

Food herb & spice pairing chart

Herb	Taste	Food pairing	Herb & spice pairing	Tips
Basil	Sweet, spicy aroma	apricots, bell peppers (red), broccoli, blueberries, carrots, corn, peaches, peas, potatoes, rice, tomatoes, white beans, zucchini	chives, cilantro, garlic, oregano, mint, parsley, rosemary, thyme	Avoid leaves that are drooping or blackened. Store for 2-3 days in damp paper towel or a plastic bag in the refrigerator vegetable crisper.
Caraway	Sweet, bitter	apples, cabbage, poultry, onions, pork, potatoes, sauerkraut, tomatoes	coriander, garlic, parsley, thyme	Caraway seeds can be bought ground but are best if bought whole. Grind as needed.
Cardamom	Sweet, bitter	apples, oranges, pears, legumes, sweet potatoes and other root vegetables, yogurt	caraway, cinnamon, cloves, coriander, cumin, ginger	Seed pods will keep for a year or more in an airtight jar. Grind seeds as needed.
Cilantro	Sweet, sour	avocado, bell pepper, coconut milk, corn, cucumber, rice, figs, yogurt, carrots, potatoes, soups, stews, root vegetables	basil, chives, dill, garlic, ginger, lemon grass, mint, parsley	Cilantro will keep for 3-5 days in the refrigerator vegetable crisper. Always use fresh and add to cooking at last minute.
Cinnamon	Sweet, bitter	apples, almonds, apricots, bananas, blueberries, chicken, compotes, pears, pancakes, French toast, yogurt, oatmeal, rice	cloves, coriander, cumin, ginger, nutmeg, turmeric	Add early in cooking process.
Chives	Savory, spicy	avocados, egg dishes, fish, potatoes, salmon, root vegetables, zucchini	basil, cilantro, fennel, parsley, tarragon	Chives can be chopped and frozen.



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Coriander	Sour	apples, beef, chicken, citrus fruit, eggs, ham, lentils, onions, plums, pork, potatoes	cinnamon, cloves, cumin, garlic, ginger, fennel, nutmeg	Buy whole seeds and grind as needed. Add near the end of cooking process.
Clove	Sweet	apples, beets, red cabbage, ham, pork, pumpkin, squashes, sweet potato	cinnamon, coriander, curry, fennel, ginger, nutmeg	Clove flower buds will keep for a year in an airtight jar. Add early in cooking process.
Cumin	Bitter, sweet	apples, beans, beef, chickpeas, couscous, eggplants, lentils, potatoes, rice, sauerkraut, squash, tomatoes	cardamom, cinnamon, cloves, coriander, curry leaves, fennel seeds, garlic, ginger, nutmeg, oregano, paprika, thyme, turmeric	Seeds will keep in an airtight jar for several months and ground cumin has a short shelf life. Add early in the cooking process.
Dill	Sour, sweet	asparagus, avocados, beets, cabbage, carrots, celery, cucumber, fish, potatoes, rice, salmon, tomatoes, yogurt, zucchini, cabbage, onion, pumpkin	basil, garlic, parsley cumin, garlic, ginger, turmeric	Store fresh dill in a plastic bag for 2-3 days.
Garlic	Bitter, sweet	chicken, lamb, meats, tomatoes, vegetables, zucchini	most herbs and spices	Choose unblemished, firm heads without signs of mold or sprouting.
Ginger	Sour	apples, chicken, fish, passion fruit, pears, pineapple, mango	basil, cilantro, coconut, garlic, lime, lemon grass, mint, scallions, turmeric	Fresh ginger should be hard, plump and heavy. It keeps well in the vegetable crisper of the refrigerator for 7-10 days.
Lavender	Sweet, sour, spicy aroma	apples, berries, cherries, lamb, meat, orange, peaches, plums, potatoes, walnuts	oregano, parsley, rosemary, thyme	Fresh flowers can be chopped and added to dough before baking. Infuse flowers in cream or milk. Chop flowers and fold into rice or use with meat. Dried flowers will keep for a year.



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Lemongrass	Sour	chicken, coconut, coconut milk, fish, pork, soups, stews	basil, cilantro, cinnamon, cloves, coconut milk, garlic, ginger, turmeric	The stalk should be firm and not wrinkled or dry. Fresh will keep for 2-3 weeks in the refrigerator if wrapped in plastic. Add near the end of cooking process.
Mint	Sweet, tangy	asparagus, beans, baby carrots, cucumbers, eggplant, peas, potatoes, tomatoes, yogurt	combines well with basil, clove, cumin, dill, ginger, oregano, parsley, thyme	Bunches of fresh mint will keep for 2 days in a glass of water in the kitchen.
Mustard	Sweet	beef, cabbage, chicken, curries, dals, fish	bay, coriander, cumin, dill, fennel, garlic, parsley, tarragon, turmeric	
Nutmeg	Sweet, bitter	cabbage, carrots, chicken, eggs, fish, lamb, onion, potato, pumpkin, spinach, sweet potato	cardamom, cinnamon, cloves, coriander, cumin, ginger, thyme	Nutmeg is best bought whole and ground as needed.
Oregano	Bitter, savory	anchovies, artichokes, beans, bell peppers, cabbage, cauliflower, corn, chicken, eggplant, eggs, fish, lamb, meat, pizza, pork potatoes, sweet peppers, squash, tomatoes, zucchini	basil, cumin, garlic, parsley, rosemary, sage, thyme	Rub the leaves off the stem and store them in an airtight container.
Parsley	Sweet, tangy	eggs, fish, lemon, lentils, rice, tomatoes, most vegetables	basil, chives, garlic, mint, oregano, rosemary, tarragon	Use fresh and keep in a plastic bag in the refrigerator for 4-5 days. Parsley can be chopped and frozen in small containers or in ice cube trays with a little water. Don't buy dried parsley.



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Rosemary	Savory	apricots, beans, bell peppers, cabbage, chicken, eggs, eggplant, fish, lentils, peas, pork, potatoes, soups, stews, tomatoes, winter squash	bay, chives, garlic, lavender, mint, oregano, parsley, sage, thyme	Fresh rosemary can be kept for a couple of days in the refrigerator. Add early in cooking process.
Sage	Sweet, bitter, sour, savory	asparagus, beans, cherries, chicken, fatty meats, oily fish, goose, liver, pasta, potatoes, soups, stews, stuffing, tomatoes	bay, caraway, ginger, paprika, parsley, thyme	Fresh sage leaves are best picked and used as soon as possible. If you buy them, wrap them in paper towel and keep in the salad crisper of the refrigerator for 2-3 days.
Tarragon	Sweet	artichokes, asparagus, eggs, fish, potatoes, poultry, tomatoes, zucchini	basil, chives, dill, parsley	Fresh tarragon can keep for 4-5 days in the vegetable crisper of the refrigerator.
Thyme	Savory	beans, cabbage, carrots, chicken, corn, eggplant, fish, lamb, meats, onions, potatoes, soups, stews, tomatoes, winter vegetables	basil, garlic, lavender, nutmeg, oregano, parsley, rosemary	Fresh leaves will keep for up to a week stored in a plastic bag in the refrigerator. Use at the beginning of the cooking process.
Turmeric	Bitter, sour	beans, eggplant, eggs, fish, lentils, meat, poultry, rice, root vegetables, spinach	cilantro, cloves, coconut milk, coriander, cumin, curry leaf, fennel, garlic, ginger, lemongrass	Store fresh turmeric in a cool, dry place or in the refrigerator vegetable crisper for up to 2 weeks; it also freezes well. Dried turmeric can last 2 years in an airtight container.

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