***

cumin seeds

curry powder

*dips*

*drinks, e.g., juices, smoothies*

*egg rolls*

eggs

**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

**Flavor Affinities**

bean sprouts + *miso soup* + tofu

bean sprouts + red bell peppers + shiitake mushrooms

bean sprouts + rice vinegar + salt + sugar + sesame oil/seeds

**SPROUTS, PEA**

**Flavor:** notes of fresh peas, a starchy texture

**Nutritional profile:** 78% carbs / 17% protein / 5% fat

**Calories:** 150 per 1-cup serving (raw)

**Protein:** 11 grams

*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)**

**Flavor:** slightly sour/hot, with spicy notes of pepper and/or radishes

**Volume:** moderate–loud

avocado

*bread, whole-wheat*

cheeses, soft

*dips*

eggs, e.g., *omelets*

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**

**Flavor:** bitter/sweet, with earthy notes of sunflower seeds, a crisp texture

**Volume:** quiet

**avocado**

basil

cheese, e.g., feta

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 (see SQUASH, SUMMER; SQUASH, WINTER;**

**ZUCCHINI, other specific varieties of squash)**

**Tips:** Spaghetti squash is named for its spaghetti-like strands, which you

can toss with sauce

serve just like pasta. But consider slicing summer

squash (e.g., yellow squash, zucchini) into julienne strips on a mandoline, or

spiralizing it, serving in the same manner.

**SQUASH, ACORN (see also SQUASH, WINTER)**

**Season:** autumn–winter

**Flavor:** slightly sweet, with notes of black pepper and/or nuts

**Volume:** quiet–**moderate**

**Nutritional profile:** 93% carbs / 5% protein / 2% fat

**Calories:** 85 per 1-cup serving (boiled, mashed)

**Protein:** 2 grams

**Techniques:** bake (e.g., at 350°F–375°F for 45 minutes), braise, mash, pressure-cook (3–8 minutes), roast, steam (10–12 minutes), stuff

**Tips:** Choose larger, heavier acorn squash. The texture is not good for

pureeing.

***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

butter

brown butter

celery

chard, Swiss

**cheese**, e.g., **Parmesan**, Swiss

**CINNAMON**

cloves

coconut

coconut milk

corn

**cranberries**, e.g., dried

currants

curry powder

fennel

**garlic**

ghee

**ginger**

hazelnuts

**honey**

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

**Flavor Affinities**

acorn squash + apples + curry powder

acorn squash + apples + maple syrup

acorn squash + cinnamon + olive oil

acorn squash + corn + potatoes

acorn squash + cranberries + orange

acorn squash + ginger + maple syrup + soy sauce

acorn squash + pecans + quinoa

**SQUASH, BUTTERCUP (see also SQUASH, WINTER)**

**Flavor:** sweet–very sweet, with notes of chestnuts, honey, and/or sweet

potato, a somewhat dry texture (akin to that of sweet potatoes)

**Volume: quiet**–moderate

**Techniques:** bake, braise, puree, roast (for 30–45 minutes at 400°F), steam

**almonds**

arugula

***baked goods****, e.g., muffins, pies*

bell peppers

**butter**

**brown butter**

*casseroles*

cheese, e.g., feta, Taleggio

**chiles**

**chili powder**

cilantro

coconut milk

cumin

*curries*

**garlic**

ginger

*gratins*

hominy

honey

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

**Flavor Affinities**

buttercup squash + bell peppers + chiles + coconut milk + curry paste +

peanuts

buttercup squash + ginger + pears

**SQUASH, BUTTERNUT (see also SQUASH, WINTER)**

**Season:** autumn–winter

**Flavor:** sweet, with notes of butter, fruit, nuts, and/or **sweet potatoes**, and

creamy in texture

**Volume:** moderate

**Techniques:** bake, braise, mash, puree, roast, simmer, sauté, steam, tempurafry

**Who says it’s healthful:** The Center for Science in the Public Interest’s

*Nutrition Action* includes butternut squash on its “10 Best Foods” list.

**Nutritional profile:** 93% carbs / 5% protein / 2% fats

**Calories:** 85 per 1-cup serving (baked, cubed)

**Protein:** 2 grams

**Possible substitutes:** pumpkin, sweet potatoes, yams

**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

butter

brown butter

cabbage, savoy

**cardamom**

carrots

*casseroles*

cauliflower

cayenne

**celery**

celery root

**CHEESE**, e.g., Asiago, Camembert, **cheddar**, cream, **Fontina**, goat, **PARMESAN**, pecorino, **ricotta**, Romano

**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**

cream

**cumin**

**curry powder**

***CURRIES***

dates

eggs

fennel

**GARLIC**

**GINGER**

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

*gratins*

greens

**honey**

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

**Flavor Affinities**

**butternut squash +** allspice **+ cinnamon** + cloves + **maple syrup** + vanilla

butternut squash + almond butter + cinnamon + garlic + ginger

butternut squash + almonds + cumin + raisins

**butternut squash** + apples + **cinnamon** + ginger + **maple syrup** + walnuts

butternut squash + apples + cheese + honey

butternut squash + apples + curry powder

**butternut squash + apples + nuts** (e.g., pecans, walnuts)

butternut squash + balsamic vinegar + mushrooms + *pasta*

butternut squash + bananas + cilantro + coconut milk + lime

butternut squash + brown butter + pine nuts + sage + *pasta*

butternut squash + chanterelle mushrooms + risotto + saffron

butternut squash + chickpeas + couscous

butternut squash + chiles + lime

butternut squash + cilantro + curry powder + lime + yogurt

**butternut squash + citrus** (e.g., lime, orange) (+ garlic) + **ginger**

butternut squash + coconut milk + lemongrass

butternut squash + curry + peas + tofu

**butternut squash + fruit** (e.g., cranberries, dates) + **nuts** (e.g., pecans, pistachios)

butternut squash + ginger + tamari + tofu

butternut squash + hominy + red beans

butternut squash + maple syrup + walnut oil

**butternut squash + onions** + *pasta* + pecans + **sage**

butternut squash + orange + sage

butternut squash + Parmesan cheese + pumpkin seeds

butternut squash + quinoa + walnuts

butternut squash + rosemary + tomatoes + white beans

**butternut squash + sage + walnuts**

“We’ve juiced **butternut squash** to add color

flavor to risotto. I

don’t like the mouthfeel that results from drying

powdering the

[leftover] mulch to flavor dishes. But I’ve made a **butternut squash**

chutney out of adding the juice back to the mulch

seasoning it with

cardamom, garlic, star anise, sugar, vinegar.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

**Dishes**

**Butternut Squash Risotto with Toasted Almonds**

**Toasted Sage**

—Gobo (New York City)

**Soft Tacos: Corn Tortillas with Roasted Butternut Squash, Poblano Chiles, Peppers, Grilled**

**Onions, Rancho Gordo Beans, Cheddar, Cilantro, Napa Cabbage, Avocado, Tomatillo Salsa, and Crème Fraîche**

—Greens Restaurant (San Francisco)

**Butternut Squash Filled Ravioli, Olive Oil, Garlic, Lemon, Sage Leaves, Ricotta Salata**

**Cheese**

—Mana Food Bar (Chicago)

**Butternut Squash**

**Apple Salad with Endives, Ricotta Cranberries, Pecans, Balsamic**

—Plum Bistro (Seattle)

**Butternut Risotto: Toasted Pistachio, Brussels Sprouts, Pumpkin Seed Oil, Crispy Shallots, and Sage**

—Portobello (Portland, OR)

**Enchiladas Calabaza: Butternut Squash, Cream Cheese**

**Green Onions with Chiles, Cumin, a hint of Cinnamon, baked in Organic Corn Tortillas, topped with Spicy Tomato**

**Sauce**

**Cheese**

—Seva (Ann Arbor, MI)

**SQUASH, CROOKNECK (see also SQUASH, SUMMER)**

**Techniques:** grill, raw, sauté

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)**

**Season:** winter

**Flavor:** sweet, with notes of butter, corn, and/or **sweet potatoes**, a

creamy, firm texture

**Volume:** quiet–moderate

**Techniques:** bake (at 350°F for 45 minutes), grill, roast, **sauté**, steam

**Tip:** Its thin skin can be easily peeled or even eaten.

allspice

anise

**apples, apple cider, apple juice**

beans, e.g., black, cannellini, cranberry, white

**beets**

bread crumbs

butter

cayenne

celery

cheese, e.g., feta, mozzarella, Parmesan, smoked mozzarella

chiles, e.g., chipotle, jalapeño

**cilantro**

cinnamon

cloves

cranberries, dried

cream

**cumin**

dates

fennel

fennel seeds

garlic

**honey**

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

**Flavor Affinities**

**delicata squash + apple cider/apples** + **herbs** (e.g., rosemary, **sage**) +

walnuts

delicata squash + beets + feta cheese + mint

delicata squash + black pepper + garlic + olive oil + Parmesan cheese + pasta

delicata squash + brown sugar + soy sauce

delicata squash + chipotle chiles + lime

delicata squash + garlic + sage

delicata squash + honey + sage

delicata squash + orange + thyme

**SQUASH, HUBBARD (see also SQUASH, WINTER)**

**Flavor:** neutral, with a watery texture

**Volume:** quiet

**Techniques:** bake, boil, mash, puree, roast

**Possible substitute:** pumpkin

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)**

[kah-BOH-chah]

**Season: summer**–winter

**Flavor:** sweet with notes of honey, nuts, pumpkin, and/or sweet potatoes; dry

and starchy yet creamy, custardy, smooth in texture (when cooked)

**Volume:** moderate–loud

**Techniques: bake** (20–25 minutes at 400° F), boil, braise, deep-fry, mash, **puree**, pressure-cook, roast, simmer (20–25 minutes), steam

**Tip:** This is a quick-cooking squash with an edible skin.

almonds

**apples**

basil

Thai basil

bay leaf

**beans**, e.g., adzuki, cranberry, green, kidney, mung

**butter**

cayenne

celery root

chard

cheese, e.g., Parmesan, ricotta

chestnuts

chiles, e.g., chipotle

chili pepper flakes

chili powder

**cilantro**

**cinnamon**

**coconut**

**coconut milk**

coriander

couscous

cranberries, dried

cream

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

honey

***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

**Flavor Affinities**

kabocha squash + brown rice + shiso + tofu

kabocha squash + brown rice vinegar + mirin + miso + tamari + umeboshi

paste

kabocha squash + cinnamon + maple syrup

kabocha squash + coconut milk + curry spices

kabocha squash + coconut milk + Kaffir lime leaves + lemongrass

**kabocha squash + garlic + ginger** + sesame oil + soy sauce

**kabocha squash + ginger** + maple syrup + **soy sauce**

kabocha squash + hazelnuts + thyme

kabocha squash + kale + tamari

kabocha squash + mirin + scallions + soy sauce

kabocha squash + sage + wild rice

**Dishes**

**Blended Essence of Butternut**

**Kabocha Squash, Smoked Paprika**

—Brushstroke (New York City)

**Kabocha Squash Curry: Bok Choy, Quinoa, Bulgur, Pumpkin Seeds**

—Gramercy Tavern (New York City)

**Kabocha Pumpkin Soup with Soy Whip Cream**

**Mixed Greens Salad (with Dried**

**Persimmon in Sesame Soy Sauce**

**Lemon Dressing)**

—Hangawi (New York City)

**Kabocha Squash Agnolotti with Pomegranate, Black Trumpet Mushrooms, Walnut Crumble**

—Mélisse (Santa Monica)

**SQUASH, PATTYPAN (see also SQUASH, SUMMER)**

**Season:** summer–early autumn

**Flavor:** notes of butter, cucumber, nuts, and/or **zucchini**, with a firm, tender

texture

**Volume:** quiet

**Techniques:** bake, sauté, steam, stuff (**Note:** Cook small pattypan whole.)

**Tip:** As pattypan tastes similar to zucchini, use it in similar ways.

allspice

apples

asparagus

**bread crumbs**, e.g., whole-wheat

capers

**cheese**, e.g., goat, Gruyère, manchego, Parmesan, ricotta

chili pepper flakes

chives

corn

eggplant

eggs

**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

**Flavor Affinities**

pattypan squash + asparagus + mushrooms + onions + walnut oil

pattypan squash + bread crumbs + garlic

pattypan squash + corn + onions

**SQUASH, SPAGHETTI**

**Season:** late summer–winter

**Flavor:** slightly sweet, with the texture of crunchy (if stringy) spaghetti

**Volume:** quiet–moderate

**Nutritional profile:** 86% carbs / 8% fats / 6% protein

**Calories:** 45 per 1-cup serving (boiled or baked)

**Protein:** 1 gram

**Techniques:** bake (at 350°F about 30–90 minutes), boil (about 30–60

minutes), roast (at 400°F for 15–20 minutes), sauté, steam (20–45 minutes, until tender)

**Tips:** Spaghetti squash is named after the appearance of its cooked flesh, whose strands resemble the pasta. You can bake it whole (as some insist

on), after puncturing it in a few places to allow steam to escape, or halved

(as Andrew taught me). Use a fork to pull off strands of cooked squash.

Toss or top with sauce

serve like spaghetti. Although spaghetti squash

can be found as early as late summer, look to pairing tips for *winter* squash, which its flavor more closely resembles.

**basil**

bay leaf

beans, e.g., black, kidney

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

bok choy

broccoli

bulgur

**butter**

brown butter

**carrots**

***casseroles***

chard

**CHEESE**, e.g., Gruyère, mozzarella, **PARMESAN**

chiles, dried;

chili pepper flakes

cilantro

cinnamon

eggs

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

**Flavor Affinities**

spaghetti squash + balsamic vinegar + kidney beans

spaghetti squash + basil + garlic

**spaghetti squash + basil + tomatoes**

spaghetti squash + brown butter + hazelnuts

spaghetti squash + garlic + tomatoes

spaghetti squash + mozzarella cheese + tomatoes

**spaghetti squash + mushrooms + onions**

**Dishes**

**Spaghetti Squash Casserole with Fresh Mozzarella, Organic Tomato, Zucchini**

—True Food Kitchen (Santa Monica)

**SQUASH, SUMMER (see also CHAYOTE; SQUASH, CROOKNECK; SQUASH, PATTY PAN;**

**ZUCCHINI)**

**Season: summer**

**Flavor:** slightly bitter/sweet, with earthy notes of butter, cucumber, and/or

nuts, a tender, juicy texture

**Volume: very quiet**–**quiet/moderate**

**What it is:** vegetable

**Nutritional profile:** 73% carbs / 18% protein / 9% fats

**Calories:** 20 per 1-cup serving (sliced, raw)

**Protein:** 1 gram

**Techniques: bake** (at 375°F about 20 minutes), boil, braise, deep-fry, grate, **grill**, marinate, mash, pressure cook (whole, 2–3 minutes), raw, **roast**, **sauté,** steam (5–10 minutes), stir-fry (2–3 minutes), stuff

**Tips: Opt for organic summer squash.** Eat the peel, too, which is a great

source of fiber.

**Botanical relatives:** winter squashes

allspice

arugula

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

**BASIL**

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

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

bread crumbs

**butter**

**capers**

carrots

chard, Swiss

**CHEESE**, e.g., Asiago, cheddar, feta, **goat**, Gruyère, Monterey Jack, mozzarella, **PARMESAN**, **pecorino**, provolone, ricotta, ricotta salata, 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**

**eggs**, e.g., *frittatas, omelets*

*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

**Flavor Affinities**

summer squash + basil + tomato

summer squash + cheese + eggs + *frittata* + scallions

summer squash + cilantro + escarole + scallions

summer squash + eggs + *frittata* + goat cheese

summer squash + garlic + olive oil

summer squash + garlic + parsley

summer squash + lemon + rosemary

summer squash + mint + thyme

summer squash + pecorino cheese + truffles

**SQUASH, WINTER—IN GENERAL, OR MIXED**

**SQUASHES (see also PUMPKIN; SQUASH, ACORN;**

**SQUASH, BUTTERCUP; SQUASH, BUTTERNUT;**

**SQUASH, DELICATA; SQUASH, HUBBARD; SQUASH, KABOCHA)**

**Season:** autumn–winter

**Volume:** moderate

**What it is:** starchy vegetable

**Techniques:** bake (at 375°F for 30–45 minutes), boil (6–10 minutes, in small

pieces), braise, grill, mash, pressure-cook, puree, roast, sauté, simmer, steam

(15–40 minutes), stew, stuff

**Botanical relatives:** cucumbers, melons, pumpkins

**Possible substitutes:** carrots, pumpkin

**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*

**butter**

**brown butter**

cardamom

carrots

cashews

*casseroles*

cauliflower

cayenne

celery

**CHEESE**, e.g., blue, cheddar, feta, Fontina, Gorgonzola, **Gruyère**, mozzarella, **Parmesan**, pecorino, ricotta, ricotta salata, Romano, Roncal

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

**cream**

**cumin**

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

dates

eggs, e.g., poached

fennel seeds

figs

fig syrup

**GARLIC**

ghee

**GINGER**

**grains, whole**, e.g., farro, spelt

*gratins*

greens, e.g., mesclun, mustard

**honey**

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**

**Flavor Affinities**

**winter squash + apples + cinnamon** + ginger + pecans

winter squash + bread crumbs + cheese

**winter squash + brown butter** + cheese (e.g., Gruyere, Parmesan, ricotta

salata) + **sage**

winter squash + cashews + cilantro + coconut + curry powder + sesame seeds

winter squash + cinnamon + cloves + ginger + nutmeg

winter squash + cranberries + mustard greens + nutmeg + ricotta

winter squash + cranberries + pecans

winter squash + dill + sour cream

winter squash + garlic + leeks + olive oil + sage

winter squash + honey + lemon juice

winter squash + lime juice + soy sauce

winter squash + parsley + rosemary + sage + thyme

**Dishes**

**Winter Luxury Squash**

**Ginger Soup with Pear Compote, Crème Fraîche, Chives**

—Greens Restaurant (San Francisco)

**Chipotle-Glazed Roasted Winter Squash with Sage-Scented Risotto, Hazelnut Nogada Sauce, and Fried Sage**

—Millennium (San Francisco)

**Roasted Winter Squash, Tempeh-Kale Stuffing, Brandied Applesauce, Rye Breadcrumbs**

—True Bistro (Somerville, MA)

**Autumn Squash Pierogies, Chanterelles, Madeira, Hazelnut Picada**

—Vedge (Philadelphia)

**SQUASH, YELLOW (see SQUASH, SUMMER)**

**SRIRACHA (aka CHILI GARLIC SAUCE)**

**Flavor:** bitter/sour/hot, with a smooth texture

**Volume:** loud

**What it is:** Thai hot sauce: chili paste + garlic + salt + sugar + vinegar

**Tip:** Huy Fong does not include fish sauce or shrimp paste, while other

brands may.

**Possible substitutes:** veg Asian chili garlic sauce or Malaysian sambal oelek

*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**

**Flavor:** bitter/sweet, aromatic, with pungent notes of anise, licorice, and/or

spices

**Volume:** moderate–loud

**Tips:** Star anise is slightly more bitter than anise seeds, to which it is not

related. Add at the beginning of the cooking process.

**Possible substitute:** anise seeds

***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*

**Dishes**

**Blackberry**

**Star Anise Sorbet with Rosemary Sable: Hazelnut, Lemon, Crab Apple, Brown Sugar**

—Fearrington House (Fearrington Village, NC)

**STAR FRUIT (aka CARAMBOLA)**

**Flavor:** sour and/or sweet, with notes of apples, citrus, and/or tropical fruit, and a crisp, juicy texture

**Volume:** moderate

**Nutritional profile:** 80% carbs / 11% protein / 9% fat

**Calories:** 40 per 1-cup serving (raw)

**Protein:** 1 gram

**Tips:** Look for browning edges to get the sweetest fruit. The star-shaped

slices are so pretty it’s hard to recommend serving them in smoothies, but

some do!

agave nectar

cardamom

chili powder

*chutneys*

*desserts, e.g., tarts (when fully ripe)*

honey

*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, “BEEF”**

**Brand:** Better Than Bouillon’s “No Beef Vegan Base,” beef-flavored

bouillon

**STOCK, “CHICKEN”**

**Brand:** Better Than Bouillon’s “No Chicken Vegan Base,” chicken-flavored

bouillon

**STOCK, MUSHROOM**

**Tip:** Use a mushroom stock (made from several of the ingredients below) as

an earthier, bolder alternative to vegetable stock in many heartier dishes, such as mushroom-based pastas, risottos, sauces, soups.

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)**

**Tips:** Vegetable stock is a great staple to have on hand as a base for grains, legumes, marinades, rices, risottos, sauces, or soups. It’s easy to make by

simmering your favorite combination of several of the vegetables and

seasonings below with water. To make a louder version, roast the vegetables

first. As a low-fat substitute, use vegetable stock instead of oil when

sautéing or stir-frying foods.

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

“The foundation of my **vegetable stock** is about 60 percent onions, 25

percent celery, 15 percent carrots. I’ll often add garlic and

portobello or shiitake mushrooms

stems.”

—AARON ADAMS, PORTOBELLO (PORTLAND, OR)

**STRAWBERRIES**

**Season:** spring–summer

**Flavor:** sweet/sour, a delicate texture

**Volume:** quiet–moderate

**Nutritional profile:** 85% carbs / 8% fats / 7% protein

**Calories:** 50 per 1-cup serving (raw, halved)

**Protein:** 1 gram

**Techniques:** puree, raw, **sauté**

**Tips: Opt for organic strawberries.** Adding sugar enhances strawberry

flavor, as does adding an acid such as citrus juice or vinegar.

**Botanical relatives:** almonds, apples, apricots, blackberries, cherries, peaches, pears, plums, quinces, raspberries

**agave nectar**

**almonds**

apples

apricots

arugula

**bananas**

**BASIL**

bell peppers

**BERRIES**, **OTHER**, e.g., blackberries, blueberries, raspberries

buttermilk

caramel

**cheese**, e.g., burrata, cream, feta, goat, mozzarella, **ricotta**, ricotta salata, sheep’s milk

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

cinnamon

coconut

**CREAM**

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

honey

*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**

**Flavor Affinities**

strawberries + almonds + lemon

**strawberries + arugula + balsamic vinegar** + pine nuts + ricotta

strawberries + balsamic vinegar + basil + burrata cheese

strawberries + balsamic vinegar + spinach + walnuts

strawberries + balsamic vinegar + tellicherry pepper

strawberries + basil + balsamic vinegar

strawberries + basil + Grand Marnier

strawberries + basil + lemon + mint

strawberries + brown sugar + cinnamon + oatmeal

strawberries + cream cheese + lemon

**STRAWBERRIES + GINGER + MAPLE SYRUP + RHUBARB**

**strawberries + honey + lime**

strawberries + lemon + ricotta

strawberries + maple syrup + thyme

strawberries + mascarpone + passion fruit + vanilla

strawberries + pistachios + yogurt

strawberries + rhubarb + vanilla

strawberries + ricotta salata + walnuts

“I know it’s boring, but the classic combination of **strawberries** and

cream or vanilla ice cream is something you simply can’t improve on.

Together, they have perfect flavor

texture.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**Dishes**

**Strawberry Honey Shortcake, Strawberry Sorbet, Buttermilk Lemon Sorbet**

—ABC Kitchen (New York City)

**Strawberry Almond Cake: Almond Bavarois, Strawberry Gelée, Toasted Almond Ice Cream**

—Café Boulud (New York City)

**Strawberry Gazpacho with Basil, Black Pepper, Olive Oil**

—Eleven Madison Park (New York City)

**Frais de Bois Vacherin with Lemon Parfait**

**Basil**

—Eleven Madison Park (New York City)

**Strawberry White Balsamic Salad with Spring Mix, Toasted Sunflower Seeds, Blue Cheese**

**Crumbles, Dried Cranberries**

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

**Local Leaf Lettuces**

**Belgian Endive with Local Strawberries, Ashed Goat Cheese, Tarragon Vinaigrette**

—Nora (Washington, DC)

**Strawberry Chopped Salad: Snap Pea, Fennel, Goat Cheese, Walnut**

**Balsamic**

**Vinaigrette**

—True Food Kitchen (Phoenix)

**SUCANAT**

**Flavor:** sweet

**Volume:** moderate

**What it is:** a sweetener (**SU**gar **CA**ne **NAT**ural) made from sugar cane juice

that has been evaporated

granulated

**Possible substitutes:** Can substitute for regular (or muscovado) sugar in

equal amounts, especially in baked goods.

**SUGAR, BROWN—DARK**

**Flavor:** sweet, with deep notes of molasses

**Factoid:** Dark brown sugar is 6.5 percent molasses.

**SUGAR, BROWN—LIGHT**

**Flavor:** sweet, with light caramel notes

**Factoid:** Light brown sugar is 3.5 percent molasses.

**SUGAR, DATE**

**Flavor:** sweet, with notes of dates

**Volume:** moderate

**What it is:** ground dehydrated dates

**SUGAR, MAPLE**

**Flavor:** sweet, with notes of maple

**SUGAR, MUSCOVADO**

**Flavor:** sweet, with earthy molasses notes

**Volume:** moderate–loud

**SUGAR, ORGANIC CANE**

**Brand:** Rapadura

**SUGAR, PALM**

**Flavor:** sweet, with notes of caramel and/or maple syrup

**Volume:** quieter (paler)–louder (darker)

**Technique:** grate

**Possible substitute:** light brown sugar

**Brand:** Big Tree Farms Organic Coconut Palm Sugar

*baked goods, e.g., cookies*

bananas

beans, adzuki

chiles

chocolate

**COCONUT**

**COCONUT MILK**

coffee

cream

***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)**

**Season:** spring

**Flavor:** sweet, with notes of peas

snow peas, a crisp, crunchy texture

**Volume:** quiet–moderate

**Nutritional profile:** 68% carbs / 27% protein / 5% fats

**Calories:** 70 per 1-cup serving (cooked)

**Protein:** 5 grams

**Techniques: blanch,** boil, braise (add at the last minute), raw, **sauté**, simmer, **steam** (2–3 minutes), **stir-fry**

**Tip:** To retain crispness, cook only briefly.

asparagus

**basil**

bell peppers, e.g., yellow

broccoli

butter

brown butter

carrots

cashews

cauliflower

cheese, e.g., Parmesan

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

**Flavor Affinities**

sugar snap peas + basil + garlic scapes

sugar snap peas + basil + *stir-fries* + tofu

sugar snap peas + chiles + garlic + lemon

sugar snap peas + cumin + thyme

sugar snap peas + dill + olive oil + scallions

sugar snap peas + garlic + lemon zest + *pasta*

sugar snap peas + garlic + mushrooms

sugar snap peas + garlic + pine nuts

sugar snap peas + ginger + sesame oil

sugar snap peas + lemon + mint

sugar snap peas + mustard + olive oil + vinegar

sugar snap peas + *noodles/pasta* + peanut sauce + soy sauce

sugar snap peas + sesame oil + sesame seeds

**Dishes**

**Snap Pea Salad: Goat’s Milk Yogurt, Cucumber, Radish**

—Gramercy Tavern (New York City)

**Spring Chopped Salad with Snap Peas, Strawberries, Walnuts, Goat Cheese, Balsamic**

**Vinaigrette**

—True Food Kitchen (Santa Monica)

**SUMAC**

[SOO-mack]

**Flavor:** bitter/salty/**sour**/sweet, with astringent fruity and/or lemony notes

**Volume:** quiet–moderate

**What it is:** a tart-flavored spice

**Tip:** Add to foods over which you might otherwise squeeze lemon juice or

grate lemon zest.

*(North) African cuisines*

avocados

beans, e.g., white

beets

bell peppers

*breads, e.g., pita*

cheese, e.g., feta

**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

eggs, e.g., boiled

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

**Flavor Affinities**

sumac + bell peppers + garlic + lemon + onions + tomatoes

sumac + chickpeas + coriander + cumin

sumac + cucumbers + feta cheese + lemon + mint + parsley + tomatoes

sumac + dates + feta cheese + parsley

sumac + feta cheese + whole grains + zucchini

sumac + garlic + lemon

**sumac +** oregano **+ sesame seeds + thyme** (aka *za’atar*)

**SUMMER**

**Weather:** typically hot

**Techniques:** barbecue, grill, marinate, raw, sauté

anise hyssop

apricots (peak: June)

arugula (peak: spring/summer)

avocados (peak: spring/summer)

bamboo shoots (peak: spring/summer)

**basil** (peak: summer)

beans, e.g., cranberry, fava, **green**, lima

**bell peppers**, e.g., red or yellow (peak: summer/autumn)

berries (peak: spring/summer)

blackberries (peak: June)

blueberries (peak: July)

*boiled dishes*

bok choy (peak: summer/autumn)

boysenberries (peak: June)

callaloo

celery (peak: summer/autumn)

chard (peak: summer/autumn)

**cherries**

chickpeas, fresh

chiles, e.g., poblano

*chilled dishes*

*beverages*

cilantro (peak: spring/summer)

**corn** (peak: July–August)

**cucumbers** (peak: August)

currants, black

dill (peak: spring/summer)

edamame

**eggplant**

elderberries

elderflower

escarole (peak: summer/autumn)

fennel pollen (peak: spring/summer)

figs (peak: August)

flowers, edible

FRESHNESS

garlic (peak: August)

goji berries (peak: summer/autumn)

grapes (peak: summer/autumn)

greens, e.g., beet, leafy, mizuna

*grilled dishes*

***grilling***

guavas (peak: summer/autumn)

herbs, cooling, e.g., basil, cilantro, dill, fennel, licorice, marjoram, mint

horseradish (peak: summer/autumn)

huckleberries

*ice cream*

*ices*

*granitas*

jackfruit

kohlrabi (peak: summer/autumn)

lamb’s-quarter

lettuce, e.g., green leaf, lamb’s, red leaf

limes (peak: June)

loquats

lychees

mangoes (peak: spring/summer)

**melons**, e.g., cantaloupe (peak: August)

miso, light

mushrooms, e.g., chicken of the woods, hedgehog, lobster, porcini

**nectarines** (peak: July)

nettles (peak: spring/summer)

noodles, e.g., chilled, somen

okra (peak: August)

onions (peak: August)

onions, green

onions, red (peak: July), Vidalia (peak: June)

papalo

papayas (peak: summer/autumn)

**peaches** (peak: July–August)

pears, Bartlett (peak: August)

peas (peak: spring/summer)

*picnics*

**plums** (peak: August)

potatoes, e.g., new (peak: spring/summer)

*puddings, summer*

purslane

raspberries (peak: June–August)

raw foods (e.g., salads)

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

*salsas, fresh*

savory, summer

sea beans

shallots (peak: summer/autumn)

*slaws*

snow peas (peak: June–July)

*sorbets*

*soups, chilled, e.g., fruit, gazpacho*

spices, cooking, e.g., peppercorns, white; turmeric

sprouts, daikon (peak: spring/summer)

**SQUASH**, **SUMMER**, e.g., pattypan, yellow, zucchini

*steamed dishes*

stone fruits, e.g., peaches, plums

strawberries (peak: spring/summer)

*summer rolls*

tarragon

thyme

tomatillos (peak: August)

**TOMATOES**

vegetables, green leafy

watercress

**WATERMELON**

**ZUCCHINI**

**ZUCCHINI BLOSSOMS** (peak: July)

“**Summer** is the easiest time of the year to cook because there is so

much out there. It is all the flavors people wish they could eat yearround:

fruit, tomatoes, corn.”

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

**SUNCHOKES (see ARTICHOKES, JERUSALEM)**

**SUNFLOWER SEEDS (see SEEDS, SUNFLOWER)**

**SUNFLOWER SHOOTS (see SHOOTS, SUNFLOWER)**

**SUSHI, VEGETARIAN (see NORI**

**NORI ROLLS)**

**SWEET POTATOES**

**Season: autumn**–winter

**Flavor:** slightly sweet–sweet, with notes of chestnuts, pumpkin, and/or

vanilla, a soft texture (when cooked)

**Volume:** moderate–loud

**What they are:** starchy vegetable

**Who says they’re healthful:** The Center for Science in the Public Interest’s

*Nutrition Action* lists sweet potatoes on its “10 Best Foods” list

as “a

nutritional All-Star—one of the best vegetables you can eat.”

**Nutritional profile:** 93% carbs / 6% protein / 1% fats

**Calories:** 180 per 1-cup serving (baked)

**Protein:** 4 grams

**Techniques: bake** (whole, after pricking skins, at 400°F about 40–60+

minutes), boil (about 25–40 minutes), broil, candy, deep-fry, fry, grill (or

wrap in foil

place in coals), **mash**, pressure-cook (3–7 minutes), puree, **roast**, sauté, simmer, steam (slices, about 20 minutes)

**Possible substitutes:** carrots, pumpkin, winter squash, yams

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*

**butter**

brown butter

caramel

**cardamom**

**carrots**

*casseroles*

**cauliflower**

**cayenne**

celery

chard, Swiss

**cheese**, e.g., blue, feta, Fontina, goat, Parmesan, Stilton, Taleggio

**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

**cream**

crème fraîche

*croutons, whole-grain*

**cumin**

***curries***

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

*custards*

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

**eggs**

fennel

figs

fruit, dried

garam masala

**GARLIC**

ghee (clarified butter)

**GINGER**

**grains**, whole, e.g., barley, couscous, **millet**, oats

*gratins*

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

***hash***

hoisin sauce

**honey**

*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, nut butters, 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**

**Flavor Affinities**

**SWEET POTATOES** + allspice + **CINNAMON** + ginger + maple syrup +

**NUTMEG** (+ vanilla)

**sweet potatoes + almond milk + cinnamon + maple syrup + nutmeg** (+

vanilla)

sweet potatoes + almonds + almond milk + apples

**sweet potatoes + apples + ginger**

sweet potatoes + avocado + black beans + chiles

sweet potatoes + balsamic vinegar + kale + sage

**sweet potatoes + bell peppers + garlic + *hash* + onions**

**sweet potatoes + black beans** + cilantro + mango + ***salsa***

**sweet potatoes + black beans + *salsa*** + *tortillas*

sweet potatoes + bourbon + brown sugar + pecans

**sweet potatoes + brown butter + sage**

sweet potatoes + brown sugar + cinnamon + vanilla

**sweet potatoes + brown sugar** + **citrus** (e.g., lemon/lime/orange juice)

**sweet potatoes + brown sugar + ginger**

**sweet potatoes + chiles** + ginger + **lime** + salt

sweet potatoes + chiles + honey

sweet potatoes + chocolate + cinnamon + nuts + vanilla

sweet potatoes + cilantro + lime + onions + vinegar

sweet potatoes + coconut milk + curry spices

**sweet potatoes + garlic + herbs** (e.g., rosemary, sage, thyme)

**sweet potatoes + ginger + honey** + sesame + **soy sauce**

**SWEET POTATOES + GINGER + LIME** + pears

**sweet potatoes + ginger + miso**

sweet potatoes + ginger + orange + yogurt

sweet potatoes + ginger + peanuts

sweet potatoes + ginger + sesame oil/seeds

sweet potatoes + greens + quinoa

**sweet potatoes + honey + lime**

**sweet potatoes + lime + salt**

**SWEET POTATOES + MAPLE SYRUP + PECANS**

sweet potatoes + molasses + sesame seeds

sweet potatoes + nuts + raisins

**SWEET POTATOES + SESAME OIL/SEEDS + SOY SAUCE**

**Dishes**

**Flourish Vegetable Pot Pie: Two Potato Mash with Carrots**

**Celery, Sweet Potatoes, Russet Potatoes Organic Rice Milk, Extra-Virgin Olive Oil, Sea Salt**

—Flourish Baking Company (Scarsdale, NY)

**Maple Pecan Sweet Potato: Organic Baked Sweet Potato topped with Spicy Chipotle Cashew**

**Cream**

**Sweet Candied Maple Pecans**

—Follow Your Heart (Canoga Park, CA)

**Poached Eggs with Black Bean**

**Sweet Potato Hash, Roasted Chili Sauce**

—The Lodge at Woodloch (Hawley, PA)

**Potato Pancake: Sweet**

**White Potatoes, with Apple Cranberry Chutney**

**Crema**

—Mana Food Bar (Chicago)

**Sweet Potato Tamale: Smoky Pecan**

**Poblano Chile Filling, Black Bean Chocolate Mole, Winter Greens**

**Caramelized Onions, Avocado, Pickled Onion-Nopales Salsa, Spicy**

**Pumpkin Seed Emulsion**

—Millennium (San Francisco)

**Sweet Potato Quesadilla: Sweet Potato, Sautéed Onion, Kale, served with a Creamy**

**Thyme Sauce**

—Root (Allston, MA)

**House Made Ravioli, Sweet Potato**

**Galangal Filling, Lemongrass Coconut Cream**

—True Bistro (Somerville, MA)

**Wood Grilled Sweet Potato Paté, Grain Mustard, Jerk Cashews, Toast**

—Vedge (Philadelphia)

**Sweet Potato Turnover with Sweet Kraut**

**Cream, Melted Figs, Smoked Maple Ice**

**Cream, Walnut Streusel**

—Vedge (Philadelphia)

**SWEETNESS / SWEETENERS**

**Tips:** The colder the food or the drink, the less the perception of sweetness.

Sweetness tends to round out flavors, while acidity sharpens them. There are

lots of ways to add it to a dish other than with refined white sugar: Below

are some examples.

**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

honey, e.g., raw

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

**SYRUP, RICE (see BROWN RICE SYRUP)**

**SZECHUAN PEPPER (see PEPPER, SZECHUAN)**

**TAHINI**

[tah-HEE-nee]

**Flavor:** sweet and/or salty, nutty, with a creamy texture

**Volume:** moderate

**What it is:** sesame butter, made from ground sesame seeds

**Nutritional profile:** 70% fat / 19% carbs / 11% protein

**Calories:** 90 per 1-tablespoon serving

**Protein:** 3 grams

**Tip:** Opt for tahini made from raw, stone-ground kernels.

**Possible substitute:** smokier Chinese sesame paste (in Asian dishes)

*(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*

honey

\****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

**Flavor Affinities**

tahini + carrots + ginger

**TAHINI + CHICKPEAS + GARLIC + LEMON JUICE + OLIVE OIL**

tahini + chickpeas + Israeli couscous

**TAHINI + GARLIC + LEMON** + sesame oil + tamari

tahini + garlic + yogurt

tahini + lemon juice + soba noodles

tahini + lemon juice + yogurt

tahini + noodles + sesame oil + soy sauce + rice wine vinegar

**TAMARI**

[tah-MAHR-ee]

**Flavor: salty**/sweet/umami, with meaty notes

**Volume:** moderate

**Tips:** Tamari tends to be sweeter (and more complex in flavor) than

Chinese soy sauce, which tends to be saltier. Add to food during or after

cooking. Opt for low-sodium versions.

***Asian cuisines***

*baked dishes*

*casseroles*

***dips***

***dipping sauces***

**ginger**

greens, Asian

*grilled dishes*

**honey**

*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

**Flavor Affinities**

**tamari + honey** + rice vinegar + **sesame seeds**

“**Tamari**, which is basically fermented salt, is great for marinades. I

don’t tend to drizzle it onto food directly, because it’s too easy to

oversalt.”

—MARK SHADLE, G-ZEN (BRANFORD, CT)

**TAMARIND**

**TAMARIND PASTE**

**Flavor: very sour**/slightly sweet, with pungent notes of apricots, brown

sugar, dates, dried plums, and/or molasses

**Volume:** moderate–very loud

**What it is:** tropical fruit pulp

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

**Flavor Affinities**

tamarind + cashews + tofu + tomatoes

tamarind + curry spices + peanuts + sweet potatoes

tamarind + garlic + ginger

**Dishes**

**Tamarind Scented Banana Split, Chocolate Marshmallow, Tamarind-Coriander Mousse, and**

**Banana-Crème Fraîche Sherbet**

—Per Se (New York City)

**TANGERINES (see ORANGES, MANDARIN)**

**TAPIOCA (see also FLOUR, TAPIOCA)**

**Flavor:** neutral, with small, firm “pearls”

**Volume:** very quiet

**What it is:** pearls made from starch from the cassava plant; used as a

thickening agent because, unlike cornstarch, it thickens without having to

boil

**Nutritional profile:** 100% carbs

**Tip:** Soak for a few hours before using.

almonds

apples

bananas

chocolate

**coconut**

**COCONUT MILK**

***DESSERTS****, e.g., fruit cobblers, crisps, pies, tarts*

eggs

**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

**Flavor Affinities**

**tapioca + bananas + coconut milk** + ginger

**tapioca + bananas + coconut milk** + vanilla

“Our **tapioca** puddings are so popular that it’s hard to take them off our

menu. Coconut milk is a source of both flavor

richness [as opposed

to rice milk, which is thin

has no flavor, or soy milk, which can taste

chalky]. We thicken the pudding with agar-agar, which doesn’t mask

flavors, unlike cornstarch. We like to accent it with fruit in both raw and

cooked form, such as fresh cherries with a cherry sauce or gel.”

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

**Dishes**

**Coconut**

**Vanilla Tapioca Pudding, with Huckleberry, Blood Orange, Tangerine**

—Natural Selection (Portland, OR)

**Vanilla**

**Coconut Tapioca Pudding, with Apricot, Raspberry, Almonds, White**

**Chocolate**

—Natural Selection (Portland, OR)

**TARO (aka TARO ROOT)**

**Flavor:** earthy notes of nuts, potatoes, water chestnuts, and/or yeast, a

soft, flaky, starchy (and sometimes slippery) texture

**Volume:** quiet

**What it is:** starchy vegetable (tuber)

**Nutritional profile:** 98% carbs / 1% fat / 1% protein

**Calories:** 190 per 1-cup serving (cooked)

**Protein:** 1 gram

**Techniques:** bake, boil, braise, **fry**, grate, grind, mash, puree, sauté, simmer, steam, stew (Note: *never* raw!)

**Possible substitute:** potatoes

*(West) African cuisines*

*Asian cuisines*

*Caribbean cuisines*

*Chinese cuisine*

*chips*

coconut milk

*curries*

garlic

***Hawaiian cuisine***

honey

***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

**Flavor Affinities**

taro + chiles + coconut milk

taro + honey + sesame

**TARRAGON**

[TEHR-ah-gon]

**Season:** summer

**Flavor:** bitter/sour/**sweet**; aromatic, with pungent notes of anise, basil, fennel, herbs, lemon, licorice, mint, and/or pine

**Volume: loud**

**Tips:** Add at the end of the cooking process. Unlike other herbs, fresh

tarragon is louder than dried.

**Botanical relatives:** artichokes, chamomile, chicory, dandelion greens, endive, lettuces (e.g., Bibb, iceberg, romaine), radicchio, salsify

anise

apples

apricots

artichokes

**ASPARAGUS**

**beans**, e.g., dried, fresh, green, lima, white

**beets**

*bouquets garnis*

broccoli

**butter**, e.g., flavored

capers

carrots

cauliflower

celery seeds

celery root

cheese, e.g., goat, ricotta

chervil

**chives**

**citrus**, e.g., grapefruit, lemon, lime

corn

**cream**

dairy products, e.g., butter, cream

dill

*dips*

**EGGS**, e.g., hard-boiled, *omelets, quiches*

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**

**Flavor Affinities**

tarragon + anise + celery seeds

tarragon + bulgur + lentils + walnuts

tarragon + Dijon mustard + lemon juice

tarragon + Dijon mustard + red wine vinegar

tarragon + green beans + tomatoes

tarragon + green vegetables (asparagus, green peas) + lemon + olive oil

tarragon + sesame + soy sauce

tarragon + shallots + wine

“**Tarragon** instantly transports me to the French countryside with its

herby, licorice-y flavor. I love it in spring with light dishes like green

vegetables such as asparagus or English peas, with a little olive oil and

lemon.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**TATSOI (aka TAT SOI)**

[taht-SOY]

**Flavor:** bitter/sour/sweet, with notes of bok choy, cabbage, minerals, **mustard**, nuts, and/or spinach, a thick, crunchy/chewy texture

**Volume: quiet**–moderate

**What it is:** Asian green leafy vegetable

**Calories:** 35 calories per 1-cup serving (raw)

**Protein:** 3 grams

**Techniques:** braise, raw (esp. young), sauté, steam (about 10 minutes)

**Tips:** Rinse thoroughly. Serve raw or lightly cooked.

**Botanical relatives:** broccoli, mustard

**Possible substitute:** spinach

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

**Flavor Affinities**

**tatsoi + garlic + ginger** + shallots

**tatsoi + garlic + ginger** + soy sauce

tatsoi + garlic + olive oil

tatsoi + ginger + sesame oil + soy sauce

tatsoi + rice wine vinegar + sesame oil/seeds

tatsoi + sesame oil + soy sauce + tahini + vinegar

**TEFF**

**Flavor:** slightly sweet, with notes of hazelnuts, malt, and/or molasses, and

extremely tiny grains

**Volume:** quiet–moderate

**What it is:** whole grain

**Gluten-free:** yes

**Nutritional profile:** 80% carbs / 14% protein / 6% fat

**Calories:** 105 per 1-ounce serving (uncooked)

**Protein:** 4 grams

**Techniques:** dry-roast, sauté, simmer

**Timing:** Presoak; toast grains before cooking; cook about 15–20 minutes, covered.

**Ratio:** 1:4 (1 cup teff to 4 cups cooking liquid)

**Tip:** Due to its tiny size, teff is always a whole grain.

*(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

**Flavor Affinities**

teff + maple syrup + milk

**TEMPEH**

[TEM-pay]

**Flavor:** slightly sweet/bitter, with earthy notes of **mushrooms, nuts,** smoke, and/or **yeast**, a firm, chewy, meaty texture

**Volume:** moderate–loud

**What it is:** soybeans that have been fermented with a grain or grains (e.g., rice, barley, millet)

formed into cakes; weightier than tofu

**Nutritional profile:** 47% fats / 33% protein / 20% carbs

**Calories:** 160 per ½-cup serving

**Protein:** 15 grams

**Techniques:** bake (at 350°F about 30 minutes), braise, broil (4–5 minutes per

side), fry, grate, grill (4–5 minutes per side), pan-fry (10 minutes), roast, sauté, steam, stir-fry (Note: Be sure to cook *thoroughly*.)

**Tips:** Steam for 10 minutes to calm tempeh’s bitterness. After steaming, make sure to properly **marinate** (at least 30 minutes)

season for optimal

flavor.

**Brands:** Lightlife, Soyboy, Surata, WestSoy, Wildwood (Look for organic

versions.)

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

cheese, e.g., cheddar, Swiss

**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

honey

***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

**Flavor Affinities**

tempeh + avocado + black beans + mushrooms + *tortillas*

tempeh + avocado + *burrito* or *chili* or *tacos* + chipotle chiles + tomatoes

tempeh + black beans + orange

tempeh + caraway seeds + cumin

tempeh + chiles + cilantro

**tempeh + chiles + citrus** (e.g., lemon, orange)

**tempeh + chiles** + coconut + **ginger** + lemongrass + peanuts

**tempeh + chiles + ginger** + lemon + soy sauce

tempeh + cilantro + scallions + sesame seeds

tempeh + cilantro + tomatoes

tempeh + coconut milk + collard greens + curry + sweet potato

tempeh + coriander + cumin + ginger

**TEMPEH + GARLIC + GINGER + SOY SAUCE**

tempeh + garlic + lemon + parsley + shallots + white wine

tempeh + garlic + onion + tamari + vinegar

**tempeh + garlic + orange + soy sauce**

tempeh + lemon + mushrooms + shallots

tempeh + maple syrup + mustard

**tempeh + *Russian dressing* + sauerkraut + Swiss cheese** + *sandwiches*

“Tofu, tempeh, seitan are the holy trinity of vegetarianism.…

**Tempeh** is my favorite because it has the most nutrients.”

—BART POTENZA, COFOUNDER, CANDLE 79 (NEW YORK CITY)

“I prefer **soy tempeh** in the summertime, because it pairs well with

lighter flavors like citrus, lemon, white wine. When the weather

cools down in the fall, I prefer **multigrain tempeh** because its earthier

flavor pairs better with the season’s richer flavors of mushrooms and

spices like cinnamon. I really like Surata [brand] tempeh’s texture and

flavor.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

“I prefer **tempeh** to tofu or seitan because it is heartier

stands up to

flavorful sauces like mole the best.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

**Dishes**

**Tempeh Reuben Sandwich: Our version of this classic features Baked Marinated Tempeh, seasoned with Caraway**

**Cumin, Tofu Russian Dressing, Sauerkraut, Lettuce, served**

**on choice of Mixed Grain or Spelt Bread**

—Angelica Kitchen (New York City)

**Feijoadinha with Smokey Tempeh (a lighter version of feijoada, the Brazilian national dish):**

**Stew of Smoky Roasted Tempeh, Black Beans, Chayote Squash, Sweet Potatoes in an**

**Orange-Lime Broth**

—Blossom (New York City)

**Maple Mustard Tempeh Sandwich on Grilled Spelt Bread with Roasted Garlic Aioli, Kale, Tomato, Onion**

—Cinnamon Snail Food Truck (Red Bank, NJ; New York City)

**Tempeh**

**Root Hash: Roasted Sweet Potatoes, Parsnips, Butternut tossed with Baked**

**Tempeh, Sausage, Red Onions, Spinach over Creamy Grits with Sautéed Farm Mizuna**

**and Béarnaise**

—Laughing Seed Café (Asheville, NC)

**Black Garlic**

**Miso Glazed Tempeh: Kim Chee Fried Bhutanese Red Rice, Snap Peas and**

**Edamame, Watercress-Chrysanthemum Green Salad with Yuzu-Ginger Vinaigrette, Toasted**

**Peanuts, Spicy Pickled Thai Chile, Fuyu Persimmon Relish**

—Millennium (San Francisco)

**Creole Tempeh with Blackening Spice Maple Glaze, Creole Pepper**

**Tomato Stew, Garlic**

**Mashed Sweet Potatoes, Sautéed Kale with Caramelized Onions**

**Sea Vegetable, Dijon**

**Cream**

—Millennium (San Francisco)

**Maryland Tempeh Cakes: Freshly Caught Native Tempeh Blended with Red Onion, Peppers, Herbs, Spices, Seared Hot**

**Crisp, Served with a Chipotle Rémoulade**

—Native Foods (multiple locations)

**Ginger Fire Stir-Fry: Seasonal Vegetables, Grilled Tempeh, Udon Noodles, Sesame-Miso**

**Broth**

—Plant (Asheville, NC)

**Thai Tempeh Salad: Mixed Lettuces**

**Herbs, Carrots, Avocado, Red Onion**

**Radish, Cucumber, Peanut-Lime Dressing**

—Plant (Asheville, NC)

**Maple Grilled Tempeh with Charred Brussels Sprouts**

**Turnip Mash**

—Plum Bistro (Seattle)

**Andy’s Favorite “TLT”: Tempeh, Lettuce, Tomato, Avocado, Mayo, Whole-Grain Bread**

—True Food Kitchen (Santa Monica)

**THAI CHILI PASTE, VEGETARIAN**

**What it is:** dried Thai chiles + galangal + garlic + kaffir lime leaf +

lemongrass + salt + shallots + soybean oil + sugar (e.g., palm) + tamarind

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**

**Tips:** Authentic Thai cuisine strives for a balance of hot, salty, sour, and

sweet. Be aware that Thai fish sauce is such a prevalent seasoning that it is

sometimes part of “vegetarian” dishes at Thai restaurants.

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

**THANKSGIVING**

“If you ask people what they love about **Thanksgiving** food, the answer

is usually what we think of as the ‘sides.’ It’s all about the herbs and

spices; the sage in the stuffing

the ginger in the squash; the thyme in

the gravy

the pepper in the potatoes. There are so many ways to

build satisfying flavors for the holiday table. I love a nice centerpiece of

course, perhaps a pot pie or a lentil roast, but I think that making sure

that all of the familiar flavors are present is the most important part of

the holiday table.”

—ISA CHANDRA MOSKOWITZ, AUTHOR OF *ISA DOES IT*

*VEGANOMICON*

**Thanksgiving Dishes**

**Butternut Squash Gnocchi with Pumpkin Seed-Crusted Tofu Medallions**

—Candle Café (New York City)

**Veggie Turkey, Faux Beef Wellington, Pumpkin Ravioli**

—The Chicago Diner (Chicago)

**Thanksgiving Preview: Herb-Crusted Seitan, Rustic Mashed Potatoes, Pan Gravy, Sourdough-Sage Stuffing, Coconut Whipped Yams, Cranberry Relish**

—Madeleine Bistro (Los Angeles)

**THICKENING AGENTS**

When you can’t or don’t want to rely on butter

cream to thicken dishes, consider these options:

agar-agar (although this works better as a gelatin substitute)

arrowroot powder

cornstarch

kudzu root (aka kuzu)

**THYME**

**Season:** summer

**Flavor:** bitter/sweet; aromatic, with earthy/pungent notes of caraway, cloves, flowers, herbs, lemon, mint, orange, and/or pine

**Volume:** moderate–loud

**Tips:** Opt for fresh rather than dried thyme. Add at the end of the cooking

process to retain flavor. Lemon thyme has more citrus notes than regular

thyme.

**Botanical relatives:** basil, lavender, marjoram, mint, oregano, rosemary, sage, summer savory

**Possible substitute:** oregano

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

**CHEESE**, e.g., blue, cheddar, fresh, **goat**, ricotta

chives

*chowders*

**CITRUS**, e.g., **lemon**, orange

corn

*Creole cuisine*

**eggplant**

eggs, e.g., *omelets*

*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**

**wild**

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

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

**Flavor Affinities**

thyme + garlic + lemon + olive oil

thyme + goat cheese + olive oil

thyme + onions + spinach

**thyme + sesame seeds + sumac** *(za’atar)*

**TOFU—IN GENERAL**

[TOH-foo]

**Flavor:** neutral, ranging from delicate to firm in texture

**Volume:** quiet

**What it is:** bean curd made from soybeans

**Nutritional profile:** 50% fats / 38% protein / 12% carbs (raw, firm)

**Calories:** 185 per ½-cup serving (raw, firm)

**Protein:** 20 grams (raw, firm)

**Techniques:** bake (at 350°F for 15 minutes per side), blanch (esp. before

long simmering), boil (10 minutes), braise, broil, crumble, cube, freeze (after

defrosting, chewiness is enhanced), fry, grill (4–5 minutes per side), marinate, pan-sear, puree, roast, sauté, slice, simmer (20 minutes), stir-fry, tempura-fry, toast

**Tips:** Its flavor neutrality is a boon, as tofu readily absorbs the flavors with

which it is cooked. Tofu is solidified using nigari or lemon juice, so flavors

that pair well with lemon often work beautifully. Rinse tofu in cold water

before using, drain well to better allow tofu to absorb seasonings. You

can press out the excess water from tofu by using paper towels

heavy

books or cans, but frequent tofu cooks might consider investing in a tofu

press (e.g., TofuXpress).

**Brands:** The Bridge (Middletown, CT), Fresh Tofu (Allentown, PA), Island

Spring (Vashon Island, WA)

***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**

**honey**

***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**

**Flavor Affinities**

tofu + asparagus + cashews + shiitake mushrooms

tofu + asparagus + sesame

tofu + avocado + brown/sushi rice + nori

tofu + balsamic vinegar + basil + lemon + soy sauce

tofu + black bean paste + mushrooms

tofu + black beans + tomatoes + zucchini

tofu + bok choy + garlic + sesame

tofu + butter + lemon + white wine

tofu + butternut squash + curry + peas

tofu + celery + dill + *mock egg salad* + pickle + red onions + *Vegenaise*

tofu + chiles + garlic + ginger

tofu + cilantro + garlic + mushrooms + peanuts + soy sauce

tofu + coconut milk + curry + peanuts

tofu + coconut milk + ginger + lemongrass

tofu + daikon + ginger + mirin + soy sauce

**tofu + garlic + ginger + honey** + mustard + **soy sauce**

**TOFU + GARLIC + GINGER + RICE VINEGAR + SESAME OIL +**

**SOY SAUCE**

tofu + garlic + herbs + miso + onions

**tofu + garlic +** *kebabs* + **lemon** + rosemary

**tofu + garlic + lemon** + soy sauce

**tofu + garlic + mint**

**tofu + garlic + mushrooms** + spinach

tofu + ginger + honey + peanut butter + sesame oil

**tofu + ginger + miso**

tofu + ginger + orange

tofu + ginger + parsley + soy sauce

tofu + ginger + peanuts

**tofu + ginger + rice** + soy

**tofu + ginger + scallions + tamari**

**tofu + herbs** (e.g., mint, parsley, rosemary) **+ lemon**

tofu + kale + miso + sesame seeds + walnuts

tofu + kombu + miso + shiitake mushrooms + wakame

**tofu + lemon** + miso + **parsley** + sesame

tofu + maple syrup + tamari

**tofu + miso + shiitake mushrooms** + **shiso** + soy sauce

tofu + mushroom + spinach

tofu + pumpkin + tomatoes

tofu + pumpkin seeds + *tortillas*

tofu + snap peas + soba noodles

**Dishes**

**Tofu Scramble: Fresh Tofu sautéed with Onion, Mushrooms, Spinach, Tomatoes, Soy**

**Sausage**

—Blossom (New York City)

**Breakfast Tofudilla: Southwest Seasoned Tofu with Black Bean Chili, Avocado, and**

**Tomatoes, served with Jalapeño Cucumber Relish**

—Canyon Ranch Café (Las Vegas)

**Crispy, Silken Tofu with Georgia Peaches, Red Curry, Pea Blossoms**

—Charlie Trotter’s (Chicago)

**Tofu Schnitzel: Lightly Breaded Pan-Fried Tofu with a Citrus Glaze, served with Sweet and**

**Sour Purple Onion, Caramelized Carrots, House Made Spinach Spaetzle sautéed in**

**Extra-Virgin Olive Oil with Arugula**

**Shallots**

—Laughing Seed Café (Asheville, NC)

**Ma Po Tofu: Spicy Eggplant, Tofu, Chinese Black Beans**

**Red Chili Paste, over Brown**

**Rice**

—Mana Food Bar (Chicago)

**Ranchero Skillet: Tofu with Soy Chorizo, Avocado, Cheese, Spinach Tortilla, Salsa, Tepary**

**Beans** (pictured at right)

—Pomegranate Café (Phoenix)

**Tofu Bruschetta: Slices of 7-Grain Bread topped with Fresh Basil Walnut Pesto, Baked Tofu, Tomato, Almond Sprinkles**

—Sage’s Cafe (Salt Lake City)

**TOFU, FIRM or EXTRA-FIRM**

**Flavor:** neutral, with a texture that is denser

heartier than silken, yet

moister than super-firm tofu

**Volume:** quiet

**Nutritional profile:** 54% fat / 38% protein / 8% carbs

**Calories:** 85 per -block serving (extra-firm)

**Protein:** 9 grams (extra-firm)

**Techniques:** bake, crumble, deep-fry, fry, grate (esp. extra-firm), grill, marinate, pan-fry, roast, sauté, scramble, stir-fry

**Tips:** Marinate overnight or for as long as several days. For a chewier

texture, freeze firm or extra-firm tofu for 24+ hours, then thaw, squeeze

out water in tofu before marinating; the texture can approximate that of

ground beef or chicken in dishes such as vegetarian chili or tacos. Crumble

and season (e.g., with basil, garlic, lemon juice, nutritional yeast, oregano, salt) extra-firm tofu to make a vegan ricotta cheese substitute that can be

used in pastas

on pizzas.

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**

honey

**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

**Flavor Affinities**

(extra-)**firm tofu + basil** + cashews + garlic + **lemon + olive oil**

(extra-)**firm tofu + basil** + garlic + **lemon** + nutritional yeast + **olive oil**

(extra-)firm tofu + bell peppers + *brochettes* + mushrooms + onions

(extra-)firm tofu + capers + lemon + watercress

(extra-)firm tofu + hoisin sauce + sesame oil + sesame seeds + soy sauce

(extra-)firm tofu + honey + soy sauce

(extra-)firm tofu + lemon + sesame oil + soy sauce

“I like **extra-firm tofu** with tapenade

tomatoes. If you put extrafirm

tofu through your food processor, it will come out the texture of

ricotta cheese, you can use it that way in lasagnas

other pasta

dishes.”

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

**TOFU, FROZEN**

**Tips:** Freezing firm or extra-firm tofu changes its texture. Once thawed and

cooked, it has a chewy, meaty texture. Cubed, it approximates the texture of

meat. Crumbled, it approximates the texture of ground beef.

*casseroles*

*pastas*

*pizzas*

*sauces, e.g., tomato*

*stews*

**TOFU, JAPANESE**

**Tip:** Use when you’re looking for the softest texture.

**TOFU, SCRAMBLED**

**Tips:** Substitute crumbled firm or extra-firm tofu for scrambled eggs as a

base to mix in vegetables

seasonings, e.g., avocados, bell peppers, black

beans, cilantro, garlic, mushrooms, onions, parsley, scallions, spinach, tempeh bacon, tomatoes, or vegan sausage. Achieve the yellow hue of

scrambled eggs via nutritional yeast or turmeric.

**TOFU, SILKEN**

**Flavor:** slightly sweet, with a creamy, moist, smooth, custard-like texture

**Volume:** quiet

**Tips:** Puree into sauces

soups to give them a creamy texture. Blend

silken tofu with agave nectar and/or maple syrup plus vanilla for a vegan

topping to enjoy on French toast, pancakes, or waffles—or on desserts. Do

not substitute silken for regular tofu, or vice versa; use the type specified by

the particular recipe.

**Brand:** Mori-Nu Silken Tofu

agave nectar

*cheesecake*

***desserts***

***dips***

***dressings****, e.g., creamy*

maple syrup

*“mayonnaise”*

*mousses*

*pastas, e.g., lasagna*

*puddings*

*raitas*

***salad dressings***

***sauces, esp. creamy****, e.g., alfredo*

***smoothies***

***soups, e.g., creamy, potato***

*“sour cream”*

vanilla

**Flavor Affinities**

silken tofu + cilantro + lime + mint + miso

silken tofu + cucumbers + lemon + mint + sugar

silken tofu + ginger + scallions + soy sauce

**TOFU SKIN (aka YUBA)**

**Flavor:** slightly sweet, with notes of custard, meat, and/or nuts, with a

chewy, tender, custard-like/noodle-like texture

**Volume:** quiet

**What it is:** soymilk skin

**Techniques:** red-braise, sauté (for crispness)

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

**Flavor Affinities**

tofu skin + chiles + orange zest + salt + sesame seeds

**tofu skin** + rice + **soy sauce + wasabi**

**TOFU, SMOKED**

**Flavor:** slightly salty, with notes of bacon, ham, and/or **smoke**, a firm, meaty texture

**Volume:** quieter (slightly smoked)–louder (strongly smoked)

**Calories:** 170 per 100-gram serving

**Protein:** 25 grams

**Techniques:** fry, grill

**Tips:** Substitute for bacon, paneer (in Indian cuisine), smoked meat, or tuna

in dishes. If smoking it yourself, use extra-firm tofu.

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

**Flavor Affinities**

**smoked tofu** + almonds + **avocado** + **romaine** + *salads* + **tomatoes**

smoked tofu + balsamic vinegar + mushrooms + olive oil + spinach

smoked tofu + basil + butternut squash + miso + soba noodles

smoked tofu + basil + pesto + sun-dried tomatoes

smoked tofu + beans + garlic + onions

smoked tofu + *bread* + edamame + red onions + watercress

smoked tofu + *pasta* + spinach

“**Tofu** is so versatile! You can use it as a savory element to make a

mousse or a veggie burger. If you marinate it, you can use it like a

cheese

add it to salads. I add soy milk

silken tofu to polenta, then serve it with broccoli rabe. I like to marinate tofu with turmeric or

with raw onion, sherry vinegar, red or green pepper, soy sauce.

Easiest of all is marinating a whole block of tofu in miso, then baking it

for 20 minutes—it comes out with such a great flavor, is even better

with some brown rice

broccoli rabe.”

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

“Island Spring is the Cadillac of **tofu**. It takes time to develop a great

product, theirs is dense

flavorful

absorbs other flavors well.

… I like to grill my tofu before marinating it, because citrus tears apart

the fiber

makes it impossible to char afterward. Marinating grilled

tofu pushes the flavor of the char

the marinade into the tofu.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

“Our spin on tuna with wasabi is spicy grilled **tofu** taken in a Korean

direction with gochujang, which is the paste used in bibambap. The

gochujang is a little sharp, so we add bean paste for a sweet balance that

is turned into a glaze to finish the tofu.”

—RICH LANDAU

KATE JACOBY, VEDGE (PHILADELPHIA)

“We season Wildwood organic sprouted **tofu** for our Ranchero Skillet

with chipotle powder, curry powder, nutritional yeast, salt, and

turmeric.” (pictured on here)

—CASSIE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

“I make my own **smoked tofu** after marinating tofu in tamari, sesame

oil, agave [nectar]

baking it. It doesn’t need more than 45 to 60

minutes in the smoker. I’ve added smoked tofu to spinach salad with

orange-miso dressing.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

**Dishes**

**Wilted Spinach, Smoked Tofu, Pecans, Cranberries, Red Onion, Balsamic Vinegar**

—True Bistro (Somerville, MA)

**BLT: House-Smoked Tofu, Boston Lettuce, Fresh Tomato, Ciabatta Roll**

—True Bistro (Somerville, MA)

**Salt Roasted Gold Beets, Avocado, Smoked Tofu, Rye, Capers, Creamy Cucumber**

—Vedge (Philadelphia)

**TOFU, SOFT**

**Tips:** Soft tofu is halfway between firm

silken tofu. Crumble to use.

*“cottage cheese”*

*“cream cheese”*

*dips*

*pastas, e.g., lasagna, manicotti*

*“ricotta”*

*salad dressings*

*sauces*

*scrambles*

*smoothies*

*soups*

**TOFU, SUPER-FIRM**

**Flavor:** neutral, with a very dense, meaty texture akin to that of chicken, crab, or fish

**Techniques:** bake, fry, grate, grill, marinate, roast, shred, simmer, smoke

**Nutritional profile:** 46% fat / 41% protein / 13% carbs

**Calories:** 100 per one 80-gram serving

**Protein:** 10 grams

**Tips:** Often labeled “high protein” tofu. Opt for this version when there’s no

time for pressing, as it requires only draining.

**Brands:** Wildwood

*“chicken nuggets”*

*“crabcakes”*

*“jerky”*

*kebobs*

*ma po tofu, vegetarian*

*“panir” in Indian dishes, e.g., curries, tikka masalas*

*“quiches”*

*smoked tofu*

*stir-fries*

**TOMATILLOS**

[toh-mah-TEE-yohz]

**Season:** spring–summer

**Flavor:** sour/sweet, with notes of fruits (e.g., lemons, plums), herbs, and

green tomatoes

**Volume:** moderate–loud

**Nutritional profile:** 66% carbs / 27% fats / 7% protein

**Calories:** 20 per ½-cup serving (diced, raw)

**Protein:** 1 gram

**Techniques:** grill, puree, raw

**Tip:** Balance their sourness with salt

sweetness.

**Botanical relatives:** bell peppers, chiles, eggplant, gooseberries (which share

a similar husk), potatoes, tomatoes

**AVOCADOS**

basil

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

*chilaquiles*

**CHILES**, e.g., ancho, chipotle, green, guajillo, jalapeño, poblano, serrano

**CILANTRO**

**corn**

cucumbers

cumin

eggs

*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

**Flavor Affinities**

**tomatillos + avocados + lime**

tomatillos + avocados + pumpkin seeds

tomatillos + bell peppers + chiles + onions

**TOMATILLOS + CHILES (e.g., jalapeños) + CILANTRO** + onions

**TOMATILLOS + CHILES + CILANTRO** + garlic + **red onions** + vinegar

tomatillos + chiles + cilantro + mango

**tomatillos + chiles** + corn + **lime**

**tomatillos + chiles + lime** + mint

**tomatillos + cilantro + garlic** + green bell peppers + onions

**tomatillos + cilantro + garlic + lime** + olive oil

**tomatillos + cilantro + lime**

**tomatillos + jalapeños + lime + onions**

**TOMATOES, TOMATO JUICE, TOMATO PASTE, and**

**TOMATO SAUCE**

**Season:** summer–autumn

**Flavor:** sweet/sour

**Volume:** moderate

**What they are:** technically a fruit; generally considered a vegetable

nutritionally

**Nutritional profile:** 79% carbs / 12% protein / 9% fats

**Calories:** 35 per 1-cup serving (chopped, raw)

**Protein:** 2 grams

**Techniques:** bake, broil, confit, fry, grill, juice, puree, raw, roast, sauté, stew, stuff, sun-dry

**Botanical relatives:** bell peppers, chiles, eggplant, gooseberries, potatoes, tomatillos

**Brands:** When fresh tomatoes are out of season or when you otherwise need

them, look for Muir Glen (fire-roasted) or San Marzano canned tomatoes.

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*

butter

**capers**

caraway seeds

***casseroles***

**cauliflower**

cayenne

**celery**

celery seeds

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

**CHEESE**, e.g., blue, Cabrales, **cheddar**, cottage, **FETA**, **GOAT**, Gorgonzola, Gruyère, **MOZZARELLA, PARMESAN,** pecorino, **ricotta**, ricotta salata

chervil

**chickpeas**

**CHILES**, e.g., jalapeño; chili pepper flakes

chili pepper sauce

*chili, vegetarian*

**CHIVES**

*chutneys*

**cilantro**

cinnamon

**coriander**

**corn**

**couscous**

**cream**

**CUCUMBERS**

**cumin**

***curries***

**dill**

**EGGPLANT**

**eggs**, e.g., *frittatas, omelets*

*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**

**Flavor Affinities**

tomatoes + avocados + chiles + cilantro + garlic + scallions + vinegar

**tomatoes + balsamic vinegar + basil** + garlic + olive oil + *sauces*

**tomatoes + balsamic vinegar + basil** + mozzarella

tomatoes + basil + cashews + **goat cheese** + olive oil + watermelon

**TOMATOES + BASIL + MOZZARELLA CHEESE**

**tomatoes + basil + olive oil**

**tomatoes + basil + Parmesan cheese**

**tomatoes + bell peppers + cucumbers + olive oil + onions + vinegar**

tomatoes + chiles + cilantro + garlic + lime + onions

tomatoes + chiles + garlic + oil + onions + *salsas* + salt

tomatoes + chipotle chiles + cilantro + lime

tomatoes + cucumbers + garlic + green bell peppers

tomatoes + feta cheese + marjoram

tomatoes + garlic + oregano

tomatoes + lemon + mint

tomatoes + *pesto* + pine nuts + ricotta

tomatoes + sesame oil + shiso + tofu

“The best way to treat **tomatoes** is to never wash them because they get

waterlogged—and never refrigerate them because they get mealy and

grainy.”

—CHRISTOPHER BATES, HOTEL FAUCHÈRE (MILFORD, PA)

**Dishes**

**Heirloom Tomato Salad: Grilled Melon, Cucumbers, Tomato Water**

—Blue Hill (New York City)

**Heirloom Tomato Salad: Opal Basil, White Balsamic, Burrata Cheese**

—Café Boulud (New York City)

**Sweet Pickled Baby Tomatoes with Iced Tomato Water: Parmesan, Cucumber, Eggplant, Celery**

—Fearrington House (Fearrington Village, NC)

**Heirloom Tomato Lasagna, Pistachio Pesto, Red Pepper Marinara, Pine Nut Ricotta**

—M.A.K.E. (Santa Monica, CA)

**TOMATOES, GREEN**

**Techniques:** fry, grill

bell peppers

**cheese**, e.g., burrata, feta, **Parmesan**

chives

corn

**cornmeal**

dill

eggs, e.g., *frittatas*

mustard

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

onions, e.g., red

parsley

**pepper, black**

*salsas*

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

savory

scallions

*soups*

*tomatoes, fried green*

**Flavor Affinities**

green tomatoes + burrata cheese + mustard + olive oil

**TOMATOES, SUN-DRIED (or OVEN-DRIED**

**TOMATOES)**

**Flavor:** salty/slightly sweet, with intense tomato notes, a chewy texture

**Volume:** loud–very loud

**Tip:** To soften, soak in boiling water for 60 seconds before draining and

cooling.

**Brand:** Mediterranean Organic

almonds

**artichokes**

**artichoke hearts**

arugula

asparagus

**BASIL**

bay leaf

beans, e.g., white

bell peppers

*bread, e.g., whole-wheat*

capers

cashews

*casseroles*

**CHEESE**, e.g., **chèvre**, feta, **goat**, mozzarella, Parmesan, ricotta

chickpeas

**chiles**, e.g., jalapeño, red

chili pepper flakes

*dips*

**EGGS**, e.g., *frittatas, omelets*

*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

**Flavor Affinities**

sun-dried tomatoes + artichokes + feta cheese

**SUN-DRIED TOMATOES + BASIL + GARLIC + OLIVE OIL**

**sun-dried tomatoes + basil + herbs** (e.g., rosemary, thyme) **+ olive oil**

sun-dried tomatoes + capers + garlic + goat cheese + oregano

sun-dried tomatoes + goat cheese + *pesto* + pine nuts

sun-dried tomatoes + olive oil + oregano + red onions

**Dishes**

**Fried Green Tomatoes with Green Goddess Dressing**

**Feta**

—FnB (Scottsdale, AZ)

**TRAIL MIX**

**TRAIL BARS**

**Tips:** Use only unsalted raw nuts

unsweetened organic fruit. If nuts are

roasted, opt for dry roasted rather than oil roasted.

“We make **[trail] bars** that combine unsulfured dried fruits, nuts, and

spices to sweeten

spice a tasty blend of organic whole grains. Our

top flavors are based on apricot, cashew, turmeric; almond, cacao, and coconut; date, ginger, sesame seeds;

cinnamon, prune, and

walnut.”

—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

**TRITICALE**

[trit-ih-KAY-lee]

**Flavor:** slightly sweet, with earthy notes of nuts, a chewy texture

**Volume:** moderate–loud

**What it is:** whole grain (a hybrid of rye

wheat)

**Gluten:** yes

**Nutritional profile:** 82% carbs / 13% protein / 5% fats

**Calories:** 325 per ½-cup serving

**Protein:** 12 grams

**Techniques:** pressure-cook, simmer (30-40 minutes), toast

**Timing:** Cook presoaked triticale about 15–20 minutes, covered.

**Botanical relatives:** barley, corn, rye, spelt, wheat

**Possible substitutes:** rye berries, wheat berries

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

basil

*casseroles*

*cereals, e.g., muesli*

chard

cheese, e.g., Parmesan

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

**Flavor Affinities**

triticale + cilantro + garlic + ginger + peanuts + scallions + sesame oil

triticale + garlic + mushrooms + olive oil + Parmesan cheese + parsley +

vinegar

**TRUFFLES, AUSTRALIAN**

**Season:** winter (in Australia, so they’re shipped to North America June–

September)

**Flavor:** umami

**Volume:** moderate–**loud**

**What they are:** black truffles that have been cultivated in Australia since

1999

**Tip:** Use like other black truffles (see below).

“**Australian black truffles** are already the equal of other [e.g., French]

black truffles in terms of aroma

flavor

continue to develop a

stronger, longer-lasting flavor every year. Plus, it’s fun to use truffles in

the summer [which is Australia’s winter]—their earthiness is an

amazing complement to the sweetness of corn agnolotti.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

**TRUFFLES, BLACK**

**Season:** autumn–**winter**

**Flavor:** aromatic, with earthy notes of cheese, chocolate, mushrooms, and/or

smoke

**Volume:** moderate–**loud**

**Tips:** Shave on top of dishes to finish them. Allow truffles to permeate

ingredients (e.g., rice) for 24+ hours before serving.

**Botanical relative:** mushrooms

celery root

cheese, e.g., Castelmagno

chives

cream

**EGGS, e.g., scrambled**

***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)**

**Flavor:** aromatic

**Volume:** quieter–louder

**Botanical relatives:** European truffles

butter

celery root

cheese, e.g., goat, smoked gouda

eggs

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

“**Oregon white truffles** are at least as good as their Italian cousins.”

—JAMES BEARD (1983)

**TRUFFLES, WHITE**

**Season:** autumn

**Flavor:** aromatic, with earthy notes

**Volume:** moderate–very loud

**Tips:** Consider storing truffles in a closed jar of rice to capture their aroma

and flavor. Do *not* cook—shave over finished dishes at the last possible

moment.

**Botanical relatives:** mushrooms

butter

**cheese, e.g., Fontina, Parmesan**

**eggs, esp. *scrambled***

*fonduta*

***ITALIAN CUISINE***

mushrooms, e.g., porcini

oil, olive

parsley

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

polenta

potatoes

rice, e.g., Arborio

***RISOTTOS***

**Flavor Affinities**

white truffles + eggs + *fonduta* + Fontina cheese + milk

white truffles + Parmesan cheese + potatoes

“I never saw anyone use **white truffles** in a traditional Japanese

restaurant in Kyoto. But I love seeing how popular they are here, I

am already planning to feature them on our seasonal menu in November.

Last November, I served deep-fried sushi rolls flavored with miyoga

ginger, with shaved truffles on top.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**TURKISH CUISINE**

**Techniques:** fry, grill, roast

artichokes

beans, e.g., fava, green

bell peppers

bulgur

carrots

cheese, e.g., feta, goat, sheep’s milk, white

chickpeas

chiles

chili pepper flakes

cinnamon

cloves

cucumbers

cumin

dill

**EGGPLANT**

**garlic**

grape leaves

honey

**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

**Flavor Affinities**

bulgur + mint

dill + garlic + lemon + scallions

dill + yogurt + zucchini

eggplant + garlic + onions + parsley + tomatoes

**TURMERIC (see also CURRY POWDER, which contains**

**turmeric)**

[TER-mer-ic]

**Flavor: bitter**/sweet, with earthy/pungent notes of ginger, orange, and/or

pepper

**Volume: moderate**–loud

**Tip:** Used to add its characteristic yellow/orange color to curries, mustard, tofu scrambles, other foods as much as its flavor.

**Botanical relative:** ginger

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*

eggs, e.g., *deviled eggs, egg salads, omelets*

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

**Flavor Affinities**

turmeric + basmati rice + dried fruit + garlic + lemon + pistachios + scallions

turmeric + black pepper + lemon juice + olive oil

turmeric + carrots + chickpeas + cinnamon + couscous + saffron + zucchini

turmeric + cilantro + cumin +

garlic + onion + paprika + parsley + pepper

turmeric + coriander + cumin

**TURNIPS (see also GREENS, TURNIP)**

**Season: autumn**–winter

**Flavor:** sweet (esp. in autumn/winter), with pungent notes of cabbage, mustard, nuts, and/or pepper

**Volume:** moderate (e.g., younger and/or cooked)–loud (e.g., older and/or

raw)

**What they are:** root vegetable

**Nutritional profile:** 88% carbs / 9% protein / 3% fats

**Calories:** 35 per 1-cup serving (cooked, cubed)

**Protein:** 1 gram

**Techniques:** bake (at 400°F for about 40 minutes for sliced turnips, 60–

90 minutes for whole), boil (about 10–15 minutes), braise, broil, deep-fry, glaze, grate, mash (esp. with potatoes), pickle, pressure-cook (2–8 minutes), puree, raw, roast, sauté, simmer, steam (5–20 minutes, depending on whether

sliced or whole), stew, stir-fry, stuff, tempura-fry

**Tips:** Peel before using. Cook only until tender; do not overcook.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, horseradish, kale, kohlrabi, land cress, mustard, radishes, rutabagas, watercress

**Possible substitute:** Can substitute for rutabagas in many dishes; see also

tips for rutabagas.

allspice

almonds

anise seeds

apples

apple cider

apricots, dried

basil

bay leaf

***bread***

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

broccoli

broccoli rabe

**butter**

cabbage

caraway seeds

**CARROTS**

celery, celery leaves, celery root

cheese, e.g., blue, cheddar, Gorgonzola, Gouda, **Gruyère**, **Parmesan**

chili pepper flakes

**chives**

cilantro

cinnamon

citrus, e.g., zest

couscous

**cream**

curry powder

**dill**

***French cuisine***

**GARLIC**

ghee

**ginger**

***gratins***

**GREENS, e.g., TURNIP**

honey

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

**Flavor Affinities**

turnips + almonds + balsamic vinegar

turnips + basil + black pepper + lemon

turnips + caraway seeds + carrots

turnips + carrots + greens

turnips + carrots + lentils

turnips + carrots + potatoes

turnips + garlic + leeks + rutabagas + thyme

turnips + ginger + orange + rosemary

turnips + greens + lemon + pine nuts

turnips + *gratins* + Gruyère cheese + thyme

turnips + leeks + miso

turnips + maple syrup + parsley

turnips + mirin + miso + scallions + sesame seeds

turnips + *pasta* + turnip greens

turnips + potatoes + rutabagas

turnips + potatoes + tarragon + tomatoes

**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

cheese, aged, e.g., blue, Gruyère, Parmesan, Roquefort

*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

**VANILLA**

**Flavor:** bitter/slightly sweet; aromatic, with rich notes of cream

hints of

smoke

**Volume: quiet**

**Botanical relative:** orchids (which are inedible)

apples

apricots

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

bananas

beans, e.g., green

beets

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

*beverages, e.g., eggnogs*

brandy

butter

cardamom

*cheesecake*

cherries

chiles

**CHOCOLATE**

**cinnamon**, e.g., Ceylon

cloves

**coffee**

**cream**

***DESSERTS****, e.g., custards, \*****ICE CREAM***

eggs

*French toast*

**FRUITS**, e.g., poached

ginger

honey

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**

**Flavor Affinities**

vanilla + almond milk + almonds + maple syrup + rice

vanilla + apples + cinnamon

vanilla + apples + lemon

vanilla + chocolate + cinnamon

vanilla + honey + pears + yogurt

“The combination of **vanilla** with Ceylon cinnamon is potent and

delicious.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

**VEGETABLES, ROOT (see ROOT VEGETABLES)**

**VEGGIE BURGERS**

There are almost as many versions of veggie burgers as there are vegetarian

chefs! Play with your favorite combination of whole grains, legumes, mushrooms, nuts, seeds, and/or vegetables to come up with your own.

“I developed a **veggie burger** from brown rice, chickpeas, lentils, and

mushrooms for a restaurant project outside Mélisse—but I’ve used the

same combination as a ‘sausage’ in a bean

portobello mushroom

cassoulet. There’s no casing—the broken rice serves as the binder, I

wrap it in plastic wrap

steam it before finishing it in a pan to give it

a crust.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

“We serve three different **veggie burgers**. My favorite is the Follow

Your Heart burger, which is a meatlike soy-based patty. My second

favorite is the Nut Burger Supreme, which is based on nuts and

vegetables

topped with lettuce, rennetless cheddar cheese, tomatoes, mushrooms, onions, sauerkraut, Vegenaise, carrot shreds. It’s not a

cohesive patty, but more like a pâté, that’s been heated on the grill so

that it squeezes out as you take a bite. We also offer a Multi-Grain

Mushroom burger, which is somewhat similar in texture to the nutburger

and based on brown rice, wheat berries, barley, lentils, mushrooms, and

herbs.”

—BOB GOLDBERG, FOLLOW YOUR HEART (LOS ANGELES)

**Dishes**

**118 Bristol Sliders: Marinated Portobello Mushrooms, Tomato, Spinach, Garlic Crème**

**Sauce, Basil Aioli on a Buckwheat Bun**

—118 Degrees (California)

**Loaded Southwest Vegetarian Burger: Spicy Veggie Burger Patty Home-made with Fresh**

**Vegetables, Certified Gluten-Free Oats**

**Pumpkin Seeds, served on a Whole-Wheat Roll**

**with Avocado**

**Pico de Gallo**

—Canyon Ranch (Lenox, MA)

**Homemade Southwestern Black Bean**

**Roasted Sweet Potato Burger on Toasted Bun with**

**Guacamole**

**Salsa**

—Garden Café (Woodstock, NY)

**Green Lentil**

**Butternut Squash Burger: Pumpkin Seed-Crusted Vegetable Burger Made**

**with Green Lentils, Butternut Squash, Quinoa, Green Cabbage, Caramelized Onion, Carrot, and Spices**

—Great Sage (Clarksville, MD)

**Mana Slider: Brown Rice**

**Mushroom Burger, with Spicy Mayo**

—Mana Food Bar (Chicago)

**Millet**

**Quinoa Burger with Orange Slices, Cilantro, Fried Shallots, Mint Pesto, Beet-**

**Root Chips**

—Plum Bistro (Seattle)

**Oven Broiled Lentil Burger with Tomatoes, Charred Beet Leaves, Fried Shallots, Dill Aioli, and Yam Chips**

—Plum Bistro (Seattle)

**Fresh Herb Grilled Seitan Steak Burger with Charred Beet Leaves, Shaved Carrots, Fried**

**Shallots, Winter Squash Chips**

—Plum Bistro (Seattle)

**Buffalo Portobello Burger: Deep Fried Panko-Coated Portobello, Dipped in Buffalo Hot**

**Sauce, with Vegan Ranch, Grilled Onions, Cucumber, Mixed Greens, French Fries**

—Plum Bistro (Seattle)

**House-Made Beet Burger, Fresh-baked Rosemary Focaccia Bun, Carrot Aioli, Arugula, Red**

**Onions**

**Tomato Confit, with or without Cashew Cheese**

—Portobello (Portland, OR)

**Root Burger: House-made Black Bean**

**Quinoa Burger with Boston Lettuce, Tomato, Crispy Onions, Garlic Aioli, served with side of Dressed Greens or Herbed Fries**

—Root (Allston, MA)

**VERJUS**

[vair-ZHOO]

**Flavor: sour**/sweet, often with notes of fruit

**Volume:** varies, from quiet to moderate-loud

**What it is:** juice from unripe (i.e., low-sugar, high-acid) red or white grapes

**Tips:** Substitute white verjus for citrus (e.g., lemon, lime)

red verjus for

red wine vinegar when looking to add a quieter acid to a dish or when

looking to pair the dish with wine (as it’s more wine-friendly than vinegar).

In general, opt for white verjus with quieter or lighter ingredients, and

earthy red verjus with louder or darker ingredients. Look for verjus from

American wineries coast to coast, e.g., Navarro (CA) to Wölffer Estate

(NY), as well as the French producer Roland.

apples

arugula

beets

cheese, e.g., Parmesan

*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*

**Flavor Affinities**

verjus + apples + grapes

verjus + arugula + olive oil + Parmesan cheese

verjus + beets + olive oil + thyme

verjus + garlic + olive oil + shallots

verjus + pears + salad greens

**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

**Flavor Affinities**

cabbage + cashews + rice noodles + salad greens + tofu

**VINEGAR—IN GENERAL (see also specific vinegars)**

**Flavor:** ranges from slightly to very sour

**Volume:** ranges from quieter–louder

**Nutritional profile:** virtually 100% carbs

**Calories:** 25 (cider, wine)–100 (balsamic) per ½ cup

**Tip:** Can act as a flavor enhancer to many dishes

**Possible substitutes:** lemon juice, lime juice, tamarind paste, verjus, wine

“I love fancy **vinegars**! I will use a few drops of champagne or sherry

vinegar to finish a dish.”

—MOLLIE KATZEN, BESTSELLING AUTHOR OF COOKBOOKS SUCH AS *THE HEART*

*OF THE PLATE*

**VINEGAR, APPLE CIDER (aka VINEGAR, CIDER)**

**Flavor: sour**/slightly sweet, with fruity notes of apple and/or honey

**Volume:** quiet–**moderate-loud**

**What it is:** made from fermented apple juice

**Tip:** Opt for unfiltered, organic cider vinegar.

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**

**Flavor:** sour/sweet, with great complexity, a rich, slightly syrupy texture

**Volume:** moderate–loud

**Tips:** The best is aged, expensive—but worth every penny. Balsamic

vinegar can be used without oil as a low-fat dressing. Add it at the end of

cooking (never boil!), or use it to finish a dish just before serving, especially

when you want a sweet, low-acid vinegar. Opt for white balsamic vinegar

(e.g., with grapeseed oil) when a lighter flavor (or color) is desired.

**Possible substitutes:** none or, in a pinch, perhaps sherry vinegar

beets

butter, brown

*cakes*

**cheese**, e.g., goat, mozzarella, Parmesan, ricotta

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

**Flavor Affinities**

balsamic vinegar + beets + fennel + orange

balsamic vinegar + garlic + olive oil + scallions

**balsamic vinegar** + honey + **mascarpone/ricotta + strawberries**

“I use **white balsamic vinegar** whenever I want to bring a little

sweetness to a dish, such as bitter greens or braised kale.”

—JOSIAH CITRIN, MÉLISSE (SANTA MONICA)

**VINEGAR, BANYULS**

**Flavor:** sour/sweet, with complex notes of berries, ginger, honey, nuts

(almonds, walnuts), plums, and/or vanilla, a rich texture

**Volume: quiet**–moderate

**What it is:** made from Grenache grapes used in making Banyuls dessert wine

**Possible substitutes:** red wine vinegar (e.g., in deglazing), sherry vinegar

barley

beans

cheese, e.g., blue, goat

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

**Dishes**

**Sorbello Farms Organic Field Greens with Banyuls Vinaigrette**

—Picholine (New York City)

**VINEGAR, BEER**

**Flavor:** sour, with notes of malt

**Volume:** moderate–loud

cheese, esp. soft, e.g., burrata

oil, e.g., olive

*salads*

vegetables

watercress

**VINEGAR, BROWN RICE (aka CHINESE BLACK**

**VINEGAR)**

**Flavor:** sour to very sour/sweet, with complex notes of fruit, **smoke**, and/or

Worcestershire sauce

**Volume:** moderate–loud

**Tip:** Think of it as the balsamic vinegar of Asia.

**Possible substitute:** balsamic 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

**Flavor Affinities**

Chinese black vinegar + Asian noodles + soy sauce

“We like using **black vinegar** in our Chinese dishes, because the flavor

is really interesting. We created a grilled zucchini hors d’oeuvre that was

marinated in sesame oil

black vinegar; then we upped the flavor

with a mushroom XO sauce.”

—RICH LANDAU

KATE JACOBY, VEDGE (PHILADELPHIA)

**VINEGAR, CHAMPAGNE**

**Flavor:** sour, with crisp notes of grapes, light-bodied

**Volume: quiet**–moderate (and one of the quietest vinegars available)

**Tip:** As one of the most delicate vinegars, it is mild enough to be used

without oil as a salad dressing.

**Possible substitutes:** cider vinegar, rice vinegar, white wine vinegar

(although none are as quiet)

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

honey

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, CIDER (see VINEGAR, APPLE CIDER)**

**VINEGAR, COCONUT**

**Flavor:** sour, with notes of yeast

**Volume:** moderate–loud

*curries*

*Filipino cuisine*

rice

*Southeast Asian cuisines*

*stir-fries*

**VINEGAR, QUINCE**

**Flavor: sour**/sweet, with notes of apples, pears, and/or quince

**Possible substitute:** apple cider vinegar

apples

artichokes, Jerusalem

*baked goods, e.g., pastries*

berries, e.g., strawberries

cabbage, e.g., braised

celery root

cheese, e.g., hard

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)**

**Flavor:** sour–very sour

**Volume:** moderate (e.g., young)–loud (e.g., aged)

**Tip:** Red wine vinegar can stand up to spices

stronger herbs.

**Possible substitutes:** balsamic vinegar, sherry vinegar, white wine vinegar

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

**Flavor Affinities**

**red wine vinegar** + black pepper + **garlic** + mustard + **olive oil**

**VINEGAR, RICE (WINE)**

**Flavor:** slightly sour/slightly sweet

**Volume: quiet** (e.g., white)–moderate (e.g., brown)

**What it is:** vinegar made from fermented rice (and not rice wine, despite its

common moniker)

**Tip:** Mild enough to be used without oil as a salad dressing.

**Possible substitutes:** apple cider vinegar (+ sweetener), champagne vinegar, white wine vinegar

***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

**Flavor Affinities**

rice vinegar + Asian noodles + ginger

rice vinegar + chili pepper flakes + sugar + tamari

rice vinegar + ginger + soy sauce

rice vinegar + lime juice + soy sauce

rice vinegar + mirin + soy sauce + yuzu

**rice vinegar + salt + sugar**

rice vinegar + sesame oil + soy sauce

**VINEGAR, SHERRY**

**Flavor: sour/sweet**, with complex notes of caramel, flowers, grapes, and/or

nuts, with a smooth texture

**Volume:** moderate–**loud**

**Possible substitutes:** balsamic vinegar, red wine vinegar, rice vinegar

beans

beets

butter

**cheese**, e.g., blue, mozzarella

citrus, e.g., grapefruit, lemon, lime, orange, tangerine; juice, zest

eggs, e.g., *frittatas*, hard-boiled, *tortillas*

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

“A good **sherry vinegar** makes your mouth water in a way that not even

a white wine vinegar or balsamic vinegar can. I love using it with extravirgin

olive oil, for marinades.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**VINEGAR, UMEBOSHI PLUM (or UME PLUM)**

**Flavor: sour/salty,** with fruity notes of lemon

**Volume:** moderate

**Tip:** While not technically a vinegar, umeboshi brine may be substituted for

vinegar

salt as an instant flavor enhancer.

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**

**Flavor:** sour/sweet

**Volume:** quiet–moderate

**Tip:** Opt for white wine vinegar for lighter-colored foods (e.g., cauliflower), as red wine vinegar may affect their color.

**Possible substitutes:** champagne vinegar, cider vinegar, rice wine vinegar

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**

**Flavor:** sour, with notes of fruit (e.g., grapes)

**Volume:** quiet–moderate

**Tip:** Opt for high-quality, unpasteurized red or white wine vinegar.

**Possible substitute:** cider vinegar

berries

fruit

***marinades***

melon

***salad dressings***

*salads*

*salsas*

*sauces*

*stews*

**VITAMIX**

**What it is:** a high-performance blender that is the price of a used car, with a

motor that’s just as powerful as one

**Tips:** Consider making this investment—it’s truly more than a blender! Just

a sampling of what you can make: batters, dips, doughs, dressings, flours

(i.e., by grinding grains), juices, milks, nut butters, purees (e.g., vegetables), salad dressings, sauces

dipping sauces, smoothies, soups, sorbets, and

spreads.

“Four kitchen tools I would never want to be without are my **Vitamix**, spiralizer, dehydrator, deep fryer.”

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

**WAKAME (FRESH**

**DRIED)**

**Season:** winter–spring

**Flavor:** salty/sweet/umami, with notes of the sea, a slippery, chewy

texture

**Volume:** quiet–moderate

**What it is:** sea vegetable

**Nutritional profile:** 72% carbs / 16% protein / 12% fats

**Calories:** 5 per 2-tablespoon serving (raw)

**Tips:** Rinse first, then soak in cool water (just a few minutes for fresh, and

20–30+ minutes for dried) before using. Note that dried wakame may

expand tenfold or more upon being reconstituted. Cook only briefly, about 5

minutes. Add to dishes shortly before serving.

**Brand:** Eden Foods

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

**Flavor Affinities**

**wakame + cucumbers + orange**

**wakame + cucumbers + rice vinegar** + sesame seeds + tamari

wakame + lemon juice + sesame oil + soy sauce

wakame + sea salt + sesame seeds

“The first time I ever cooked **wakame**, I just dumped the whole bag in a

pot, covered it with water, turned it on to boil, left the kitchen. I

didn’t know that seaweed expands seven times its size—so I was

shocked to return to find it heaving over the pot

my stove like a

monster!”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

**Dishes**

**Soba-Wakame Rolls in Togarashi Aioli**

**Maple Teriyaki**

—Cal-a-Vie (Vista, CA)

**WALNUTS**

**Season:** autumn

**Flavor:** slightly sweet to bitter, with earthy notes of butter, cream, and/or

nuts (and astringent notes from the skins), a rich, crunchy texture

**Volume: quiet**–moderate

**What’s healthful about them:** omega-3 fatty acids

**Nutritional profile:** 83% fats / 9% carbs / 8% protein

**Calories:** 185 per 1-ounce serving

**Protein:** 4 grams

**Tip:** Opt for black, dried walnuts.

**Botanical relatives:** other tree nuts

**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

butter

cabbage

**caramel**

**carrots**

**celery**

celery root

*cereals, hot*

**chard**

**CHEESE, e.g., BLUE**, Camembert, cheddar, cream, feta, **GOAT**, **Gorgonzola**, Monterey Jack, manchego, Parmesan, pecorino, **ricotta**, Roquefort, sheep’s milk, Stilton

**cherries**, e.g., dried, sour

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

cinnamon

coconut

coffee

couscous

**cranberries**

cream

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

**HONEY**

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**

**Flavor Affinities**

walnuts + apples + beets + *salads*

walnuts + apples + cinnamon

walnuts + apples + wheat berries

walnuts + artichoke hearts + couscous

walnuts + arugula + beets + feta cheese

walnuts + arugula + *pesto*

walnuts + basil + eggplant

walnuts + beets + spinach

walnuts + (roasted) bell peppers + garlic + parsley + *pasta*

walnuts + blue cheese + endive

**walnuts + blue cheese + onions**

walnuts + bread crumbs + garlic + olive oil + Parmesan cheese

walnuts + bread crumbs + pomegranate molasses + roasted (bell) peppers

**walnuts + butternut squash + sage**

walnuts + carrots + raisins

**WALNUTS + CHEESE** (e.g., blue, goat, Parmesan) + **FRUIT** (e.g., apples, dates, figs, pears)

**walnuts + cranberries** + ginger + **orange** + vanilla

walnuts + dill + dulse + lemon

walnuts + endive + Roquefort cheese

walnuts + figs + honey + yogurt

**walnuts + figs + frisée + Gorgonzola cheese + walnut oil**

walnuts + garlic + *pasta* + raisins

**walnuts + garlic + tamari**

walnuts + goat cheese + honey

walnuts + mascarpone + *pasta* + sage

walnuts + molasses + vanilla

walnuts + mushrooms + thyme

**WASABI**

[wah-SAH-bee]

**Flavor:** very hot/slightly sweet, with pungent notes of horseradish and/or

nuts

**Volume:** very loud

**What it is:** Japanese horseradish

**Nutritional profile:** 83% carbs / 12% protein / 5% fat

**Tips:** Add toward the end of cooking, or serve with chilled foods.

**Botanical relative:** cabbage

*Asian cuisines*

**avocados**

*cold dishes*

eggs, hard-boiled

**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

“Shojin cuisine [developed in Zen Buddhist monastaries] prohibits

garlic, which has a strong, long-lasting flavor that can overpower other

flavors, even affecting the flavor of the next course—or the next day!

**Wasabi** is also strong, but its flavor evaporates quickly.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

**WATER CHESTNUTS**

**Season:** year-round

**Flavor:** slightly sweet, with notes of apples and/or Jerusalem artichokes, and

a crunchy, juicy texture

**Volume:** quiet

**Nutritional profile:** 95% carbs / 4% protein / 1% fat

**Calories:** 60 per ½-cup serving (sliced, raw)

**Protein:** 1 gram

**Techniques:** bake, boil, braise, deep-fry, fry, raw, sauté, steam, stir-fry

**Tip:** If using canned water chestnuts for convenience, blanch in boiling

water before using.

*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

**Flavor Affinities**

water chestnuts + Asian noodles + peanut sauce

water chestnuts + shiitake mushrooms + sugar snap peas

**WATERCRESS (see also LAND CRESS)**

**Season:** late spring–summer

**Flavor:** bitter, ranging from mild to hot, with pungent notes of mustard

and/or pepper, a delicate yet crunchy texture

**Volume: moderate**–loud

**What it is:** green leafy vegetable

**Nutritional profile:** 51% protein / 41% carbs / 8% fats

**Calories:** 5 per 1-cup serving (chopped, raw)

**Protein:** 1 gram

**Techniques:** Although watercress can be quickly steamed or stir-fried (which

brings out its sweetness), it is best served raw.

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard

greens, horseradish, kale, kohlrabi, land cress, mustard, radishes, rutabagas, turnips, watercress

**almonds**

**apples**

asparagus

**avocado**

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

**BEETS**

bell peppers, esp. red

butter

buttermilk

carrots

**CHEESE, e.g., blue**, cheddar, cottage, cream, feta, goat, Gruyère, Monterey

Jack, pecorino, ricotta, ricotta salata, sheep’s milk, white

chicory

chiles, e.g., jalapeño

*Chinese cuisine*

chives

cilantro

citrus

**cream**

**cucumbers**

currants

dill

**EGGS**, e.g., fried, *frittatas*, hard-boiled, *omelets,* poached, scrambled

**endive**

**fennel**

**garlic**

**ginger**

grains, whole

grapefruit

greens, milder salad

honey

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

**Flavor Affinities**

**watercress + almonds + balsamic vinegar + strawberries**

watercress + apples + beets

watercress + asparagus + poached egg

**watercress + avocado + grapefruit**

**watercress + beets + cheese** (e.g., goat, pecorino) + walnuts

watercress + beets + egg salad

watercress + beets + mustard

watercress + blood orange + ricotta

watercress + celery + radishes + walnut oil

**WATERCRESS + CHEESE** (e.g., blue, pecorino) **+ FRUIT** (e.g., apples) **+**

**NUTS** (e.g., almonds, walnuts)

**watercress + chives** + cream cheese + **parsley** + tea sandwiches

watercress + cucumbers + mint + red onions

watercress + Dijon mustard + olive oil + red wine vinegar

watercress + fennel + orange

watercress + garlic + miso + sesame oil

watercress + garlic + onions + potatoes + thyme

watercress + goat cheese + tomatoes

watercress + leeks + potatoes

watercress + onions + potatoes + vegetable stock

**Dishes**

**Well-Cultured Salad: Mélange of Seasonal Greens**

**Watercress tossed with Homemade**

**Kimchee, Nori Strips, Toasted Sesame Seeds, Extra Virgin Olive Oil, with garnish of**

**Radish Slices**

—Angelica Kitchen (New York City)

**Watercress Salad with Apple, Celery Root, Cheddar, Grapefruit, Honey**

—Artisans Restaurant at Lake Placid Lodge (Lake Placid, NY)

**WATERMELON**

**Season: late summer**

**Flavor:** very sweet, with a very juicy texture

**Volume:** quiet–moderate

**Nutritional profile:** 89% carbs / 7% protein / 4% fats

**Calories:** 45 per 1-cup serving (raw, balls)

**Protein:** 1 gram

**Techniques:** grill, raw

**Tips:** Try roasting the seeds, or pickling the rind, both of which are edible.

agave nectar

***agua fresca***

almonds

**arugula**, e.g., baby

**basil**

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

**CHEESE**, e.g., blue, **FETA**, **goat**, ricotta salata

**chiles**, e.g., jalapeño

chili powder

cilantro

cranberries

**cucumbers**

*desserts*

*drinks, e.g., agua fresca*

fennel

*granitas, ices, sorbets*

honey

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

**Flavor Affinities**

watermelon + agave nectar + lemon juice

watermelon + almonds + basil + lime + oranges

watermelon + arugula + black pepper + pistachios

**watermelon** + arugula + cucumber + **feta cheese + red onions**

watermelon + arugula + walnuts

watermelon + balsamic vinegar + basil + tomatoes

**watermelon** + basil + **feta cheese + vinegar** (e.g., white balsamic)

watermelon + cantaloupe + mint

watermelon + cucumbers + red onions

watermelon + fennel + feta cheese

watermelon + feta cheese + lime + mint

**watermelon + feta cheese + olive oil** + red onion + vinegar (e.g., white

wine)

watermelon + ginger + mint

watermelon + goat cheese + tomatoes

watermelon + jalapeño + lime

watermelon + jalapeño + olive oil + sherry vinegar + tomatoes

**watermelon + lemon/lime + mint** + strawberries

watermelon + lime + poppy seeds

watermelon + raspberry vinegar + red onions

**Dishes**

**Watermelon Ricotta Salad: Tatsui**

**Spinach Leaves, Watermelon, Cashew Ricotta Salata, Fennel Oil, Vanilla, Black Pepper**

—The Butcher’s Daughter (New York City)

**Watermelon**

**Anise Hyssop Salad: Kaffir Lime, Avocado, Pickled Ginger**

—DANIEL (New York City)

**Watermelon Goat Cheese Salad: Candied White Balsamic Vinegar**

**Arugula Sprouts**

—Mii amo Café (Sedona, AZ)

**Watermelon Salad, Spicy Kisir, Farm Lettuce, Mint**

—Oleana (Boston)

**WHEAT BERRIES (see also BULGUR)**

**Flavor:** slightly sweet, nutty, with a very chewy texture

**Volume:** quiet

**What it is:** whole grain

**Gluten-free:** no

**Nutritional profile:** 83% carbs / 14% protein / 3% fats

**Calories:** 165 per ¼ cup uncooked (which yields ½ cup cooked)

**Protein:** 6 grams

**Timing:** Cook until tender, about 1 hour (if presoaked) to 2 hours.

**Ratio:** 1:3 (1 cup wheat berries to 3 cups cooking liquid)

**Tips:** Seek out hard red wheat berries for highest protein content (15%).

Toast before soaking or cooking to achieve an even nuttier flavor. Sprout

wheat berries

add to salads.

**Botanical relatives:** barley, corn, kamut, rye, spelt, triticale

**Possible substitutes:** rye berries, spelt, triticale

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

**cheese**, e.g., cheddar, feta, goat, manchego, Parmesan, pecorino

chickpeas

chiles, e.g., green, jalapeño

*chili, vegetarian (e.g., with beans)*

cilantro

citrus

cloves

coriander

corn

cumin

curry powder

dill

eggplant

eggs, e.g., poached

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

**Flavor Affinities**

wheat berries + apples + raisins + walnuts

wheat berries + asparagus + cheese + mushrooms + *risottos*

wheat berries + black beans + cilantro + garlic + lime

wheat berries + carrots + cumin

wheat berries + carrots + scallions + sesame oil + sprouts + tamari

wheat berries + celery + mushrooms + sage + thyme

wheat berries + feta cheese + lemon + pine nuts + spinach

wheat berries + peaches + yogurt

**WHOLE FOODS**

Refers to foods as they appear in nature—that is, whole (not processed, skinned, etc.).

**Examples:** fruits, grains, legumes, mushrooms, nuts, seeds, vegetables

**WHOLE GRAINS (see GRAINS, WHOLE)**

**WILD RICE (see RICE, WILD)**

**WINE**

(See sidebar.)

**Sommelier Pascaline Lepeltier of Rouge Tomate in New York City on Pairing Wine**

**with Vegetarian**

**Vegan Dishes**

Although we are not a vegetarian restaurant, the cuisine here is vegetable-focused. With meatless

dishes, there is an incredible spectrum of aromas, tastes, textures—from raw fennel to

tomato-based dishes to grains

mushrooms. But with vegetables, 60 percent of the time, you’re talking about pairing with a white wine. To simplify things, think **seasonally:**

**Spring / Summer:** When there are lots of green vegetables—such as spring asparagus, fava

beans, peas—you’ll want to reach for aromatic wines with high acid, such as Sauvignon

Blanc, Grüner Veltliner, dry Muscat, Riesling. In summertime, you can add high-acid

wines such as Assyrtiko, Muscadet (which is great with asparagus

artichokes, which are

often wine killers), Vouvray.

**Autumn / Winter:** When there are lots of root vegetables—such as turnips

parsnips—

you’ll want to turn to wines with more richness

oxidation, such as white wines from the

Rhone, including Viognier

Roussanne/Marsanne blends. Chardonnay with some

malolactic

some oak

[slate-grown] Chenin will work here, too. I love Fiano from Italy

at this time of year, or Pinot Grigio or wines from Friuli that have been made with some skin

contact.

When you do want a red wine with vegetable dishes, we’re talking about a higher-acid, lowertannin

red wine, such as a lighter-bodied Pinot Noir, Gamay (e.g., Beaujolais), or Grenache.

When I pair wines with dishes, I think about two primary things: (1) **Texture:** How a dish is

built—(is it soft, crunchy, chewy, or melting in your mouth?), (2) **Flavor:** Taste (is it sweet, sour, salty, bitter, umami?) plus Aroma.

When pairing with raw vegetables, there is typically a dressing of some kind—often lemon- or

vinegar-based—to complement the crisp, bright, fresh flavors in the wine.

There are two main schools of thought: (1) Have the wine parallel a dish, so that it mimics it; or

(2) have the wine balance the dish, so the wine brings something to the pairing. A few examples:

**Green salad with herbs.** This is always on the menu

is slightly bitter with a lemon

vinaigrette, which gives an overall impression of freshness. So I’m looking for a fresh-tasting

wine. Sauvignon Blanc is the obvious choice—but I like to play with different types. I’ve

turned to Sauvignon Gris from Burgundy, which is more aromatic yet has the green notes of a

Sauvignon Blanc plus the minerality of a Chablis. If you’re looking for a more adventurous or

funky choice, I might turn to a dry Jurançon—a Manseng without oak, with a clean, herbal

component.

**Carrot salad with honey.** This salad has a touch of sweetness from the carrots, which are

roasted

poached

accented with honey, has a very soft texture, so it’s almost

melting in your mouth. The wine should have at least a hint of sweetness. I’m crazy about

Chenin (Blanc), which can be slightly oily in texture while high in acid. Vouvray (which is

made from Chenin Blanc) has a slightly vegetal character when it is young, a touch of

chamomile-like freshness, which is perfect with this.

**Beet salad with pineapple.** This is perfect with rosé, especially a Grenache-based rosé, which

has a strawberry aspect

a sweeter

earthier profile. I’ve also paired this salad with a

white wine from the Douro region of Portugal, made from Rabigato grapes. It’s rich and

slightly off-dry, similar to a Grenache Blanc, with its earthy tea

jasmine notes.

**Potato/nettle soup.** Because the base is potato, the soup is starchy

the texture is thick—

plus it’s paired with an egg, which adds its own richness. So here, I want a wine that is rich

and full-bodied, so higher in alcohol, to give the mouthfeel I’m looking for. I turn to a Juhfark

from Hungary, which is similar to a Roussanne, but more aromatic

flinty.

**WINTER**

**Weather:** typically cold

**Techniques:** bake, braise, glaze, roast, simmer, slow-cook

allspice

apples

artichokes, Jerusalem

*baked dishes*

bananas

beans, e.g., dried, pinto, white

**beets**

*braised dishes*

broccoli (peak: February)

**Brussels sprouts** (peak: December)

buckwheat

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

cardoons (peak: autumn/winter)

*casseroles*

cauliflower (peak: autumn/ winter)

**celery root**

chayote

cheese, Vacherin Mont d’Or

chestnuts (peak: autumn/winter)

chicories

chocolate

cinnamon

**citrus**

clementines

coconut

cranberries (peak: autumn/ winter)

daikon (peak: autumn/winter)

dates (peak: December)

endive, Belgian

escarole

fennel (peak: autumn/winter)

flour, heavier, e.g., buckwheat

frisée

grains, heavy

**grapefruit** (peak: February)

*gratins*

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

herbs, dried

*hot dishes*

jícama (peak: winter/spring)

kale

kasha

kumquats (peak: autumn/winter)

leeks

**lemons** (peak: January)

lemons, Meyer

lentils (peak: autumn/winter)

**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** (peak: January)

parsley root

parsnips

passion fruit

pears (peak: December)

plantains

pomelo

**potatoes**, esp. baked

*pressure-cooked dishes*

radicchio

radishes, e.g., black (peak: winter/ spring)

*ragoûts*

*roasted dishes*

**root vegetables**, e.g., carrots, celery root, parsnips, rutabagas, sweet potatoes, turnips

rosemary

rutabagas

sage

salsify (peak: autumn/winter)

savory, winter

SLOW-COOKED

*soups, hot*

spices, warming

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

***stews***

sweet potatoes (peak: December)

**tangerines** (peak: January)

todok

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

turnips (peak: December)

ugli fruit (peak: winter/spring)

wakame (peak: winter/spring)

water chestnuts (peak: February)

yams (peak: December)

**WORCESTERSHIRE SAUCE**

**Vegan Brands:** Annie’s, Edward & Sons’ The Wizard’s (organic)

**YAMS**

**Flavor:** slightly sweet, with notes of sweet potato, a starchy texture

**Volume:** moderate

**What they are:** starchy vegetable

**Nutritional profile:** 95% carbs / 4% protein / 1% fats

**Calories:** 160 per 1-cup serving (boiled, cubed)

**Protein:** 2 grams

**Techniques:** bake (40 minutes), boil (10–20 minutes), mash, puree, roast, steam, stew (Note: never raw)

**Factoids:** Yams are *not* botanical relatives of sweet potatoes. Sweet potatoes

are more closely related to morning glories than they are to yams.

**Possible substitutes:** carrots, pumpkin, sweet potatoes, winter squash

***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

eggs

**GARLIC**

**ginger**

*gratins*

greens, bitter, e.g., mustard

**honey**

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

**Flavor Affinities**

yams + bananas + cinnamon + honey + orange juice

yams + cinnamon + orange

yams + coconut milk + garlic + nutmeg + thyme

yams + coconut + ginger + maple

yams + garlic + sage

yams + garlic + thyme

yams + honey + lime

yams + sesame seeds + tahini

**Dishes**

**Slow Roasted Garnet Yam: Cherry Belle Radishes, Hadley Orchards’ Medjool Dates, Broccolini, Marcona Almonds, Madras Curry**

—Per Se (New York City)

**Homemade Yam Chips with Fresh Thyme**

**Garlic Oil**

—Plum Bistro (Seattle)

**YEAST, NUTRITIONAL (see NUTRITIONAL YEAST)**

**YOGURT**

**Flavor:** sour, with a thick, creamy texture

**Volume:** moderate–loud

**Nutritional profile:** 53% carbs (high in sugars) / 44% protein / 3% fat (skim, plain)

**Calories:** 140 per 1-cup serving (skim, plain)

**Protein:** 13 grams

**Tips:** Consider opting for plain (i.e., unflavored), skim, or low-fat

yogurt, or nondairy (e.g., soy) yogurt. Freeze partially

serve as a

semifreddo; drizzle with maple syrup, and/or top with fresh fruit, such as

berries.

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**

cheese, e.g., feta, goat

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

**honey**

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**

**Flavor Affinities**

yogurt + balsamic vinegar + strawberries

yogurt + basil + Dijon mustard + olive oil + sherry vinegar

yogurt + beets + cucumbers

yogurt + beets + walnuts

**yogurt + berries** (e.g., blueberries) + **sweetener** (e.g., honey, maple syrup)

yogurt + cardamom + vanilla

yogurt + chickpeas + spinach

yogurt + chiles + dill + lemon + scallions

**yogurt + cilantro** (+ cumin) + **lime**

yogurt + coriander + cumin + garlic + ginger

**YOGURT + CUCUMBERS + CUMIN + MINT**

**YOGURT + CUCUMBERS + GARLIC**

**YOGURT + CUCUMBERS + GARLIC + LEMON + MINT** + parsley +

tahini + white wine vinegar

yogurt + cucumbers + onions

yogurt + dill + feta cheese + garlic

yogurt + eggplant + garlic + walnuts

yogurt + fennel + leeks + *soups*

yogurt + figs + honey + walnuts

**yogurt + garlic + mint** + raitas

**yogurt + garlic + lemon** + olive oil + oregano + spinach

yogurt + ginger + plums

yogurt + herbs (e.g., oregano, thyme) + lemon

yogurt + honey + lavender + mint

yogurt + honey + vanilla + walnuts

yogurt + lemon + thyme

yogurt + maple syrup + walnuts

yogurt + orange + walnuts

yogurt + pistachios + strawberries

yogurt + pomegranate seeds + walnuts

**Dishes**

**Yogurt**

**Berries: Vanilla Greek Yogurt with Fresh Seasonal Berries, Granola, Honey**

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

**Yogurt Parfait: Buckwheat, Hemp Seed, Dried Fruit Granola with Fresh Blueberries**

—Pure Food

Wine (New York City)

**Lemon-Ginger Low-Fat Frozen Yogurt, Fresh Berries**

—True Food Kitchen (Santa Monica)

**YUBA (see TOFU SKIN)**

**YUCA (aka CASSAVA)**

[YOO-kah]

**Flavor:** slightly sweet, with starchy notes of tapioca, a crisp texture

(similar to that of potatoes)

**Volume:** quiet

**What it is:** root vegetable, made from cassava

**Nutritional profile:** 97% carbs / 2% protein / 1% fat

**Calories:** 330 per 1-cup serving (raw)

**Protein:** 3 grams

**Techniques:** bake, boil (20–30 minutes), fry, grate, mash, puree, roast, sauté, simmer (20+ minutes), stew (Note: Never eat it raw, as raw yuca can be

toxic.)

**Tip:** Cook like potatoes, to which yucas are similar.

**Botanical relative:** tapioca

*Asian cuisines*

*baked goods, e.g., breads*

beans, e.g., kidney

bell peppers, e.g., roasted

beans, black

butter

*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

**Flavor Affinities**

yuca + bell pepper + chiles + garlic + lime + olive oil

**yuca + chiles + citrus** (e.g., lime, orange)

**YUCA + CILANTRO + LIME**

**YUCCA (see YUCA)**

**YUZU**

**Season:** autumn–spring

**Flavor:** sour; aromatic, with citrus (grapefruit, lemon, lime, orange) notes

**Volume:** moderate–loud (and louder than lemon juice)

**What it is:** Japanese citrus fruit

**What’s healthful about it:** contains three times the vitamin C of lemons

**Tip:** Use like other citrus fruit, i.e., for both its juice

zest.

*Asian cuisines*

bananas

*beverages, e.g., cocktails, juices, lemonades/limeades*

cheese, cream

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**

**Flavor Affinities**

yuzu + bananas + chocolate + sesame

yuzu + chiles + salt

yuzu + pomegranates + *sorbet*

yuzu + sea vegetables + sesame seeds

**ZA’ATAR (the herb; see also ZA’ATAR, the spice blend)**

[zah-TAHR]

**Flavor:** pungent, aromatic, with notes of marjoram, oregano, and/or thyme

**Volume:** moderate–loud

**What it is:** a family of herbs that has been called “the king of herbs” and

“one of the world’s greatest seasonings” by some chefs.

*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)**

[zah-TAHR]

**Flavor:** sour (tangy), with notes of herbs

nuts, a coarse texture

**Volume:** moderate

**What it is:** a blend of dried herbs

spices used in the Middle East and

North Africa that may include some or all of the following: black pepper +

coriander + cumin + fennel seeds + hyssop + **marjoram** or **oregano** + mint +

parsley + sage + **SALT** + **savory** + **\*SESAME SEEDS** + **\*SUMAC** +

**\*THYME**

beans, e.g., black, fava, white

***BREADS, e.g., WHOLE-GRAIN FLATBREADS, PITA***

cauliflower

cheese, e.g., labneh

chickpeas

cucumbers, e.g., sliced

***dips****, e.g., for bread*

eggplant

eggs

*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

**Flavor Affinities**

za’atar + feta cheese + olive oil + yogurt

za’atar + olive oil + pine nuts + yogurt

za’atar + olive oil + pistachios + quinoa

“I make my own **za’atar spice mix** with marjoram, sesame seeds, sumac, oregano, thyme, which I’ll dry out on sheet trays. I’ll use it

as an accent on cornmeal flatbread with onion

rosemary—or as a

good garnish for falafel. You can also add mint

sprinkle on fava

beans.”

—CHARLEEN BADMAN, FnB (SCOTTSDALE, AZ)

**Dishes**

**Tasting of Fennel with Zaatar: Saffron-Tomato Relish, Garbanzo Bean**

—DANIEL (New York City)

**ZUCCHINI (see also SQUASH, SUMMER)**

**Season: summer**

**Flavor:** sweet, with notes of butter, cream, cucumber, and/or nuts, a soft, tender texture

**Volume: quiet**–moderate

**Nutritional profile:** 73% carbs / 18% protein / 9% fats

**Calories:** 20 per 1-cup serving (chopped, raw)

**Protein:** 2 grams

**Techniques:** bake, boil, broil, deep-fry, fry, grate, grill, marinate, pan-roast, raw, sauté, shave (e.g., on mandoline, into pappardelle), spiralize, steam, stirfry, stuff

**Tips:** Shave raw zucchini thinly lengthwise on a mandoline for salads or to

use as “pasta.” Eat the peel, too, which is an excellent source of fiber.

**Botanical relatives:** squash, summer

winter

**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

butter

capers

*“carpaccio”*

**carrots**

cayenne

**CHEESE, e.g., cheddar, FETA,** Fontina, goat, Gruyère, **mozzarella, PARMESAN,** pecorino, **RICOTTA**, ricotta salata, Romano, sheep’s milk, Swiss

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**

**eggs**, e.g., *frittatas, omelets, quiches,* scrambled

**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

**Flavor Affinities**

**zucchini + arugula + lemon + olive oil + Parmesan cheese**

zucchini + balsamic vinegar + eggplant + tomatoes

zucchini + basil + capers + olives

**zucchini + basil** + **garlic** + olive oil + **Parmesan +** pistachios

**zucchini + basil + lemon** + ricotta cheese

**zucchini + basil + nuts** (e.g., almonds, pine nuts, pistachios) + **Parmesan**

**cheese**

zucchini + basil + *risotto* + tomatoes

zucchini + bell peppers + eggplant + garlic + parsley

**zucchini + chiles + cilantro** + corn + garlic + tomatoes

zucchini + chili pepper flakes + marjoram + yogurt

zucchini + cinnamon + nutmeg + nuts + raisins + vanilla

zucchini + citrus + mint

zucchini + coconut + curry + tofu

zucchini + coconut + ginger

**zucchini** + dill + **feta cheese** + lemon + **mint**

zucchini + feta cheese + garlic + parsley

**ZUCCHINI + GARLIC + LEMON**

**zucchini + garlic + lemon** + mascarpone + nutmeg + parsley + *pasta*

**zucchini + garlic + mint** + olive oil + vinegar

**ZUCCHINI + GARLIC + OLIVE OIL** + oregano + **Parmesan cheese** +

tomatoes

zucchini + ginger + orange + tofu

**ZUCCHINI + LEMON** (+ mint) **+ PARMESAN CHEESE**

**zucchini + lemon + mint** + pine nuts + yogurt

**zucchini + lemon + olive oil** + **ricotta + thyme**

zucchini + lemon + olives + oregano

**zucchini + marjoram + ricotta cheese + tomatoes**

zucchini + mint + rice noodles

zucchini + mushrooms + polenta

zucchini + nutmeg + Parmesan cheese + parsley

zucchini + pine nuts + raisins + rice

“**Zucchini** shaved on a mandoline into pappardelle, marinated in

lime juice, olive oil, salt, makes a very silky vegetable pasta. If it’s

grilled when raw, it cooks unevenly

tends to turn to mush—but if

you roast it first to al dente, just flash it on the grill, it helps it

maintain its integrity.”

—RICH LANDAU, VEDGE (PHILADELPHIA)

**Dishes**

**Zucchini Cake with Cream Cheese Frosting**

**Candied Limes**

—ABC Kitchen (New York City)

**Raw Zucchini Rolatini: Basil Cashew Cheese Filling, Chive Oil Sesame Sunflower Sprouts, Avocado**

—Blossom (New York City)

**Raw Pesto Linguini: Ribbons of Raw Zucchini, Walnut-Basil Pesto, Marinated Mushrooms, Cherry Tomatoes, Cashew Ricotta**

—The Butcher’s Daughter (New York City)

**Live Zucchini Enchiladas: Cashew Cheese, Spinach, Guacamole, Chipotle-Tomato Sauce, Cashew Sour Cream, Pumpkin Seeds, Baby Romaine, Cucumber-Tomato Salsa**

—Candle 79 (New York City)

**Tostadas de Frijol y Calabaza: Smashed White Beans**

**Roasted Zucchini on a Fried**

**Tortilla with Green Cabbage, Jalapeno Relish, Crema, Cilantro**

—El Parador Café (New York City)

**Flourish Veggie Roast Vegetable Pot Pie with Roasted Zucchini, Red Bell Peppers, Onions, and Eggplant stewed with Tomato, Spinach, Garlic, Fresh Basil**

—Flourish Baking Company (Scarsdale, NY)

**Zucchini Pappardelle: Squash Blossom Tempura filled with Tofu Ricotta, Basil Pesto, Preserved Tomato**

—Plume (Washington, DC)

**ZUCCHINI BLOSSOMS**

**Season: summer**

**Flavor:** notes of zucchini, with a very delicate texture

**Volume:** quiet

**Techniques:** bake, braise, deep-fry, fry, poach, sauté, steam, stew, stuff

**basil**

beans

beets, e.g., yellow

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

bread crumbs

capers

celery

**CHEESE**, e.g., feta, **goat**, **mozzarella**, **PARMESAN**, **RICOTTA**, sheep’s

milk, soft

chiles, e.g., poblano

**chives**

cilantro

corn

dill

**EGGS**, e.g., *frittatas, omelets*

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**