AÇAI

[ah-sah-EE]

Flavor: sour/bitter; with earthy notes of berries (e.g., blackberries, blueberries and/or raspberries) and/or chocolate

What it is: a berry-like fruit, more commonly available as concentrate, juice, powder, or pulp

Techniques: dry, juice, raw

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

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Dishes

Açai Sunset Smoothie: Açai Berry, Banana, Strawberry, Orange Juice, Mango, Pineapple, Lime

—Pomegranate Café (Phoenix)

Deep Purple Smoothie: Açai Berry, Raspberry, Blueberry, Strawberry, Banana, Goji Berry, Pomegranate Juice

—Pomegranate Café (Phoenix)

Açai Bowl: Sambazon Açai Berry, Granola, Bananas, Berries, Drizzled Agave Nectar

—Real Food Daily (Los Angeles)

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ACHIOTE SEEDS (aka ANNATO SEEDS)

Flavor: sour, with earthy and/or musky notes of citrus, paprika, pepper, and/or turmeric

Volume: quiet–moderate

Tip: Used as much for its (yellow/orange) coloring as for its flavor

Possible substitutes: saffron (for color)

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 and SOUR ORANGES, e.g., juice
oregano
pastes
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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

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Flavor Affinities

achiote seeds + cumin + garlic + lime + oil + oregano

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

Flavor: salty/sour/hot

Volume: moderate–loud

What it is: seasoning or sauce made from some or all of the following:

(ground) chiles / cayenne + cumin + **garlic** + herbs (e.g., oregano) + onion + **(black) pepper** + salt + turmeric + vinegar

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

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potatoes, e.g., baked, fried
sauces
soups
stews
stock, e.g., vegetable
tortilla chips

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Flavor Affinities

adobo + avocado + chili powder + **lime** + **salt**

adobo + **lime** + **salt** + seitan

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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 and 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

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Flavor Affinities

beans + rice + sweet potatoes
chickpeas + coconut + curry powder
coriander + cumin + lemon + lentils + nutmeg
green beans + peanuts + sweet potatoes

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△ AGAR or AGAR-AGAR (see also KANTEN)

[AH-gahr or AG-er AG-er]

Flavor: virtually none

Volume: extremely quiet

What it is: a thickening agent made from seaweed; a vegetarian substitute for gelatin

Nutritional profile: 94% carbs / 5% protein / 1% fat

Calories: 0 per 1-tablespoon serving

Tips: To gel, use about 2–3 teaspoons of agar powder (or 2–3 tablespoons of agar flakes) per 1 cup of boiling liquid. Unlike regular gelatin (which requires refrigeration), agar can gel at room temperature in about an hour (although it will gel twice as fast in the refrigerator). Substitute agar powder for the same amount of gelatin in recipes. Avoid raw mangoes, papayas, pineapple (whose enzymes won't let agar set); cook these fruits first if you'd like to gel them.

Possible substitute: gelatin

apple, e.g., cider, juice
apricots, dried or fresh
aspics
bananas
beans, adzuki
berries, e.g., blueberries
coconut and coconut milk
desserts, gelled
fruit juice

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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

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Flavor Affinities

agar + fruit juice + sugar

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AGAVE NECTAR

[ah-GAH-vay NECK-ter]

Flavor: sweet, with notes of caramel, fruit, honey, and/or maple syrup

Volume: quiet (light)–moderate (amber or dark)

What it is: sweetener similar in color and texture to honey, made from the agave plant, a Mexican succulent

Nutritional profile: 100% carbs

Calories: 20 per teaspoon

Tips: Agave is sweeter than sugar, so you can use less. Because baked goods made with agave may brown more quickly, lower oven temperature by 25°F and slightly extend baking time.

apples
***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

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***sauces**, e.g., barbecue, caramel*
smoothies
squash, winter (esp. amber or dark)
waffles, as a topping (esp. amber or dark)

> "It's easier to make caramel sauce from **agave nectar** than it is to make it from sugar—because it's already a liquid! Heat it on low, slow heat until it caramelizes, then stir in a little Earth Balance and almond or soy milk."
> —DAVE ANDERSON, MADDY'S AND FORMERLY MADELEINE BISTRO (LOS ANGELES)

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ALLIUMS (see GARLIC, LEEKS, ONIONS, etc.)

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▲ ALLSPICE

Season: autumn–winter

Flavor: sweet, with hot, pungent, and/or spicy notes of black pepper, cinnamon, cloves, cumin, mace, and/or nutmeg

Volume: loud

Tip: Add early in cooking process.

Botanical relatives: cloves

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; and* ***curries****, e.g., Caribbean*
desserts, e.g., crumbles
English cuisine

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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*
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***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

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Flavor Affinities
allspice + black pepper + rum

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

Flavor: nutty, slightly sweet (and sometimes salty), with a crunchy texture

Volume: quiet

Nutritional profile: 72% fat / 15% carbs / 13% protein

Calories: 165 per 1-ounce serving (about 20–25 whole almonds)

Protein: 6 grams

Tips: Buy organic almonds. Toast almonds to bring out their flavor and crunchiness. Almonds are arguably the most versatile nut, and they pair well with a great number of ingredients.

Botanical relatives: apricots, cherries, nectarines, **peaches**, plums

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

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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, and **chili powder**
CHOCOLATE / COCOA / CACAO NIBS
chocolate, e.g., **dark**, **milk**, white
cinnamon
citrus
coconut
coffee
cornmeal
couscous
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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
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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 and **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
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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
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vinegar, e.g., champagne, sherry
watercress
yogurt
zucchini

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Flavor Affinities

almond butter + bananas + seven-grain toast

almonds + apricots + lemon

almonds + basil + French green beans + peaches

almonds + bell peppers + chiles + garlic + sherry vinegar + tomatoes

almonds + bell peppers + garlic + tomatoes

almonds + blackberries + yogurt

almonds + blueberries + ricotta

almonds + blue cheese + watercress

almonds + bread crumbs + garlic + olive oil + parsley + tomatoes

almonds + cayenne + **chili powder + lime**

almonds + cayenne + cumin + mustard powder + paprika

almonds + chocolate + coconut

almonds + cream + orange + polenta

almonds + dates + garlic + ginger + soy sauce

almonds + dates + rice

almonds + honey + ricotta + vanilla

almonds + lemon + maple

almonds + oats + peaches

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Dishes

Almond Olive Oil Cake with Blackberries and Greek Yogurt

—True Food Kitchen (Santa Monica)

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ALMONDS, MARCONA

Flavor: sweet/salty, with a rich, dense, crunchy texture

What they are: almonds from Spain

Calories: 180 per 1-ounce serving

Techniques: fry, raw

Tip: Marcona almonds are richer, softer, and sweeter than California almonds.

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

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Spanish cuisine
squash, summer and winter
thyme
vegetables, root
vinegar, sherry

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Flavor Affinities

Marcona almonds + green beans + lemon

Marcona almonds + manchego cheese + quince paste

Marcona almonds + olive oil + salt

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

Flavor: slightly sweet, with earthy notes of corn, grass, malt, molasses, nuts, pepper, sesame seeds, spinach, and/or woods, and a somewhat creamy/sticky, porridge-like texture

Volume: quiet–moderate

What it is: considered a whole grain, even though not in the grain family

Gluten-free: yes

Nutritional profile: 74% carbs / 13% protein / 13% fat

Calories: 250 per 1-cup serving (cooked)

Protein: 9 grams

Techniques: pop, simmer, sprout, steam

Timing: Cook about 15–30 minutes, covered, until tender. (Do not overcook, or it will become gummy.)

Ratio: 1:3 (1 cup amaranth to 3 cups cooking liquid)

Tips: Toast lightly before cooking. If toasted long enough, grains will pop like popcorn and can be enjoyed as a snack or as a garnish on salads or vegetables.

Brands: Bob's Red Mill, Hodgson Mill

Possible substitutes: cornmeal, polenta

almonds
apples and **apple juice**
baked goods, e.g., breads, cookies
beans, e.g., black, cannellini, pinto

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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"
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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

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Flavor Affinities

amaranth + almonds + bulgur + herbs
amaranth + apples + walnuts
amaranth + black beans + sweet potatoes
amaranth + cinnamon + maple syrup
amaranth + corn + pinto beans + scallions
amaranth + lemon + olive oil
amaranth + quinoa + wild rice
amaranth + raisins + soy milk

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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 and pumpkin seeds
rice, wild
squash
sunflower seeds
vinegar, apple cider
walnuts

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Flavor Affinities
dried cranberries + sunflower seeds + wild rice

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▲ ANISE SEEDS

[AN-iss]

Flavor: slightly sweet, with pungent notes of fruit and licorice

Volume: moderate–loud

Tip: Add early in cooking.

Botanical relatives: carrots, parsley

allspice
almonds
apples and 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

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cream
cumin
curry powder and *curries (e.g., Indian)*
dates
desserts
drinks
fennel and 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
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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 and tomato sauce
vanilla
vegetables, e.g., **root**
Vietnamese cuisine
walnuts
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wine

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Flavor Affinities

anise + cranberries + walnuts
anise + maple syrup + pine nuts + vanilla
anise + orange + pine nuts

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ANISE HYSSOP (aka LICORICE MINT)

Season: summer

Flavor: sweet, with notes of licorice and mint

Volume: quiet–moderate

Botanical relatives: mint

Possible substitutes: anise, 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 and ice creams
lavender
lemon

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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

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Flavor Affinities

anise hyssop + almonds + peaches
anise hyssop + beets + orange
anise hyssop + berries + cantaloupe + Moscato d'Asti
anise hyssop + blueberries + honey + lemon
anise hyssop + fennel + orange

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ANISE, STAR (see STAR ANISE)

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ANNATTO (see ACHIOTE)

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

Season: autumn

Flavor: sweet (and sometimes sour), with astringent notes of baking spices, honey, and/or lemon, and a crispy texture (when raw)

Volume: quiet–moderate

What they are: fruit

Nutritional profile: 95% carbs / 3% fat / 2% protein

Calories: 65 per 1-cup serving (chopped, raw)

Techniques: bake, caramelize, dry, fry (e.g., fritters), grill, juice, poach, puree, raw, sauté, stew

Tips: Opt for organic apples. Eat the peels, which are high in antioxidants. Buy sugar-free applesauce. Substitute applesauce for fat in baking recipes.

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

agave nectar
allspice
almonds
apple butter and ***applesauce***
apricots
BAKED APPLES
BAKED GOODS*, e.g., cakes, muffins, pies*
bananas
beets

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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
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crepes
cucumbers
currants, e.g., black
custards and flans
dates
***DESSERTS**, e.g., cobblers, crisps, crumbles*
eggs
endive
fennel and 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
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mascarpone
mint
molasses
muesli
mustard and mustard seeds
nutmeg
NUTS, e.g., almonds, hazelnuts, peanuts, **pecans**, pistachios, walnuts
OATS and 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
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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

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Flavor Affinities

apples + allspice + cinnamon + cloves + ginger + maple syrup + orange

apples + almonds + cinnamon + rosemary

apples + apple cider vinegar + greens + maple syrup + walnut oil

apples + blue cheese + celery

apples + brown sugar + caramel + cinnamon

apples + buttermilk + horseradish + sorrel

apples + caramel + nuts (e.g., peanuts, pecans)

apples + cheese (e.g., blue) + greens (e.g., salad, spinach) + **nuts** (e.g., pecans, walnuts)

apples + cinnamon + cranberries + ginger + maple + raisins + walnuts

apples + cinnamon + dates + oatmeal

apples + cinnamon + honey + lemon

apples + cinnamon + honey + vanilla + yogurt

apples + cinnamon +maple syrup + mascarpone

apples + cinnamon + maple syrup + rice

apples + cinnamon + nuts + raisins

apples + cinnamon + raisins + walnuts

APPLES + CLOVES + CRANBERRIES + ORANGES

apples + cucumbers + mint + yogurt

apples + fennel + walnuts

apples + figs + honey

apples + ginger + lemon + scallions + sesame seeds

apples + grains (e.g., oats, quinoa, wild rice) + **nuts** (e.g., walnuts)

apples + maple syrup (+ vanilla) **+ walnuts**

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Dishes

Apple Cobbler: Walnut Crust and Layers of Apples, Cinnamon, and Agave, topped with Macadamia Vanilla Sauce

—118 Degrees (California)

Cinnamon Apple Sticks with Brandy Caramel Sauce

—Blossom (New York City)

Apple and Celery Salad with Hazelnut Vinaigrette, Cider Gelée, Young Mesclun

—DANIEL (New York City)

Salad of Honeycrisp Apples: Peanut Brittle, Celery Branch "Ribbons" and Condensed Milk Tuile

—Per Se (New York City)

Caramel Apple Beignets with Bourbon Caramel Sauce and Candied Pecans

—Plum Bistro (Seattle)

Honeycrisp Apple Tarte Tatin with Smoked Grand Marnier Ice Cream

—The Point (Saranac Lake, NY)

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△ APRICOTS (see also APRICOTS, DRIED)

Season: summer

Flavor: sour/sweet, with notes of almonds, honey, peaches, or plums, and a juicy, soft texture

Volume: moderate

Nutritional profile: 83% carbs / 10% protein / 7% fat

Calories: 20 per apricot

Techniques: bake, broil, dried, grill, poach, raw, stew

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

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

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chutneys
cinnamon
cloves
coconut
compotes
coriander
couscous
cranberries
cream
cumin
curry powder and curry spices
***desserts**, e.g., crisps, crumbles, custards*
fennel and 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
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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
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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

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Dishes

Apricots: Almonds, Olive Oil and Lemon Basil Ice Cream

—Blue Hill (New York City)

Poached Apricots with Toasted Meringue and Apricot Sorbet with Jasmine, Rolled Oats, Ricotta, Lemon

—Fearrington House (Fearrington Village, NC)

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☐ APRICOTS, DRIED (see also APRICOTS)

Flavor: similar to fresh apricots, but more concentrated, and chewy in texture

Volume: moderate

Calories: 315 per 1-cup serving (uncooked)

Techniques: poach, raw, stew

Tip: Look for organic, unsulphured dried 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

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desserts, e.g., custards
dried fruit, other, e.g., cherries, currants, plums, raisins
French toast
ginger
grains, e.g., bulgur
honey
jams and 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 and oatmeal
orange, e.g., juice, zest
pancakes and crepes
parsley
pears
porridges
puddings, e.g., rice
raspberries
rice and wild rice
***salads**, e.g., fruit, grain*
sauces
seeds, e.g., pumpkin
"****** DEMO - www.ebook-converter.com*******"

stews
stuffings
sugar, e.g., brown
sweet potatoes
tamarind paste
vanilla
vinegar, e.g., champagne, rice
walnuts
wine, sweet, e.g., Madeira, Muscat
zucchini

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Flavor Affinities

dried apricots + brown sugar + sweet potatoes + vanilla

dried apricots + chiles + **ginger** + honey + **lime** + vinegar

dried apricots + chocolate + walnuts

dried apricots + citrus (lemon, lime) + **ginger**

dried apricots + grains (e.g., couscous, wild rice) + **nuts** (e.g., pistachios)

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ARAME (see also SEA VEGETABLES)

[ah-rah-may or AIR-uh-may]

Flavor: slightly sweet, with a firm texture

Volume: quiet

What it is: sea vegetable that has been shredded, cooked, and sun-dried, so it has the appearance of very thin, black noodles

Nutritional profile: 80% carbs / 20% protein

Calories: 60 per 1-ounce serving

Protein: 2 grams

Techniques: sauté, steam

Tip: Rinse well, then soak for 5–10 minutes before using.

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

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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*
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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

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Flavor Affinities

arame + carrots + garlic + onions

arame + carrots + onions

arame + carrots + snow peas

arame + hiziki + mirin + miso

arame + mirin + sesame paste

> "Among all sea vegetables, I love **arame** for its versatility. It's great in cucumber salads with toasted sesame vinaigrette or tahini dressing, or in a phyllo dough strudel with spicy wasabi mustard, or cooked with cabbage, carrots, and onions and seasoned with rice vinegar, tamari, and scallions."
> —PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

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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, and 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***

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soups
stews
stir-fries

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ARTICHOKE HEARTS (see also ARTICHOKES)

Flavor: bitter/sweet, with earthy notes, and a soft, tender, leafy texture

Volume: quiet–moderate

What they are: vegetables (the inner part of artichoke buds)

Techniques: deep-fry, marinate, pickle, sauté (Note: never raw)

Tip: For ease, look for canned, frozen, or jarred.

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

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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
"****** DEMO - www.ebook-converter.com*******"

thyme
tomatoes
tomatoes, sun-dried
Turkish cuisine
walnuts
wheat berries
wine, e.g., dry white
zucchini

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Flavor Affinities

artichoke hearts + arugula + **lemon juice + olive oil + Parmesan cheese**

artichoke hearts + bread crumbs + **garlic + lemon juice** + **olive oil** + Parmesan cheese

artichoke hearts + capers + lemon

artichoke hearts + carrots + potatoes

artichoke hearts + couscous + walnuts

artichoke hearts + eggs + Parmesan cheese + spinach

artichoke hearts + fava beans + lemon

artichoke hearts + garlic + leeks + pesto + potatoes

ARTICHOKE HEARTS + garlic + **LEMON + OLIVE OIL** + white beans

ARTICHOKE HEARTS + LEMON + OLIVE OIL

artichoke hearts + pasta + sun-dried tomatoes

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Dishes

Artichoke Dip: Artichoke Hearts, Fennel, Roasted Garlic, Red Peppers, and an assortment of Cheeses baked and served with House-Made Whole-Wheat Pita

—Laughing Seed Café (Asheville, NC)

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▲ ARTICHOKES (see also ARTICHOKE HEARTS)

Season: spring–summer

Flavor: bitter/sweet, with notes of nuts

Volume: moderate–loud

What they are: unopened flower buds from a member of the thistle family

Nutritional profile: 82% carbs / 13% protein / 5% fat

Calories: 64 per medium artichoke

Protein: 3 grams

Techniques: bake, boil, braise, broil, deep-fry, grill, pressure-cook (3–12 minutes, depending on size), roast, sauté, **steam** (about 15–45 minutes, depending on size), stew, stuff (Note: never raw)

Tip: The smaller the artichoke, the more tender it is.

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

artichokes, Jerusalem
asparagus
basil
BAY LEAF
BEANS, e.g., **fava**, green, **white**
bell peppers, e.g., red, yellow
bouquet garni
BREAD CRUMBS, e.g., panko
butter and brown butter

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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 and fennel seeds
fines herbes
French cuisine
GARLIC
ghee
gratins
greens
gremolata
herbs
Italian cuisine
leeks
LEMON, e.g., juice, oil, preserved, zest
lentils
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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 and **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
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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 and lemon thyme
tomatoes
vinaigrette
vinegar, e.g., balsamic, cider, rice wine, sherry, white wine
walnuts
WINE, e.g., dry white
yogurt
za'atar

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Flavor Affinities

artichokes + arugula + capers + lemon + olive oil + Parmesan cheese

artichokes + balsamic vinegar + olive oil

artichokes + bread crumbs + capers + **olives** + **Parmesan cheese** + tomatoes

artichokes + fennel + mushrooms

artichokes + fennel + potatoes

artichokes + garlic + herbs + onions

ARTICHOKES + GARLIC + LEMON + mayonnaise

ARTICHOKES + GARLIC + LEMON + olive oil + olives + Parmesan cheese

ARTICHOKES + GARLIC + LEMON + olive oil + parsley

ARTICHOKES + GARLIC + LEMON + pine nuts

artichokes + goat cheese + rosemary

artichokes + hazelnuts + lemon

ARTICHOKES + HERBS (e.g. mint, parsley, tarragon) **+ LEMON**

artichokes + lemon + mustard + tarragon

artichokes + olive oil + Parmesan cheese + tomatoes

artichokes + orange + white wine

artichokes + spinach + walnuts

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Dishes

Buckwheat Ravioli filled with Ricotta and Fresh Artichokes

—Al Forno (Providence, RI)

Artichoke Barigoule with Tomato-Jalapeño Chutney, Glazed Pattypan Squash, and French Beans

—DANIEL (New York City)

Artichoke Salad: Oven Roasted Artichokes, Crumbled Feta Cheese, Shaved Radishes, Pickled Fennel, Lemon Artichoke Vinaigrette

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

Artichoke and Sunchoke Gratin with Tomatoes, Peppers, Leeks, Green Garlic, Manchego and Fromage Blanc Custard

—Greens Restaurant (San Francisco)

Grilled Artichokes with Lemon Oil, Mint, and Romesco

—Greens Restaurant (San Francisco)

Baby Vegetable Salad: Braised Baby Artichokes, Grilled Baby Gold Zucchini, Truffle Vinaigrette, Mâche

—Plume (Washington, DC)

Crispy Artichoke, Harissa, Baby Spinach, Israeli Couscous, Preserved Lemon, Dukkah

—True Bistro (Somerville, MA)

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☐ ARTICHOKES, JERUSALEM (aka SUNCHOKES)

Season: autumn–spring

Flavor: slightly sweet, with earthy notes of artichoke hearts, nuts, potatoes, salsify, or smoke, and a crisp, crunchy, potato-like texture (when raw)

Volume: quiet–moderate

Nutritional profile: 92% carbs / 8% protein

Calories: 110 per 1-cup serving (raw, sliced)

Protein: 3 grams

Techniques: bake (at 400°F, 20–25 minutes), blanch, boil (12–15 minutes), cream, deep-fry, fry, glaze, grate, mash, puree, raw (sliced thin, as for salads), roast (at 400°F, 30 minutes), sauté, shred, simmer, steam (about 15–20 minutes), stir-fry, tempura-fry

Tips: Scrub well, so there's no need to peel. Bake like a potato in the oven. Steam before sautéing.

Botanical relatives: sunflowers (Note: Jerusalem artichokes are not a type of artichoke, but both are in the daisy family.)

Possible substitutes: water chestnuts

almonds
(Native) American cuisine
apples
artichoke hearts
basil
bay leaf
broccoli
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butter and 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
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***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
"****** DEMO - www.ebook-converter.com*******"

***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, **and tomato paste**
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turnips
vegetables, root
vermouth
vinaigrette
VINEGAR, e.g., apple cider, sherry, white wine
walnuts
WATERCRESS
wine, e.g., dry white
yogurt

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Flavor Affinities

Jerusalem artichoke + apple cider vinegar + hazelnuts
Jerusalem artichoke + carrots + fennel
Jerusalem artichoke + chard + feta cheese + garlic
Jerusalem artichoke + garlic + lemon + **rosemary**
Jerusalem artichoke + lemon + olive oil + parsley + **walnut oil/walnuts**
Jerusalem artichoke + lemon + *risotto* + thyme
Jerusalem artichoke + mushrooms + onions + spinach
Jerusalem artichoke + mustard + watercress
Jerusalem artichoke + nutmeg + parsley + potatoes
Jerusalem artichoke + olives + tomatoes

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Dishes

Organic Connecticut Farm Egg with Steamed Polenta, Artichoke, Sunchoke, Coconut Garlic Broth

—Bouley Restaurant (New York City)

Sesame-Crusted Jerusalem Artichoke with Chioggia Beets, Citrus-Braised Beet Greens, and Navel Orange

—CityZen (Washington, DC)

Globe Artichoke with Roasted Sunchokes and Eggplant Caviar and Pinenut Crosnes, Beluga Lentils, Tarragon, Baby Carrot

—Fearrington House (Fearrington Village, NC)

Creamy Sunchoke Soup, Granny Smith Apple, Preserved Lemon, Pine Nuts, German Thyme

—Green Zebra (Chicago)

Coddled Jidori Hen Egg, Sunchoke Mousse, Black Winter Truffle Coulis, Garlic Melba, and Brown Butter-Hazelnut Vinaigrette

—Per Se (New York City)

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▲ ARUGULA (aka ROCKET)

[ah-ROO-guh-lah]

Season: spring–summer

Flavor: bitter/hot, with earthy, pungent, and/or spicy notes of horseradish, mustard, nuts, and/or pepper, and a chewy, lightly crunchy texture (when raw)

Volume: moderate (younger leaves)–loud (older)

Nutritional profile: 53% carbs / 25% protein / 22% fat

Calories: 10 per 1½-cup serving (raw)

Protein: 1 gram

Techniques: braise, **raw**, sauté, wilt

Tips: Rinse leaves thoroughly before using. If older, stronger-flavored arugula is used, combine with milder-flavored greens and/or a more acidic dressing to balance the flavor.

Botanical relatives: mustard, radishes, watercress

Possible substitutes: Belgian endive, dandelion greens, escarole, spinach, watercress

apples
apricots
asparagus
avocado
basil
BEANS, e.g., black, cannellini, fava, **green**, **white**
beets
bell peppers, e.g., roasted, green or red

"****** DEMO - www.ebook-converter.com*******"

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, and 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 and fennel seeds
FIGS
GARLIC
ginger
grains, whole, e.g., bulgur, millet
grapefruit
gratins
GREENS, milder and softer salad, e.g., Bibb
hazelnuts
honey
horseradish
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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
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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* (arugula + endive + radicchio)
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 and **sun-dried tomatoes**
VINEGAR, e.g., apple cider, balsamic, fig balsamic, raspberry, red wine, sherry, white balsamic, white wine
WALNUTS
watermelon

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Flavor Affinities

arugula + apples + cheddar cheese + mustard + **walnuts**

arugula + apples + lemon juice + **maple syrup** + olive oil

arugula + balsamic vinegar + endive + Parmesan cheese + radicchio

ARUGULA + BALSAMIC VINEGAR + PARMESAN CHEESE

arugula + balsamic vinegar + Parmesan cheese + red onions + *risotto* + tomatoes

ARUGULA + BEETS + FETA CHEESE (+ garlic)

ARUGULA + CHEESE (e.g., blue, goat, Parmesan, ricotta) **+ FRUIT** (e.g., apricots, figs, grapefruit, peaches, pears—or sweet vegetables, e.g., beets, tomatoes) **+ NUTS** (e.g., hazelnuts, walnuts)

arugula + cheese (e.g., Parmesan, pecorino) **+ garlic + olive oil** + pasta + pine nuts

arugula + chickpeas + red onions + spinach

arugula + chipotle chiles + orange + tomatoes

arugula + corn + tomatoes

arugula + cucumbers + feta cheese + quinoa + red onions + tahini + tomatoes

arugula + fennel + figs

arugula + fennel + grapefruit + *salad*

arugula + fennel + hazelnuts + orange + radicchio

arugula + fennel + lemon + pasta

arugula + feta cheese + figs

arugula + feta cheese + watermelon + white balsamic

arugula + garlic + lemon juice + olive oil + **Parmesan** cheese + pine nuts

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arugula + garlic + pesto + portobello mushrooms + white beans
arugula + goat cheese + honey + lemon
arugula + goat cheese + onions
arugula + goat cheese + potatoes
arugula + horseradish + jícama + mustard + red onions
arugula + lemon + olives + red onions
arugula + lemon + pecorino cheese + summer squash
arugula + mint + **pecorino cheese + pine nuts**
arugula + mozzarella cheese + tomatoes
arugula + olives + oranges + Parmesan cheese
arugula + olives + tomatoes
arugula + pears + rosemary

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Dishes

Arugula Salad, served with Red Onion, Garbanzo Beans, Hearts of Palm, and Avocado, tossed in a Roasted Garlic Vinaigrette

—Café Blossom (New York City)

Market Arugula and Mushroom Salad with Celery, Parmigiano Reggiano, Sherry Vinaigrette

—Boulud Sud (New York City)

Arugula Ravioli with Tomato Confit and Braised Fennel, Piquillo Peppers, Tomato Emulsion

—DANIEL (New York City)

Arugula, Spinach, and Radicchio with Mountain Gorgonzola, Spiced Almonds, Honey-Fig Vinaigrette

—Nora (Washington, DC)

Sylvetta Arugula, Beet and Citrus Salad with Roast Beets, Blood Oranges, Toasted Hazelnuts, and Shaved Fennel with Muscatel Vinaigrette

—Portobello (Portland, OR)

Corn, Cilantro, and Arugula Salad with Yogurt Dressing

—Rancho La Puerta (Mexico)

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ASAFOETIDA POWDER (aka HING)

Flavor: bitter, with pungent notes of garlic, onion, and/or shallots

Volume: moderate (cooked)–loud (uncooked)

Tips: Temper asafoetida powder by sautéing it in oil or ghee before adding to other ingredients. Use sparingly.

Possible substitutes: garlic powder, onion powder

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

"**Asafoetida powder** is a critical seasoning in Jain cuisine, as they are vegetarians who do not consume root vegetables (e.g., garlic, onions, potatoes). It gives dishes garlicky or

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oniony notes.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

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ASIAN CUISINES (see CHINESE CUISINE, JAPANESE CUISINE, THAI CUISINE, VIETNAMESE CUISINE, etc.)

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▲ ASPARAGUS

Season: spring

Flavor: bitter/sweet, with pungent notes of grass and/or nuts, and a crisp, tender texture

Volume: quiet–**moderate**

What it is: vegetable–green

Nutritional profile: 68% carbs / 27% protein / 5% fat

Calories: 30 per 1-cup serving (raw)

Protein: 3 grams

Techniques: blanch, boil, broil, deep-fry (e.g., tempura), grill, pan-roast, pickle, raw, roast (oiled, at 350–400°F for 5–20 minutes), sauté, simmer, steam (1–5 minutes, depending on thickness), stir-fry (1–3 minutes)

artichokes and 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

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chervil
chili paste and chili pepper flakes
chives
cilantro
corn
cream and crème fraîche
custards
dill
EGGS, e.g., fried, ***frittatas,*** **hard-boiled,** ***omelets,*** **POACHED,** ***quiches,*** **scrambled, soft-boiled**
fennel and fennel seeds
French cuisine
GARLIC and **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
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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 and 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
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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

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Flavor Affinities

asparagus + avocado + lime + mint + olive oil
asparagus + basil + olives
asparagus + bell peppers + eggs + garlic + lemon juice + thyme
asparagus + chives + hard-boiled eggs + mustard + olive oil + vinegar
ASPARAGUS + CITRUS (e.g., lemon, orange) + garlic + **HERBS** (e.g., parsley, tarragon) + olive oil
asparagus + couscous + orange
asparagus + fava beans + mint
asparagus + garlic + ginger + scallions + sesame + sesame oil + soy sauce + vinegar
asparagus + ginger + hoisin sauce + sesame oil + soy sauce
asparagus + goat cheese + lemon + olive oil + pistachios
asparagus + hazelnuts + Parmesan cheese + parsley
ASPARAGUS + LEMON + PARMESAN (or pecorino) + *risotto*
asparagus + lemon + pecans + rice
asparagus + onions + orange
asparagus + pasta + pistachios
asparagus + peas + *risotto* + saffron
asparagus + sesame + tofu

> "I love to grill **asparagus** simply and dress it with a Meyer lemon vinaigrette and serve it with some nice beets, goat cheese, and greens. We also make an asparagus pizza that people love. The asparagus is seasoned with olive oil, lemon zest, salt, and pepper and we let it sit to drain off some of its

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liquid so it won’t make the dough too soggy. Then we add some raw spring onions and raw green garlic, a little Fontina, feta, or Asiago cheese, and chili flakes, and put it on the dough. People are happy. I love to make asparagus with spring peas and fava beans in pasta or in a farro risotto.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Roasted Asparagus, Crispy Egg, and Mustard Vinaigrette

—ABC Kitchen (New York City)

Country Flatbread, Grilled Asparagus, Melted Leeks, Lightly Smoked Brie, Basil

—Green Zebra (Chicago)

Asparagus Pizza with Spring Onions, Knoll Farm Green Garlic, Feta, Asiago, Meyer Lemon, Pepper Flakes, and Italian Parsley

—Greens Restaurant (San Francisco)

Grilled Zuckerman's Farm Asparagus with Lemon Pistachio Gremolata, Regina Olive Oil, and Andante Dairy Fresh Goat Cheese

—Greens Restaurant (San Francisco)

Green Asparagus and Avocado Salad, Sorrel Dressing, and Sesame

—Jean-Georges (New York City)

Asparagi alla Milanese: Grilled Asparagus with Fried Egg, Charred Scallion, Piquillo Pepper, and Parmigiano-Reggiano

—Le Verdure (New York City)

Shaved Asparagus Salad with Fennel, Orange, Pickled Shallots, Lemon Vinaigrette

—Natural Selection (Portland, OR)

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△ ASPARAGUS, WHITE

Season: spring

Flavor: slightly sweet, with notes of artichokes and/or hearts of palm

Volume: quiet–moderate (and quieter in flavor and texture than green asparagus)

What it is: asparagus that has been grown in the dark so that it doesn't turn green

Techniques: bake, blanch, boil, broil, pickle, sauté, simmer, stir-fry

Tips: The lower, woody stalks of white asparagus should be peeled. Note that white asparagus has fewer antioxidants than green.

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

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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
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wine, e.g., Riesling

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Flavor Affinities

white asparagus + butter + eggs
white asparagus + hazelnuts + Parmesan cheese + truffle oil
white asparagus + herbs + mayonnaise
white asparagus + lemon + mushrooms + parsley

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Dishes

Jumbo French White Asparagus and Roasted Green Asparagus with Pencil Asparagus, Basil Dressing, in a Comté Cloud

—Bouley (New York City)

White Asparagus and Garlic Velouté: Garlic and Tofu Mousse, Black Garlic Powder, Asparagus Ribbons

—Plume (Washington, DC)

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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

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AUTUMN

Weather: typically cool

Techniques: bake, braise, glaze, roast

allspice (peak: autumn/winter)
almonds (peak: October)
apples (peak: September–November)
artichokes (peak: September–October)
basil (peak: September)
beans, e.g., green (peak: summer/ autumn)
beets
bell peppers (peak: September)
bok choy (peak: summer/ autumn)
broccoli
broccoli rabe (peak: July–December)
Brussels sprouts (peak: November–February)
cabbage, e.g., red, savoy (peak: autumn/winter)
cakes, esp. served warm
caramel
cardoons (peak: October)
cauliflower
celery
celery root (peak: October–November)
chard (peak: June–December)
chestnuts (peak: October–November)
chiles
cinnamon
coconut (peak: October–November)

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corn (peak: September)
cranberries (peak: September–December)
crosnes
cucumbers (peak: September)
daikon (peak: autumn/winter)
dates (peak: autumn/winter)
eggplant (peak: August–November)
eggplant, Japanese
endive, Belgian
escarole (peak: summer/autumn)
fennel (peak: autumn/winter)
figs (peak: September–October)
frisée
garlic (peak: September)
goji berries (peak: summer/ autumn)
grains
grapes (peak: September)
greens, e.g., beet, bitter, turnip
guava (peak: summer/autumn)
heavier dishes
horseradish (peak: summer/ autumn)
huckleberries (peak: August–September)
kale (peak: November–January)
kohlrabi (peak: September–November)
lentils
lettuce, e.g., green leaf, red leaf (peak: summer/autumn)
lovage (peak: September–October)
lychees (peak: September–November)
miso, dark
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mushrooms, e.g., chanterelle, chicken of the woods, hedgehog, hen of the woods, lobster, matsutake, **porcini**, shiitake, wild
nutmeg
nuts
okra
onions
oranges, blood (peak: November–February)
papaya (peak: summer/autumn)
parsnips
passion fruit (peak: November–February)
pears (peak: July–October)
pecans
persimmons (peak: October–January)
pistachios (peak: September)
plums (peak: July–October)
polenta
pomegranates (peak: October–December)
potatoes
pumpkin (peak: September–December)
quince (peak: October–December)
radicchio
rice, wild
rutabagas
sage
salsify (peak: November–January)
seeds, e.g., pumpkin, sunflower
slow-cooked dishes
snow peas (peak: spring; autumn)
spices, warming, e.g., black pepper, cayenne, cinnamon, chili
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powder, cloves, cumin, mustard powder
spinach
squash—e.g., acorn, buttercup, butternut, delicata, Hubbard, kabocha (peak: October–December)
stuffings
sweet potatoes (peak: November–January)
todok (peak: autumn/winter)
tomatoes (peak: September)
truffles, e.g., black, **white**
turnips (peak: a**utumn**/winter)
vegetables, root
vinegar, red wine
walnuts
watercress (peaks: spring, autumn)
yams (peak: November)

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△ AVOCADO

Season: spring–summer

Flavor: buttery in flavor and texture, with fruity and nutty notes

Volume: quiet

What it is: technically a fruit

Nutritional profile: 77% fat / 19% carbs / 4% protein

Calories: 325 per avocado (raw)

Protein: 4 grams

Techniques: Always serve raw, as cooking makes avocados taste bitter. Mash into guacamole, hummus, or sandwich spreads, or slice for salads.

Tips: Haas avocados are the smaller, dark green, firm variety (more flavorful, and better for guacamole), while Florida avocados are larger and brighter green (and they can sometimes be watery). Use avocados to add richness to a dish, whether a dip or spread or even a dessert.

Botanical relatives: bay leaf, cinnamon

artichoke, Jerusalem
arugula
asparagus
basil
beans, e.g., **black**, fava
beets
bell peppers, red
breads, e.g., sprouted grain, whole wheat
bulgur

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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, and **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
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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 and olive paste
onions, e.g., green, **red**, spring, white
oranges, esp. blood oranges, e.g., juice
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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
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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

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Flavor Affinities

avocado + almond butter + banana + cocoa powder + *mousse*
avocado + asparagus + lime + mint + olive oil
avocado + basil + lime
avocado + basil + onions + tomatoes
avocado + black beans + tomatoes
avocado + celery + **chiles** + **CILANTRO** + cumin + garlic + **LIME** + spinach
AVOCADO + chiles + CILANTRO + LIME + onions
avocado + chiles + citrus + ginger + shiso
avocado + chili powder + cilantro + jícama + onions + orange juice
AVOCADO + **CILANTRO + CUCUMBER** + jalapeño + **LIME** + mint + yogurt
AVOCADO + CILANTRO + garlic + **LIME** + red onions + tomatoes
avocado + citrus (e.g., lime, orange) + jícama
AVOCADO + CUCUMBER + green onions + **LIME** + yogurt
avocado + cucumber + mint + yogurt
avocado + cucumber + nori + rice
avocado + endive + grapefruit
avocado + fennel + citrus (e.g., grapefruit, orange)
avocado + grapefruit + papaya
avocado + grapefruit + pistachios + pomegranates
avocado + honey + yogurt
avocado + lemon + shallots
avocado + lime + wasabi
avocado + olives + tomatoes
avocado + oranges + red onions

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“**Avocados** are key vegetables for raw foodists. They’re meaty and creamy at the same time, and versatile enough to be used in salad dressings, soups, and wraps.”
—AMI BEACH, G-ZEN (BRANFORD, CT)

“I love **avocados** and eat one every day. In one of my favorite salads, the richness of avocado is balanced by the acidity of tomato and the sweetness of watermelon. And avocados are versatile; as a pastry chef, I even use them in my chocolate mousse.”
—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

“Mashed **avocado** on bread is like the PB&J of Jamaica. After my friends and I played soccer, we’d raid the cupboard for bread and climb the tree in my backyard for ‘pears,’ as we call them there, to eat on the bread, maybe with just a little salt. Their flavor is so fresh and bright.”
—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

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Dishes

Grilled Brokaw Avocado and Quinoa Salad with Pumpkin Seeds, Chilies, Watermelon Radish, Cilantro, and Grilled Serrano Salsa Verde

—Greens Restaurant (San Fancisco)

Hass Avocado Sorbet: “Ajo Blanco,” Lemon Confit, Sicilian Pistachios, and Nasturtium Capers

—Per Se (New York City)

Avocado Sorbet in Papaya with Aged Balsamic Vinegar

—Rancho La Puerta (Mexico)

Tarte au Chocolat Vegetalienne et Sans Gluten: Vegan Chocolate Tart, Dark Callebaut Chocolate Avocado “Ganache” with Rice, Almond, and Raisin Crust

—Table Verte (New York City)

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△ BAMBOO SHOOTS

Season: spring–summer

Flavor: bitter (raw) / sweet (cooked); with woody notes of artichokes, corn, nuts, and/or water chestnuts, and a crisp yet tender, juicy, pineapple-like texture

Volume: quiet

Nutritional profile: 54% carbs / 31% protein / 15% fat

Calories: 15 per 1-cup serving (boiled, sliced)

Protein: 2 grams

Techniques: boil (about 60 minutes), braise, pickle, sauté, steam, stew, stir-fry

Tips: Rinse well in cold water before using. Look for precooked, vacuum-sealed bamboo shoots, or whole (not sliced) canned 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

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

stews
stir-fries
sugar snap peas
tamari
tempeh
Thai cuisine
tofu
Vietnamese cuisine
vinegar, rice
wasabi
water chestnuts
wine, rice
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

bamboo shoots + basil + bell peppers + coconut milk + red chili paste

bamboo shoots + chiles + cilantro + lime

bamboo shoots + dashi + mirin + **rice + soy sauce**

bamboo shoots + rice + sake + scallions + shirataki noodles + **soy sauce** + tofu

bamboo shoots + soy sauce + wasabi

"****** DEMO - www.ebook-converter.com*******"

Dishes

Bamboo Shoot Chazuke: Bamboo Shoots, Shiitake, Enoki Mushrooms, Sansho Peppercorn

—Kajitsu (New York City)

"****** DEMO - www.ebook-converter.com*******"

☐ BANANAS

Flavor: sweet, with astringent notes, and a firm, creamy texture

Volume: quiet

What it is: fruit

Nutritional profile: 93% carbs / 4% protein / 3% fat

Calories: 105 per medium banana (raw)

Protein: 1 gram

Techniques: bake, broil, caramelize, deep-fry, freeze (e.g., for smoothies), grill, poach, puree, raw, sauté

Tips: Freeze before adding to smoothies to eliminate or reduce the need for ice. Puree frozen bananas—or put through a Champion juicer (using the "Blank" instead of the "Screen"), and they will come out the texture of soft-serve ice cream to enjoy as-is or with toppings such as maple syrup and nuts.

agave nectar
apples and 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 and toast, whole grain
butter
Calvados
caramel

"****** DEMO - www.ebook-converter.com*******"

cardamom
cereals, breakfast
cherries
cheese, e.g., cream, ricotta
chiles
chocolate, e.g., dark, white
cilantro
cinnamon
COCONUT and COCONUT MILK
cognac
CREAM and 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
"****** DEMO - www.ebook-converter.com*******"

nutmeg
NUTS and NUT BUTTERS, e.g., **ALMONDS**, cashews, macadamia, **peanut**, pecans
oats and 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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

bananas + almond milk + nutmeg + vanilla
bananas + almonds + oatmeal
bananas + apple juice + cinnamon
bananas + apricots + yogurt
bananas + blueberries + yogurt
bananas + cashews + pineapple
bananas + chocolate + peanuts
bananas + cinnamon + orange
bananas + citrus (e.g., lime, orange) + **coconut**
bananas + coconut + pineapple + sesame
bananas + dates + flax seeds
bananas + honey + peanut butter
bananas + maple syrup + oatmeal
bananas + oranges + papaya
bananas + peaches + raspberries
bananas + pineapple + sesame seeds

"****** DEMO - www.ebook-converter.com*******"

Dishes

Banana Walnut Bread with Maple Cinnamon Butter

—Greens Restaurant (San Francisco)

Banana Caramel Cake with Toasted Almonds and Milk Chocolate Ice Cream

—Greens Restaurant (San Francisco)

"****** DEMO - www.ebook-converter.com*******"

△ BARLEY (e.g., HULLED)

Flavor: sweet, with astringent notes of nuts, and chewy in texture

Volume: quiet–**moderate**

What it is: whole grain

Nutritional profile: 82% carbs / 13% protein / 5% fat

Gluten-free: no

Calories: 100 per 1-ounce serving (yields about ½ cup)

Protein: 3 grams

Techniques: boil, pressure-cook, simmer, steam, toast

Timing: Soak overnight before cooking. Cook presoaked whole barley about 35–40 minutes or longer, covered. If not presoaked, cook about 75 minutes, until tender. (Note: Quick-cooking barley takes only 10–15 minutes.)

Ratio: 1:3 (1 part barley to 3 parts cooking liquid)

Tips: For a deeper flavor, toast barley before soaking and cooking. For maximum nutrition, opt for hulled barley (which has an extra layer of fiber-rich bran), versus pearl barley (which has its outer husk removed). Try barley flakes instead of rolled oats in breakfast cereals.

Botanical relatives: corn, kamut, rye, spelt, triticale

agave nectar
almonds
apples
arugula
avocados

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basil
bay leaf
beans, e.g., kidney, lima, white
beer
beets
bell peppers, e.g., red, yellow
black-eyed peas
breads
broccoli de Cicco and 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
"****** DEMO - www.ebook-converter.com*******"

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"
"****** DEMO - www.ebook-converter.com*******"

PARSLEY
peas
pepper, black
pilafs
pomegranates and 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
"****** DEMO - www.ebook-converter.com*******"

tamari
tarragon
thyme
tomatoes and sun-dried tomatoes
vegetables, root
veggie burgers
vinegar, e.g., umeboshi
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

barley + almonds + cauliflower
barley + arugula + orange
barley + basil + corn + garlic + *risotto*
barley + beets + fennel
barley + beets + lemon
barley + butternut squash + portobello mushrooms
barley + carrots + herbs + mushrooms
barley + cashews + cilantro + mint
barley + cashews + parsley + *salads*
barley + cinnamon + milk + raisins
barley + dill + lentils + mushrooms
barley + feta cheese + *risotto*
barley + feta cheese + shiitake mushrooms + *salads*
barley + garlic + marjoram + white wine + wild mushrooms
barley + honey + milk
barley + kale + tomato + *soups*
barley + mint + peas
barley + parsley + white beans

"****** DEMO - www.ebook-converter.com*******"

Dishes

Warm Barley Cereal with Natural Honey, Flaxseed, Orange Segments, Fresh Figs, Almond Milk, and Organic Almonds

—Mayflower Inn & Spa (Washington, CT)

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BARLEY MALT

Flavor: sweet to very sweet, with notes of caramel, honey, malt, and/or molasses, and the thick, sticky, syrupy texture of molasses (syrup)

Volume: quiet (powder)–moderate/loud (syrup)

What it is: sweetener

Tips: Barley malt powder can be substituted for sugar. Barley malt syrup can be substituted for brown rice syrup, honey, or molasses. Select organic 100-percent barley malt syrup.

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 and caramel corn
pumpkin
squash, e.g., winter
sweet potatoes

"**Barley malt syrup** is a great liquid sweetener I'll use to sweeten desserts like custards, or when making candied nuts. Its flavor is distinctive—it's already caramelized, almost like a great Madeira or sherry. I use it in a dessert based on beer

"****** DEMO - www.ebook-converter.com*******"

and pretzels, where it plays against the maltiness of the beer.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

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☐ BARLEY, PEARL (or PEARLED)

Flavor: slightly sweet, with notes of nuts, and a soft, chewy texture

Volume: quiet–moderate

What it is: grain (*not* whole)

Nutritional profile: 90% carbs / 7% protein / 3% fat

Calories: 195 per 1-cup serving (cooked)

Protein: 4 grams

Techniques: boil, simmer

Timing: Cook about 30–75 minutes, until tender.

Ratio: 1: 2 ½–3 ½ (1 cup barley to 2 ½–3 ½ cups cooking liquid)

Tip: Opt for whole-grain barley (which is higher in fiber; see BARLEY) when you have the extra time to cook it; otherwise, faster-cooking pearl barley (which doesn't require presoaking) will do.

allspice
asparagus
basil
beans, e.g., black, kidney, white
beets
bell peppers, e.g., green
black-eyed peas
butter
cabbage
carrots
casseroles
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

stuffings
tarragon
thyme
tomatoes and tomato paste
turnips
vanilla
vinegar, e.g., balsamic
walnuts
watercress
wine, dry red or white
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

pearl barley + basil + tomatoes + zucchini
pearl barley + beets + fennel + lemon
pearl barley + blue cheese + mushrooms
pearl barley + chard + fennel + *soup*
pearl barley + cucumbers + feta cheese + red onions
pearl barley + garlic + mushrooms + onions
pearl barley + nuts + raisins
pearl barley + Swiss chard + white beans

"****** DEMO - www.ebook-converter.com*******"

Dishes

Pearl Barley and Chanterelle Mushroom “Potage”: Crème Fraîche “Royale,” Brioche Croûtons, and Celery Branch “Ribbons”

—Per Se (New York City)

"****** DEMO - www.ebook-converter.com*******"

▲ BASIL

Season: summer

Flavor: slightly sweet, fragrant, with pungent notes of anise, cinnamon, citrus, cloves, licorice, mint, and/or pepper

Volume: moderate–loud

Tips: Add this herb just before serving. Use to add a note of freshness to a dish.

Botanical relatives: lavender, marjoram, mint, oregano, rosemary, sage, summer savory, thyme

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**,

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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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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 and TOMATO SAUCE**
tomatoes, sun-dried
vegetables, summer, e.g., corn, tomatoes, zucchini
vinegar, e.g., balsamic, sherry
walnuts
watermelon
ZUCCHINI

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

basil + asparagus + peas + risotto + saffron
basil + capers + tomatoes
basil + chiles + cilantro + garlic + lime + mint
basil + chiles + olive oil + pine nuts + sun-dried tomatoes
basil + corn + tomatoes
basil + cucumbers + mint + peas
BASIL + GARLIC + OLIVE OIL + Parmesan cheese + pine nuts
BASIL + GARLIC + OLIVE OIL + TOMATOES
basil + lemon + olive oil
basil + mint + pistachios
basil + mozzarella cheese + olive oil
basil + mushrooms + tomatoes
basil + tomatoes + white beans

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BASIL, THAI

Flavor: bitter/**sweet**; aromatic, with pungent/spicy notes of anise, basil, cinnamon, flowers, licorice, and/or mint

Volume: moderate–loud

Tips: Add this herb to dishes just before serving. Do *not* substitute for Italian basil.

Asian cuisines
bamboo shoots
cashews
chiles and 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

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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

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Flavor Affinities

Thai basil + chiles + Kaffir lime leaves
Thai basil + cilantro + mint
Thai basil + coconut milk + peanuts

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▲ BAY LEAF

Flavor: bitter/sweet; aromatic, with pungent/spicy notes of cloves, flowers, grass, mint, nutmeg, pepper, pine and/or wood

Volume: quiet (if used in moderation)–loud

Techniques: braise, simmer, stew

Tips: Use at the start of the cooking process, and remove before serving. Use judiciously, to avoid too-strong bitterness.

Botanical relatives: avocado, **cinnamon**

(North) African cuisines
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 and cream
Moroccan cuisine

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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 and tomato sauce
vegetables

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△ BEANS—IN GENERAL (or MIXED)

What they are: legumes

Techniques: Always cook *thoroughly.*

Timing: Most beans require anywhere from a half-hour to two hours to cook, depending on the type of bean and length of presoaking.

Tips: Soak dried beans overnight (or for 8–10 hours) before cooking. Drain and rinse the beans before cooking in fresh water for about 1–3 hours, depending on the type of bean. While you can add alliums (e.g., garlic, onions) or herbs (e.g., parsley, thyme) during the cooking process, do *not* add acid (e.g., lemon, tomato, vinegar) during cooking; acids may interfere with the cooking process. If you don't buy salt-free canned beans, rinse before using. Dried beans will typically yield three times their quantity in cooked beans (i.e., ⅓ cup dried beans = 1 cup cooked beans). Certain compatible seasonings also aid in the digestion of beans, e.g., asafoetida, cumin, fennel, ginger, kombu, savory.

Botanical relatives: lentils, peanuts, peas

Brands: Eden

avocado
basil
bay leaf
bell peppers
butter
carrots
cassoulet, vegetarian

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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 and smoked paprika
PARSLEY
pastas
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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

> "We only cook our **beans** in clay pots, called olla de barro, because they taste so much better cooked that way. When we first experimented, we soaked the beans overnight, then cooked half in a traditional metal pot and the other half in a clay pot [which transmits heat more gently, allowing flavors to develop more slowly but with greater depth]. You could absolutely taste the difference."
> —SELMA MIRIAM, BLOODROOT (BRIDGEPORT, CT)

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Dishes

Three-Bean Chili: Piquant Chili made with Homemade Seitan, Kidney, and Pinto Beans and Lentils; slowly simmered with Sun-Dried Tomatoes and a blend of Chiles; topped with Lime-Jalapeño Tofu Sour Cream

—Angelica Kitchen (New York City)

Vegetarian Cassoulet made with White Beans, Cauliflower, Brussels Sprouts, Pearl Onions, Swiss Chard, and Cremini Mushrooms, finished with Arethusa Farm Cream and an Herbed Bread Crumb Crust

—Arethusa Al Tavolo (Bantam, Connecticut)

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△ BEANS, ADZUKI (aka ADUKI or AZUKI BEANS)

[ah-ZOO-kee]

Flavor: sweet/sour, with earthy notes of chestnuts and/or nuts

Volume: moderate–**loud**

What they are: small red Japanese legumes

Nutritional profile: 79% carbs / 20% protein / 1% fat

Calories: 295 per 1-cup serving (boiled)

Protein: 17 grams

Techniques: bake, boil, mash, simmer, stew, stir-fry

Timing: Presoak beans for at least an hour or two (or ideally overnight); bring to a boil, and then simmer 30–**90 minutes**, until soft.

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

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chiles, e.g., Anaheim, fresno, jalapeño, poblano; chili pepper flakes, and chili powder
chili, vegetarian
Chinese cuisine
cilantro
cinnamon
cloves
cocoa
coconut and 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
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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
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***stews**, e.g., bean, vegetable*
stir-fries
stock, vegetable
sugar
sweets, Japanese
tamari
teas
tempeh, e.g., smoked
Thai cuisine
thyme
tomatillos
tomatoes and tomato puree
turmeric
veggie burgers
vinegar, e.g., apple cider, rice, umeboshi
wakame

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Flavor Affinities

adzuki beans + brown rice + garlic + **ginger + scallions + sesame oil** + tamari

adzuki beans + carrots + ginger + sea salt

adzuki beans + cilantro + coconut milk + lime

adzuki beans + coriander + cumin + ginger

adzuki beans + ginger + sesame oil and seeds + rice

adzuki beans + miso + scallions + shiitake mushrooms

adzuki beans + sesame seeds + sushi rice

adzuki beans + soy sauce or tamari + winter squash

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Dishes

Heirloom BLT: Heirloom Tomatoes, Adzuki Bacon, Bibb Lettuce, Basil Mayo, Toasted Sourdough

—The Butcher's Daughter (New York City)

Adzuki Bean Vegetable Burger made with Cabbage, Carrots, Celery, Oats, Onions, and Rice (Brown, Red, Wild)

—Flourish Baking Company (Scarsdale, NY)

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△ BEANS, ANASAZI

Flavor: slightly sweet, with a firm, somewhat mealy texture

Volume: quiet

What they are: legumes

Calories: 150 per ¼-cup serving (dry)

Protein: 7 grams

Techniques: boil, braise, pressure-cook (20+ minutes), simmer (for 60–90 minutes, until tender)

Ratio: 1:3 (1 cup beans to 3 cups cooking liquid)

Tip: Presoak beans for several hours, or overnight, before cooking.

Botanical relatives (and possible substitutes): pinto beans

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

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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
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vinegar, e.g., red wine

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Flavor Affinities

anasazi beans + carrots + celery + onions + pumpkin + *stews*
anasazi beans + garlic + tomatoes

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△ BEANS, BLACK (aka TURTLE BEANS)

Flavor: slightly sweet, with earthy and meaty notes, and a rich, creamy yet dense, firm texture

Volume: moderate

Nutritional profile: 74% carbs / 23% protein / 2% fat

Calories: 225 per 1-cup serving (cooked)

Protein: 15 grams

Techniques: simmer

Timing: Presoak beans overnight (or 6–8 hours); boil about 1–2 hours, until tender.

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

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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
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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
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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 and tomato paste
tortillas, e.g., whole wheat
tostadas
VEGGIE BURGERS
vinegar, e.g., apple cider, red wine, sherry

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Flavor Affinities

BLACK BEANS + AVOCADO + CILANTRO + corn + LIME JUICE

black beans + avocado + cilantro + onions + rice

black beans + avocado + salsa + spinach + *burritos*

black beans + bell peppers + corn + lettuce + scallions

BLACK BEANS + BELL PEPPERS + GARLIC + ONIONS

black beans + brown rice + salsa + tomatoes

black beans + cheddar + chickpeas + corn + green onions

BLACK BEANS + chiles + CILANTRO + coriander + **cumin + lime** + scallions

black beans + chiles + garlic + sesame oil + sugar

black beans + chili powder or chili pepper flakes + cumin + garlic + onions + tomatoes

black beans + chipotle chiles + coffee + cumin + orange

BLACK BEANS + CILANTRO + LIME + oregano + red onions

black beans + cilantro + orange

black beans + coriander + cumin + ginger

black beans + garlic + thyme

black beans + ginger + kombu + soy sauce

black beans + kale + sweet potatoes

black beans + oregano + sage + thyme

black beans + mango + quinoa

black beans + salsa + sweet potatoes + tortillas

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Dishes

Modern Black Beans with Baja Olive Oil, Roasted Garlic, Crispy Onions, Queso Añejo, Cilantro

—Frontera Grill (Chicago)

Traditional Black Beans: Epazote, Manteca, Sweet Plantains, Queso Fresco

—Frontera Grill (Chicago)

Black Bean Pozole with Heirloom Yellow Hominy, Shaved Radish, Cilantro, Cotija Cheese

—Green Zebra (Chicago)

Black Bean Chili with Cheddar, Crème Fraîche and Cilantro

—Greens Restaurant (San Francisco)

Pan-Seared Spicy Organic Black Bean Dumplings with Miso-Mango Sauce

—Josie's (New York City)

Black Bean Torte: Whole Wheat Tortilla, Caramelized Plantains, Smoky Black Bean Puree, Pumpkin-Habanero Salsa Verde, Cashew Sour Cream, Pomegranate Salsa

—Millennium (San Francisco)

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BEANS, BORLOTTI (see BEANS, CRANBERRY)

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BEANS, BROAD (see BEANS, FAVA)

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△ BEANS, CANNELLINI (see also BEANS, WHITE)

Flavor: notes of nuts, with a creamy, smooth texture

Volume: quiet–moderate

What they are: white Italian kidney beans

Techniques: braise, puree, simmer

Tips: Presoak dried beans overnight (or 6–8 hours); boil and simmer until tender, about 1 to 2 hours.

Possible substitutes: other white beans, navy beans

artichokes and 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

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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*
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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

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Flavor Affinities

cannellini beans + balsamic vinegar + herbs (basil, rosemary, sage) + olive oil

cannellini beans + basil + tomatoes

cannellini beans + bay leaf + savory

cannellini beans + beet greens + walnuts

cannellini beans + bell peppers + garlic

cannellini beans + chard + garlic + olive oil + rice + vinegar

CANNELLINI BEANS + cilantro + **GARLIC** + lemon juice + **OLIVE OIL**

CANNELLINI BEANS + GARLIC + OLIVE OIL + *pasta*

CANNELLINI BEANS + GARLIC + OLIVE OIL + rosemary or sage

CANNELLINI BEANS + GARLIC + herbs (e.g., sage, thyme) + **TOMATOES**

cannellini beans + lemon + spinach

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

Season: summer (fresh); year-round (dried)

Flavor: slightly sweet, with earthy notes of chestnuts, meat, nuts, and/or peas, with a creamy, yet firm texture

Volume: quiet

Nutritional profile: 73% carbs / 24% protein / 3% fat

Calories: 240 per 1-cup serving (boiled)

Protein: 17 grams

Techniques: boil, braise, pressure-cook, simmer

Timing: Boil and simmer presoaked dried cranberry beans until tender, about 1–2 hours. Boil fresh beans about 10 minutes.

Possible substitutes: kidney beans, pinto beans

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

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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
"****** DEMO - www.ebook-converter.com*******"

zucchini

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Flavor Affinities

cranberry beans + cinnamon + tomatoes
cranberry beans + feta + walnuts
cranberry beans + garlic + green onions + lemon + olive oil
cranberry beans + garlic + sage

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△ BEANS, FAVA (aka BROAD BEANS)

Season: spring–summer

Flavor: bitter/sweet, with earthy notes of butter, nuts (e.g., chestnuts) and/or split peas, and a dense, grainy, rich texture

Volume: moderate (fresh)–louder (dried)

Nutritional profile: 73% carbs / 24% protein / 3% fat

Calories: 190 per 1-cup serving (boiled)

Protein: 13 grams

Techniques: blanch (then peel), boil, braise, puree, raw (young beans), sauté, simmer (8–10 minutes fresh, 1½–2 hours dried), steam, stir-fry

Timing: Boil and simmer presoaked fava beans until tender, about 1½–2 hours. Note: If skins are removed, fava beans will cook in less than an hour.

Tip: Never overcook.

artichokes and artichoke hearts
arugula
ASPARAGUS
avocado
basil
beans, other, e.g., green
beets
bell peppers
bread crumbs
broccoli rabe
bruschetta

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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, and chili sauce
chives
cilantro
couscous
cream
crostini
cumin
dill
dips
eggs, *e.g., frittatas, omelets*
epazote
"falafel"
fennel
GARLIC and spring garlic
ginger
Greek cuisine
greens, e.g., **bitter**, salad
"hummus"
Italian cuisine
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

fava beans + asparagus + peas + *pastas*
fava beans + avocado + quinoa
fava beans + black pepper + herbs (e.g., basil, chives, parsley) + olive oil + salt
fava beans + beets + mint + ricotta salata cheese
fava beans + chiles + cilantro + garlic + lime
fava beans + cilantro + feta cheese + radishes
fava beans + cumin + garlic + lemon + olive oil + parsley + tomatoes
fava beans + dill + lemon + yogurt
fava beans + dill + mint
fava beans + garlic + lemon + mint + olive oil + ricotta cheese
fava beans + garlic + olive oil + onions
fava beans + garlic + thyme
fava beans + goat cheese + lemon + olive oil + yogurt
fava beans + lemon + pasta + ricotta
fava beans + marjoram + pasta
fava beans + mint + pecorino cheese + pistachios

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BEANS, FERMENTED BLACK (and SAUCE)

Flavor: SALTY/sweet/**umami**, with pungent notes

Volume: loud–very loud

What it is: condiment made of fermented and salted black soybeans, sometimes combined with ginger and orange zest

Tips: Rinse fermented black beans before cooking for a "quieter" flavor. Chop well to season more evenly.

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, and 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
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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
"****** DEMO - www.ebook-converter.com*******"

yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

fermented black beans + balsamic vinegar + sesame + soy sauce
fermented black beans + chiles + garlic + vinegar
fermented black beans + eggplant + yogurt
FERMENTED BLACK BEANS + GARLIC + GINGER
fermented black beans + garlic + star anise
fermented black beans + ginger + orange zest
fermented black beans + ginger + scallions + tofu + *soups*
fermented black beans + onions + sesame oil + scallions

> "I love the umami flavor that **fermented black beans** add to dishes, from Asian eggplant to onion salads."
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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△ BEANS, FLAGEOLET

[flah-zhoh-LAY]

Flavor: creamy and delicate in texture

Volume: quiet

What they are: immature kidney/navy beans removed from their pods

Techniques: Boil and simmer until tender, about 30–90 minutes.

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

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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 and tomato sauce
wine, e.g., dry white

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Flavor Affinities

flageolet beans + basil + tomatoes
flageolet beans + garlic + thyme
flageolet beans + garlic + tomatoes
flageolet beans + goat cheese + olives
flageolet beans + green beans + onions + parsley + tomatoes
flageolet beans + pistachios + wild rice

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△ BEANS, FRENCH GREEN (aka HARICOTS VERTS)

Tip: Haricots verts are smaller and more delicate than regular green beans, with a crisp texture.

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

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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

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Flavor Affinities

French green beans + almonds + garlic + olive oil
French green beans + hazelnuts + orange
French green beans + onions + tomatoes

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BEANS, GARBANZO (see CHICKPEAS)

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△ BEANS, GIGANTE (aka GIGANDE BEANS or GIANT BEANS)

[zhee-GAHN-teh]

Flavor: slightly sweet, with savory notes, and a firm yet creamy texture

Volume: moderate

Techniques: bake, stew

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

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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

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Flavor Affinities

gigante beans + bell peppers + carrots + tomatoes
gigante beans + dill + garlic + tomatoes
gigante beans + dill + honey + olive oil + red wine vinegar + tomatoes
gigante beans + feta cheese + olive oil + olives

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△ BEANS, GREAT NORTHERN (see BEANS, WHITE)

"****** DEMO - www.ebook-converter.com*******"

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

Season: summer–autumn

Flavor: slightly sweet, with a firm texture

Volume: quiet–**moderate**

What they are: legumes that can be eaten pod and all; considered a vegetable nutritionally

Nutritional profile: 80% carbs / 13% protein / 7% fat

Calories: 45 per 1-cup serving (cooked)

Protein: 2 grams

Techniques: blanch, boil (2–5 minutes, depending on the thickness of the beans), pressure-cook, roast, **sauté**, simmer, **steam** (5 minutes), stew, stir-fry

ALMONDS
arugula
barley
BASIL
beans, other, e.g., cannellini, shell, white
bell peppers, e.g., red
butter
capers
carrots
cashews
casseroles
cauliflower

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cayenne
celery
CHEESE, e.g., cheddar, Gorgonzola, mozzarella, **PARMESAN**, **pecorino**, Swiss
chervil
chickpeas
chiles and chili pepper flakes
chives
cilantro
coconut
corn
cream
crème fraîche
cucumbers
cumin
curry and *curries*
dill
eggs, e.g., hard-boiled
fennel
French cuisine
frisée
GARLIC
ghee
ginger
greens, e.g., mesclun, salad
hazelnuts
hiziki
honey
Indian cuisine
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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
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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
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WALNUTS
watercress
zucchini

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Flavor Affinities

green beans + almonds + lemon

green beans + garlic + lemon

green beans + garlic + nuts (e.g., pine nuts, walnuts) + olive oil

green beans + herbs (e.g., parsley, rosemary) + **nuts** (e.g., pistachios, walnuts) + shallots

green beans + honey + lemon + mustard

green beans + lemon + pine nuts

green beans + mustard + potatoes + tarragon

green beans + onions + tomatoes

green beans + pesto + *risotto*

> "I snack on **green beans**—their chlorophyll is like caffeine, in that it gives you an energy boost!"
> —KEN LARSEN, TABLE VERTE (NEW YORK CITY)

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△ BEANS, KIDNEY (see also BEANS, RED)

Flavor: sweet, with astringent and/or earthy notes, and a dense, "meaty" texture

Volume: moderate

Nutritional profile: 73% carbs / 24% protein / 3% fat

Calories: 225 per 1-cup serving (boiled)

Protein: 15 grams

Techniques: boil, simmer, stew

Timing: Soak dried beans overnight (or for 6–8 hours) before cooking; boil for at least 15 minutes and then simmer about 45 minutes to 2 hours, until soft and very thoroughly cooked.

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

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CHILI, VEGETARIAN
chili pepper sauce and 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
"****** DEMO - www.ebook-converter.com*******"

peas
potatoes
pumpkin seeds
quinoa
red beans and rice
refried beans
RICE, e.g., brown
rice and 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

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Flavor Affinities
kidney beans + chipotle peppers + garlic + rice + tomatoes
kidney beans + oregano + sage + **thyme**

> "Every Jamaican family eats 'rice and peas' every Sunday—which is rice made with coconut milk and Scotch bonnet [chili] peppers served with red **kidney beans**."
> —SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

"****** DEMO - www.ebook-converter.com*******"

△ BEANS, LIMA (aka BUTTER BEANS)

Season: summer

Flavor: faintly bitter/sweet, with notes of butter, cream, and/or nuts, and a rich, meaty, smooth texture

Volume: quiet–**moderate**

What they are: legumes; nutritionally, considered a starchy vegetable

Nutritional profile: 79% carbs / 19% protein / 2% fat

Calories: 210 per 1-cup serving (boiled, baby)

Protein: 12 grams

Techniques: mash, puree, simmer (15 minutes), steam (Note: never raw)

Timing: Presoak dried lima beans overnight (or 6–8 hours) before cooking in salted water; cook until tender, about 45–90 minutes (if beans are smaller) to 60–90 minutes (if beans are larger).

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

"****** DEMO - www.ebook-converter.com*******"

chives
cilantro
CORN
cream
cucumber
dill
dips
eggplant
fennel and 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
"****** DEMO - www.ebook-converter.com*******"

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 and tomato paste
vinegar, e.g., cider, red wine
wine, dry white
yogurt

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

lima beans + chili pepper flakes + **garlic + lemon juice + olive oil**

lima beans + corn + tomatoes (succotash)

lima beans + **corn** + garlic + rosemary + **tomatoes** (succotash)

lima beans + fennel + garlic

lima beans + feta cheese + olives + tomatoes

lima beans + feta cheese + spinach

lima beans + garlic + lemon + olive oil + oregano

lima beans + garlic + onions

lima beans + lemon + parsley + *soup*

lima beans + scallions + yogurt

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▲ BEANS, LONG (aka YARD-LONG BEANS)

Flavor: bitter/sweet, with notes of legumes (e.g., beans, peas) and/or nuts, and a crunchy texture

Volume: quiet–moderate

What they are: legumes, resembling green beans, that often reach 12 inches long—or much longer!

Nutritional profile: 79% carbs / 19% protein / 2% fat

Calories: 50 per 1-cup serving (boiled)

Protein: 3 grams

Techniques: boil, braise, deep-fry, sauté, steam, stew, stir-fry

Tip: Cut into three-inch pieces for easier cooking and serving.

Botanical relative: black-eyed peas

Asian cuisines
beans, e.g., fermented black
bell peppers, e.g., red
chiles, e.g., jalapeño, Thai
chili paste and chili sauce
cilantro
coconut and coconut milk
coriander
cumin
curry powder
eggs, e.g., *omelets*
fennel
fennel seeds
fenugreek

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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

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Flavor Affinities

long beans + chiles + ginger + rice wine vinegar
long beans + chiles + lemon
long beans + cilantro + sesame oil/seeds + soy sauce
long beans + coconut milk + ginger + shallots

> "I loved a dish I had at Mission Chinese of stir-fried **long beans** with lots of cumin."
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Chilled Vietnamese Long Beans with Radish, Cucumber, and Shaved Carrot

—FnB Restaurant (Scottsdale, AZ)

"****** DEMO - www.ebook-converter.com*******"

△ BEANS, MUNG

Flavor: slightly sweet, with notes of butter, grass, and/or split pea soup, and a soft texture

Volume: quiet–moderate

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

Calories: 215 per 1-cup serving (boiled)

Protein: 14 grams

Techniques: pressure-cook, sauté, simmer (30–60 minutes), sprout, stir-fry

Tip: Presoaking mung beans is optional.

Ratio: 1:3 (1 cup mung beans to 3 cups cooking liquid)

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 and coconut milk

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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
"****** DEMO - www.ebook-converter.com*******"

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

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Flavor Affinities

mung beans + bulgur + olive oil + onions

mung beans + coconut milk+ **cumin + garlic + ginger** + onions

mung beans + coriander + **cumin + garlic + ginger**

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Dishes

Zucchini-Mung Bean Pancake and Skeena Cherry, Basil, and Purslane Salad served with a Sorrel-Truffle Sauce and Blue Majestic Potato Crisps

—Sutra (Seattle)

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△ BEANS, NAVY (aka YANKEE BEANS)

Flavor: slightly sweet, with notes of cream, and a soft, mealy texture

Volume: quiet–**moderate**

Nutritional profile: 76% carbs / 20% protein / 4% fat

Calories: 255 per 1-cup serving (boiled)

Protein: 15 grams

Techniques: simmer

Timing: Presoak dried beans overnight (or 6–8 hours) before cooking. Boil and simmer until tender, about 1–2 hours.

Factoid: They are the second-most popular bean in America (after pinto beans).

Possible substitute: cannellini beans

arugula
asparagus
BAKED BEANS
barley
basil
beets
Boston cuisine
broccoli rabe
cabbage, e.g., red
carrots
casseroles
cauliflower
celery

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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
"****** DEMO - www.ebook-converter.com*******"

shallots
SOUPS*, e.g., bean, tomato*
spreads
squash, summer
stews
sugar, e.g., brown
sweet potatoes
thyme
tomatoes and tomato paste
vinegar, e.g., cider

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

navy beans + black pepper + maple syrup + mustard + sugar
navy beans + brown sugar + molasses + vinegar

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△ BEANS, PINTO

Season: winter

Flavor: earthy and savory notes, with a mealy, soft texture (when cooked)

Volume: quiet–moderate

Nutritional profile: 74% carbs / 22% protein / 4% fat

Calories: 245 per 1-cup serving (boiled)

Protein: 15 grams

Techniques: mash, puree, refry, simmer, stew

Timing: Soak dried beans overnight (or 6–8 hours) before cooking. Boil about 1–2 hours, until tender.

Botanical relative: kidney beans

Factoid: They are the most popular beans in America.

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, and **chili powder**
CHILI, VEGETARIAN
chips, tortilla
cilantro

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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
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***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 and tomato puree
tortillas
tostadas
veggie burgers

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Flavor Affinities

pinto beans + chiles + sage
pinto beans + chili powder + cumin
pinto beans + cilantro + liquid smoke + onions
pinto beans + cumin + garlic + onions + quinoa
pinto beans + oregano + sage + thyme

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Dishes

Canyon Rancheros—Our take on Huevos Rancheros: Grilled Corn Tortilla topped with Mashed Pinto Beans and broiled with Cheddar Cheese, served with a Poached Egg and Pico de Gallo Salsa

—Canyon Ranch (Tucson)

Organic Pinto Bean Tostada Stack, Avocado Salsa, Red Rice, and Ancho Chile Sauce

—Golden Door (Escondido, California)

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△ BEANS, RED (see also similar BEANS, KIDNEY)

Flavor: slightly sweet, similar to kidney beans, with a firm texture

Volume: quieter than kidney beans

Timing: Cook presoaked red beans about 1½–2 hours, until tender.

Possible substitute: kidney beans

casseroles
chilaquiles
chiles, e.g., ancho
chili, vegetarian
coffee
Creole cuisine
jambalaya
Mexican cuisine
parsley
red beans and rice
RICE
salads, e.g., bean, green
savory
soups
Southwestern (U.S.) cuisine

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BEANS, SHELL (see BEANS, CRANBERRY; BEANS, FAVA; BEANS, LIMA)

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BEANS, SOY (see EDAMAME and SOY BEANS)

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BEANS, STRING (see BEANS, GREEN)

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

Season: winter

Flavor: neutral, with notes of nuts, and a creamy texture

Volume: quiet–moderate

Nutritional profile: 74% carbs / 24% protein / 2% fat

Calories: 250 per 1-cup serving (boiled)

Protein: 17 grams

Techniques: bake, simmer

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

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celery root
chard, e.g., Swiss
cheese, e.g., cheddar, Parmesan
chervil
chickpeas
chiles, e.g., green chili pepper flakes, chili pepper sauce, and chili powder
chili, vegetarian
chives
couscous
croutons, whole grain
cumin
dates
dill
dips
eggs, e.g., hard-boiled
escarole
fennel, fennel pollen, and 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
"****** DEMO - www.ebook-converter.com*******"

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*
"****** DEMO - www.ebook-converter.com*******"

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

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Flavor Affinities

white beans + asparagus + garlic
white beans + basil + celery
white beans + basil + escarole + Parmesan cheese
white beans + basil + garlic
white beans + basil + scallions + *dips*
white beans + basil + tomatoes
white beans + cabbage + Parmesan cheese
white beans + cumin + garlic + lemon + sage
white beans + dill + garlic + lemon
white beans + garlic + olive oil + rosemary
white beans + garlic + rosemary
WHITE BEANS + GARLIC + HERBS (e.g., oregano, parsley, **sage**, thyme) + lemon + olive oil + pasta + tomatoes
white beans + garlic + sun-dried tomatoes
white beans + lemon + olives + rosemary + thyme
white beans + mushrooms + tarragon + thyme
white beans + orange + thyme

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Dishes

Bangers and Mash: White Bean and Fennel Sausage, Rustic Mashed Potatoes, Sautéed Spinach, Caramelized Onions, Mushroom Jus

—The Butcher's Daughter (New York City)

Tuscan White Bean Pâté Sandwiches with Arugula and Tomato

—Candle Cafe (New York City)

Pasta with White Beans, Arugula, Mushrooms, and Peas

—Telepan (New York City)

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△ BEETS

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

Flavor: sweet, with very earthy, pungent notes, and a crisp, dense texture

Volume: moderate–loud

Nutritional profile: 86% carbs / 11% protein / 3% fat

Calories: 60 per 1-cup serving (raw)

Protein: 2 grams

Techniques: bake (350°F, about 60 minutes), boil (about 20–45 minutes, depending on size), grate (e.g., for grains, salads), julienne, pickle, pressure-cook (10–25 minutes), raw, roast, sauté, shred, steam (about 25–40 minutes)

Botanical relatives: chard, quinoa, spinach, Swiss chard

agave nectar
allspice
anise hyssop
anise seeds
APPLES and **apple juice**
arame
ARUGULA
asparagus
avocado
baked goods, e.g., cakes
basil
bay leaf
beans, e.g., fava, green

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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 and 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 and chili pepper flakes
chips, e.g., fried
CHIVES
chocolate and cocoa
chutneys
cilantro
"****** DEMO - www.ebook-converter.com*******"

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, and fennel seeds
frisée
fruit, dried
GARLIC
GINGER
grains
grapefruit, e.g., juice
GREENS, e.g., baby, **BEET**, **bitter**, collard, dandelion, mesclun, mixed, mustard
harissa
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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***
"****** DEMO - www.ebook-converter.com*******"

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**
"****** DEMO - www.ebook-converter.com*******"

balsamic, **white wine**
wakame
wasabi
WATERCRESS
watermelon
wine, dry red
YOGURT
za’atar

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Flavor Affinities

BEETS + arugula + feta cheese + balsamic vinegar + walnuts
beets + arugula + horseradish + pecans
beets + avocado + orange
beets + balsamic vinegar + blackberries
beets + balsamic vinegar + carrots + **chives** + greens
beets + balsamic vinegar + chives + parsley + **red onions**
beets + balsamic vinegar + fennel + oranges
beets + beet greens + dill + lemon + yogurt
beets + beet greens + marjoram + pine nuts
beets + black olives + oranges
BEETS + CHEESE (e.g., blue, feta, queso blanca) + **FRUIT** (e.g., apples, currants, oranges) + **GREENS** (e.g., arugula, dandelion, endive) + **NUTS** (e.g., hazelnuts, pine nuts, walnuts)
BEETS + CHEESE (e.g., feta, goat, mascarpone, ricotta) + **NUTS** (e.g., hazelnuts, pecans, pine nuts, pistachios, walnuts)
beets + chives + cucumbers + horseradish + onions + **yogurt**
beets + chives + radishes + **yogurt**
beets + coriander + cumin + goat cheese + yogurt
beets + crème fraîche + dill + orange
beets + Dijon mustard + goat cheese + spinach + walnuts
beets + dill + fennel + *risotto*
beets + fennel + ginger + yogurt
BEETS + FENNEL + ORANGE + watercress + yogurt
beets + garlic + olive oil + parsley
beets + garlic + olive oil + tarragon
beets + garlic + yogurt
beets + ginger + mint + **orange**
beets + goat cheese + lentils
"****** DEMO - www.ebook-converter.com*******"

beets + horseradish + **pistachios + ricotta**
beets + horseradish + shallots + tarragon
beets + mint + yogurt
beets + mustard + orange
beets + orange juice/zest + (sherry/wine) **vinegar + walnut oil** + walnuts
beets + pistachios + watercress + yogurt
beets + tahini + yogurt
beets + yogurt + za'atar

"Our **beet** tartare is a play on beef tartare, so I thought about my associations with both tartare and with beets. The tartare inspired the capers, shallots, and [vegan] Worcestershire sauce, while the beets inspired the dill and orange. Quail eggs are a lighter, more delicate take on traditional egg yolks."
—MARK LEVY, THE POINT (SARANAC LAKE, NY)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Chocolate Beet Cake, Roasted Pear Sorbet, Beet, and Pear Leather

—Dirt Candy (New York City)

Ricotta Gnudi, Horseradish, Beets, Pistachios

—Dovetail (New York City)

Beet-Chocolate Cupcakes with Vegan Cream Cheese Frosting

—Fire & Spice (Hartford, CT)

Roasted Baby Beets, Pearled Barley, Horseradish Whipped Goat Cheese, Walnut Vinaigrette

—Green Zebra (Chicago)

Roasted Baby Beets and Raspberry Salad, Savory Chocolate, Spiced Pecans, Tarragon

—Green Zebra (Chicago)

Three-Beet Salad with Devoto Fuji Apples, Walnuts, Arugula, Andante Dairy-Fresh Goat Cheese, and Cider Vinaigrette

—Greens Restaurant (San Francisco)

Roasted Beets with Hazelnut Oil, Balsamic Vinegar, and Thyme

—Millennium (San Francisco)

Vegan Red Flannel Hash Scrambled Tofu with Smoked Tofu, Red Beets, Sweet Potato, Potato, Shallot, Fresh Thyme, Choice of Toast

—Mohawk Bend (Los Angeles)

Beet-Lime Ganache, Chèvre Frozen Yogurt, Pistachio Crunch

—Momofuku (New York City)

Rotisserie-Crisped Beets with Bulgur Salad, Apples, and Creamed Horseradish

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—Narcissa (New York City)

Assortment of Roasted Baby Beets with Fresh Catapano Goat Cheese, Pistachios and Sherry-Shallot Dressing

—North Fork Table & Inn (Southold, NY)

Tartare of Beets, Dill Flat Bread, Soft Quail Egg, Crispy Capers, and Blood Orange Pepper

—The Point (Saranac Lake, NY)

Beet Tartare: Roasted Beets, Carrot Aioli, Cashew Cheese, Served with Baguette

—Portobello (Portland, OR)

Flannel Hash with Tempeh: Roasted Beets, Sweet Potatoes and Tempeh with Caramelized Onions and Worcestershire Sauce

—Portobello (Portland, OR)

Salad of Summer Greens and Sweet Beets with Warm Local Goat's Milk Cheese Fritters, Caramelized Oranges, and Shallot Vinaigrette

—The White Barn Inn (Kennebunk, ME)

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▲ BELL PEPPERS—IN GENERAL, or MIXED

Season: summer–autumn

Flavor: bitter (raw)/sweet (roasted), with peppery notes, and a crunchy, juicy texture

Sweetness: green (more bitter) < yellow < orange < red (sweeter)

Volume: moderate (red/roasted)–loud (green/raw)

What they are: Green peppers are immature red bell peppers (the latter are allowed to ripen on the vine).

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

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

Protein: 1 gram

Techniques: bake, blanch, braise, broil, grill, marinate, puree, raw, **roast** (over open flame, before placing in a covered bowl to steam), sauté, steam, stew, stir-fry (3–5 minutes), stuff

Tips: Opt for organic bell peppers. Red and yellow bell peppers are also known as sweet peppers and are more nutritious than green bell peppers.

Botanical relatives: chiles, eggplant, gooseberries, potatoes, tomatillos, tomatoes

anise
arame
artichokes
arugula
barley
BASIL

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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, and chili powder
chili, vegetarian
chives
cilantro
coconut milk
coriander
corn
corn bread
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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
"****** DEMO - www.ebook-converter.com*******"

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
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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
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tofu
tomatoes, e.g., green, sun-dried
***TOMATOES, tomato paste, and tomato sauce**
Turkish cuisine
vegetables, summer
VINEGAR, e.g., balsamic, red wine, sherry
walnuts
wine, dry red or white
yogurt
zucchini

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Flavor Affinities

bell peppers + almonds + bread crumbs + garlic + paprika + sherry vinegar + tomatoes

bell peppers + balsamic vinegar + basil + garlic + olive oil

bell peppers + balsamic vinegar + chili pepper flakes + garlic + olive oil

bell peppers + balsamic vinegar + olive oil + red onions

bell peppers + basil + chiles + **garlic**

bell peppers + basil + eggplant + **garlic**

bell peppers + basil + fennel + goat cheese

BELL PEPPERS + basil + garlic + OLIVE OIL + onions + oregano + tomatoes

bell peppers + cheese + eggs + tomatoes

bell peppers + chiles + cilantro + lime + mint + scallions

bell peppers + cucumbers + garlic + tomatoes

bell peppers + dried cranberries + mushrooms + sage + wild rice

bell peppers + eggs + **mushrooms + onions**

bell peppers + fava beans + garlic + lemon

bell peppers + garlic + ginger + sesame oil + soy sauce

bell peppers + garlic + miso + vegetable stock

BELL PEPPERS + GARLIC + OLIVE OIL + tomatoes + zucchini

BELL PEPPERS + cider vinegar + garlic + honey + olive oil + red onions

bell peppers + lemon juice + mint + pine nuts + rice

bell peppers + olive oil + onions + red wine vinegar + thyme

bell peppers + pomegranate molasses + walnuts

bell peppers + red beans + rice

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“Many people say they don’t like the flavor of **bell peppers**, but I think they actually don’t like *raw* bell peppers. Their season in California is short [September–October], but red and yellow peppers are wonderful grilled, roasted, or sautéed in curries and soups—and yes, even raw when served with hummus. They’re easy to peel if you oven-roast them, then put them in a covered bowl to steam—the peel will come right off.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Yellow Pepper Soup with 62-Degree Egg and Confit Red Pepper, Brown Butter, Brioche, Radish, Parmesan

—Fearrington House (Fearrington Village, NC)

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

Season: spring–summer

Flavor: sweet/sour

Volume: quiet–moderate

Techniques: poach, raw

almonds
apricots
basil
cereals, breakfast
chamomile
cheese, e.g., cream, ricotta
chocolate, e.g., dark, milk, white
cinnamon
cream and 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
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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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
berries + honey + yogurt

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Dishes

Warm Three Berry-Ginger Pie with Walnut Oat Crumb Topping, Multi-Grain Crust (Organic Spelt, Oat, Barley, and Brown Rice Flours), and Non-Dairy, Low-Fat Vanilla Soy Ice Cream

—Josie's (New York City)

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BITTERNESS

Taste: bitter

Function: cooling; stimulates appetite; promotes other tastes

Tips: Bitterness relieves thirst. When a bitter component is added to a dish, it creates a sense of lightness. The hotter the food or drink, the lesser the perception of bitterness.

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Examples of bitter foods:
arugula
baking powder and baking soda
beans, lima
beer, esp. hoppy (e.g., bitter ales)
bell peppers, green
bitters
broccoli rabe
Brussels sprouts
cabbage, green
caffeine (e.g., coffee, tea)
chard
chicory
chocolate, dark
cocoa
cranberries
eggplant
endive
escarole
fenugreek
frisée
grapefruit
greens, bitter, dark leafy, e.g., beet, dandelion, mustard, turnip
herbs, bitter
horseradish
kale
lettuce, e.g., romaine
melon, bitter
olives
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radicchio
rhubarb
tonic water
turmeric
walnuts, e.g., black
watercress
wine, red, esp. tannic
zest, e.g., lemon, orange, etc.
zucchini

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△ BLACKBERRIES (see also BERRIES)

Season: summer

Flavor: sour/sweet, with a juicy texture and lots of crunchy seeds

Volume: moderate

Nutritional profile: 79% carbs / 11% protein / 10% fat

Calories: 65 per 1-cup serving (raw)

Protein: 2 grams

Techniques: cooked, fresh, frozen (e.g., blended into a smoothie)

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

almonds
apples
bananas
blueberries
caramel
cinnamon
coulis
CREAM AND ICE CREAM
***DESSERTS**, e.g., cobblers, **crisps**, crumbles*
endive
figs
ginger
hazelnuts
honey
LEMON
lemon herbs, e.g., lemon balm, lemon verbena

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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
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watermelon
wine, e.g., fruity, red
yogurt

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Flavor Affinities

blackberries + apples + brown sugar + cinnamon
blackberries + apples + cinnamon + hazelnuts
blackberries + cinnamon + orange
blackberries + lime + mint
blackberries + lime + yogurt
blackberries + papaya + yogurt

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△ BLACK-EYED PEAS [aka COWPEAS]

Flavor: slightly sweet, with earthy and/or savory notes of beans, butter, dirt, nuts, and/or peas, and a firm texture

Volume: quiet–moderate/loud

What they are: legumes

Nutritional profile: 71% carbs / 24% protein / 5% fat

Calories: 200 per 1-cup serving (boiled)

Protein: 14 grams (vs. 9 grams per cup for other peas)

Timing: For maximum digestibility, presoak before cooking. Boil and simmer about 30–45 minutes (if presoaked) to 90 minutes (if dry), until tender.

Tip: Black-eyed peas are more easily digested than other legumes.

Brand: Eden Organic (canned)

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

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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
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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
"****** DEMO - www.ebook-converter.com*******"

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

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Flavor Affinities

black-eyed peas + bell peppers + celery + onions
black-eyed peas + brown rice + onions
black-eyed peas + coconut milk + sticky rice
black-eyed peas + corn + dill
black-eyed peas + feta cheese + tomatoes
black-eyed peas + garlic + greens
black-eyed peas + herbs + lemon + olive oil
black-eyed peas + onions + tomatoes
black-eyed peas + pumpkin + rice

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Dishes

Black-Eyed Pea Cake with Red Pepper Coulis, Chipotle Aioli

—Café Blossom (New York City)

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△ BLUEBERRIES

Season: spring–summer

Flavor: sour/**sweet**, with a soft, juicy texture

Volume: quiet–moderate

Nutritional profile: 91% carbs (high in sugar) / 5% fat / 4% protein

Calories: 85 per 1-cup serving (raw)

Protein: 1 gram

Techniques: dry, freeze, fresh, simmer (10 minutes)

Tips: Frozen blueberries work as well as fresh in smoothies. Use dried blueberries when you're worried about bursting berries, e.g., in thicker batters or smaller-sized tins (e.g., for mini-muffins).

Possible substitutes: huckleberries

agave nectar
almonds
(North) American cuisine
apples and 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

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CINNAMON
corn
corn cakes
cream and 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 and oatmeal
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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

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Flavor Affinities

blueberries + cinnamon + lemon + rice
blueberries + cinnamon + nutmeg + peaches
blueberries + corn + nectarines
blueberries + cream cheese + lemon + nutmeg
blueberries + ginger + orange
blueberries + hazelnuts + rhubarb + ricotta
blueberries + honey + lime + mango
blueberries + lemon + ricotta
blueberries + maple syrup + pecans

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▲ BOK CHOY (aka CHINESE CABBAGE or PAK CHOI)

[bahk CHOY]

Season: year-round, esp. summer–autumn

Flavor: bitter/**sweet**, with spicy notes of cabbage, chard, milk, and/or spinach, and a soft, yet crispy/crunchy and juicy texture

Volume: quiet

What it is: vegetable

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

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

Protein: 3 grams

Techniques: blanch, boil, braise, raw, roast (at 400°F for 5 minutes), sauté (over high heat), simmer, steam, STIR-FRY

Tips: Bok choy is a quick-cooking green. Buy small (and tender) heads.

Botanical relatives: cabbage

agave nectar
almonds, e.g., roasted or smoked
Asian cuisines
beans, black, and **fermented black bean sauce**
bell peppers, red
broccoli
broccoli rabe
cabbage, e.g., napa, purple
cardamom

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carrots
cashews
casseroles
cauliflower
celery
chiles, e.g., jalapeños
chili pepper flakes, chili paste, and chili sauce
Chinese cuisine
cilantro
cinnamon
coconut milk
curry powder and *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
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peanuts and 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
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water chestnuts
wine, e.g., dry sherry
zucchini

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Flavor Affinities

bok choy + Asian noodles + peanut sauce
bok choy + Asian noodles + tofu + stir-fries
bok choy + bell peppers + olive oil + shiitake mushrooms
bok choy + black bean sauce + water chestnuts
bok choy + brown rice vinegar + sesame oil + tamari
bok choy + chiles + garlic + ginger + sesame oil
bok choy + chili flakes + coconut milk + red bell peppers
bok choy + fermented black bean sauce + **garlic + ginger**
BOK CHOY + GARLIC + GINGER + soy sauce
bok choy + garlic + olive oil
bok choy + garlic + sesame + tofu
bok choy + ginger + peanuts + ponzu
bok choy + ginger + tofu
bok choy + hoisin + shiitake mushrooms
bok choy + lemon + tahini
bok choy + lemongrass + lime
bok choy + mushrooms + tofu
bok choy + scallions + shiitake mushrooms

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Dishes

Stir-Fried Bok Choy with Garlic and Ginger, served with Brown Rice and Plum Sauce

—Bloodroot (Bridgeport, CT)

Giant Asian Dumplings: Steamed Dumplings filled with Wok-Seared Vegetables, Edamame, Ginger, and Garlic, served with Sweet Chili Dipping Sauce and Grilled Bok Choy

—Canyon Ranch (Lenox, MA)

Bok Choy with Broccoli, Vinton Soybeans, and Hakurei Turnips

—Gramercy Tavern (New York City)

Sautéed Baby Bok Choy, Ginger Ponzu, Toasted Peanuts

—Green Zebra (Chicago)

Baby Bok Choy, Kimchi-Tokyo Turnips, Cashew, Chili Vinaigrette

—Picholine (New York City)

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▲ BORAGE

[BOHR-ij]

Season: spring

Flavor: sweet, with notes of celery, **cucumber**, herbs, and/or honey; and fuzzy-textured leaves

Volume: quiet–moderate

What it is: herb / leafy green

Nutritional profile: 51% carbs / 28% fat / 21% protein

Calories: 20 per 1-cup serving (raw)

Protein: 2 grams

Techniques: raw, sauté, steam

Tips: Chop finely before adding to dishes. Use bluish-purple borage flowers as an edible garnish for cocktails, salads, or other dishes.

Possible substitutes: celery (for stems), spinach (for leaves)

basil
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

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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
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watercress
wine, white
yogurt

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Flavor Affinities

borage + chervil + chives + cream cheese + parsley + sorrel + yogurt + *sauces*

borage + eggs + potatoes

> "I love **borage**, burnet, and comfrey, three herbs that all taste like cucumber and are wonderful to add to salads when you don't have cucumbers on hand. Comfrey is also good for broken bones, and [Bloodroot partner] Noel [Furie] once healed herself with comfrey."
>
> —SELMA MIRIAM, FOUNDER OF BLOODROOT (BRIDGEPORT, CT)

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Dishes

Garden Borage Risotto with Smoked Local Hen Egg, Borage, Housemade Ricotta

—Hotel Fauchère (Milford, PA)

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△ BOYSENBERRIES (see also BLACKBERRIES)

Tip: Use like blackberries, one of the three berries (along with raspberries and loganberries) of which boysenberries are a hybrid.

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BRAGG LIQUID AMINOS

Flavor: complex notes of beef stock, soy sauce, and/or red wine

Volume: moderate–loud

What it is: an unfermented, soy-based condiment that offers a gluten-free (though not low-sodium) alternative to soy sauce

Tip: Add to toasted sesame oil for an instant sauce for vegetables.

Possible substitutes: soy sauce, tamari

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

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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

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Flavor Affinities

Bragg Liquid Aminos + brown rice + carrots + celery + onions + tofu

Bragg Liquid Aminos + garlic + lemon juice + olive oil

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BRAZIL NUTS (see NUTS, BRAZIL)

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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

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Flavor Affinities
black beans + onions + orange

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☐ BREAD CRUMBS, WHOLE-GRAIN

Flavor: typically neutral, with a crunchy texture

Volume: quiet

Tips: Make your own healthful bread crumbs by drying or lightly toasting whole-grain or sprouted grain bread (e.g., Ezekiel brand), then pulsing in a food processor until lightly crumbed—or, for larger crumbs and more texture, grate the dried bread on a cheese grater right over the dish. Use to add a crunchy texture to gratins, pastas, salads, soups, etc.

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 and cheese
marjoram
mushrooms
nuts, e.g., pistachios

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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

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Flavor Affinities

bread crumbs + garlic + olive oil + Parmesan cheese

bread crumbs + kale + lemon juice + Parmesan cheese

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BREAD CRUMBS, PANKO

Flavor: neutral, with a very crunchy texture

Volume: quiet

What it is: Japanese bread crumbs

Calories: 110 per ½-cup serving

Tip: Makes a crunchy crust for seitan and tofu or a coating for deep-fried foods, e.g., vegetables

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

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BREAKFAST and BRUNCH

Tips: Eating breakfast jump-starts your metabolism and can prevent overeating later in the day.

When you can't decide what you're in the mood for at breakfast, consider these:

almond butter, e.g., on whole-grain bread
apples and apple juice
bagels, whole grain, e.g., with nut butter
bananas
biscuits with "sausage" and gravy
breads, whole-grain, e.g., sliced or toasted, with or without nut butter
burritos, breakfast
cereal, e.g., cold
cereal, e.g., hot, whole grain: amaranth, millet, oats, quinoa, wheat berries; e.g., with berries, cinnamon, cocoa powder, coconut flakes, flax seeds, maple syrup, and/or milk—such as almond, rice or soy)
chilaquiles (i.e., beans + cheese + salsa + tortillas or tortilla chips + optional egg)
crepes, e.g., fruit or savory
egg dishes: frittatas, omelets, scrambled
French toast, e.g., cinnamon-date, vegan (e.g., substitute almond milk, or ground flaxseed and water, for egg), whole-grain bread
frittatas, e.g., broccoli-cheese
fruit, fresh, e.g., apples, bananas, blueberries, strawberries

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fruit and cheese
granola, e.g., cranberry-maple
hash, e.g., bell peppers, cheese, eggs, onions, potatoes, scallions, spinach, sweet potatoes, tomatoes, vegetables
huevos (or tofu) rancheros: eggs on tortillas with dairy or vegan cheese, pico de gallo, guacamole, and (cashew) sour cream
melon, e.g., cantaloupe or honeydew
muesli
muffins, fruit and/or whole grain
nut butters, e.g., almond, peanut, on whole-grain bread, or sliced fruits or vegetables
oatmeal, e.g., with dried or fresh fruit, flaxseeds, nuts
pancakes, e.g., apple/walnut, banana/walnut, blueberry, pumpkin, vegan
pies or tarts, e.g., ricotta
porridge, e.g., nut
rice, brown, e.g., with cinnamon
scrambles, egg or tofu
smoothies, e.g., fruit
soufflés
soups, e.g., fruit
tacos, breakfast
toast, whole wheat with nut butter and banana
tofu, scrambled
tostada, breakfast: avocado + beans + corn tortilla + egg + salsa
waffles, whole-grain, e.g., with fruit
wheat germ, e.g., mixed into yogurt
wraps, breakfast
yogurt, e.g., with fruit (e.g., bananas, berries, peaches), granola
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▲ BROCCOLI

Season: autumn–winter

Flavor: slightly bitter, with notes of cabbage, cauliflower, and/or grass, and a crunchy texture (when raw)

Volume: moderate

What it is: vegetable–green

Who says it's healthful: The Center for Science in the Public Interest's *Nutrition Action* includes broccoli on its "10 Best Foods" list.

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

Calories: 55 per 1-cup serving (boiled)

Protein: 4 grams

Techniques: Better served cooked than raw—but cook only until tender, and do *not* overcook: boil (3–5 minutes), deep-fry (e.g., tempura), pressure-cook (2–3 minutes, puree, roast, sauté, simmer (5–6 minutes), **steam**, stir-fry (2–3 minutes)

Tip: Make a salad from leftover stems of broccoli florets.

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

almonds
avocado
basil, e.g., Italian or Thai
beans, e.g., black, **cannellini**, green, **white**
BELL PEPPERS, e.g., red, **esp. roasted**

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bread crumbs
bulgur
butter and 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; and **chili pepper flakes**
chives
cilantro
coconut and coconut milk
coriander
cream
crepes
crudités
curries and **curry**, e.g., paste, powder, spices
dill
eggs, e.g., *custards, omelets*, *quiches*
flax seeds
GARLIC
ginger
gomashio
gratins
greens, mesclun
"guacamole"
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hazelnuts
“hummus”
leeks
LEMON, e.g., juice, zest
lime
marjoram
mayonnaise
miso, e.g., barley
mushrooms, e.g., oyster, shiitake
mustard, e.g., Dijon, and 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*
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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
"****** DEMO - www.ebook-converter.com*******"

vinegar, e.g., balsamic, rice, tarragon
walnuts
watercress
wheat berries
wine, dry white
yogurt

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Flavor Affinities

broccoli + almonds + citrus (e.g., lemon, orange) (+ garlic)
broccoli + almonds + mushrooms
broccoli + almonds + Romano cheese
broccoli + basil + **garlic + olive oil** + Parmesan cheese + walnuts
broccoli + bell peppers + capers + olives
broccoli + bell peppers + mozzarella cheese
broccoli + chiles + garlic + ginger + lime + olive oil
BROCCOLI + CHILES (fresh or chili pepper flakes) + **GARLIC + olive oil**
broccoli + chiles + garlic + orange (juice, zest)
broccoli + feta cheese + mint + red onions
broccoli + flax seeds + lemon
broccoli + garlic + ginger + **sesame oil/seeds** + tamari
broccoli + garlic + lemon + olive oil + chili pepper flakes
broccoli + garlic + lemon + tahini
broccoli + ginger + orange
broccoli + lemon + parsley
broccoli + lime + noodles + peanuts
broccoli + miso + sesame
broccoli + onions + orange
broccoli + orange + Parmesan cheese + tomatoes
broccoli + pasta + pecorino cheese + white beans
broccoli + red onions + yogurt
broccoli + rice vinegar + sesame oil + **sesame seeds + soy sauce/tamari**

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Dishes

Iacopi Farm Broccoli Soup with Cheddar and Chives

—Greens Restaurant (San Francisco)

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▲ BROCCOLI, CHINESE (aka CHINESE KALE or GAI LAN)

Flavor: slightly bitter, with a crisp, crunchy texture

Volume: quiet–moderate

Nutritional profile: 60% carbs / 27% fat / 13% protein

Calories: 20 per 1-cup serving (cooked)

Protein: 1 gram

Techniques: blanch, sauté, steam, stir-fry

Tip: Opt for Chinese broccoli when you need a quick-cooking green.

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

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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

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Flavor Affinities

Chinese broccoli + black bean sauce + chives + garlic

CHINESE BROCCOLI + GARLIC + GINGER + peanuts + scallions + soy sauce

CHINESE BROCCOLI + GARLIC + GINGER + shiitake mushrooms + tofu

CHINESE BROCCOLI + GARLIC + GINGER + soy sauce

Chinese broccoli + mustard + soy sauce

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▲ BROCCOLI RABE (aka BROCCOLI RAAB or RAPINI)

Flavor: bitter, with pungent notes of mustard, pepper, spices, and/or turnips

Volume: moderate–**loud**

Nutritional profile: 46% protein / 40% carbs / 14% fat

Calories: 30 per 1-cup serving (cooked)

Protein: 3 grams

Techniques: boil, braise, fry, parboil, roast, **sauté**, simmer, **steam,** stir-fry

(Note: not raw)

Botanical relatives: broccoli, cabbage, **turnips** and turnip greens

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

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chiles, e.g., jalapeño, and **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
"****** DEMO - www.ebook-converter.com*******"

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

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Flavor Affinities

broccoli rabe + beans + pasta

BROCCOLI RABE + BREAD CRUMBS + CHILI FLAKES + GARLIC

broccoli rabe + brown rice + chickpeas + garlic

broccoli rabe + brown rice + cilantro + peanuts + soy sauce

broccoli rabe + cheese (e.g., pecorino, ricotta) + pasta

broccoli rabe + chiles + citrus + feta cheese + pasta

broccoli rabe + chiles + garlic

BROCCOLI RABE + CHILI PEPPER FLAKES + GARLIC + lemon + OLIVE OIL

broccoli rabe + chili pepper flakes + olives + smoked mozzarella + *pizza*

broccoli rabe + chili flakes + lemon + pasta

broccoli rabe + garlic + lemon + pine nuts + raisins

BROCCOLI RABE + GARLIC + OLIVE OIL + PASTA

broccoli rabe + garlic + pine nuts

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Dishes

Grilled Broccoli Rabe with Spicy Tomato Sauce and Sour Cream

—ABC Kitchen (New York City)

Charred Broccoli Rabe with Peperoncini, Crispy Shallots

—Boulud Sud (New York City)

Spaghetti and Wheatballs, Broccoli Rabe, Black Olives, Basil Marinara

—Café Blossom (New York City)

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▲ BROCCOLINI

Flavor: slightly sweet, with peppery notes of grass, and a tender yet crisp texture

Volume: quiet–moderate

What it is: a hybrid of broccoli and gai-lan (a type of Chinese broccoli)

Calories: 35 per 1-cup serving

Techniques: Cooks quickly: blanch, boil, raw, sauté, steam, stir-fry

almonds
basil
bell peppers, e.g., red
bread crumbs
broccoli and broccoli rabe
cheese, e.g., feta, Parmesan
chiles, e.g., dried, and chili paste, chili pepper flakes, and 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

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orange, e.g., juice, zest
parsley
pastas, e.g., fettuccine
peanuts and 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

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Flavor Affinities

broccolini + balsamic vinegar + Dijon mustard + olive oil
broccolini + chiles + cilantro + garlic + ginger
broccolini + egg + mushrooms + Parmesan cheese + pasta
broccolini + garlic + olive oil **+ Parmesan cheese + pasta**
broccolini + ginger + orange
broccolini + orange + sesame oil **+ soy sauce**

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Dishes

Grilled Olive Pesto Tofu with Broccolini and Smashed Purple Potatoes

—Plum Bistro (Seattle)

Mushroom Home Fries with Pan-Roasted Broccolini, Mushrooms, and Parsley-Walnut Pesto

—Portobello (Portland, OR)

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BROWN RICE (see RICE, BROWN)

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BROWN RICE SYRUP (aka RICE MALT SYRUP)

Flavor: sweet, with notes of butterscotch, caramel, malt, and/or rice, and a thick, liquid texture

Volume: quiet

Nutritional profile: 97% carbs / 3% protein

Calories: 75 per tablespoon serving

Tip: Half as sweet as regular sugar, it can substitute for honey (e.g., on toast) or maple syrup (e.g., on waffles).

Possible substitute: barley 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

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BRUNCH (see BREAKFAST and BRUNCH)

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▲ BRUSSELS SPROUTS

Season: autumn–winter

Flavor: bitter/sweet, with pungent notes of broccoli, cabbage, and/or nuts, and a crisp texture

Volume: quiet (younger)–moderate/loud (older)

What they are: green vegetable

Nutritional profile: 71% carbs / 17% protein / 12% fat

Calories: 30 per ½-cup serving (boiled)

Protein: 2 grams

Tips: Look for smaller Brussels sprouts. Better served lightly cooked than raw. Cook only until tender. Do *not* boil them, as they will lose nutritional value—and overcooking heightens their sulphur notes, ruining the flavor.

Techniques: blanch, boil, **braise**, fry, grill, mandoline, pressure-cook (2–3 minutes), puree, roast (20–30 minutes at 350°F), **sauté**, shred, simmer, **steam** (7–10 minutes), stir-fry, tempura-fry

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

almonds
apples (dried and fresh), **apple cider**, **and apple juice**
artichokes, Jerusalem
basil
bay leaf
bell peppers, e.g., red
bread crumbs

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butter and 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 and 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
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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, and 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
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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
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vinaigrette
VINEGAR, e.g., apple, balsamic, rice wine, sherry, tarragon, white wine
WALNUTS
water chestnuts
wine, e.g., dry white, rice
yogurt

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Flavor Affinities

Brussels sprouts + almonds + orange juice
Brussels sprouts + apples + goat cheese + hazelnuts
Brussels sprouts + black pepper + pecorino
Brussels sprouts + blue cheese + walnuts
Brussels sprouts + bread crumbs + hard-boiled eggs + lemon + parsley
Brussels sprouts + buckwheat + mushrooms
Brussels sprouts + caraway seeds + mustard
Brussels sprouts + caraway seeds + orange
Brussels sprouts + caraway + sour cream
Brussels sprouts + cauliflower + garlic + olive oil + rosemary
Brussels sprouts + chestnuts + maple syrup
Brussls sprouts + chili pepper flakes + garlic + shallots
Brussels sprouts + cream + nutmeg + Parmesan cheese
Brussels sprouts + dried cranberries + walnuts
Brussels sprouts + garlic + lemon + olive oil
Brussels sprouts + garlic + pine nuts + shallots
Brussels sprouts + garlic + vinegar + walnuts
Brussels sprouts + ginger + thyme
Brussels sprouts + hazelnuts + maple syrup
Brussels sprouts + juniper berries + orange juice
BRUSSELS SPROUTS + LEMON + MUSTARD + parsley + walnut oil
Brussels sprouts + miso + mustard
Brussels sprouts + mushrooms + pine nuts
Brussels sprouts + orange + sesame oil

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“The way Jean-Georges Vongerichten thinks about flavors is exceptional. I made his recipe for **Brussels sprouts** [with toasted pecans and avocado] that appeared in *Food and Wine*, and it was amazingly good.”

—SELMA MIRIAM, BLOODROOT (BRIDGEPORT, CT)

“In mainstream restaurants, you’ll inevitably see **Brussels sprouts** served with bacon. We serve them with smoked tofu, whose smokiness serves as the ‘bacon,’ accented by the sweetness of orange juice and a hint of agave plus the umami of miso.”

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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Dishes

Seared Brussels Sprouts with Garlic, Italian Chilies, Preserved Lemon, and Toasted Pistachios

—Millennium (San Francisco)

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

Flavor: slightly sweet, with earthy notes of nuts

Volume: quiet–**moderate**

What it is: considered a whole grain, though it's not a grain but the seed of a non-grass crop

Gluten-free: yes

Nutritional profile: 82% carbs / 12% protein / 6% fat

Calories: 155 per 1-cup serving (cooked)

Protein: 6 grams

Techniques: bake, boil, pan-roast, roast, simmer (about 10–20 minutes, until tender), stir-fry, toast

Ratio: 1:2–3 (1 part buckwheat to 2–3 parts cooking liquid)

Tips: Toast until crunchy (to bring out flavor). Sprinkle on salads or vegetable dishes. Roasted buckwheat groats are sold as kasha (see also KASHA).

Botanical relatives: rhubarb, sorrel (*not* wheat)

almonds and almond butter
apples, e.g., cider, fruit, juice
arame
asparagus
bananas
basil
bay leaf
beans, e.g., black

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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
"****** DEMO - www.ebook-converter.com*******"

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*
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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

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Flavor Affinities

buckwheat + apples + maple syrup
buckwheat + bananas + walnuts
buckwheat + basil + mushrooms + tomatoes
buckwheat + blueberries + cinnamon + ginger + vanilla
buckwheat + carrots + mushrooms
buckwheat + eggs (e.g., fried, poached) + garlic + thyme
buckwheat + feta cheese + parsley
buckwheat + garlic + mushrooms + onions
buckwheat + garlic + parsley + soy sauce
buckwheat + lemon + olive oil + parsley + scallions
buckwheat + mushrooms + scallions + sesame oil
buckwheat + potatoes + thyme

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

[BUHL-guhr]

Flavor: notes of nuts, with a fluffy (i.e., fine) or chewy (i.e., medium to coarse) texture

Volume: quiet–moderate

What it is: pre-cooked (e.g., steamed), dried, cracked/ground, whole-grain wheat berries

Gluten-free: no

Nutritional profile: 85% carbs / 13% protein / 2% fat

Calories: 150 per 1-cup serving (cooked)

Protein: 6 grams

Techniques: boil (10–20 minutes), simmer (15–20 minutes), steam

Timing: Cook about 15–20 minutes, covered.

Ratio: 1 : 1½ (finer)–2½ (coarser) (1 cup bulgur to 1½–2½ cups cooking liquid)

Tips: Different grinds are better for different uses—fine grinds make better tabboulehs, while coarse grinds make better pilafs. Enhance its nutty flavor by sautéing before steaming. Seasoned, it can substitute for ground meat in vegetarian chili, tacos, etc.

almonds
apples and apple juice
apricots, e.g., dried
arugula

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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, and chili powder
chili, vegetarian
cilantro
cinnamon
citrus, e.g., zest
coriander
corn
cranberries, dried
cucumbers
cumin
currants
dill
eggplant
falafel
figs
fruit, dried
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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” and “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
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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
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tofu
TOMATOES and tomato paste
tomatoes, sun-dried
vinegar, e.g., balsamic
walnuts
yogurt
za'atar
zucchini

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Flavor Affinities

bulgur + almonds + amaranth

bulgur + almonds + apples + cinnamon (+ honey) (+ raisins)

bulgur + arugula + white beans

bulgur + basil + tomatoes + *pilaf*

bulgur + basil + tomatoes + walnuts + tabbouleh

bulgur + bell peppers + chickpeas + cumin

bulgur + bell peppers + chili powder + **cumin** + lemon juice + mustard + olive oil + onions + tomatoes

bulgur + chickpeas + **lemon** + mint + **olive oil** + parsley + **tomatoes**

bulgur + cilantro + lime

bulgur + cinnamon + lemon + pine nuts

bulgur + coriander + onions + **parsley**

BULGUR + cucumbers + **ONIONS + PARSLEY + TOMATOES**

bulgur + cucumbers + tomatoes

bulgur + dill + feta cheese + garlic + spinach

bulgur + dried currants + lemon juice + mint + onions + parsley

bulgur + dried fruit (e.g. apricots, currants, raisins) + **nuts** (e.g., pistachios, walnuts)

bulgur + eggplant + yogurt

bulgur + garlic + leeks + mushrooms + Swiss chard

bulgur + garlic + **lemon + mint + parsley**

bulgur + goat cheese + parsley + tomatoes

bulgur + lentils + walnuts

bulgur + mint + parsley + tomatoes

bulgur + mint + shallots + tomatoes

bulgur + mushrooms + spinach + *pilafs*

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bulgur + orange + pistachios

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Dishes

Vegan Taco Salad: Bulgur Wheat seasoned with Chili Powder and Cumin, served with Tortilla Chips and (Soy Milk-based Vegan) Sour Cream

—Soul Gourmet Vegan (Chicago)

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☐ BURDOCK (aka BURDOCK ROOT or GOBO ROOT)

Flavor: sweet; with rich, earthy notes of artichokes, nuts, and/or potatoes, and a tender yet crunchy (when raw) or chewy (when cooked) texture

Volume: moderate

What it is: Japanese root vegetable

Nutritional profile: 92% carbs / 7% protein / 1% fat

Calories: 110 per 1-cup serving (boiled)

Protein: 3 grams

Techniques: sauté, shred, simmer, stir-fry

Tips: Do not use raw. Doesn't need to be peeled, but scrub well.

Botanical relatives: artichokes

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; and chili pepper flakes
dashi
dates
fennel seeds

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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
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SESAME, e.g., OIL, SEEDS
soups
SOY SAUCE
spinach
squash, winter
stews
stir-fries
stock, e.g., mushroom, vegetable
sugar
tahini
tamari
tarragon
tempura and kinpira
teriyaki sauce
tofu
tomatoes
vinegar, e.g., umeboshi
walnuts
watercress

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Flavor Affinities

burdock + apple juice + **carrots + ginger** + sesame + soy sauce

burdock + carrots + lotus root + **sesame**

BURDOCK + CARROTS + SESAME+ SESAME OIL/SEEDS + SOY SAUCE

burdock + chili pepper + mirin + sake + soy sauce

burdock + garlic + ginger

burdock + ginger + sesame

burdock + ginger + soy sauce

burdock + onions + shiitake mushrooms

burdock + potatoes + tarragon

burdock + rice + scallions + sesame oil **+ sesame seeds + soy sauce**

"A mix of **burdock root** and carrots, cut into matchsticks, and seasoned with toasted sesame oil and tamari, is incredibly simple and incredibly delicious."
—MARK SHADLE, G-ZEN (BRANFORD, CT)

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Dishes

Gobo Loco Hand Roll: Gobo, Daikon, Seaweed Salad, Avocado, Pickled Jalapeño, Six Grain Rice, with Carrot Ginger Sauce

—Beyond Sushi (New York City)

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BURMESE CUISINE

beans, e.g., long
chiles, e.g., dried, red; and 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

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Flavor Affinities

greens + garlic + lime + peanuts + shallots

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BUTTER, CLARIFIED (see also GHEE)

Tip: Can be used for higher-temperature cooking, as solids have been removed.

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BUTTER

Vegan substitute: Earth Balance natural buttery spread (0 g trans fat, non-GMO)

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BUTTER, PEANUT (see PEANUTS and PEANUT BUTTER)

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▽ BUTTERMILK, LOW-FAT

Flavor: sour, with a thick, creamy texture

Volume: moderate–loud

Nutritional profile: 46% carbs / 35% protein / 19% fat

Calories: 100 per 1-cup serving

Protein: 8 grams

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

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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 and oats
onions
orange
pancakes and waffles
parsley
peaches
pepper, black
plums
potatoes
raisins
raitas
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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

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Dishes

Southern Style Hushpuppies, Mesclun, Honey Butter, and Buttermilk Dressing

—Verjus (Paris)

Ranch dressing = **BUTTERMILK**-based salad dressing often blended with some of the following:

basil + bell peppers + black pepper + cayenne + chili pepper sauce + **chives** + cilantro + **dill** + **GARLIC** + **HERBS** + lemon juice + **mayonnaise** + mustard + olive oil + **onions** + oregano + paprika + **parsley** + salt + scallions + shallots + sour cream + sugar + tarragon + thyme + vinegar + Worcestershire sauce + yogurt

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▲ CABBAGE, IN GENERAL, or MIXED CABBAGES

Season: autumn–winter

Flavor: bitter/sweet, with pungent and/or peppery notes, and 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, and APPLE CIDER
bell peppers
butter and brown butter
CARAWAY SEEDS
CARROTS
celery
cheese, e.g., blue, cheddar, feta, **Parmesan**
cilantro

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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
"****** DEMO - www.ebook-converter.com*******"

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

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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

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

Flavor: sweet, with notes of cabbage and celery, and a crisp/crunchy yet tender and 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 and Thai basil
beans, black, and black bean sauce
beans, green
beets
bell peppers
brown rice syrup
butter
cabbage, other, e.g., green, savoy
CARROTS

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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**,
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vegetable
onions, e.g., green
parsley
peanuts and 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
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sugar snap peas
tamari
tofu
turmeric
vegetables, Asian
vinegar, e.g., apple cider, balsamic, black, brown rice, rice wine
walnuts
watercress
wine, rice

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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

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▲ 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 and 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, and curry spices

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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
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tomatoes and tomato paste
vinegar, e.g., apple cider, red wine, white wine
walnuts

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Flavor Affinities

green cabbage + apples + caraway seeds

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"****** DEMO - www.ebook-converter.com*******"

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▲ CABBAGE, NAPA (see CABBAGE, CHINESE)

What it is: a popular type of Chinese cabbage

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▲ CABBAGE, RED

Season: autumn–winter

Flavor: more pungent notes and 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 AND 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 and fennel seeds

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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 and 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
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sugar, e.g., organic brown
tarragon
thyme
VINEGAR, e.g., **apple cider**, **balsamic**, **RED WINE**, **sherry**
walnuts
wine, esp. dry red
yogurt

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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

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▲ 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 and crème fraîche
cumin
dill
fennel
fruits, dried, e.g., dried apricots, raisins
garlic
ginger
grains, e.g., pearl barley
grapefruit

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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
"****** DEMO - www.ebook-converter.com*******"

stock, vegetable
stuffed cabbage
tamari
tarragon
tempeh
thyme
vinegar, e.g., cider, red wine, rice wine, white wine
yogurt

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Flavor Affinities

savoy cabbage + dried fruits + rice

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

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Dishes

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

—CityZen (Washington, DC)

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

—Manna (London)

"****** DEMO - www.ebook-converter.com*******"

CACAO or CACAO NIBS (see also CHOCOLATE, DARK)

Flavor: bitter, with notes of **chocolate** (and smoke, if roasted), and 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 and confections, e.g., fudge
caramel
cereals, breakfast
chocolate, e.g., dark, milk
desserts, esp. raw
granola
ice creams and gelatos
nuts, e.g., almonds, pecans
oatmeal
popcorn
puddings
salads, fruit
smoothies
spreads
sugar
trail mix and energy bars
vanilla

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“**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 and truffles. I’ll substitute raw carob powder if I want a similar flavor with no stimulants.”

—AMI BEACH, G-ZEN (BRANFORD, CT)

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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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
bell peppers + celery + onions

"****** DEMO - www.ebook-converter.com*******"

CALLALOO (see GREENS, AMARANTH)

"****** DEMO - www.ebook-converter.com*******"

CANNELLINI BEANS (see BEANS, CANNELLINI)

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CANTALOUPE (see MELON, CANTALOUPE)

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▲ 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

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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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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 and 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 and 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)

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Dishes

Chanterelle Mushroom and Potato Flatbread with Smoked Leek Confit, Fried Capers, Roasted Garlic, and Cashew Cream

—Millennium (San Francisco)

Tartare of Beets with Dill Flatbread, Soft Quail Egg, Crispy Capers, and 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)

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CARAMEL

> “We make a vegan dessert based on a Snickers bar, and the **caramel** is made from pureed dates flavored with a little salt and vanilla.”
>
> —MARLENE AND CASSIE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

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▲ 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, and 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

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

tempeh
tofu, e.g., extra firm
vanilla
vegetables, esp. root
vinegar

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

caraway seeds + apples + nutmeg + orange
caraway seeds + cabbage + potatoes
caraway seeds + lemon + salt + tofu

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▲ 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, and 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 and 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

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cinnamon
cloves
coconut and coconut milk
coffee, e.g., *Turkish coffee*
coriander
cumin
***CURRIES,* curry leaves, curry powder, and 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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

CARIBBEAN CUISINES (see also JAMAICAN CUISINE)

allspice
basil
bay leaf
chayote
chiles, e.g., habanero, Scotch bonnet; and 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

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orange
oregano
parsley
pineapple
plantains
rum, e.g., dark
salsas
sugar, e.g., brown
tamarind
thyme
yuca

"****** DEMO - www.ebook-converter.com*******"

△ 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 and denying yourself the pleasure of the peels' flavor and 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

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***BAKED GOODS**, e.g., **cakes**, muffins*
basil and Thai basil
bay leaf
beans, e.g., black, broad, **green**
beets
bell peppers, e.g., red
broccoli and broccoli rabe
burdock
butter
cabbage, e.g., green, napa, red
caraway seeds
cardamom
cashews
celery and 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 and crème fraîche
crudités
"****** DEMO - www.ebook-converter.com*******"

cucumbers
CUMIN
***curries*, curry powder, and curry spices**
daikon
dates
desserts, e.g., cakes, mousses
DILL
fennel and 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, and mustard seeds
noodle dishes, Asian, e.g., pad thai
nutmeg
nuts, e.g., hazelnuts, macadamia, pecans, pine nuts
"****** DEMO - www.ebook-converter.com*******"

oil, e.g., coconut, **olive**, peanut, **sesame**
olives
ONIONS, e.g., green, pearl, red
ORANGE, e.g., juice, zest
paprika
PARSLEY
parsnips
peanuts and 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*
"****** DEMO - www.ebook-converter.com*******"

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 and walnut oil
watercress
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

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
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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** and cumin are great together."
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

> "We juice **carrots** to use for stocks or other dishes, and then dehydrate the pulp. We confit carrots in oil, herbs, and spices to get that nice, fatty, succulent confit texture out of a carrot.

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We will fry some carrots into chips and pulse them into crumbs. We might pickle some carrots or ferment them, then dehydrate them and grind them into a powder to use as a seasoning. So we have now taken a carrot eight ways and 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 and 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)

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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 and Chives
—Greens Restaurant (San Francisco)

Carrot Cake: Moist and Decadent with Organic Sugar, Raisins, Pineapple, Coconut, and a Vegan Cream Cheese Frosting
—Laughing Seed Café (Asheville, NC)

Roasted Carrots with Yogurt, Date, and 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)

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CASHEW CREAM (see CREAM, CASHEW)

"****** DEMO - www.ebook-converter.com*******"

▽ CASHEWS and CASHEW NUT BUTTER

Flavor: sweet, with buttery and vegetal notes (esp. when raw), and 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 and 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

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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 AND COCONUT MILK
corn
cream, e.g., raw
cumin
CURRIES
curry powder
desserts
dips and dipping sauces
garam masala
garlic
ginger
GRANOLA and granola bars
hazelnuts
hoisin sauce
honey
hummus
Indian cuisine
lemon, e.g., juice
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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
"****** DEMO - www.ebook-converter.com*******"

***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 and sun-dried tomatoes
vanilla
veggie burgers
wasabi
wheat berries
yogurt

"****** DEMO - www.ebook-converter.com*******"

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, and 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, and they're delicious."
> —AMI BEACH, G-ZEN (BRANFORD, CT)

"****** DEMO - www.ebook-converter.com*******"

Dishes

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

—Sutra (Seattle)

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▲ 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, deep-fry, 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" and 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

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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 and 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**, and **chili powder**
chili, vegetarian
chives
chowders
cilantro
cinnamon
"****** DEMO - www.ebook-converter.com*******"

citrus
coconut and coconut milk
coriander
corn
couscous
cream and milk
cress, e.g., land
crudités
CUMIN
CURRIES and **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
"****** DEMO - www.ebook-converter.com*******"

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
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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
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stir-fries
stock, e.g., mushroom, vegetable
sweet potatoes
"tabbouleh"
tacos
tahini
tamarind
tarragon
thyme
tofu
TOMATOES and TOMATO SAUCE
tomatoes, sun-dried
truffles
turmeric
VINEGAR, e.g., balsamic, rice, white wine
wakame
walnuts
watercress
wine, e.g., dry white
yogurt

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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
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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, and deep-fry **cauliflower**, which looks like chicken, and 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, and cook it with saffron, tomato, white wine, and garlic. It's something that's unusual while tasting interesting and familiar."
>
> —RICH LANDAU, VEDGE (PHILADELPHIA)

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Dishes

Cauliflower and Date Ragoût with Roasted Sunchokes, Cauliflower and Parmesan Velouté, Lemon Poached Salsify, Rye Berries, and Chestnuts
—Beckta Dining and 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 and Spicy Peperonata, Capers
—Millennium (San Francisco)

Cavolfiore: Cauliflower Steak, Riso Venere, Almonds, and Pecorino Toscano
—Salumeria Rosi (New York City)

Frito Misto: Crispy Cauliflower, Sweet Chili Sauce, Sesame Seed
—Sublime (Fort Lauderdale)

Cauli-Mashed Potatoes and Gravy: Fresh Cauliflower Blended with Mashed Potatoes, Porcini Mushroom Gravy with Fresh Rosemary
—Veggie Grill (Los Angeles)

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CAVIAR, VEGAN

Flavor: salty, with notes of the sea, and 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 and 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)

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CAVOLO NERO (see KALE, BLACK)

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▲ 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 and cocoa
cilantro
corn
cumin
curries
dill
dips, e.g., bean, chickpea
dulse
eggplant
eggs, e.g., hard-boiled, esp. deviled
enchiladas

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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

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Flavor Affinities

cayenne + almond + dulse (or salt)
cayenne + corn + lime
cayenne + dill + garlic + yogurt

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△ 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) and 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 and almond butter
anise seeds
APPLES
artichokes
barley
basil
bay leaf
beans, e.g., black, kidney
beets
bell peppers, red
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bread crumbs, e.g., whole grain
bulgur
butter and brown butter
cabbage
capers
caraway
CARROTS
casseroles
cauliflower
celery root, celery salt, and 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
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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 and peanut butter
pears
peas
pecans
pepper, e.g., black
pineapple
pistachios
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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
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vinegar
walnut oil
WALNUTS
water chestnuts
watercress
yogurt

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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

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△ 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, and 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

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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 and crème fraîche
dill
eggs
endive, Belgian
fennel
GARLIC
gratins
hazelnuts
honey
kale
kohlrabi
leeks
LEMON, e.g., juice
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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
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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 and 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
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wine, dry red or white
yogurt

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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

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Dishes

Celeriac Soufflé with Celery Salad and Black Truffle

—Chez Panisse (Berkeley, CA)

Roasted Celery Root with Mushrooms and Polenta

—Gramercy Tavern (New York City)

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

—Picholine (New York City)

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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

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▲ 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****, and vegetable*

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sauces
sauerkraut
***slaws**, e.g., cole*
***soups**, e.g., celery, noodle, onion, zucchini*
sour cream
spinach
stews, e.g., vegetable
tomatoes and tomato juice
vegetables and vegetable juices
vinegar, e.g., apple cider, white wine
Worcestershire sauce, vegetarian

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▲ 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, and 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 and the leaves like spinach, e.g., bake, blanch, boil (3–4 minutes), **braise**, parboil, pickle, **sauté**, steam (3–4 minutes), stir-fry

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

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capers
carrots
CHEESE, e.g., blue, cheddar, cottage, feta, goat, Gruyère, mozzarella, **Parmesan**, pecorino, **RICOTTA**, Taleggio
CHICKPEAS
chiles, e.g., chipotle, dried, red; and **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 and fennel seeds
French cuisine, e.g., Niçoise
***GARLIC**
ginger
gratins
greens, other
kale
lamb's quarters
leeks
LEMONS, e.g., juice, zest
LENTILS
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lime, e.g., juice, zest
lovage
mascarpone
millet
mint
mirin
mushrooms, e.g., porcini, portobello, shiitake
mustard and 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*
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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 and TOMATO SAUCE
tomatoes, sun-dried
VINEGAR, e.g., apple cider, balsamic, red wine
walnuts
wheat berries
Worcestershire sauce, vegetarian
yogurt
zucchini

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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 and toss them in

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hot olive oil for one or two minutes, then add the greens, some garlic, some water or stock, and salt and pepper, and 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, and other traditional stewing ingredients that are really tasty, and then dehydrate some of it and 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 and 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, and gave it back to you on a dish in a whole multitude of ways."

—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

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Dishes

Swiss Chard Soup with Lentils and Potatoes

—Bloodroot (Bridgeport, CT)

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

—Greens Restaurant (San Francisco)

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CHARD, RED / RUBY (see CHARD)

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CHARD, SWISS (see CHARD)

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△ CHAYOTE (aka CHAYOTE SQUASH and MIRLITON; see also SQUASH, SUMMER)

Season: winter

Flavor: neutral, with notes of cucumbers and zucchini, and 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

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cilantro
cinnamon
coconut milk
corn
cream
Creole / Cajun cuisine*, in which the chayote is known as mirliton*
curries
enchiladas
fennel and 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
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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

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Flavor Affinities

chayote + almonds + cinnamon + honey

chayote + garlic + onions + tomatoes

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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)

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▽ 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

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▽ 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

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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
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vegetables, e.g., raw, steamed
vinegar, e.g., balsamic, red wine, sherry, white wine
WALNUTS
watercress
watermelon
yogurt

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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

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Dishes

Hearth-Fired Fig and Maytag Blue Cheese Flatbread with Caramelized Onion, Arugula, Balsamic Glaze

—Canyon Ranch (Miami Beach, FL)

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

—Per Se (New York City)

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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

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Flavor Affinities

brie cheese + arugula + pears

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▽ 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

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Flavor Affinities

burrata + balsamic vinegar + basil + red onions + tomatoes

"I love **burrata cheese**. We have served it warm with pasta and pesto, or with pickled vegetables and crispy quinoa, or with carrot top pesto along with carrots and fava beans, and even with cantaloupe with melon granite and toasted cashews. I want to take a cheese that people are familiar with and 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)

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Dishes

“Caprese Salad”: Marinated French Laundry Garden Tomatoes, Jellied Burrata, Aged Balsamic Vinegar, Toasted Pine Nuts, and 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)

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▽ 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

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grits
honey
horseradish
kale
leeks
loaves, vegetarian
MACARONI AND 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
"****** DEMO - www.ebook-converter.com*******"

thyme
tomatillos
tomatoes
vinegar, apple cider
walnuts

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Dishes

Mac and Cheese with Horseradish, Sharp Cheddar, and Cracked Black Pepper

—Mana Food Bar, Chicago

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▽ CHEESE, CHÈVRE (aka FRESH GOAT CHEESE; see CHEESE, GOAT)

"****** DEMO - www.ebook-converter.com*******"

▽ CHEESE, COTIJA (see CHEESE, QUESO AÑEJO)

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▽ 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 and herbs into a sauce to pour over spaghetti or other pasta.

Brand: Check out Nancy's sour and 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

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dips
eggs
flaxseed and 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
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sour cream
spinach
tomatoes
walnuts
watercress
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
cottage cheese + black pepper + olive oil

"****** DEMO - www.ebook-converter.com*******"

▼ 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

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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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

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

cream cheese + maple syrup + mascarpone

cream cheese + spinach + sun-dried tomatoes

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“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 and macadamia nuts and pureeing them with garlic, lemon juice, red onions, salt and pepper, and water.”
>
> —CASSIE AND MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

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“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)

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Flavor Affinities

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

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▽ 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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Napa Cabbage, Pears, Winter Truffles, Emmentaler Cheese Fondue

—Dovetail (New York City)

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▽ CHEESE, FETA

Flavor: salty and 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

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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)

"****** DEMO - www.ebook-converter.com*******"

Dishes

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

—Canyon Ranch (Miami Beach, FL)

"****** DEMO - www.ebook-converter.com*******"

▽ 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

"****** DEMO - www.ebook-converter.com*******"

walnuts
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

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

Fontina cheese + tomatoes + zucchini + *pizza*

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Dishes

Macaroni with Fontina Cheese and Chanterelle Mushrooms

—White Barn Inn (Kennebunk, ME)

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▽ 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; and chili pepper flakes, chili pepper sauce
chives
cinnamon

"****** DEMO - www.ebook-converter.com*******"

corn
cranberries, dried
cream
dates
dill
dips
eggplant
EGGS, *e.g., frittatas, omelets, quiches*
endive
fennel and 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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

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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, and Olive Oil

—Jean-Georges (New York City)

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▽ CHEESE, GORGONZOLA (see CHEESE, BLUE)

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▽ CHEESE, GOUDA

apples
apricots
arugula
bread, e.g., sourdough
cherries
honey
mushrooms
onions
pears
pizzas
salads
soups, e.g., onion
spinach
walnuts

"****** DEMO - www.ebook-converter.com*******"

Dishes

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

—Picholine (New York City)

Heirloom Apple and Smoked Gouda Salad with Honey Walnut Dressing

—Rancho La Puerta (Mexico)

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

sandwiches*, e.g., grilled cheese*
sauces
soufflés
soups, e.g., onion
spinach
thyme
tomatoes
vegetables, roasted
walnuts

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

Gruyère cheese + asparagus + chives + eggs
Gruyère cheese + cayenne + nutmeg
Gruyère cheese + leeks + mushrooms + thyme

"****** DEMO - www.ebook-converter.com*******"

Dishes

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

—Café Boulud (New York City)

"****** DEMO - www.ebook-converter.com*******"

▽ CHEESE, HALLOUMI

Flavor: salty/sour, with notes of feta cheese and sometimes mint, and 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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

Halloumi cheese + capers + lemon

"****** DEMO - www.ebook-converter.com*******"

Dishes

Grilled Halloumi Cheese and Peaches with Chard Rib Salad, Sun-Dried Olive, and Sweet Pepper Broth

—Oleana (Cambridge, MA)

"****** DEMO - www.ebook-converter.com*******"

▽ 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

"****** DEMO - www.ebook-converter.com*******"

▽ 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

"****** DEMO - www.ebook-converter.com*******"

vegetables, roasted
walnuts
yams

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

Jack cheese + bell peppers + corn

Jack cheese + chiles + corn

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▽ 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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

manchego cheese + almonds + broccoli rabe
manchego cheese + almonds + quince paste
manchego cheese + artichokes + olives
manchego cheese + dates + walnuts
manchego cheese + figs + walnuts

"****** DEMO - www.ebook-converter.com*******"

Dishes

Manchego Chopped Salad of Garbanzo Beans, Vegetables, Olives, Capers, and Manchego Cheese, tossed with Roasted Lemon Vinaigrette

—Canyon Ranch (Miami Beach, FL)

"****** DEMO - www.ebook-converter.com*******"

▽ CHEESE, MOZZARELLA

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

almonds
artichoke hearts and artichokes
arugula
asparagus
***BASIL**
BELL PEPPERS, esp. roasted
bread crumbs
broccoli and 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

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oil, olive
olives, e.g., black, green; and 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 and sundried
truffles
vanilla
vegetables, roasted
vinaigrette
vinegar, e.g., balsamic, red wine
zucchini
zucchini blossoms

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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

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Dishes

Hearth-Fired Whole-Wheat Margherita Flatbread: Flatbread Crust with Hearth-Roasted Tomatoes, Fresh Buffalo Mozzarella and Basil

—Canyon Ranch (Miami Beach, FL)

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

—FnB Restaurant (Scottsdale, AZ)

Heirloom Tomato and Mozzarella Cheese: Buffalo Milk Mozzarella, Panzanella, Cannellini Crema, Pesto, and 25-Year-Old Balsamic Vinegar

—Mayflower Inn & Spa (Washington, CT)

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▽ CHEESE, PARMESAN

Vegan Tip: To add saltiness and texture to pastas, substitute bread crumbs and capers for Parmesan cheese on top of the dish.

artichoke hearts and 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

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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
"****** DEMO - www.ebook-converter.com*******"

sugar snap peas
thyme
TOMATOES
tomatoes, green
vinegar, e.g., balsamic
walnuts
zucchini

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Flavor Affinities

Parmesan cheese + basil + tomato
Parmesan cheese + dates + walnuts
Parmesan cheese + honey + thyme + walnuts
Parmesan cheese + portobello mushrooms + rosemary

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Dishes

Parmesan Cheese Ice Cream with Crisp Fig Fritter

—The White Barn Inn (Kennebunk, ME)

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▽ 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

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walnuts
watercress

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
pecorino cheese + arugula + walnuts

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Dishes

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

—Plume (Washington, DC)

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▽ 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

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zucchini

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▼ 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 and chili powder
cilantro
corn, e.g., grilled (e.g., with mayonnaise)
eggs and *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

"****** DEMO - www.ebook-converter.com*******"

vegetables
vinegar

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

queso añejo cheese + cayenne + corn + mayonnaise

queso añejo cheese + cilantro + pumpkin seeds

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▽ 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

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▽ 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 and bread crumbs, whole grain
broccoli
chard
CHEESE, other, e.g., cream, goat, Gruyère, mozzarella, **PARMESAN**, pecorino, Romano

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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
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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 and peanut butter
peas
pepper, e.g., black
pesto
phyllo dough
pies
pine nuts
pizza
plums
polenta
potatoes
rollatini
saffron
sage
salt
shallots
"****** DEMO - www.ebook-converter.com*******"

soups
sour cream
SPINACH
squash, buttercup
sugar, e.g., brown
tarragon
tarts
thyme
TOMATOES and TOMATO SAUCE
vanilla
vinegar, e.g., balsamic, cider, red wine, sherry
walnuts, e.g., candied, toasted
watercress
zucchini and *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
"****** DEMO - www.ebook-converter.com*******"

ricotta + figs + walnuts
ricotta + greens + pasta
ricotta + honey + lemon + sour cream
ricotta + peas + thyme
ricotta + sage + zucchini blossoms

"****** DEMO - www.ebook-converter.com*******"

Dishes

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

—Boulud Sud (New York City)

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

—The French Laundry (Yountville, CA)

Genovese Basil “Tortellini” with Ricotta, Brentwood Corn, Shishito Peppers, and French Laundry Garden Squash

—The French Laundry (Yountville, CA)

Ricotta Pie: Baked Ricotta with Fresh Herbs and One Egg

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

Grilled Figs with Creamy Honeyed Ricotta and Almonds

—Rancho La Puerta (Mexico)

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▽ CHEESE, RICOTTA SALATA

What it is: moist, fresh salted, and 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

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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 and tomato sauce
vegetables, grilled
vinegar, balsamic
walnuts
watermelon

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Flavor Affinities

ricotta salata + eggplant + garlic + olive oil + parsley + tomato
ricotta salata + greens + lemon + mustard + pears
ricotta salata + kale + lemon + olive oil + shallots

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▽ CHEESE, ROQUEFORT (see CHEESE, BLUE)

"****** DEMO - www.ebook-converter.com*******"

▽ CHEESE, ROMANO

almonds
broccoli
Italian cuisine
mushrooms, e.g., portobello
pastas, e.g., fettuccine
pesto
pizzas
salads
soups

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Dishes

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

—Canyon Ranch (Tucson, AZ)

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▽ 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

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Flavor Affinities

smoked mozzarella + basil + tomatoes

smoked mozzarella + potatoes + scallions

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CHEESE, STILTON (see CHEESE, BLUE)

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▽ 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

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▽ 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

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“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

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Say (Vegan) Cheese!

Many vegans enjoy Daiya or Follow Your Heart brand vegan cheeses, which come in various flavors (e.g., cheddar, mozzarella) and often melt and 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 and 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), and **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 and foodies.

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△ CHERRIES, SOUR and 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 and **apple juice**
apricots
baked goods, e.g., cakes, cookies, crisps
basil
blackberries
brandy
butter
caramel
cardamom
CHEESE, e.g., cream, **GOAT**, ricotta
cherries jubilee
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chiles, e.g., jalapeño
CHOCOLATE
chutneys
CINNAMON
citrus, e.g., juice
clafoutis, cherry
cloves
coconut
compotes
corn / cornmeal
cream and 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 and oats
orange, e.g., juice, zest
peaches
pears
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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

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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 and 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, and 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)

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CHERRIES, DRIED, esp. SOUR

Flavor: sour, with a chewy texture

Volume: moderate–loud

apples and apple juice
baked goods, e.g., biscotti, breads, pastries
cereals, hot breakfast
cheese, e.g., goat
cherries and 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

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stuffings
trail mix
vanilla
vinegar, e.g., balsamic
walnuts

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Flavor Affinities

dried cherries + apple juice + ginger + quince + sugar

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Dishes

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

—Glenmere Mansion (Chester, New York)

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▲ 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

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EGGS, e.g., hard-boiled, and ***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
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tomatoes, **tomato sauces**, and sun-dried tomatoes
vinegar, e.g., champagne, white wine
zucchini

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Flavor Affinities

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

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☐ 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 and 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, and apple juice
baked goods, e.g., cakes, pies
bay leaf
beans, e.g., white
brandy
bread crumbs
broccoli and broccoli rabe
BRUSSELS SPROUTS
butter
cabbage, e.g., red

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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 and fennel seeds
garlic
ginger
grains, whole
grapes
greens, bitter
honey, e.g., chestnut
Italian cuisine
kale
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

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Dishes

Mascarpone Enriched Chestnut “Agnolotti”: “Beurre Noisette,” Bartlett Pears, Brussels Sprouts, and Black Winter Truffle

—Per Se (New York City)

Chestnut Agnolotti with Chocolate Granola, Huckleberries, Brown Butter Sage

—Picholine (New York City)

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☐ 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, and then refrigerate for 10 minutes to achieve a pudding-like 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 and cocoa / cacao
cinnamon
coconut, coconut butter, and coconut milk

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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 and nut butters, e.g., Brazil
oatmeal, oats, and oat bran
pears
pecans
porridge
PUDDINGS
raisins
sage
salads
smoothies
soups
squash, spaghetti
sugar, e.g., coconut
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tofu, silken
vanilla
veggie burgers
walnuts
yogurt and frozen yogurt

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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

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Dishes

I Am Free: Chia-Seed Porridge with Hempseed Milk, Lucuma, Maca, Cinnamon, Maple Syrup, Goji Berries, and Seasonal Fruit

—Café Gratitude (Los Angeles)

Apple Cinnamon Buckwheat and Chia Cereal, Almond Milk

—In the Raw (Highland Park, IL)

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△ CHICKPEAS (aka GARBANZO BEANS)

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

Flavor: slightly sweet, with earthy/starchy notes of nuts (e.g., chestnuts, walnuts), and 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 and 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 and Thai basil
bay leaf
beans, green

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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; and chili pepper flakes
chili, vegetarian
cilantro
cinnamon
citrus, e.g., lemon, lime, orange
cloves
coconut and coconut milk
coriander
couscous
cucumbers
CUMIN, e.g., toasted
currants
CURRIES*, e.g., Indian,* curry powder, curry spices
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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
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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*
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stock, vegetable
sumac
sweet potatoes
tabbouleh
tagines
TAHINI
tamari, low-sodium
tamarind
tarragon
thyme
TOMATOES, TOMATO PASTE, and sun-dried tomatoes
tortillas, whole wheat
turmeric
veggie burgers
vinegar, e.g., balsamic, red wine, sherry
walnuts
yogurt
zucchini

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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

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“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, and [vegan] mayonnaise, and served with veggies in a wrap—but everyone loved the taste of it!”

—JORGE PINEDA, CANDLE 79 (NEW YORK CITY)

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Dishes

Chickpea and Eggplant: Herb Falafel, Spicy Fava Bean Hummus, Babaganoush, Lavash

—Boulud Sud (New York City)

Spiced Chickpeas with Oven-Dried Tomatoes and Parsley Garlic Whip

—Crossroads (Los Angeles)

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

—Green Zebra (Chicago)

Chickpea Terrine with Apricot, Pistachio, and Tahini Sauce

—Oleana (Cambridge, MA)

Coriander, Chickpea, and Kale Soup

—Real Food Daily (Los Angeles)

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

—Real Food Daily (Los Angeles)

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CHICORIES (see ENDIVE, ESCAROLE, and RADICCHIO)

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▲ CHICORY (see also RADICCHIO, aka RED CHICORY)

Season: autumn–spring

Flavor: bitter, with notes of broccoli rabe, and 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

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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
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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

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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

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▲ 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

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cinnamon
coconut and 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
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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***
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thyme
tomatillos
TOMATOES and TOMATO SAUCE
tortillas and tortilla chips
turmeric
vegetables, sweet, e.g., beets, carrots, corn
vinegar, e.g., balsamic, red wine, rice wine, sherry
yogurt

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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 and a jalapeño got together and produced offspring, this is what it would taste like."
>
> —CHARLEEN BADMAN, FNB (SCOTTSDALE, AZ)

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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

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tomatoes
veggie burgers
vinegar, rice

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▲ 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
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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

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Flavor Affinities

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

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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

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sauces, e.g., mole
soups
squash, e.g., winter
stews
tacos
tamales
tomatillos
tomatoes

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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 and 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; and chili sauce, e.g., Thai sweet
CHILI, VEGETARIAN
chocolate
cilantro
corn
cumin
empanadas

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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
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***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) and tomato paste, puree, sauce, etc.
tortillas and tortilla chips
vinegar, e.g., apple cider, balsamic, champagne, rice wine, white
yams

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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**

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CHILES, GREEN (see CHILES, JALAPEÑO and CHILES, SERRANO)

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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

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CHILES, HABANERO

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

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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)

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▲ 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 and corn muffins
cucumbers
cumin
curries
dips
figs
guacamole
honey
jícama
lemon, e.g., juice
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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

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Flavor Affinities
jalapeños + champagne vinegar + lime + olive oil

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▲ 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*

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stuffed peppers
tacos
tomatoes

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Flavor Affinities
pasilla peppers + epazote + garlic + mushrooms

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▲ CHILES, POBLANO

Season: summer

Flavor: hot, with notes of smoke, and 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 and chili powder
chili, vegetarian
cilantro
CORN
cumin
eggs, e.g., *frittatas*, *scrambled*
enchiladas
fajitas
garlic
grains
hominy

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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
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vegetables, e.g., roasted
veggie burgers
zucchini

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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, and 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, and serve with ancho and chipotle chiles, corn, cilantro, marjoram, and a little lime to perk it all up!"
>
> —ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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▲ 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 and pumpkin seeds

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salads
salsas
sauces*, e.g., ranchero*
tomatillos
tomatoes
vinegar, e.g., white wine

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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, and salt, I am in heaven."
>
> —ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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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

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Thai cuisine
tofu

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▲ 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 and 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 and tomato sauce

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▲ 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
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popcorn
refried beans
rice
salad dressings
sauces, e.g., tomato
seeds
***soups**, e.g., black bean*
stews
stir-fries
tequila
Tex-Mex cuisine
tomatoes and tomato sauce
trail mix, spicy
vegetables, e.g., sautéed

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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)

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wine, rice

> “I spent two years in **Hong Kong** and 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 and it was not considered weird. The flavors they were able to coax from meatless ingredients were amazing.”
>
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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CHINESE FIVE-SPICE POWDER (see FIVE-SPICE POWDER)

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▲ 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

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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
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shallots
SOUPS and ***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

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Flavor Affinities

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

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CHIVES, GARLIC (aka CHINESE CHIVES)

Season: spring

Flavor: pungent, with notes of garlic and 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 and *fried rice*
salad dressings
shallots
soups, e.g., miso
soy sauce
sprouts, bean

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stir-fries
tofu
tomatoes
vegetables, e.g., root, stir-fried
vinegar

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Flavor Affinities

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

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CHOCOLATE, DARK (see also CACAO and 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 and 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
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chestnuts
chiles
chili, vegetarian
CINNAMON
cloves
coconut
***COFFEE and ESPRESSO**
cookies
cream
dates
DESSERTS
figs, e.g., dried
fruit, dried and 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
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MINT
mocha
mole sauces
mousses
nutmeg
***NUTS**, e.g., **ALMONDS**, **HAZELNUTS,** peanuts, **pecans, pistachios, WALNUTS, and 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

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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

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Dishes

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

—Blue Hill (New York City)

Mexican Chocolate Brownie with Caramelized Bananas, French Vanilla Ice Cream, Candied Pecans, and 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 and Brazil Nut

—True Food Kitchen (Santa Monica)

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

—Vedge (Philadelphia)

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▼ 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

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Flavor Affinities
white chocolate + rhubarb + strawberries

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▲ 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

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celery
chard
chickpeas
CHILES, e.g., ancho, chipotle, jalapeño, serrano
***chili**, vegetarian*
chimichurri sauce
Chinese cuisine
chutneys
cinnamon
citrus
coconut and **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
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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 and blood oranges, e.g., juice
pad thai
papaya, e.g., red
parsley
pasta, e.g., orzo
peanuts
pears
peas
"****** DEMO - www.ebook-converter.com*******"

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
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tortillas
vegetables
Vietnamese cuisine
vinegar, e.g., white wine
wakame
walnuts
wheat berries
yogurt
zucchini

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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

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▲ 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** and **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 and **COCOA**

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cloves
coconut
coffee and **espresso**
compotes, fruit
corn
couscous
***curries**, e.g., Indian*
curry powder
custards
dates
***DESSERTS**, e.g., crisps, custards*
French toast
FRUITS** and **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
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oatmeal
onions
orange flower water
oranges and **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

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Flavor Affinities

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

cinnamon + almonds + rice

cinnamon + chocolate + milk

cinnamon + maple syrup + pecans

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CITRUS—IN GENERAL (see GRAPEFRUIT, LEMON, LIME, ORANGE, and 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 and the zest of citrus fruits are full of flavor.

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CLEMENTINES (see MANDARINS, ORANGES, and TANGERINES)

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▲ CLOVES

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

Volume: loud

Tip: Add early in cooking process.

Botanical relative: allspice

allspice
apples, apple cider, and 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
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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*
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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

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△ COCOA POWDER (see also CACAO and 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 and coconut milk
milk, e.g., almond, dairy, hemp, rice, soy
nuts and **nut butters**, e.g., almonds

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Flavor Affinities
cocoa powder + agave nectar + avocado

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▽ COCONUT, COCONUT CREAM, and COCONUT MILK (see also COCONUT BUTTER, COCONUT NECTAR, COCONUT WATER, and MILK, COCONUT)

Flavor: sweet, with notes of nuts, and 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
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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 and crème fraîche
cucumbers
cumin
CURRIES*, e.g., Indian, Thai, vegetable;* curry paste and 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
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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
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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
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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! And you can also take it savory by making a 'beef jerky' from dehydrated coconut blended with cayenne, liquid smoke, and 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 and vanilla in the KitchenAid with the whisk attachment for about 5–10 minutes to make a really luscious topping. The

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colder the coconut cream, the less time it takes to whip.”

—DEENA JALAL, FOMU AND ROOT (ALLSTON, MA)

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Dishes

Coconut Meringue with Mango, Papaya, and Passion Fruit

—Eleven Madison Park (New York City)

Coconut Lime Pot de Crème with Mango Compote and Sesame Seed Cookies

—Greens Restaurant (San Francisco)

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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 and 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

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pumpkin
raw cuisine
sauces
sautéed dishes
smoothies
soups, e.g., lentil
spreads
vanilla

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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)

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COCONUT MILK (see COCONUT and MILK, COCONUT)

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COCONUT NECTAR

Flavor: sweet, with notes of caramel, cream, maple syrup, molasses, and/or vanilla, and 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. And it's a neutral-flavored sweetener, in contrast to much stronger-flavored sweeteners like corn syrup."
>
> —CASSIE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

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☐ 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

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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 and 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

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sauces
smoothies
sorbets
spices
sugar, e.g., brown
tamarind
vanilla
walnuts

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Flavor Affinities
coffee + chocolate + cinnamon
coffee + cinnamon + lemon
coffee + coconut milk + vanilla

> "In our **coffee**, Rich and I will use [vegan] Silk brand creamer instead of heavy cream or milk. It's got a nice texture and 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* AND *VEGANOMICON*

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▲ 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 and citrus zest
cloves
coconut milk
coffee
couscous
cumin

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***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
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turmeric
vegetables

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☐ 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 and 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

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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 and chili powder
chives
CILANTRO
coconut, **coconut milk**, and coconut oil
coriander
corn on the cob
cream
cumin
curries, curry powder, and curry spices
dill
edamame
eggs, e.g., *custards, quiches,* scrambled
epazote
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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 and mustard seeds
nectarines
nutmeg
oil, e.g., coconut, **olive**, sesame
ONIONS, e.g., green, red, yellow
oregano
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pancakes
parsley
pastas
pepper, e.g., black, white
pepper, e.g., Szechuan
pesto
pine nuts
polenta
POTATOES
puddings
pumpkin and 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 *and* ***CHOWDERS****, e.g., corn, potato, vegetable*
Southwestern (U.S.) cuisine
soy sauce
squash, e.g., butternut, summer, yellow
stews
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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

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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

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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, and 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, and salt. My wife Isabel [Bogadtke] likes her corn with lime and cumin seeds."

—CHRISTOPHER BATES, HOTEL FAUCHERE (MILFORD, PA)

"**Corn** is the one ingredient I work with best, and I get a non-GMO corn so it tastes great. I will focus in on it, and it will end up being the favorite of both our guests and 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 and stock. I reduced it, pureed it all together, and added some half and half. I served the soup with shaved radishes and 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 and an accent of vegetal green parsley rounding out the flavor and bringing it all together."

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

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Dishes

Chilled Corn Soup with Pickled Eggplant and 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)

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☐ CORNMEAL and POLENTA (see also GRITS)

Flavor: sweet, with notes of butter and/or corn, and 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!

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almonds and almond milk
amaranth
apples and 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 and 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, and chili powder
chives
cinnamon
coconut cream
coriander
corn
cranberries, e.g., dried
cream and milk
croquettes
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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**
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orange
oregano
pancakes and 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, and **sun-dried tomatoes**
tortillas
truffles
vanilla
vegetables, root
vinegar, e.g., balsamic
walnuts
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yogurt
zucchini

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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
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polenta + Parmesan cheese + rosemary
polenta + porcini mushrooms + spinach + tomatoes

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Dishes

Nut Crusted Polenta with Cranberry Bean, Pumpkin Seed Chili, and Garlic Sautéed Lacinato Kale and Collards with Cilantro Lime Cream

—Encuentro Cafe (Oakland, CA)

Grilled Ridgecut Gristmills Polenta with Grilled Wild Mushrooms, Crisp Shallots, Herb Cream, Shaved Grana Padano, and Arugula

—Greens Restaurant (San Francisco)

Polenta Gratin with Braised Fall Greens, Goat Cheese, and Roasted Bell Peppers

—Rancho La Puerta (Mexico)

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▽ 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

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COTTAGE CHEESE (see CHEESE, COTTAGE)

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☐ 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

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coconut and 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
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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 and **tomato sauce**
turmeric
vinegar, e.g., balsamic or sherry
watercress
wine, e.g., dry white
yams
yogurt
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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

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☐ COUSCOUS, WHOLE-WHEAT

Flavor: neutral, with notes of nuts, and 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 and 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 and 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

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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
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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
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squash, summer, e.g., yellow, zucchini; and **winter**, e.g., acorn, butternut
stews, e.g., vegetable tagines
stock, vegetable
sugar
sweet potatoes
"tabbouleh"
tahini
tarragon
TOMATOES (including cherry tomatoes), tomato juice, and tomato paste
turmeric
turnips
vegetables
zucchini

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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

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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

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△ 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, and **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

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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 and **oatmeal**
onions, e.g., pearl
***ORANGE**, e.g., juice, zest
oranges, mandarin
pancakes
pears
PECANS
pepper, e.g., black
persimmons
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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

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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

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▽ 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 and almond butter
American cuisine
apples and **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 and oats
onions, e.g., caramelized
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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

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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

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▼ 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 and water. Once you realize that, with the right approach you can make 'cream' out of anything."

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“CREAM,” CASHEW

Flavor: neutral, with notes of nuts, and 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*

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CREAM, WHIPPED—VEGAN

Brand: Soy Whip

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CREAM CHEESE (see CHEESE, CREAM)

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▼ 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, and 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

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sugar, e.g., brown
tarts

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CRESS (see LAND CRESS and WATERCRESS)

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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*

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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

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△ CUCUMBERS

Season: spring–**summer**

Flavor: slightly sweet, with notes of melon, and 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 and anise hyssop
apples
apricots
arugula
avocado
basil
beans, e.g., black
beets
bell peppers, e.g., green

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***beverages**, e.g., sparkling water*
borage
butter
buttermilk
cabbage, e.g., Chinese
capers
caraway seeds
carrots
cayenne
celery and celery seeds
CHEESE, e.g., cream, FETA, goat, ricotta, soft white
chervil
chickpeas
CHILES, e.g., Anaheim, jalapeño, red, serrano; and chili pepper sauce
CHIVES and garlic chives
CILANTRO
citrus
coconut and coconut milk
couscous, e.g., Israeli
cream
cress, e.g., land
crudités
CUMIN
curries, curry powder, and curry spices
***DILL**
dips
drinks, e.g., cocktails, sparkling waters
eggplant
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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
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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
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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
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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

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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
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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 and a little extra-virgin olive oil and then add cumin, coriander, and 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)

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Dishes

Cucumber Gazpacho: Greek Yogurt, Mint, Celery Stalk

—Café Boulud (New York City)

Chilled Cucumber Velouté: Ginger-Sake "Granité," Garden Blossoms, and Andante Dairy Yogurt

—The French Laundry (Yountville, CA)

Gazpacho: Onion, Cucumber, Kanzuri, Westglow Herbs

—Rowland's Restaurant at Westglow Resort and Spa (Blowing Rock, NC)

Chilled Cucumber Avocado Soup, Almond Picada, Cumin, Mint

—Vedge (Philadelphia)

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▲ 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

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cilantro
cinnamon
cloves
cocoa
coriander
couscous
Cuban cuisine
CURRIES, e.g., Indian
curry leaves and 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
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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 and tomato sauce
Turkish cuisine
turmeric
vegetables, e.g., root
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walnuts
yogurt

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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, and a great supporting flavor. Its earthy/nutty/smoky flavor is very strong and 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)

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Dishes

Red Curry Vegetables: Pineapple, Vegetables, and Edamame simmered in Red Curry Coconut Milk Sauce, served over Brown Rice, and topped with Pistachio Nuts

—Canyon Ranch (Tucson)

Panang Curry: Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom, and Coconut Broth

—True Food Kitchen (Santa Monica)

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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 and **coconut milk**
coriander
cumin
CURRIES, e.g., ***Indian****, Southeast Asian*
dals
eggplant
fennel seeds
fenugreek
garlic
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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

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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

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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

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Flavor Affinities

curry paste + coconut milk + rice + vegetables

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△ DAIKON

Season: autumn–winter

Flavor: bitter/**sweet** (and more so when cooked)/hot, with notes of pepper and/or radishes; and crisp, tender, and 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 and 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

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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
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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
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VINEGAR, **e.g.**, **balsamic**, cider, **rice**, **sherry**, **umeboshi**, wine
wasabi
yogurt
yuzu, e.g., juice, zest

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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, and juicy, and when they're roasted then sautéed, they have a wonderful creamy texture."
>
> —RICH LANDAU, VEDGE (PHILADELPHIA)

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Dishes

Caramelized Daikon with Sour Plum Coulis: Glazed Radish, Young Turnips, New Zealand Spinach

—DANIEL (New York City)

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DANDELION GREENS (see GREENS, DANDELION)

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DASHI (aka KOMBU DASHI) (see also STOCK, VEGETABLE)

Flavor: notes of the sea, and 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

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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 and flavor are wonderful to use as a base for soups, sauces, or even faux consommés."
>
> —MARK LEVY, THE POINT (SARANAC LAKE, NY)

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▽ 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 and eat like candy (in moderation). Use dehydrated, ground dates as date sugar.

(North) African cuisine
amaranth
APPLES, dried or fresh; and 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

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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 and **OATMEAL**
oil, olive
onions, e.g., caramelized
ORANGE, e.g., juice, zest
parsley
parsnips
peanuts and **peanut butter**
pears and **pear juice**
puddings
pumpkin
quinoa
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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

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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 and liquefied **dates** as a sweetener, we serve dates on all our vegan cheese plates, and also serve an appetizer of dates and figs stuffed with vegan 'goat cheese.' We combine dates and walnuts and sea salt in a Cuisinart and press it into a pie pan to make a delicious raw dessert crust."
>
> —AMI BEACH, G-ZEN (BRANFORD, CT)

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Dishes

Pistachio Stuffed Dates with Orange, Cinnamon, and Aleppo Chile

—Millennium (San Francisco)

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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 and 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, and 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)

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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

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sweet potatoes
yogurt, semi-frozen and drizzled with maple syrup

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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 and season with some citrus zest and a splash of gin. Our topping is simple: brown sugar, a gluten-free flour blend (such as chickpea, rice, tapioca, and sorghum flours), and margarine or palm shortening."
>
> —AARON WOO, NATURAL SELECTION (PORTLAND, OR)

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▲ DILL (see also DILL SEEDS and 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

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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
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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 *and* ***chowders****, e.g., cold, spinach, yogurt*
SOUR CREAM
spinach
squash, e.g., summer
stews
tahini
tofu, e.g., soft
tomatoes and tomato sauces
Turkish cuisine
vegetables
vinegar, e.g., balsamic
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wheat berries
YOGURT
zucchini

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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

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▲ DILL SEEDS (see also DILL and 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

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thyme
turmeric
vegetables, e.g., roasted
vinegar

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Flavor Affinities

dill seeds + bay leaf + beets

dill seeds + cabbage + carrots

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▲ DILL WEED (see also DILL and 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

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Flavor Affinities

dill weed + asparagus + butter + mushrooms
dill weed + cabbage + feta cheese + mint
dill weed + chard + cheddar cheese + cream + garlic

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DULSE (FLAKES)

Flavor: salty and sour, with rich notes of bacon, nuts, and/or seafood, and 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

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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 and 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
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tahini
tofu
umeboshi paste
vegetables
wakame
walnuts
watercress
wraps

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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

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▲ 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; and chili pepper flakes
cilantro
coconut
corn
cucumber
daikon
dips

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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
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***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

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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

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Dishes

Edamame Dumplings with Daikon Radish and White Truffle Oil

—True Food Kitchen (Santa Monica)

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△ EGGPLANT (aka AUBERGINE)

Season: summer–autumn

Flavor: bitter/sweet, with earthy notes, and 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, deep-fry, 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

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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, and chili powder
Chinese cuisine
cilantro
cinnamon
coconut and coconut milk
coriander
couscous and Israeli couscous
cream
cumin
***curries,* curry powder,** and **curry spices**
custards
dashi
dill
dips
eggplant Parmesan
eggplant rollatini
eggplant, stuffed
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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
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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 and **smoked paprika**
PARSLEY
***PASTA**, e.g., lasagna, linguini, orzo, penne, rigatoni*
peanuts and peanut sauce
pepper, e.g., black, white
pesto
pine nuts
pizza
polenta
pomegranates and **pomegranate molasses**
potatoes
quinoa
radicchio
raisins
RATATOUILLE (+ bell peppers + garlic + onions + tomatoes + zucchini)
rice, e.g., brown, jasmine, wild
risotto
rosemary
saffron
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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
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***TOMATOES, TOMATO PASTE,** and **TOMATO SAUCE**
turmeric
VINEGAR, e.g., balsamic, cider, red wine, sherry
walnuts
yogurt
za'atar
zucchini

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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 +

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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 and 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 and 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

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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 and 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 and roasted crushed cauliflower, finished with a green salsa verde. It has a lot of fresh herbs, a good punch of salt, and cured black olive on top. It has so many strong flavors, but you still taste eggplant and cauliflower. These dishes transcend the season, which we thought was important to do."

—RICH LANDAU AND KATE JACOBY, VEDGE (PHILADELPHIA)

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“I’m working on a new roasted and 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, and most likely also some bulgur for chewiness, accented by feta cheese, onions, and lemon zest.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Braised Prosperosa Eggplant with Tomatoes, Capers, and Basil

—Blue Hill (New York City)

Summer Vegetable Tart, with Tomato Confit, Eggplant, Zucchini, and Arugula-Basil Pesto

—Café Boulud (New York City)

Charred Eggplant "Barbajuan," Bulgur Wheat "Tabbouleh," Parsley Shoots, and "Raita"

—Per Se (New York City)

Eggplant: Babaganoush, Fried/Grilled Heirloom Tomatoes, Mozzarella, Aged Balsamic

—Rowland's Restaurant at Westglow (Blowing Rock, NC)

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△ EGGPLANT, JAPANESE

Season: year-round, esp. autumn

Volume: quieter than other eggplant

Techniques: bake, broil, deep-fry, **grill**, pickle, **roast**, simmer, steam, **stir-fry**

Tip: Japanese eggplant retains its texture after roasting and absorbs less oil.

Botanical relatives: peppers, potatoes, tomatoes

Possible substitute: eggplant

basil and **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

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mirin
miso
mushrooms, e.g., shiitake
oil, olive
olives
onions, red
pastas, e.g., lasagna
peanuts and 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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

Japanese eggplant + garlic + lime + miso

Japanese eggplant + ginger + soy sauce

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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 and 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 and **chili powder**
chives
cream

"****** DEMO - www.ebook-converter.com*******"

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
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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

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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

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Dishes

This Morning's Farm Egg: First of the Season Corn, and 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, and Garden Dill Mousseline

—Per Se (New York City)

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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; and chili pepper sauce
chives
cilantro
cream
cucumbers
curries
curry powder
deviled eggs
dill

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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
"****** DEMO - www.ebook-converter.com*******"

soups, e.g., beet, borscht
sour cream
spinach
sprouts, e.g., mustard, radish
tarragon
tomatoes
vinegar, e.g., white wine
watercress
yogurt

"****** DEMO - www.ebook-converter.com*******"

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

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Dishes

Deviled Eggs with Curry Powder and Smoked Paprika

—The Library Bar at The Peacock (New York City)

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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 and 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)

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- 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' and looks beautiful."

—KATE JACOBY, VEDGE (PHILADELPHIA)

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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

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tabbouleh
tahini
thyme
tomatoes and tomato sauce
yogurt

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
cucumber + mint + yogurt
cumin + fava beans + lemon juice + olive oil

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▲ 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

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capers
caraway seeds
celery
CHEESE, e.g., **BLUE**, Cantal, cheddar, feta, fontina, goat, gorgonzola, **Gruyère, PARMESAN**, pecorino, ricotta, **Roquefort**, soft, Swiss
chervil
chiles and 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
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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 and **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)*
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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

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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, and nuts or seeds, and one of my favorites is based on caramelized **endive**, blue cheese, and walnuts."
>
> —DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

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Dishes

Salad of Belgian Endive: Lychee, Navel Orange, Piedmont Hazelnuts, Mizuna, and Australian Black Truffle

—The French Laundry (Yountville, CA)

Endive: Grilled Endive and Radicchio, Toasted Hazelnuts, Amish Blue Cheese, and 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, and Mustard Sauce

—Picholine (New York City)

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ENDIVE, CURLY (see FRISÉE)

"****** DEMO - www.ebook-converter.com*******"

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 and 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, and chili powder
chili, vegetarian
cilantro
corn
crema
cumin
garlic
huitlacoche
lime
MEXICAN CUISINE
mushrooms

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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

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Flavor Affinities

epazote + chili pepper flakes + lime + zucchini

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△ ESCAROLE

Season: year-round, esp. summer–autumn

Flavor: bitter, with notes of nuts, and 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 and **croutons**
bruschetta
butter
cabbage, e.g., red
capers
carrots
cauliflower
CHEESE, e.g., **blue**, Fontina, goat, mozzarella, **Parmesan**, Roquefort
chickpeas
chiles and **chile pepper flakes**
citrus

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crème fraîche
cucumbers
currants
dill
eggs, e.g., *frittatas*
endive
fennel and 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 and blood oranges
parsley
parsnips
pasta*, e.g., fettuccine, orzo, penne, spaghetti*
pears
pepper, e.g., black, white
persimmons
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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 and **sun-dried tomatoes**
vinegar, e.g., apple cider, balsamic, red, sherry, white wine
walnuts
watercress

"****** DEMO - www.ebook-converter.com*******"

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

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Dishes

Betteraves et Escarole (Beets and Escarole): Roasted Red Beets, Goat Cheese Custard, Rhubarb, and Meyer Lemon Confit

—Bar Boulud (New York City)

Romaine Hearts and Escarole with Kalamata Olives, Toasted Pine Nuts, and Creamy Asiago Dressing

—Rancho La Puerta (Mexico)

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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)

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Flavor Affinities

berbere + garlic + onions

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FALL (see AUTUMN)

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FARRO (aka EMMER WHEAT)

[FAHR-oh]

Flavor: slightly sweet, with earthy notes of barley and/or nuts, and 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 and apple juice
apricots, dried
artichokes
arugula
asparagus

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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 and coconut milk
corn
cucumbers
dates
dill
dukkah
eggplant
eggs
fennel
garlic
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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
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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

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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 and radishes."
>
> —CHARLEEN BADMAN, FnB (SCOTTSDALE, AZ)

> "I love **farro**'s nutty flavor and toothy texture, and 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

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season: **Spring** calls for lots of peas, spring onions, spinach, and vegetable stock. **Summer** could be corn with tomatoes. **Autumn** farroto with butternut squash, kale, and roasted garlic could have Parmesan shaved on top. **Winter** farrotto could feature wild mushrooms and either vegetable stock or the soaking water from dried porcini."

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Farro Salad: Roasted Artichokes, Asparagus, Sweet Peppers, Tomatoes, and White Balsamic Vinegar

—al di la Trattoria (Brooklyn)

Klaas Martens' Emmer Wheat and Quinoa: Wild Spinach, English Peas, and Zucchini

—Blue Hill (New York City)

Organic Farrotto with Pesto Genovese and 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, and Mint

—Le Verdure (New York City)

Date Farro: Dukkah Spice, Squash, Mint, Pomegranate

—Picholine (New York City)

Zucchini and Farro Risotto: Toasted Grains of Farro simmered in Vegetable Stock and finished with a Coconut-Tofu Herb Cream and Fresh Roasted Diced Zucchini

—Sacred Chow (New York City)

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△ FENNEL

Season: year-round, esp. autumn–winter

Flavor: sweet, with notes of anise and/or licorice, and 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 and artichoke hearts
artichokes, Jerusalem
ARUGULA
asparagus
avocado
basil
bay leaf
BEANS, e.g., **CANNELLINI**, fava, green, **WHITE**
beets and beet juice
bell peppers, e.g., red, yellow
bread crumbs

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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; and chili pepper flakes
Chinese cuisine
chives
citrus
clementines
coriander
couscous
cranberries, e.g., dried
cream
cucumbers
curries, curry powder, and curry spices
dill
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edamame
eggplant
eggs, e.g., *custards,* hard-boiled, *omelets, quiches*
endive
escarole
fennel fronds, fennel pollen, and 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
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MUSHROOMS, e.g., porcini, portobello, white, wild
mustard, e.g., Dijon, and 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 and wild rice
risottos
saffron
sage
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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 and **tomato sauce**
turnips
vanilla
verjus
vermouth
VINEGAR, e.g., **balsamic**, champagne, cider, raspberry, sherry, **white wine**
WALNUTS
watercress
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wine, dry white
zucchini

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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

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Dishes

Mushroom, Sausage, and Fennel Scramble: Tofu Scramble, sautéed with Seitan Sausage, Portobello Mushrooms, Leeks, Fennel, and 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 and 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)

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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 and *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*

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Flavor Affinities

fennel fronds + avocado + fennel + grapefruit + *salads*

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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 and crème fraîche
eggplant
fennel and fennel seeds
garlic
(Central and Northern) Italian cuisine
leeks
lemon, e.g., juice, zest
mushrooms
nuts, e.g., almonds, pistachios
oatmeal
orange
pastas, e.g., ravioli
pepper, black
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polentas
potatoes
rice
risottos
salads
salt, e.g., sea
tomatoes and tomato sauce
vegetables, e.g., roasted, spring
yogurt

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▲ 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

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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
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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 and **tomato sauce**
vegetables, e.g., green, roasted
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walnuts

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Flavor Affinities

fennel seeds + grapefruit + lemon + mustard + shallots
fennel seeds + leeks + tomatoes
fennel seeds + marjoram + thyme

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△ 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), and 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 and **chili paste**

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chutneys
cilantro
cinnamon
cloves
coriander
cumin
CURRIES, **curry leaves**, and **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
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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

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Flavor Affinities

fenugreek seeds + chiles + cilantro + garlic + tomatoes

fenugreek seeds + cumin + garlic + ginger + lentils + turmeric

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▲ FIDDLEHEAD FERNS

Season: spring

Flavor: bitter, with notes of artichokes, asparagus, green beans, and/or mushrooms, and 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 and 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

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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
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soups
soy sauce
squash, summer
stock, vegetable
turmeric
vinaigrette
vinegar, e.g., apple cider, balsamic, sherry
zucchini

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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

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☐ FIGS (see also FIGS, DRIED)

Season: summer–autumn

Flavor: sweet, with astringent notes, and 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
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chutneys
cinnamon
cloves
coconut and coconut milk
Cointreau
compotes
cranberries
cream
desserts
endive, e.g., red
fennel and 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 and oats
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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
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VINEGAR, e.g., **balsamic**, red wine, sherry, **white balsamic**
watercress
wine, e.g., Madeira, Marsala, red, sweet (e.g., port)
yogurt

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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
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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, and crunchy seeds] have even more flavor, and are better eaten as a fruit.”
>
> —RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

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Dishes

Roasted Hamada Farm Figs and Buratta on Grilled Walnut Levain with Arugula and Red Endive Salad

—Greens Restaurant (San Francisco)

Honey-Grilled Figs with Sweetened Ricotta

—Telepan (New York City)

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☐ FIGS, DRIED

Flavor: sweet, with notes of honey, nuts, and/or raisins, and 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 and oatmeal
olives

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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

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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

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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

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FLAXSEED OIL (see OIL, FLAXSEED)

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△ FLAXSEEDS

Flavor: slightly sweet, with notes of nuts, and 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 and 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 and applesauce
avocados
***BAKED GOODS**, e.g., **breads**, crackers, muffins, pie crusts, pizza crusts, quick breads*
bananas
carrots and carrot juice
***CEREALS**, e.g., breakfast*
citrus
coriander
cottage cheese

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desserts
fennel
flour, e.g., whole wheat
French toast
grains
granola
herbs
honey
juices
kale
"meatloaf," vegetarian
nuts, e.g., peanuts and peanut butter, walnuts
oats, oat bran, oatmeal
oil, olive
pancakes and 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

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Dishes

Pizza: Buckwheat, Sweet Potato, and Flaxseed Crust topped with Red Bell Peppers, Olives, Onions, Basil, Choice of Marinara Sauce or Pesto

—Peacefood Café (New York City)

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FLOUR, RICE

"I like to use **rice flour**—grinding in some Arborio rice for texture, and some sesame or coriander seeds for texture and 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, and then into the rice flour mixture before frying."

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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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 and 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 and ricotta."

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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FLOUR, SPROUTED

Brands: Essential Eating, To Your Health

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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 and enjoyable way of living. But food has to first satisfy taste, so the challenge is always to find the right combination of ingredients and balance of flavors and textures. I have been experimenting with grains and beans in nontraditional ways: folded into muffins, added to savory custards, and pulverized into tart crusts. This also allows me to bring energy-rich plant foods into our products replacing white flours and 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 and then select how they are best presented.

Here are some combos:

Savory:

- sprouted spelt flour muffin with asparagus, sorrel, pumpkin seed, and parmesan
- sprouted corn flour muffin with pickled beet, macadamia nut, and goat cheese
- millet flour biscuit with roasted chickpeas, sumac, and sesame seed
- savory rice pudding with confit of fennel, carrot, and tarragon
- quinoa pudding with broccoli and cheddar

Fruit:

- coconut flour scone with wild blueberries, ginger root, and hempseed
- wild rice and quinoa muffin with bananas, dried cranberries, and walnuts
- chocolate cherry scone with vanilla bean kefir and almonds
- strawberry jam muffin with pomegranate molasses, Meyer lemon, and chia seed

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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, and (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)

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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

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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
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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 and **tomato paste**
tomatoes, sun-dried
veggie burgers
walnuts
yogurt
zucchini

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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 and fried it, so that it turns crispy like Rice Krispies, and paired it with a creamy burrata cheese."
>
> —JON DUBOIS, GREEN ZEBRA (CHICAGO)

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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

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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 and their tarts. In France, lunch is the big meal of the day, so dinner is often lighter—such as a zucchini tart with custard and 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

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FRESHNESS

Season: spring–summer

Tips: Listed herbs are always used fresh (with little or no cooking), and 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

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△ 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

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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 and blood oranges, and 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
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wine
wakame
walnuts
watercress

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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

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Dishes

Roasted Beet and 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)

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FROMAGE BLANC

Flavor: sour, with creamy notes, and a smooth and 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
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French cuisine
fruit and fruit jams and 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
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Flavor Affinities

fromage blanc + eggs + fines herbes + *omelets*
fromage blanc + garlic + herbs
fromage blanc + granola + honey

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FRUITS AND VEGETABLES, FROZEN

Tip: Frozen fruits and vegetables are frequently more nutritious than those purchased fresh that are a few days old.

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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.

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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, and a woody texture

Volume: very loud

What it is: "Thai ginger"

Botantical relative and 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 and **COCONUT MILK**
coriander
***curries**, e.g., green, red*
GARLIC
ginger
honey
Indonesian cuisine
Kaffir lime leaves
LEMONGRASS
Malaysian cuisine
miso, e.g., white
mushrooms

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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

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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

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GARBANZO BEANS (see CHICKPEAS)

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GARDEN CRESS (see LAND CRESS)

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▲ 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 and **bread crumbs**
broccoli and broccoli rabe

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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, and chili pepper sauce
Chinese cuisine
chives
cloves
corn
couscous
curries
dips
eggplant
eggs and **egg yolks**
escarole
fennel
fiddlehead ferns
French cuisine
GINGER
Greek cuisine
greens, e.g., bitter, dandelion
herbs
Indian cuisine
Italian cuisine
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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
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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 and **TOMATO SAUCE**
Turkish cuisine
"****** DEMO - www.ebook-converter.com*******"

turmeric
Vietnamese cuisine
vinegar, e.g., balsamic, red wine, rice wine
yams
yogurt
zucchini

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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

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GARLIC, BLACK

Flavor: salty/sweet/umami, with earthy notes of balsamic vinegar, chocolate, licorice, molasses, syrup, tamarind, and/or truffles, and 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 and 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

"****** DEMO - www.ebook-converter.com*******"

pizza
potatoes
risottos
salad dressings
salads, e.g., potato
shallots
tapenades
tomatoes
vinegar, e.g., balsamic, white balsamic
wine

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

black garlic + basil + olive oil + tomatoes + white balsamic vinegar

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GARLIC, GREEN (aka BABY GARLIC or SPRING GARLIC)

Season: spring

Flavor: slightly sweet, with notes of garlic and 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

"****** DEMO - www.ebook-converter.com*******"

sauces
soups
stir-fries

"****** DEMO - www.ebook-converter.com*******"

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

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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

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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

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Flavor Affinities

garlic scapes + butter + thyme
garlic scapes + cream cheese + dill
garlic scapes + eggs + mushrooms
garlic scapes + nuts (e.g., almonds, walnuts) + olive oil

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▼ GHEE

Flavor: notes of caramel and/or nuts, and 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 and 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

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△ GINGER—IN GENERAL

Flavor: sour/sweet/hot; aromatic, with pungent/spicy notes of lemon and/or pepper, and 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, and slow-cooked dishes (e.g., stews).

Botanical relatives: cardamom, galangal, **turmeric**

African cuisines
agave nectar
almonds
apples and 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

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bok choy
broccoli and 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 and **coconut milk**
coriander
corn
cranberries
cream and *ice cream*
cumin
CURRIES*, esp. Asian or Indian*
deep-fried dishes, e.g., tofu, vegetables
desserts
dips
edamame
eggplant
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fennel and 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
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marinades
melons, e.g., cantaloupe
mint
mirin
miso
molasses
Moroccan cuisine
mushrooms, e.g., shiitake
NOODLES, Asian, e.g., rice, soba, udon
oats and 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
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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
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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

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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 and alcohol. Ginger is a magical ingredient with extraordinary flavor and textures that goes well with almost

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everything, and 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 and cool it with a fan, which concentrates its flavor."

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Chilled Fruit Consommé with Lemon Ginger Sorbet and Compressed Melon

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

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△ 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

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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

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GLUTEN

What it is: a protein composite found in wheat and other grains

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GLUTEN-FREE

Tip: Not all grains have gluten (as wheat does). Gluten-free grains include amaranth, buckwheat, millet, quinoa, rice, sorghum, teff, and wild rice.

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GOJI BERRIES

[GOH-jee]

Season: summer (late)–autumn

Flavor: bitter/sour/sweet, with notes of dried cherries, cranberries, raisins, and/or wood, and 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 and **cacao nibs**
coconut
dates
energy bars
ginger
granola
lemon
lime
maple syrup

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muesli
nuts, e.g., macadamia
oatmeal and oats
orange, e.g., juice, zest
pears
pomegranates and pomegranate juice
raspberries
salt, sea
sauces, e.g., fruit
seeds, e.g., flax, sesame, sunflower
smoothies
soups
stews
sweet potatoes
trail mix
walnuts
yogurt

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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)

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GRAINS, FAST-COOKING (see COUSCOUS and QUINOA)

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[WHOLE] GRAINS AND 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 and 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, 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, and bring to a boil again. Then reduce heat to low, cover the pot, and simmer for the cooking time indicated. Check to ensure that the desired tenderness has been achieved; then remove from heat and leave covered for 5–15 minutes before fluffing with a fork and serving.

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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, and I'll cook barley the same way, so that it's chewy and toothy. But **bulgur** can overcook and turn mushy, so you really have to keep an eye on it. Grains are also great to dehydrate and powder for crusts… or to dry [dehydrate] and 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 and pears in the winter. Or I'll season them with powders and 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 and 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)

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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; and a crunchy texture

Volume: moderate–loud

Tip: Grind to a fine powder and add at the end of the cooking process.

Botanical relatives: cardamom

Possible substitute: black pepper

Brand: The Spice House (thespicehouse.com)

*(North and **West**) **African cuisines***
allspice
apples
baked goods, e.g., cakes, pies
beer
cinnamon
cloves
coriander
couscous
cumin
eggplant
gin
ginger
lemon
lentils
Moroccan cuisine

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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

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△ GRAPEFRUIT

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

Flavor: sour, and 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 and a pomelo

What's healthful about it: antioxidants (with pink and 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

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chiles and 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 and **maple syrup**
mascarpone
melon
mint
mirin
mustard
oil, olive
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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

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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

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Dishes

Avocado and Grapefruit Salad: Baby Spinach and Mixed Greens topped with Roasted and Marinated Shiitake Mushrooms, Daikon Radish, Fresh Grapefruit Segments, and Avocado tossed in a Ginger Miso Dressing

—Café Flora (Seattle)

Red Grapefruit Salad: Ruby Red Grapefruit, Avocado, Fennel, Arugula, Citrus Olive Oil, Marcona Almonds, and Farro

—Crossroads (Los Angeles)

Grapefruit with Frozen Yogurt and Mint

—Oxheart (Houston)

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▲ GRAPE LEAVES

Flavor: lemony, and 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
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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

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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

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☐ 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 and **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

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chocolate
cinnamon
cloves
cucumbers
desserts, e.g., tarts
endive, Belgian
farro
fennel and 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
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orange
parsley
peanuts and 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
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yogurt

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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

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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

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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 and tomato sauce
yogurt
zucchini

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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

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▲ 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; and 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, and 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

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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 and the other is low heat. On high heat you want to cook your vegetable higher and faster than you normally would to get that sear and caramelization and let it stay crunchy on the inside so you have a textural contrast. Or go low and slow; that way you get a crispy outside and 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, and it gets tossed in a bowl and wilts on itself. If we cook the choy sum really low, it turns into a flat, dehydrated, crispy green."

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—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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▲ GREENS, AMARANTH (LEAVES/STEMS, aka CALLALOO; see also LAMB'S-QUARTER and 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 and curry spices
eggs, e.g., *frittatas,* ***quiches***
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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
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vinegar, e.g., apple cider
wine, dry white

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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, and we discovered that it grows very easily. While it's traditionally served in soups and stews, we've also served it in quiches, and our customers are always intrigued by it."
>
> —SELMA MIRIAM, FOUNDER OF BLOODROOT (BRIDGEPORT, CT)

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GREENS, ASIAN (see BOK CHOY; BROCCOLI, CHINESE; CABBAGE, NAPA; MIZUNA, and TATSOI)

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▲ 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

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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

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Flavor Affinities

beet greens + apples + cinnamon
beet greens + balsamic vinegar + beets
beet greens + garlic + olive oil
beet greens + walnuts + white beans

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Dishes

Roasted Beetroot Steak and Pickled Beets: Baby Beet Greens, Red Watercress, Housemade Ricotta, and Beetroot Dressing

—The Peacock at the William Hotel (New York City)

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▲ GREENS, BITTER (see GREENS, BEET; GREENS, COLLARD; GREENS, DANDELION; GREENS, MUSTARD; KALE, etc.)

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▲ GREENS, COLLARD

Season: autumn–spring

Flavor: bitter/sweet, and sometimes hot, with earthy, pungent notes of cabbage, kale, and/or mustard, and 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 two-inch 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 and almond butter
apples, e.g., cider, juice
barley, e.g., pearl
bay leaf
BEANS, e.g., black, cannellini, navy, pinto, white
beer

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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 and curry spices
dill
"dolmas"
dulse
Egyptian cuisine
Ethiopean cuisine
farro
GARLIC
"****** DEMO - www.ebook-converter.com*******"

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 and **peanut butter**
pepper, black
pine nuts
potatoes
quinoa
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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, and 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-in-your-mouth texture. I like to cook them with a little olive oil, sliced garlic, a splash of water, and a pinch of salt, and to serve them as a side dish to Creole-style tempeh with mashed potatoes."
>
> —MARK SHADLE, G-ZEN (BRANFORD, CT)

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Dishes

Flourish Vegetable Pot Pie: Slow-Cooked Greens with Yogurt and Lemon

—Flourish Baking Company (Scarsdale, NY)

Maki: Raw Vegetables wrapped in Collard Greens, with Ponzu Sauce

—Mana Food Bar (Chicago)

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▲ GREENS, DANDELION

Season: spring–early autumn

Flavor: bitter/sour, with pungent, spicy notes of pepper, and 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 and 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

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cayenne
celery
CHEESE, e.g., cheddar, goat, Gorgonzola, Gruyère, mozzarella, **Parmesan**, sheep's milk
chickpeas
chiles, e.g., jalapeño; and 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
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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
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tomatoes, sun-dried
vegetables, milder
VINEGAR, e.g., **balsamic**, **cider**, raspberry, **red wine**, sherry
walnuts
wasabi

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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

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Dishes

Organic Dandelion and Avocado Salad, with Wasabi Dressing

—Hangawi (New York City)

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▲ GREENS, LEAFY (see GREENS, BITTER; and GREENS, SALAD)

What they are: bitter greens and 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, and turnip greens.

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▲ GREENS, MIZUNA

Season: spring–summer

Flavor: bitter, with pungent notes of grass, mustard, and/or pepper, and 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

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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
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Flavor Affinities

mizuna + almonds + plums
mizuna + avocado + tomato
mizuna + lemon + olive oil
mizuna + rice wine vinegar + sesame oil + sesame paste + soy sauce

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▲ 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, stir-fry, 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
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chickpeas
chiles, e.g., jalapeño; chili pepper paste, chili pepper flakes and 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
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olives
ONIONS, e.g., green, red, yellow
oranges
peanuts and **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
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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

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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

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▲ GREENS, SALAD—IN GENERAL AND 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, and serve raw.

almonds
anise seeds
apples
avocados
basil
beets
blackberries
capers
celery
cheese, e.g., blue, Brie, goat, Gorgonzola
chervil
chives
cilantro

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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
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sesame seeds
shallots
tamari
tarragon
thyme
tofu
veggie burgers
vinegar, e.g., balsamic, red wine, sherry, white wine
walnuts

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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

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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)

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▲ 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 and **chili pepper flakes**
coconut and coconut milk
cream
cumin
curry powder
dashi
eggs
GARLIC
ginger

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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
"****** DEMO - www.ebook-converter.com*******"

turmeric
turnips
vinegar, e.g., apple cider
walnuts
wine, dry white

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Flavor Affinities

turnip greens + garlic + lemon + olive oil + onions

turnip greens + *pasta* + white beans

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Dishes

Turnip Greens, Garlic, Chiles, Mint, and Pecorino

—Heirloom at the Study (New Haven, CT)

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GRILLING

Many vegetables and 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

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tomatoes
vegetables, root
zucchini

> “I **grill** almost every vegetable—radishes, kohlrabi, cabbage. Even spinach, kale, and chard—I’ll put some olive oil and salt on them, pile them up, and 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 and radishes the same way.”
>
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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☐ 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 and germ.

butter
cayenne
cereals, hot breakfast
chard
cheese, e.g., cheddar, Parmesan, pecorino, ricotta salata
chiles, e.g., green; chili pepper flakes and chili pepper sauce
cilantro
corn
cream
eggs
fruit
garlic
greens, e.g., collard
kale
maple syrup
mascarpone
milk
molasses

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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)

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Dishes

Tortellini of Carolina Gold Rice Grits, Fall Vegetables, and Butternut Butter Sauce

—The Point (Saranac Lake, NY)

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△ GUAVA, GUAVA JUICE (or ▽ NECTAR), and GUAVA PASTE

Season: summer–autumn

Flavor: sweet/sour, with floral and 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**, and **coconut milk**
compotes
cream
***desserts**, e.g., cakes, cheesecakes*

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fruits, other tropical, e.g., kiwi, mango, papaya, pineapple, star fruit
ginger
greens, e.g., salad
hazelnuts
honey
Indian cuisine
jams and 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
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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

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Flavor Affinities

guava + cream cheese + sugar + *tamales*

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☐ 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,
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ricotta, Taleggio
cherries
CHOCOLATE, e.g., dark, white
chutneys
cinnamon
coffee and espresso
couscous
cranberries
cream and *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
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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
"****** DEMO - www.ebook-converter.com*******"

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

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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

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Dishes

Hazelnut Caramel Bombe: Dark Chocolate Mousse, Hazelnut Praline, Chocolate Cake, and Chocolate Glaze

—Portobello (Portland, OR)

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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 and release their flavor.

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HIZIKI (aka HIJIKI)

[hee-ZEE-kee; hee-JEE-kee]

Flavor: salty, with notes of the earth and/or sea, and 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

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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
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***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

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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

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Dishes

Cape Cod Cakes: Blend of Hiziki Seaweed, Tofu, and Herbs, served with Tartar Sauce

—V-Note (New York City)

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☐ HOMINY

Flavor: notes of butter and corn, with a chewy texture

Volume: quiet

What it is: dried corn kernels that have had the germ and 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 and 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

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pumpkin seeds
radishes
sage
SOUPS
Southwest (U.S.) cuisine
squash, butternut
STEWS
stock, vegetable
thyme
tomatillos
tomatoes

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Flavor Affinities
hominy + chiles + cilantro + tomatillos
hominy + chiles + garlic + lime
hominy + chiles + onions + oregano

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▼ HONEY—IN GENERAL

Flavor: sweet to very sweet, with astringent notes, and 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

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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
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MUSTARD, e.g., Dijon
nutmeg
NUTS, e.g., **almonds,** pecans, pistachios, **walnuts**
oats and 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
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vanilla
vinegar, e.g., balsamic
yams
yogurt

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Flavor Affinities

honey + almond + ricotta

honey + figs + ricotta

honey + ginger + lemon/lime

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HONEY, VEGAN (see also HONEY)

Flavor: sweet, with notes of apples or apple blossoms, and 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 and tastes just like regular honey!"
> —SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

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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 and applesauce
arugula
avocado
beans, e.g., adzuki, *baked beans,* green, *purees*
BEETS and beet juice
Bloody Marys
butter
cabbage
carrots
cauliflower
celery
cheese
chilled dishes
chives
cream

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crème fraîche
cucumbers
dill
dips
eggs, e.g., hard-boiled
(Central and Northern) European cuisines
garlic
greens, bitter, e.g., beet
ketchup
lemon, e.g., juice, zest
lime, e.g., juice, zest
mascarpone
mayonnaise
miso, e.g., light
mushrooms, e.g., porcini
mustard, e.g., Dijon
oil, olive
onions
parsley
parsnips
pasta, e.g., gnocchi
peas, e.g., green
pepper, black
potatoes
ramps
relishes
rosemary
sage
salad dressings
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***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, and sun-dried tomatoes
vegetables, root
veggie burgers
VINEGAR, e.g., apple cider, balsamic, red wine, white wine
watercress
YOGURT
zucchini

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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

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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
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sugar
walnuts

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Dishes

Golden Russet Pear Tart with Huckleberries and Crème Fraîche

—Chez Panisse (Berkeley, CA)

Huckleberry Pear Crisp with Walnut Streusel and Cinnamon Soy Gelato

—Greens Restaurant (San Francisco)

Apple Huckleberry Galette with Huckleberry Compote and Crème Fraîche Ice Cream

—Greens Restaurant (San Francisco)

Banana and Huckleberry "Twinkie": Angel Food "Génoise," Banana Custard, Huckleberry Jam, and Banana-Crème Fraîche Sherbet

—Per Se (New York City)

Huckleberry "Cheesecake": Huckleberry Gelée and Graham Cracker Crumble

—Picholine (New York City)

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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

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stews
sweet potatoes
tacos
tamales
tortillas, e.g., corn
vanilla
zucchini blossoms

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Flavor Affinities

huitlacoche + avocado + cheese + cilantro + mushrooms + onions + tortillas

huitlacoche + cheese + zucchini blossoms

huitlacoche + cilantro + corn + lime + lettuce + onions + tortillas

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Dishes

Huitlacoche y Hongos: Just-Made Tortillas with Organic Otter Creek Cheddar, Nichols Farm Huitlacoche, Local Woodland Mushrooms, and Herby Roasted Tomatillo Salsa

—Topolobampo (Chicago)

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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 and southern India
coriander
cumin, esp. in northern India
CURRIES
curry leaves, curry powder, and curry spices
dosas
eggplant

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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
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tamarind, esp. in southern India
tomatoes
turmeric
vegetables, esp. in southern India
wheat, esp. in northern India
yogurt

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INDONESIAN CUISINE

chiles
coconut
coriander
garlic
grilled dishes
lemongrass
molasses
noodles
peanuts and *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

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Flavor Affinities

chiles + garlic + lime + peanuts + soy sauce + sugar

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▲ 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), and soak in cold water overnight or longer before using.

almond milk
bananas
breads
cacao and chocolate
cheeses, vegan (e.g., nut-based)
cinnamon
coconut and **coconut milk**
creams, dessert (e.g., vegan whipped)
***desserts**, e.g., creamy, custards, flans, mousses, pies*
ice creams
jams and jellies
salad dressings, creamy, e.g., ranch
smoothies
soups
stocks
tiramisu
vanilla

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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 AND MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX, AZ)

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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

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ITALIAN CUISINE, NORTHERN

asparagus
basil
beans
butter
cheeses, e.g., Asiago, Fontina, Gorgonzola, Parmesan, Taleggio
cream and **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; and ***risottos***
rosemary
sage
sauces, e.g., cream-based
truffles, white
vinegar, esp. balsamic, wine
wine, e.g., Marsala, red, white

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ITALIAN CUISINE, SOUTHERN

artichokes
basil
bell peppers
cheese, e.g., mozzarella, ricotta
chiles and chili pepper flakes
cinnamon
eggplant
fennel
garlic
herbs
marjoram
nutmeg
oil, olive
olives
oregano
pasta*, esp. dried, tube-shaped*, and served with tomato sauce
pizza, e.g., Neopolitan
raisins
sauces, e.g., red tomato-based
tomatoes and **tomato sauce**
wine
zucchini

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△ JACKFRUIT, UNRIPE GREEN

Season: summer

Flavor: neutral, with faint notes of apple, banana, lychee, mango, melon (e.g., cantaloupe), and/or pineapple; and 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 and cooked jackfruit to processed faux meats in Street's vegan dishes such as baos and tacos. She has found that jackfruit takes on whatever flavors it's cooked with and even fools meat eaters. You'll typically want to rinse, drain, and shred before using; alternatively, cut into bite-sized triangles, as you would pineapple. Jackfruit is the world's largest tree fruit and 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

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barbecue sauce
bay leaf
bell peppers
biryani
butter or Earth Balance “butter”
carnitas
carrots
cashews
cauliflower
chiles, e.g., chipotle, green; and 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
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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, and tomato sauce
tortillas, e.g., corn
turmeric
wine, e.g., dry

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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)

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Dishes

Dum Biryani: A time-honored Mughal Rice Dish, slowly baked in a Handi Pot sealed with Naan Dough: Jackfruit, Potatoes, and whole Spices

—Tulsi (New York City)

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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

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Flavor Affinities

jaggery + cardamom + cashews + coconut milk + raisins

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JAMAICAN CUISINE (see also CARIBBEAN CUISINES)

avocados
beans, e.g., black, **red**
bell peppers
black-eyed peas
cabbage
carrots
cilantro
coconut and coconut milk
curries
garlic
ginger
greens, mustard
jerk dishes, e.g., tempeh, tofu, vegetables
onions
oranges
plantains
raisins
rice
spinach
stews
sweet potatoes
tomatoes

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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

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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

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Flavor Affinities
garlic + ginger + soy sauce
ginger + sake + soy sauce
ginger + scallions + soy sauce

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△ JÍCAMA

[HEE-kah-mah]

Season: winter–spring

Flavor: slightly sweet, with notes of water chestnuts, and 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 and 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

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Brussels sprouts
cabbage, e.g., green, red
carrots
cayenne
Central American cuisines
chayote
chickpeas
***CHILES**, e.g., jalapeño, serrano; **chili pepper flakes** and **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
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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
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spinach
sprouts, e.g., sunflower
sugar
tacos
tangerines
tomatoes
vinaigrette
vinegar, e.g., balsamic, rice, white wine
watercress
watermelon
wheat berries
zucchini

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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*

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Dishes

Jícama Street Snack: Jícama, Cucumber, Pineapple, Fresh Lime, Crushed Guajillo Chile

—Frontera Grill (Chicago)

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JUICES (see also SMOOTHIES)

Technique Tips: We love our Champion juicer (as do many of the other experts interviewed for this book) and know others who are happy with their Omega juicers. Diane Forley of Flourish makes juice in her Vitamix, adding a little water and 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, and lemon."

—DIANE FORLEY, FLOURISH (SCARSDALE, NEW YORK)

"My default morning **juice** is one made from cilantro, fennel, ginger, kale, lemon, pears, and 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, and ginger."

—MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

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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

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sauerkraut
squash, winter
stuffings
sweet potatoes
vegetables, root
vinegar

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Flavor Affinities

juniper berries + apples + fennel
juniper berries + garlic + potatoes

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KAFFIR LIME and KAFFIR LIME LEAVES

Flavor: bitter/**sour**, and aromatic, with astringent or pungent notes of citrus, flowers, and/or lemon; and a chewy texture

Volume: moderate–**loud**

What it is: Southeast Asian citrus fruit

Technique: stir-fry

Tips: While also used for its juice and 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) and **chili pepper paste**
chili, vegetarian
cilantro
coconut and **coconut milk**
corn
cucumbers
CURRIES
custards
drinks
fruits, tropical
galangal

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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
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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

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▲ KALE

Season: autumn–spring

Flavor: bitter/sweet (esp. in winter), with pungent notes of cabbage, and 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 and silky texture. Macerate (and marinate) raw kale in Dijon mustard to flavor it and 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

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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**,
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chili pepper flakes, and 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
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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
"****** DEMO - www.ebook-converter.com*******"

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 and esp. winter, e.g., butternut, delicata, kabocha
***stews**, e.g., barley, winter*
stir-fries
stock, vegetable
stuffings
"****** DEMO - www.ebook-converter.com*******"

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

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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

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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 and 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 and maybe Dijon mustard. I want a combination of acid, oil, and salt."

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

"I love serving charred **kale** with smoked tofu, which I'll mince like bacon bits and let provide the same kind of smoky accent."

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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“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 and olive oil, or added to pasta along with feta cheese and pine nuts.”

—MOLLIE KATZEN, AUTHOR OF *THE MOOSEWOOD COOKBOOK* AND *THE HEART OF THE PLATE*

“We go through crates and crates of **kale** every week, and 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, and olive oil to soften it.”

—CASSIE AND MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

“I’ll use my hands to massage avocado into **kale** leaves, and season them with salt and pepper and lemon juice.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

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Dishes

Marinated Kale Salad: Chopped Marinated Kale, Olives, Avocado, Walnuts, and Creamy Garlic Dulse Dressing

—118 Degrees (California)

Kale Salad with Lemon, Serrano Chiles, and Mint

—ABC Kitchen (New York City)

Chiffonade of Kale with Miso-Marinated Tofu Feta, Diced Sun-Dried Tomatoes, and Toasted Walnuts, dressed with Olive Oil, Lemon, and 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, and 7-Grain Croutons

—The Butcher's Daughter (New York City)

Kale and Radicchio Salad: Candied Walnut, Grapes, Shaved Pecorino, Sherry Vinaigrette

—Café Boulud (New York City)

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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 and Apples Salad: Marinated Kale, Apples, Red Cabbage, and 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 and Sesame Wafer
—Oleana (Cambridge, MA)

Smoky Kale with Spanish Almonds, Smoked Tofu, and Roasted Garlic
—Plum Bistro (Seattle)

Raw Kale Salad with Ginger Oil, Tamari, Raw Tofu, Seaweed, and Lime Juice
—Plum Bistro (Seattle)

Rennie's Peanut-Kale Salad: Hearty Kale, Carrots, Butternut Squash, and 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, and Bread Crumbs

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—True Food Kitchen (Phoenix)

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▲ KALE, BLACK (aka CAVOLO NERO, DINOSAUR KALE, LACINATO KALE, or TUSCAN KALE)

Flavor: slightly sweet (and less bitter), with more flavor complexity and 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

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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

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☐ KAMUT

[kah-MOOT]

Flavor: slightly sweet, with rich notes of butter and/or nuts, and 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 and 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 and broccoli rabe
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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
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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
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stock, e.g., vegetable
stuffings
sugar snap peas
tabbouleh
thyme
tomatoes, tomato paste, and tomato puree
tomatoes, sun-dried
vanilla
vegetables, root
veggie burgers
vinegar, e.g., balsamic, brown rice, cider, wine
watercress
yogurt

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Flavor Affinities

kamut + apples + pecans + vanilla
kamut + dried cranberries + winter squash
kamut + kidney beans + mushrooms

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Dishes

Winter Squash Kamut Risotto: Grilled Maitake Mushrooms, Cashew Cream, Fresh Shelling Beans, Roasted Blue Banana Squash, Braised Fennel and Leek, Fall Greens, Fried Capers, Lemon Zest, Porcini Oil, and Squash Tempura

—Millennium (San Francisco)

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KANTEN

What it is: a firm, opaque, gelatin-like dessert made with fruit juice (and often served with fruit), agar-agar, and 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 and **APPLE JUICE**
berries, e.g., blueberries, raspberries, strawberries
cherries and cherry juice
citrus, e.g., grapefruit, lemon
cranberries and cranberry juice
mangoes and mango juice
melons and melon juice
oranges, e.g., mandarins, and orange juice
peaches and peach juice
pears and **pear juice**
pomegranates and pomegranate juice
yuzu and yuzu juice

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☐ KASHA (aka TOASTED BUCKWHEAT GROATS; see also BUCKWHEAT)

Flavor: slightly bitter, with earthy notes of nuts and toast, and 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

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cucumbers
dates
DILL
Eastern European cuisines
eggs, e.g., hard-boiled and 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,*
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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 and frozen yogurt (e.g., as a topping)
zucchini

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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 and pilafs, but I like it as croquettes: I'll make them from kasha and mashed potatoes, browning them in a skillet, and serving them with a sauce or just some caramelized onions."

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

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Dishes

The Butcher's Burger: Kasha Portobello Burger, Cashew Cheddar Cheese, Bibb Lettuce, Heirloom Tomatoes, Pickles and Special Sauce, served with Roasted Potato Wedges and Housemade Ketchup

—The Butcher's Daughter (New York City)

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△ KELP, KELP GRANULES, and KELP POWDER (see also ARAME, KOMBU, SEA VEGETABLES, and 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

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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 and chowders*, e.g., oyster mushroom*
soy sauce
spinach
stews
stir-fries
STOCKS*, e.g., dashi*
sugar
tamari
tempeh
tofu
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vinegar, rice
zucchini

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Flavor Affinities

kelp + rice vinegar + soy sauce + sushi rice

kelp powder + celery + lemon juice + mayonnaise + *salads* + scallions + soy sauce + tofu

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△ KIWI (aka KIWIFRUIT)

Season: late autumn–spring

Flavor: sweet/sour, with notes of melon and/or strawberries, and 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

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cream and **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
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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

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Flavor Affinities

kiwi + bananas + orange juice

kiwi + bananas + strawberries

kiwi + honey + lime

kiwi + mint + yogurt

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△ KOHLRABI

Season: summer–autumn

Flavor: slightly sweet, with notes of broccoli, cabbage, cauliflower, cucumber, mustard, radish, turnip, and/or water chestnut; and 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 number-one fan.

almonds
anise
apples
basil
beans
blueberries
broccoli
butter
cabbage, e.g., napa
caraway seeds

"****** DEMO - www.ebook-converter.com*******"

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 and curry spices
daikon
DILL
(Northern) European cuisines
fennel
garlic
German cuisine
ginger
gratins
greens, e.g., mustard
horseradish
Hungarian cuisine
Indian cuisine
"****** DEMO - www.ebook-converter.com*******"

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, and 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
"****** DEMO - www.ebook-converter.com*******"

shallots
slaws
soups
sour cream
soy sauce
spring rolls
stews
stir-fries
stock, vegetable
sugar, e.g., brown
tarragon
thyme and lemon thyme
tomatoes
turmeric
turnips
vegetables, root
VINEGAR, e.g., balsamic, fruit, red wine, rice wine, white wine
za'atar

"****** DEMO - www.ebook-converter.com*******"

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 and smoked, then baked in a hotel pan with stock and oil so that it confits but is still toothsome. It's great in a root vegetable Bolognese, served with polenta and portobello mushrooms."

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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Dishes

Kohlrabi Salad with Fennel, Evalon [semi-firm goat cheese], Toasted Almonds, Roasted Shiitakes, Pears and Ginger Dressing

—Girl & the Goat (Chicago)

“Purple” Kohlrabi braised with a broth of its roasted leaves, Wild Rice, Ricotta, Dill

—Oxheart (Houston)

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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 and chop kombu before adding to salads and vegetable dishes. Use kombu and 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

"****** DEMO - www.ebook-converter.com*******"

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

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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, and cashew cream to replace traditional cream, and it worked out great."
>
> —TAL RONNEN, CROSSROADS (LOS ANGELES)

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KOREAN CUISINE

bean paste
CHILES and **chili pepper flakes, chili paste,** and **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

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Flavor Affinities

CHILI PEPPER PASTE + SOY SAUCE + SOYBEAN PASTE

"****** DEMO - www.ebook-converter.com*******"

△ KUMQUAT

Season: autumn–**winter**

Flavor: bitter/sweet/sour, with sweet edible skin and 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

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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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

kumquat + avocado + beet + citrus

"****** DEMO - www.ebook-converter.com*******"

Dishes

White Chocolate Panna Cotta, Candied Kumquats, Dates, Toasted Walnuts

—Print (New York City)

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

kuzu + bay leaf + mushroom stock + onion + sesame oil + soy sauce

kuzu + *gravies* + sesame seeds + tamari

"****** DEMO - www.ebook-converter.com*******"

▲ LAMB'S-QUARTER (aka QUELITE or WILD SPINACH; see also tips for GREENS, AMARANTH; and 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

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

scallions
soups
sour cream
squash, e.g., butternut
stews
stir-fries
tomatoes
tortillas, e.g., corn
vegetables, milder
vinaigrette
walnuts

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

lamb's-quarter + chipotle chiles + cilantro + garlic + tomatoes + tortillas

lamb's-quarter + eggs + mushrooms + potatoes

lamb's-quarter + garlic + olive oil

"****** DEMO - www.ebook-converter.com*******"

LAMB’S LETTUCE (see LETTUCE, LAMB’S)

"****** DEMO - www.ebook-converter.com*******"

▲ 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, and 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

"****** DEMO - www.ebook-converter.com*******"

sake
SALADS*, e.g., green, vegetable*
sandwiches
soups*, e.g., creamy, potato*
soy sauce
spinach
vinegar

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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**, and ***ice cream***
custards

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desserts
drinks, e.g., lemonade
figs
***French cuisine**, esp. Provençal*
fruit and 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
"****** DEMO - www.ebook-converter.com*******"

savory
soups
stews
sugar, e.g., powdered
syrups
teas, herbal
thyme
tofu
vanilla
vinegar, e.g., white wine
walnuts
watercress
yogurt

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Flavor Affinities
lavender + butter + rosemary
lavender + blue cheese + figs + honey

> "I like to dry my herbs from fresh while still green and 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)

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"****** DEMO - www.ebook-converter.com*******"

△ 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

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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 and crème fraîche
custards and 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
"****** DEMO - www.ebook-converter.com*******"

oranges
oregano
PARSLEY
***pasta**, e.g., fettuccine, gnocchi*
peas
pepper, e.g., black, white
pesto
pizzas
POTATOES
pumpkin and 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
"****** DEMO - www.ebook-converter.com*******"

stir-fries
STOCKS, VEGETABLE
tarragon
tarts*, e.g., cheese, potato*
thyme
tofu, *e.g., scrambles*
tomatoes and **tomato sauce**
turnips
vinegar, e.g., white wine
walnuts
watercress
wheat berries
WINE, e.g., **dry** red, **white**
yogurt
zucchini

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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

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Dishes

Braised Leeks with Mozzarella, Mustard Bread Crumbs, and a Fried Egg

—FnB Restaurant (Scottsdale, AZ)

Leek Tart, Thyme, and Cashew Cheese, Herbed Olive Oil Crust, Arugula

—True Bistro (Somerville, MA)

Leeks with Pumpkin Seed Romesco Sauce

—Vedge (Philadelphia)

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LEGUMES (see also specific BEANS, CHICKPEAS, LENTILS, PEANUTS, PEAS, and SOYBEANS)

Tip: Many chefs are experimenting with smoking legumes to enhance their “meatiness.”

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Cooking Legumes

There are three major categories of legumes:

- pulses, including chickpeas, lentils, dried beans, dried peas
- fresh beans and fresh peas
- peanuts and soybeans

It's best to follow the specific directions on the package of legumes you are using and 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, and letting them stand for at least an hour. Drain and 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, and simmer. Check to ensure that the desired tenderness has been achieved, and then remove from heat.

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△ 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 and 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 and **COCONUT MILK**
coriander
corn
CURRIES, esp. Thai
desserts
eggplant
galangal
garlic

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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
"****** DEMO - www.ebook-converter.com*******"

teas
THAI CUISINE
tofu
tomatoes
turmeric
VIETNAMESE CUISINE
vinegar, rice
yogurt

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

△ 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) and 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

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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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

teas
thyme
tofu
tomatoes
vanilla
vinegar, e.g., champagne, rice, sherry, wine
wasabi
wine, e.g., dry white
yogurt
za’atar
zucchini

"****** DEMO - www.ebook-converter.com*******"

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)

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Dishes

White Chocolate Lemon Mousse, Roasted Pineapple, Lemon Almond Tuile

—Green Zebra (Chicago)

Lemon Bar: Almond Coconut Crust, Tart Lemon Custard

—Pure Food and Wine (New York City)

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LEMONS, MEYER

Season: autumn–spring

Flavor: sour/sweet, with notes of lemon and 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

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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

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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)

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Dishes

Mesclun Greens with Meyer Lemon Vinaigrette and Crumbled Oregon Blue Cheese

—Marché (Eugene, OR)

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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

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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

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Flavor Affinities

preserved lemons + black olives + garlic + parsley
preserved lemons + butternut squash + chickpeas
preserved lemons + carrots + cumin + *salads*
preserved lemons + fennel + green olives

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LEMON THYME

Flavor: sour, with notes of flowers, lemon, and 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

"****** DEMO - www.ebook-converter.com*******"

tofu
turnips
vegetables, esp. spring

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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**, and **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

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***salads**, e.g., fruit, green*
sauces, e.g., crème anglaise
sorbets
strawberries
sugar
tamarind
***teas**, e.g., green, herbal*
vanilla
waters, mineral
zucchini

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△ LENTILS—IN GENERAL (see also specific LENTILS)

Season: autumn–winter

Flavor: sweet, with astringent/earthy notes, and 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, and 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 and the firmer the texture.

Botanical relatives: beans, lentils, peanuts, peas

apples and apple juice
artichokes
arugula
asparagus
barley
basil

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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, and chili powder
chili, vegetarian
chives
cilantro
cinnamon
cloves
coconut
coriander
"****** DEMO - www.ebook-converter.com*******"

cream
cucumbers
CUMIN
curry powder, **curry spices**, and ***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
"****** DEMO - www.ebook-converter.com*******"

lime
loaves, e.g., mock meatloaf
marjoram
Mediterranean cuisines
Middle Eastern cuisines
mint
mujadara
mushrooms
MUSTARD (e.g., Dijon) and **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
"****** DEMO - www.ebook-converter.com*******"

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 and 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
"****** DEMO - www.ebook-converter.com*******"

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

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“I love cooking **lentils** until they’re soft, then combining them with vegetables—especially onions and mushrooms, but also things like broccoli—and pressing the mixture into a loaf pan and baking it for 40 minutes. After it’s cool, I’ll slice it and serve it with mashed potatoes and gravy.”

—PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

“Yellow and red **lentils** are the lightest in texture and flavor, while black lentils are the heaviest and strongest in flavor. Green lentils fall in-between.”

—HEMANT MATHUR, TULSI (NEW YORK CITY)

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Dishes

Lentil Soup, Celery Root, Parmesan, and Herbs

—ABC Kitchen (New York City)

Cassoulet with Lentils, Wild Mushrooms, Grilled Treviso, and Buttered Leeks

—Crossroads (Los Angeles)

Crimson Lentil Croquettes with Mango Chutney, Scallion, Mint, and Cilantro

—Green Zebra (Chicago)

Lentil Walnut Pâté with Tofu Sour Cream, Wheat-Free Rice Crackers, and Crudités

—Real Food Daily (Los Angeles)

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△ 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

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***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 and 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, and heavy cream. They were so rich and 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)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Carrots Cooked Shawarma Style, Black Lentils, Green Garbanzos, Tomato Olive Stew, Green Harissa

—Vedge (Philadelphia)

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△ 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

"****** DEMO - www.ebook-converter.com*******"

stews
stuffed vegetables, e.g., bell peppers, eggplant
tamari
veggie burgers
walnuts

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

brown lentils + olive oil + onions + scallions + tamari + walnuts

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△ 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)

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△ LENTILS, FRENCH

Flavor: slightly sweet, with earthy notes of nuts and/or pepper, and 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

"****** DEMO - www.ebook-converter.com*******"

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 and tomato paste
vinegar, e.g., balsamic, red wine, sherry
wine, e.g., dry red
yogurt

"****** DEMO - www.ebook-converter.com*******"

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

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△ 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

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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
"****** DEMO - www.ebook-converter.com*******"

thyme
tomatoes
turmeric
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

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)

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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 and Broccoli

—Flourish Baking Company (Scarsdale, NY)

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△ LENTILS, RED

Flavor: slightly sweet, with earthy notes of split peas, and 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

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chickpeas
CHILES, e.g., Indian, jalapeño, serrano, Thai; and **chili pepper flakes / chili powder**
CILANTRO
cinnamon
coconut milk
coriander
corn
croquettes
cucumbers
CUMIN
CURRY LEAVES, PASTE, or **POWDER,** and ***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
"****** DEMO - www.ebook-converter.com*******"

lettuce, e.g., romaine
lime, e.g., juice
loaves
mango
marjoram
milk, coconut
mint
miso
mushrooms
MUSTARD, e.g., Dijon, mustard powder, and 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 and pomegranate molasses
potatoes, e.g., red, sweet, white
purees
RICE, e.g., basmati, black, brown
rosemary
salads
"****** DEMO - www.ebook-converter.com*******"

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 and TOMATO PASTE
turmeric
veggie burgers
vinegar, e.g., cider, umeboshi, wine
wheat berries
wine, e.g., white
yogurt

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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 and unique at the same time. And 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, and 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, and chickpea lentils—and cook them together for a variety of colors and textures."

—HEMANT MATHUR, TULSI (NEW YORK CITY)

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Dishes

Crimson Lentil Croquettes, Mango Chutney, Scallion, Mint, Cilantro

—Green Zebra (Chicago)

Red Lentil Ravioli with Apple-Fennel Tempeh, Golden Beets, and Apple White Wine Sauce

—Plum Bistro (Seattle)

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△ 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 and seasoned with turmeric, chili powder, and salt. Or you can temper asafoetida powder by sautéing it in oil and adding cumin and onion to season the lentils."
>
> —HEMANT MATHUR, TULSI (NEW YORK CITY)

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▲ 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, and other green and 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

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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
"****** DEMO - www.ebook-converter.com*******"

“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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Sucrine Lettuce: Blue Hill Farm Yogurt, Hazelnuts, and Asparagus

—Blue Hill (New York City)

Greenhouse Head Lettuce: Homemade Yogurt, Peas, and 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 and Wine (New York City)

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"****** DEMO - www.ebook-converter.com*******"

LETTUCE, BIBB (aka LETTUCE, BUTTER; see LETTUCE, BUTTER)

"****** DEMO - www.ebook-converter.com*******"

LETTUCE, BOSTON (aka LETTUCE, BUTTER; see LETTUCE, BUTTER)

"****** DEMO - www.ebook-converter.com*******"

▲ LETTUCE, BUTTER (aka BIBB or BOSTON LETTUCE)

Flavor: sweet, with notes of butter, and 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

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chiles, e.g., red; chili paste and 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 and **blood oranges**
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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 and sun-dried tomatoes
vinaigrette, e.g., shallot
VINEGAR, e.g., balsamic, champagne, cider, red wine, sherry, white wine
walnuts
wraps, lettuce
yogurt

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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

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Dishes

Butter Lettuce with Feta and 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)

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▲ LETTUCE, LAMB'S (aka CORN SALAD or MÂCHE)

Season: spring–summer

Flavor: sweet, with buttery, floral, fruity, and/or nutty notes, and 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 and **fennel seeds**
frisée
garlic
greens, other salad, e.g., mesclun
jícama
lemon, e.g., juice, zest
lettuce, Bibb

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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

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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

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Dishes

Mesclun and Mâche Salad: Spring Vegetables, Mustard Vinaigrette, Crudités

—DANIEL (New York City)

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▲ 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

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“Parmesan”
chervil
chickpeas
chiles, e.g., jalapeño, serrano
chives
cilantro
corn, corn chips, and 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**
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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 and sun-dried tomatoes
umeboshi paste
VINEGAR, e.g., balsamic, champagne, cider, red wine, rice wine, sherry, tarragon, white balsamic
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walnuts
watercress
Worcestershire sauce, vegetarian
yogurt

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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 and pureed walnuts that have been seasoned with jalapeño, cilantro, bell peppers, and cayenne and served with guacamole, cashew 'Parmesan' cheese, and fresh scallions."
>
> —AMI BEACH, G-ZEN (BRANFORD, CT)

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Dishes

Chopped Romaine Salad with Smoked Tofu and Almonds

—Gobo (New York City)

Laughing Seed Salad: Romaine Lettuce, Spring Mix, Grated Carrots and Red Cabbage, Cherry Tomatoes, Red Bell Peppers, Cucumbers, Red Onion, Fresh Corn, Blanched Broccoli, Mung Bean Sprouts and Clover Sprouts, topped with Sunflower and Pumpkin Seeds

—Laughing Seed Café (Asheville, NC)

Insalata di Lattuga Romana: Baby Romaine Lettuce with Beets, Goat Cheese, Marcona Almonds, and 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)

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△ LIMES (e.g., JUICE, ZEST)

Flavor: bitter/**sour**/sweet, and 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; and chili powder
CILANTRO

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COCONUT and **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
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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
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tapioca
tarragon
tarts
tequila
Thai cuisine
tofu
tomatillos
tomatoes
Vietnamese cuisine
vinegar, e.g., champagne, rice, sherry
watermelon
yogurt

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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

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Dishes

Key Lime Tart, Champagne Gelée, Almond Streusel, Toasted Meringue

—Green Zebra (Chicago)

Raw Key Lime Cheesecake: Made with Cashews, Avocado, and Fresh Limes in a Faux Graham Cracker Crust

—Laughing Seed Café (Asheville, NC)

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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

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veggie burgers

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Flavor Affinities
liquid smoke + olive oil + soy sauce + vegetable stock

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△ LOTUS ROOT

Season: summer–winter

Flavor: slightly sweet, with earthy notes of artichoke, jícama, or water chestnut, and 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, and chili pepper flakes
Chinese cuisine
chips
cilantro
citrus
cloves
compotes, e.g., fruit
cucumbers
curries

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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
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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

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Flavor Affinities

lotus root + ginger + lemon

lotus root + lemongrass + lime

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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 and 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

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cucumbers
dill
eggs, e.g., *frittatas,* hard-boiled
fennel
French cuisine
garlic and 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
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SOUPS, *e.g., lentil, tomato*
spinach
stews
stock, vegetable
stuffings
sugar snap peas
"tabbouleh"
tarragon
thyme
tomatoes and tomato juice
turnips
vegetables, esp. root
vinegar
zucchini

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Flavor Affinities

lovage + garlic + oregano + tomato

lovage + potatoes + *soups* + turnips

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LUNCH and DINNER

When you can't think of what to make for lunch or dinner, start here for ideas:

burritos, e.g., with beans, rice, and 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 and vegetables
lasagna, e.g., with spinach, other vegetables, [tofu] ricotta, and tomato sauce
lettuce wraps, e.g., around grains, vegetables
mushrooms, e.g., *portobello "steaks," with mashed potatoes and gravy*
noodles, e.g., Asian, with sesame sauce and vegetables
pastas, e.g., whole-grain, with creamy (e.g., cashew-based) sauce or tomato sauce, and vegetables
pilafs, e.g., wild rice
pizzas, e.g., whole-grain, with tomato sauce and vegetables (and optional cheese)

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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), and vegetables
soups, e.g., legume (e.g., bean, lentil, pea), mushroom, or vegetable
spaghetti and "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 and vegetables
tofu, e.g., grilled, with a sauce, rice, and vegetables
tostadas
vegetables, e.g., steamed
veggie burgers
wheat berry "risotto," e.g., with vegetables (and optional cheese)
wraps
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☐ LYCHEES

Season: summer

Flavor: sweet; aromatic, with notes of cherries and/or grapes, and 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 and coconut milk
cream
desserts, e.g., fruit tarts
drinks, e.g., cocktails
garlic
gin

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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
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vanilla
vodka
wine, e.g., plum, sparkling
yogurt

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Flavor Affinities

lychees + coconut milk + rice
lychees + ginger + kiwi
lychees + ginger + lime
lychees + honey + lime

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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 and cacao nibs
cinnamon
coconut and 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, and nut milks, e.g., almonds, macadamias
orange, e.g., juice
pancakes and waffles
smoothies
vanilla

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Flavor Affinities

maca + almond butter + cacao

maca + almond butter + coconut milk + dates + vanilla

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Dishes

I Am Free: Chia Seed Porridge with Hempseed Milk, Lucuma, Maca, Cinnamon, Maple Syrup, Goji Berries, and 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)

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MACARONI AND CHEESE

Tip: Many of the best vegan versions of mac-n-cheese incorporate whole-grain macaroni and 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

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Dishes

Macaroni and Cheese
(Its creaminess is said to come from soy milk and 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 and Cheese
(Its secret recipe is said to include chili pepper flakes + mustard + nutritional yeast + soy milk.)

—Plum Bistro (Seattle)

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△ 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 and cheese dishes, esp. creamy
cherries
chocolate
chocolate, hot
chutneys
cream and 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

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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*

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MÂCHE (see LETTUCE, LAMB’S)

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△ 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, and 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

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Cuban cuisine
desserts, e.g., custards, mousses, puddings
ginger
greens, salad
honey
ice creams and sorbets
Mexican cuisine
milk and *milkshakes*
nutmeg
sake, e.g., dry
salads, e.g., fruit
smoothies
sugar, e.g., brown
vanilla
West Indies cuisine

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MANDARINS (see ORANGES, MANDARIN)

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☐ 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 and 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

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chayote
chickpeas
CHILES, e.g., green, habanero, jalapeño, red, serrano, Thai
chocolate, white
chutneys
CILANTRO
cinnamon
cloves
COCONUT and coconut milk
coriander
corn
coulis
cream, crème fraîche, and *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
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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 and mandarin oranges, e.g., juice, zest
oregano
PAPAYAS
paprika, smoked
parsley
passion fruit
peaches
peanuts
pears
pineapple
plantains
puddings
quinoa
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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
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vanilla
vinegar, e.g., champagne, red wine, rice wine
wine, e.g., sparkling, sweet, and/or white (e.g., Sauternes)
yogurt
yuzu

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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

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Dishes

Warm Apple Mango Cobbler with Cinnamon Oat Streusel and Fat-Free Vanilla Ice Cream

—The Golden Door Spa Café at The Boulders (Scottsdale, AZ)

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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

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▽ MAPLE SYRUP

Flavor: SWEET/bitter, with notes of caramel and/or honey, and 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, and 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

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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 and oatmeal
oranges
pancakes
peaches
pears
pies, e.g., maple, pumpkin
poppy seeds
porridges
pumpkin
pumpkin seeds
raisins
rice
rum
rutabagas
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seeds, sesame, e.g., black, white
squash, winter
sugar, e.g., brown
sweet potatoes
turnips
vanilla
waffles

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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, and 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)

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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, and Green Apple, served with Creamy Maple Vinaigrette

—Root (Allston, MA)

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▲ 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

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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
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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 and tomato sauces
vinegar, e.g., red wine
walnuts
wine

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Flavor Affinities

marjoram + capers + green olives + parsley + pine nuts
marjoram + chiles + orange

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▼ MASCARPONE

[mahs-kahr-POH-neh]

Flavor: sweet, with notes of cream, and 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 and espresso
cream and whipped cream

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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 and 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
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***soups**, e.g., broccoli, butternut squash, mushroom, parsnip, pumpkin, spinach, tomato*
spinach
spreads
sugar
TIRAMISU
tomatoes and sun-dried tomatoes
truffles, e.g., white
vanilla
vinegar, e.g., balsamic
wine, e.g., Marsala
zucchini

"****** DEMO - www.ebook-converter.com*******"

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

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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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

matcha powder + agave nectar + avocado + banana + (nondairy) milk

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▼ 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

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veggie burgers

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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, and that will depend on the person. Our spanakopita or spiced chickpeas are dishes people are already acquainted with, and our risotto is the least threatening dish on the menu and something that people have already had."

—TAL RONNEN, CROSSROADS (LOS ANGELES)

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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 and coconut milk
cucumber
desserts
garlic
GINGER
granitas
grapes
honey
LEMON
lemongrass
LIME

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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

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Flavor Affinities

melon + berries + lemon
melon + chiles + cilantro + garlic + lime + onions
melon + honey + lime
melon + lime + mint

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MELON, BITTER

Flavor: BITTER/sour, with notes of **quinine**

Volume: loud

What it is: a fruit that is picked green (unripe) and 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 and 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 and coconut milk
coriander
cumin
curries
East Indian cuisine
eggs
garlic
ginger

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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

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Flavor Affinities

bitter melon + garlic + soy sauce
bitter melon + honey + lemon
bitter melon + miso + tofu

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△ 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 and granitas
lemongrass
mango

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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

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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

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Dishes

Cantaloupe Sorbet with Anise Shortbread and Jasmine Consommé

—Charlie Trotter's (Chicago)

Chilled Melon Soup: Cantaloupe and Dried Chili Pepper, Pickled Carrots, Fried Shallots, and Mint-Chive Oil

—Num Pang (New York City)

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☐ 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*
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salsas
salt
skewers, fruit
smoothies
sorbets
SOUPS, FRUIT
sugar
tofu
vanilla
vinegar, esp. fruit, e.g., apple, raspberry
wine, e.g., sparkling, sweet
yogurt

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

honeydew melon + cayenne + lemon

honeydew melon + ginger + lemon + pomegranate

HONEYDEW MELON (+ HONEY) + LEMON and/or LIME + MINT

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MELON, WINTER

Season: winter

Flavor: sweet, with notes of zucchini, and 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

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MESCLUN (see GREENS, MESCLUN)

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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;** and 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

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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 and onions.

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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)

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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

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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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

bulgur + mint + onions + parsley
chickpeas + garlic + lemon + tahini
eggplant + garlic + parsley + tahini

"****** DEMO - www.ebook-converter.com*******"

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, and in smoothies.

"****** DEMO - www.ebook-converter.com*******"

☐ MILK, ALMOND

Flavor: slightly sweet, with notes of almonds, and a creamy medium-to-full-bodied 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

"****** DEMO - www.ebook-converter.com*******"

oats and oatmeal
puddings
raspberries
***sauces**, e.g., dessert*
smoothies
vanilla

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

almond milk + agave nectar + cacao + vanilla

"****** DEMO - www.ebook-converter.com*******"

Dishes

Rodrigo's Rocket Fuel Smoothie: Almond Butter, Almond Milk, Raw Cacao, Banana, Chocolate Sunwarrior Protein, Cinnamon

—Pomegranate Café (Phoenix)

"****** DEMO - www.ebook-converter.com*******"

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.

"****** DEMO - www.ebook-converter.com*******"

▽ MILK, COCONUT

Flavor: sweet, with notes of coconut, and 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 health-conscious can opt for light (both lighter in flavor and lower in fat) or unsweetened coconut milk. Condensed coconut milk can be used for desserts, sauces, and soups.

agar-agar
agave nectar
Asian cuisines
baked goods
bananas
basil
beans, e.g., **green**, kidney
beverages
brandy
broccoli
Caribbean cuisines
carrots
cashews
cauliflower

"****** DEMO - www.ebook-converter.com*******"

chard
chickpeas
chocolate
coconut and 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 and key limes
mangoes
mushrooms
noodles, Asian, e.g., rice
onions, e.g., red
passion fruit
peanuts
"****** DEMO - www.ebook-converter.com*******"

peas
pineapple
plantains
potatoes
puddings*, e.g., pumpkin, rice*
pumpkin and 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

"****** DEMO - www.ebook-converter.com*******"

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 and 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, and desserts like our Vegan Fat Boys, which are vegan brownies filled with **coconut milk**–based Coconut Bliss ice cream. The texture is very rich and creamy, not icy, and its flavor is not overpowering."
—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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“We make our ice cream from a blend of **coconut milk** and soy milk, which prevents the flavor, texture, and 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, and nutmeg.… Coconut milk has such a high fat content that all you need to do is add a bit of powdered sugar and 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, and a trace amount of plant-based stabilizers (guar and xanthan gum), and works well with exotic spicy and savory flavors, such as toasted pine nut and fennel, or Mexican chocolate with cayenne and cinnamon, or Thai chili peanut. Our nut-based flavors are made with an almond and cashew blend, and work best with more traditional flavors like caramel, chocolate, cookie, peanut butter, and vanilla. Our soft ice cream flavors are made with a soy base.”

—DEENA JALAL, FOMU AND 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

"****** DEMO - www.ebook-converter.com*******"

not the same as when making a dairy panna cotta, so you've got to use a bit more vanilla and sugar. And we've made mousses by putting a mixture of coconut milk and agar-agar through an iSi whipped cream dispenser."

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

"****** DEMO - www.ebook-converter.com*******"

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%) and the absence of cow's milk's main problem-causing protein (alpha SI casein). Sweeten and reduce over medium heat to make *cajeta* (a thick Mexican caramel sauce).

apples
butter
carrots and carrot juice
cheese
chocolate
cinnamon
confections, e.g., caramels, fudge
desserts, creamy, e.g., puddings
eggplant
eggs, e.g., *quiches*
honey
ice cream and gelato
pancakes
potatoes
smoothies
soups
sugar
vanilla
yogurt

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"****** DEMO - www.ebook-converter.com*******"

☐ MILK, HEMP

Flavor: notes of nuts, and 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,

"****** DEMO - www.ebook-converter.com*******"

which is half **hemp milk** and 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, and together they foam up really well.”

—CASSIE AND MARLENE TOLMAN, POMEGRANATE CAFÉ (PHOENIX)

"****** DEMO - www.ebook-converter.com*******"

▽ MILK, RICE

Flavor: sweet, with notes of rice, and 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 and sauces. I'm using it to develop a vegan béchamel sauce."
—DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE,

"****** DEMO - www.ebook-converter.com*******"

NY)

"****** DEMO - www.ebook-converter.com*******"

☐ MILK, SOY

Flavor: vegetal notes, and 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 and lattes. Consider vanilla-flavored soy milk for use in desserts and sweet beverages.

Brand: Silk

baked goods, e.g., breads, cakes, cookies, muffins
banana
chocolate
coffee and *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

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tofu, e.g., silken
vanilla

"****** DEMO - www.ebook-converter.com*******"

Dishes

Vanilla–Kaffir Lime–Soy Milk Panna Cotta with Mango and Raspberries

—Charlie Trotter's Restaurant C at OneandOnly Palmilla (Los Cabos, Mexico)

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☐ 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

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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 and 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 and chili
"****** DEMO - www.ebook-converter.com*******"

powder
chives
cilantro
cinnamon
coconut
coriander
CORN
“couscous”
croquettes
CUMIN
currants
curry powder, curry spices, and *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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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, and tomato sauce
turmeric
turnips
vanilla
vegetables, e.g., baby, sautéed
veggie burgers
"****** DEMO - www.ebook-converter.com*******"

vinegar, e.g., balsamic, red wine, umeboshi
walnuts
watercress
yams
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

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 and specialty food store] and 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)

"****** DEMO - www.ebook-converter.com*******"

"****** DEMO - www.ebook-converter.com*******"

Dishes

Millet Salad: Beluga Lentils, Parsley, Roasted Zucchini, Cauliflower, Carrot, and Baby Turnips; served over Mesclun with a side of Creamy Cucumber Dressing

—Candle Cafe (New York City)

"****** DEMO - www.ebook-converter.com*******"

▲ 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," and 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
"****** DEMO - www.ebook-converter.com*******"

CHILES, e.g., green, jalapeño
chives
CHOCOLATE, e.g., dark
chutneys
cilantro
citrus
coconut and 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 and grape juice
ice cream
Indian cuisine
jícama
"****** DEMO - www.ebook-converter.com*******"

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 and orange juice
papaya, e.g., green
parsley
pasta
peaches
pears
PEAS
"pestos"
pilafs
pineapple
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

zucchini

"****** DEMO - www.ebook-converter.com*******"

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

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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 and 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
"****** DEMO - www.ebook-converter.com*******"

tofu
vegetables, esp. sweet
vinegar, rice

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

mirin + garlic + ginger + sesame oil + soy sauce

"****** DEMO - www.ebook-converter.com*******"

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 and dark misos for more complex flavors. Add miso to mashed or pureed vegetables and use as a sauce. Also, customize miso soup by the season; for example, in *spring/summer*, use light miso + basil + green beans, and in *autumn/winter*, use dark miso + Brussels sprouts + garlic.

asparagus
avocado
beans, e.g., adzuki, black, green, pinto
bok choy
Brussels sprouts
burdock

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Miso Tortellini with Red Cabbage, Turnip Confit, and Ponzu

—Charlie Trotter’s (Chicago)

"****** DEMO - www.ebook-converter.com*******"

MISO, from Quietest to Loudest

Type: White
Use with: salad dressings, soups

Type: Light/sweet/yellow
Use with: lighter broths, sauces, and soups

Type: Medium
Use with: most applications

Type: Dark/brown
Use with: heavier braised or stewed dishes

Type: Black
Use with: other misos, soups

"****** DEMO - www.ebook-converter.com*******"

MISO, BROWN

Season: autumn–winter

Flavor: SALTY/*umami*, and rich in texture

Volume: loud

basil
beer
garlic
GRAVIES
mushrooms
oil, grapeseed
onions
soups
tamari
thyme
tofu
tomato paste
wine, dry, e.g., sherry

"****** DEMO - www.ebook-converter.com*******"

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*

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stir-fries, e.g., with root vegetables
tofu
tomatoes and tomato sauce
vegetables, root
vinegar, rice

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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

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sea vegetables
sesame, e.g., paste, seeds
soups*, e.g., "creamy"*
spreads
tofu
vinegar, rice wine
wine, rice

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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

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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

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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

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MISO, WHITE (see also MISO, LIGHT)

Flavor: salty / slightly sweet

Volume: quieter

What it is: soybeans fermented with rice

almonds and almond butter
carrots
dips, e.g., bean
marinades
mushrooms, e.g., portobello
mustard
oil, e.g., peanut, sesame
peanuts and 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

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Flavor Affinities

white miso + carrots + sesame seeds

white miso + mustard + oil + tahini + vinegar

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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

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MIZUNA (see GREENS, MIZUNA)

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▽ MOLASSES

Flavor: bitter (darkest) / **sweet** (darkest) **–very sweet** (lightest), with notes of brown sugar, caramel, coffee, and/or smoke, and 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 and 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
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pears
sauces, e.g., barbecue, Thai barbecue
smoothies
squash, winter
sweet potatoes
tempeh
tofu
vanilla
walnuts

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Flavor Affinities

molasses + chili pepper flakes + ginger
molasses + cinnamon + nutmeg + orange zest
molasses + garlic + ginger + orange
molasses +_ginger + lemon juice

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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
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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

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MUNG BEANS (see BEANS, MUNG)

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△ MUSHROOMS—IN GENERAL

Flavor: earthy and/or woodsy notes, and 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

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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**
"****** DEMO - www.ebook-converter.com*******"

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 and 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
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PASTAS, e.g., pappardelle, ravioli
pâtés
peas
PEPPER, e.g., black, white
phyllo dough, whole-wheat
PIZZA
POLENTA
POTATOES
quinoa
rice and 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
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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

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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, and 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 and enjoy a variety rather than any one specific type."

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—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 and salt because they will bring out a lot of flavor and enhance its texture. If you rub a mushroom with salt, the water comes out and the solids collapse and it becomes soft."

—AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

"**Abalone mushrooms**, which are available in August and 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, and poach them for an hour in butter, cognac, shallot, garlic, parsley, and thyme until they're soft, and serve them with candied pistachios."

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

"I love **trumpet mushrooms**, which are milder in flavor and have the texture of scallops. They take marinades really well."

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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“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 and lovely, and their residual sugar helps with their caramelization when I sauté them in garlic and olive oil.”

—AARON ADAMS, PORTOBELLO (PORTLAND, OR)

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Dishes

Roasted Mushroom Flat Bread with Tomato Jam, Roasted Mushrooms, Caramelized Onions, Fresh Almond Ricotta, and Frisée

—Crossroads (Los Angeles)

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MUSHROOMS, BLACK TRUMPET

Season: late summer–early winter

Flavor: aromatic, with earthy notes of butter, fruit, meat, and/or smoke, and a soft, rich and 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

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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, and white wine will help them to release their flavor—especially paired with seitan and roasted potatoes."
—JORGE PINEDA, CANDLE 79 (NEW YORK CITY)

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Dishes

Artichoke and Green Garlic Soup with Black Trumpet Mushroom Crouton

—Chez Panisse (Berkeley, CA)

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△ MUSHROOMS, BUTTON (aka WHITE MUSHROOMS)

Season: year-round

Flavor: slightly sweet, with earthy notes, and 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, and **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

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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 and olive oil, seasoned with chili flakes and parsley."
> —ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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MUSHROOMS, CHANTERELLE

Season: late spring–autumn

Flavor: slightly sweet/umami, with earthy notes of apricots, flowers, fruits, nuts, and/or pepper; and a chewy, meaty texture

Volume: quiet–moderate

Techniques: bake, braise, roast, sauté

Tips: Delicious both fresh and 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 and black garlic
gravies
hazelnuts
herbs, e.g., chervil, chives, sage, thyme
leeks
lemon

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mascarpone
millet
mushrooms, other, e.g., porcini
mustard
oils, e.g., hazelnut, **olive**, peanut
onions, e.g., red, white
oranges and 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
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wine, dry white
wine, fortified, e.g., Madeira or Marsala

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Flavor Affinities

chanterelles + celery root + wild rice

chanterelles + cream + parsley + shallots

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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

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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

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△ MUSHROOMS, CREMINI (aka CRIMINI or ITALIAN BROWN MUSHROOMS)

[krem-EE-nee]

Flavor: rich earthy, meaty notes, and 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, and **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

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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
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stock, e.g., mushroom, vegetable
stuffed mushrooms
stuffings, e.g., for ravioli
sweet potatoes
tarragon
THYME
tofu, e.g., *scrambles*
tomatoes and tomato sauce
veggie burgers
vinegar, e.g., balsamic
walnuts
wine, e.g., dry white
zucchini

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Flavor Affinities

cremini mushrooms + cream + tarragon
cremini mushrooms + eggs + Fontina cheese
cremini mushrooms + lentils + walnuts
cremini mushrooms + onions + tempeh
cremini mushrooms + walnuts + white beans

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Dishes

Pesto-Stuffed Mushrooms: Cremini Mushrooms stuffed with Pistachio Pesto

—118 Degrees (California)

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△ MUSHROOMS, ENOKI (aka ENOKITAKE)

[enn-OH-kee or enn-oh-kee-TAH-kee]

Flavor: slightly sweet, with fruity (e.g., grape) notes, and 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, and portobello mushrooms

apples
Asian cuisines
basil and Thai basil
beans, long
bell peppers, e.g., red
carrots
cayenne
cheese, Parmesan
chives
cucumbers
dill
garlic
ginger
hoisin
JAPANESE CUISINE

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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

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Flavor Affinities

enoki mushrooms + garlic + Parmesan cheese

enoki mushrooms + soy sauce + tofu + vegetable stock

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Dishes

Enoki Doki Hand Roll: Enoki, Shiitake, Portobello Mushroom, Cashew, Ginger, Romaine, Black Rice with Hot Pepper Paste

—Beyond Sushi (New York City)

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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

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MUSHROOMS, HEN OF THE WOODS (aka MAITAKE MUSHROOMS)

Season: autumn

Flavor: umami, with rich, earthy notes of **chicken,** garlic, lobster, meat, and/or nuts, and 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

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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 and spring onions
orange, e.g., juice
PARSLEY
pastas
pâtés, mushroom
PEPPER, BLACK
pizzas
polenta
RICE
salads
salt, e.g., kosher
sauces, e.g., pasta
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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

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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, and 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), and finish them with mascarpone and 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 AND 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."

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—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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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 and Asparagus, with Apple, Radish, Beets, Parsnip Puree

—Natural Selection (Portland, OR)

Roasted Maitake Mushroom with Crispy Sunchoke, English Peas, Creamy Horseradish

—Vedge (Philadelphia)

Tamari and Maple Roasted Maitake-Pecan Cream Tamale with Grilled Broccoli Raab, a Cardamom Mole Roja, and a Black Lemon Tequila Gastrique

—Sutra (Seattle)

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MUSHROOMS, LOBSTER

Season: summer–autumn

Flavor: salty/sweet, with notes of shellfish (e.g., **lobster**!), and 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 and bisques
stews
stir-fries

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stock, mushroom or vegetable
stuffings
tarragon
terrines, mushroom
thyme
tofu
vinegar
zucchini and zucchini blossoms

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Dishes

Pasta with Lobster Mushrooms, Squash, Pecorino, and Squash Blossom Butter

—FnB Restaurant (Scottsdale, AZ)

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MUSHROOMS, MAITAKE (see MUSHROOMS, HEN OF THE WOODS)

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MUSHROOMS, MATSUTAKE

Season: autumn–winter

Flavor: aromatic, with earthy notes of cinnamon, mint, nuts, pine, and/or spices, and 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 and celery root
cheese, Parmesan
chervil
chiles, e.g., Thai
chives
cloves
custards
DASHI
eggs
frisée

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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
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thyme
vinegar, rice wine
wine, dry white

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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, and 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 and is more like a long-distance marathon."
—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

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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, and Yuzu Zest on Top

—Kajitsu (New York City)

Braised Matsutake Mushrooms: Broccoli and Black Sesame Paste, Braising Jus infused with Yuzu

—Mélisse (Santa Monica, CA)

Grilled Matsutake Mushrooms with Miso Custard, Ginger, Soy, and Kaffir Lime

—The Point (Saranac Lake, NY)

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MUSHROOMS, MOREL

Season: spring

Flavor: umami, with earthy and/or meaty notes of bacon, egg, nuts, and/or smoke, and 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

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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
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watercress
wine, e.g., dry, sherry, white

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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 and pepper and 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)

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Dishes

Cavatelli, Morels, Peas, Ricotta, and Fresh Chiles

—ABC Kitchen (New York City)

One-Hour Poached Hen's Egg with Morel Mushrooms, Swiss Chard, and 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 and Morels with English Peas, Asparagus, Fiddlehead Ferns, Pea Shoots, Goat Ricotta

—Nora (Washington, DC)

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MUSHROOMS, OYSTER

Season: autumn

Flavor: sweet and earthy, with notes of butter, oysters, pepper, and/or seafood, and 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 and 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

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celery
celery root
cheese, e.g., **Parmesan**, Swiss, Taleggio
chervil
chiles, e.g., chipotle, green, jalapeño
Chinese cuisine
chives
chowders
cider
cilantro
cinnamon
coconut and 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
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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 and orange juice
panko
PARSLEY
parsnips
PASTA*, e.g., fettuccine, linguini, pappardelle, ravioli, tagliatelle*
pesto
pizza
polenta
potatoes
radicchio
rice, e.g., brown, jasmine
rosemary
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sage
sake
salads, *e.g., warm*
salsify
SAUCES*, e.g., cream, white*
scallions
seitan
SHALLOTS
SOUPS, BISQUES and 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
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zucchini

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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 and one fell on a plate on its back and 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 and dishes that are unexpected in a vegan diet. The inspiration was nature, and it turned into 'oysters Rockefeller.' "
>
> —TAL RONNEN, CROSSROADS (LOS ANGELES)

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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 and Spicy Apple-Pepper Jam, Shaved Onion, and Radish Salad

—Millennium (San Francisco)

Oyster Mushroom Fettuccine with Kale, Seitan, and Fresh Chives

—Plum Bistro (Seattle)

Cornmeal-Crusted Oyster Mushrooms, Horseradish-Dill Aioli, Aji Amarillo Chili Sauce

—True Bistro (Somerville, MA)

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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

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△ 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, and 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 and enhances its flavor. Grind to a powder (e.g., in a spice grinder) and 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 and added to sauces, soups, or stews.

almonds
artichokes
asparagus
BARLEY
basil
bay leaf
bread crumbs
bruschetta
butter
carpaccio, mushroom

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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**
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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
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stuffings
tarts
tempeh
thyme
tomatoes and tomato paste
truffles, white
vinegar, e.g., **balsamic**, red wine, **sherry**, white balsamic
WINE, e.g., dry red or white, Madeira, or sherry

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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)

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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)

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△ MUSHROOMS, PORTOBELLO

Flavor: rich, earthy, meaty notes and 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, and 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 and celery leaves
chard, Swiss
CHEESE, e.g., cheddar, dry Jack, feta, **goat**, Gorgonzola, Gouda,

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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
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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
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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 and 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

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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, and shallots. When they're sliced thin, they've got layers of color from the infused spice mixture, and actually look like bacon."
> —KEN LARSEN, TABLE VERTE (NEW YORK CITY)

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Dishes

Tuscan Portobello Sandwich: Grilled Portobello, Roasted Red Peppers, and Caramelized Onions, topped with Vegan Mozzarella and Spicy Mayo
—Blossom (New York City)

"French Dip Sandwich": Caramelized Onions, Swiss Cheese, and Portobello Mushrooms on Herbed Baguette with Roasted Garlic-Mushroom Jus and 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, and Arugula. Served with Fingerling Potatoes, Artichokes, Pickled Red Onions, Capers, and 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, and Crispy Capers
—Vedge (Philadelphia)

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△ MUSHROOMS, SHIITAKE—DRIED and 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, and 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, and 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 and **Thai basil**

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bay leaf
beans, e.g., adzuki, fermented black, green
beer and 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, and 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,
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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*
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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*
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stuffings
sugar, e.g., brown
sugar snap peas
sushi
sweet potatoes
tacos
tamari
thyme
tofu
tofu scrambles
tomatoes, sun-dried
tomato paste and tomato sauce
turnip
veggie burgers
vinegar, e.g., balsamic, brown rice, rice, white wine
wine, e.g., Madeira, red
yuzu, e.g., juice, zest

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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)

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Dishes

Shiitake Salad: Marinated Shiitake Mushrooms, Julienne Carrots, Purple Beet, and Yellow Squash with Sweet Ginger Dressing

—118 Degrees (California)

Shiitake Miso Soup: Served warm with Miso, Fresh Seaweeds, Shiitakes, and 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 and Red Wine Sauce with Carrot Butter Pâté and Toasted Baguette Slices

—Sage's Cafe (Salt Lake City)

Shiitake and Tofu Lettuce Cups: Ginger, Soy, and Cashew

—True Food Kitchen (Phoenix)

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MUSHROOMS, WHITE (see MUSHROOMS, BUTTON)

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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

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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

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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

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Dishes

Wild Mushroom and Goat Cheese Strudel with Balsamic Reduction

—The Golden Door (Escondido, CA)

Wild Mushroom and Leek Tartlet with Gruyère and Thyme

—Greens Restaurant (San Francisco)

Wild Mushroom Ravioli with Grilled Matsutake and 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, and White Cheddar

—The Lodge at Woodloch (Hawley, PA)

Wild Mushroom Risotto with Winter Squash, Black Truffle Butter

—Picholine (New York City)

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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 and confit them whole in olive oil, or we will sous-vide them as that is another great technique to infuse flavor and to create layers of flavors. The flavors differ throughout the year. In March, we use thyme, garlic, and 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 and lay them on the plate. With the dish, we add crosnes, which are like a really cool artichoke; sunchokes, roasted cippolini onions, and garlic chips for a crispy texture.

Maitake mushrooms are my favorite. They have a meaty quality and 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, and candied ginger mellowing the flavor. I'll also use sherry vinegar, and 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, and from there we will add some Madeira and maple [syrup] for more flavor. Chanterelles are a mushroom that we don't cook to order. We like to cook them beforehand and stew them down with aromatics, butter, and just a pinch of white wine at the end to balance the flavors.

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Matsutakes call for keeping it simple, so we don't mess around with them too much, and simply confit them. After they are cooked, we will score and then pan sear them so you get that contrasting texture.

Doubloons are smaller than shiitake mushrooms, but we treat them the same way.

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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 and sherry vinegars
- **Winter:** port wine, red wine, and raspberry vinegars
- **Spring:** lemon and chardonnay vinegars
- **Summer:** white balsamic and champagne vinegars

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△ 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 and CHINESE BROCCOLI
Brussels sprouts
cabbage
capers
casseroles
cauliflower
celery root

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cheese
chives
cilantro
cream and 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
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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

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Flavor Affinities

mustard + cabbage + potatoes
mustard + cilantro + lime + yogurt
mustard + maple syrup + oil + vinegar
mustard + maple syrup + pecans + tempeh

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Dishes

Baby Lettuces with Dijon Cream, with Figs, Pear, Pickled Carrots, Croutons, and Spiced Pecans

—Natural Selection (Portland, OR)

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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 and cheese
popcorn
salad dressings

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sauces, e.g., barbecue, hollandaise
slaws
spinach
split peas
tofu
vinegar

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△ 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 and clarified butter
cauliflower
chickpeas
***curries**, e.g., Indian*
European cuisines
Indian cuisines
lentils
marinades
mustard
pickles
rice
salad dressings
sauces
spinach
turmeric
vegetables, e.g., boiled
vinegar

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NAMA-FU (see also recommendations for SEITAN)

Flavor: neutral, with a smooth, chewy texture akin to dense custard or scallops

What it is: fresh wheat gluten, often made from wheat gluten and mochi rice flour; an important ingredient in Japanese temple vegetarian cuisine; the ancestor of seitan

Nutrional profile: mostly protein, and 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

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sukiyaki
umeboshi plum paste
wasabi
water chestnuts

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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

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△ 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*
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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 and green*
salsas
sorbets
soups, e.g., fruit
SUGAR, e.g., brown
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tarragon
VANILLA
vinegar, e.g., balsamic
wine, e.g., red or white, still or sparkling, e.g., Champagne
yogurt

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Flavor Affinities

nectarines + almonds + caramel
nectarines + balsamic vinegar + basil
nectarines + caramel + ginger
nectarines + ginger + lemon

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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 and 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

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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
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walnuts
wine, e.g., dry white
yogurt

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Flavor Affinities

nettles + basil + cheese + garlic + **lemon juice + olive oil** + pine nuts

nettles + cream + eggs

nettles + leeks + potatoes

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Dishes

Pizzetta with Wild Nettles and Ricotta Salata

—Chez Panisse (Berkeley, CA)

Pearled Barley "Risotto," with Stinging Nettles, Shiitake Mushrooms, and Pickled Mustard Seeds

—Green Zebra (Chicago)

Nettle and Red Chili Cappellettis, Brown Butter, Parmesan, Sage Flowers

—Verjus (Paris)

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NIGELLA SEEDS

Flavor: slightly bitter and/or pungent, with musty notes of celery, cheese, mustard, nuts, onions, oregano, pepper, and/or smoke, and a crunchy texture

Volume: moderate

What they are: spice

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

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pumpkin
rice, e.g., basmati
saffron
squash, e.g., butternut, Hubbard
sweet potatoes
Turkish cuisine
turmeric
vegetables, e.g., green
za’atar

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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)

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NOODLES, ASIAN (see NOODLES, CELLOPHANE; NOODLES, KELP; NOODLES, RAMEN; NOODLES, RICE; NOODLES, RICE VERMICELLI; NOODLES, SOBA; NOODLES, SOMEN; and 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.

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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

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NOODLES, BEAN THREAD (see NOODLES, CELLOPHANE)

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NOODLES, BUCKWHEAT (see NOODLES, SOBA)

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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, and then cook until tender, about 8–15 minutes.

agave nectar
Asian cuisines
asparagus
bell peppers, e.g., red
bok choy
broccoli and Chinese broccoli
cabbage, e.g., Chinese, napa
carrots
chiles, e.g., jalapeño, Thai
cilantro
coconut milk
cucumbers
curry powder and *curries*
dulse
eggplant, Asian
eggs, e.g., poached
garlic
ginger
Japanese cuisine
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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 and 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
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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

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Dishes

Toasted Sesame Noodles, Housemade Kimchi, Braised Lotus Root, Chinese Mustard

—Green Zebra (Chicago)

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NOODLES, CHINESE EGG

Flavor: notes of egg, and a rich, chewy texture

Volume: quiet–moderate

What they are: Chinese noodles made from egg and 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 and peanut sauce
scallions
sesame, e.g., oil, sauce, seeds
soups
soy sauce
stir-fries
sugar, e.g., brown
vinegar, e.g., balsamic

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NOODLES, GLASS (see NOODLES, CELLOPHANE)

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NOODLES, GREEN TEA SOBA

Flavor: notes of green tea, and 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 and 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

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Flavor Affinities

green tea soba noodles + cucumbers + peanut sauce + scallions

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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) and **green** (with seaweed notes and 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 and almond butter
Asian cuisines
bell peppers
bok choy
"bowls"
cabbage
carrots
cashews and cashew butter
chiles, e.g., Thai
chili pepper flakes and chili powder
cilantro
cucumbers
garlic

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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

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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

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NOODLES, MUNG BEAN (see NOODLES, CELLOPHANE)

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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

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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

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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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Chilled Ramen Noodles and Vegetable Spring Roll: Japanese/Chinese Style Chilled Noodles with Cucumber, Avocado, Rikyu-Fu, Sesame, Tomato, Shishito Pepper, and Pak Choy, served with Spring Rolls

—Kajitsu (New York City)

"****** DEMO - www.ebook-converter.com*******"

▽ 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 and 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 and chili pepper sauce
CILANTRO

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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
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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

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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

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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)

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NOODLES, SHIRATAKI and 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 and 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 and 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

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stock, vegetable
tofu, e.g., grilled, smoked

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Flavor Affinities

shirataki noodles + coconut milk + curry spices + tofu

shirataki noodles + vegetable stock + lime juice

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Dishes

Shirataki Noodle Stir-Fry: Sweet Chili Marinated Tofu, Wok-Fried Zucchini, Lotus Root, and Edamame

—The Lodge at Woodloch (Hawley, PA)

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NOODLES, SOBA—WHOLE-GRAIN

What they are: buckwheat and 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 and hot during colder seasons.

asparagus
avocado
basil and Thai basil
beans, e.g., green
beans, fermented black
BELL PEPPERS, e.g., red, yellow
broccoli, broccolini, and broccoli rabe
Brussels sprouts
CABBAGE, e.g., napa, red, savoy
CARROTS
cashews
celery
chard
chiles, e.g., jalapeño, and **chili pepper flakes**
CILANTRO
coconut milk
corn
cucumber

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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 and peanut sauce
peas
pea shoots
pickled cabbage, e.g., red
plums and plum sauce
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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, and tomato paste
VINEGAR, e.g., apple cider, balsamic, **RICE WINE**, **white wine**
wasabi
water chestnuts
watercress
wine, e.g., dry sherry
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wraps, e.g., in rice paper

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Flavor Affinities

soba noodles + avocado + carrots + cashews + cilantro + peanuts + tofu

soba noodles + broccoli + cabbage + carrots + lotus root + snow peas

soba noodles + cashews + enoki and 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, and to make sure the main course itself is outstanding. But the courses before and after the main course should be toned down, to enhance its impact. I

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would serve something very simple and delicious before the main course, like **soba noodles**.”

—RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

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Dishes

Dashi and Noodles: Bowl of traditional Japanese Broth made with Shiitake Mushrooms, Kombu, Fresh Ginger, and 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, and Cumin-Sesame Blackened Tempeh

—Sage's Cafe (Salt Lake City)

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▽ 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 and peanut sauce
***salads**, e.g., noodle*

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sauces, dipping
scallions
shiso
soups, e.g., cold or hot
soy sauce
turnips
vinegar, e.g., rice

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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 and chili pepper flakes
cilantro
coconut milk
cold sesame noodles
cucumbers
daikon
dashi
eggs
garlic
GINGER

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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, and 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
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TOFU, e.g., baked, extra-firm
vegetables
vinegar, rice
wasabi
watercress

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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

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Dishes

Chilled Somen Noodles, Hawaiian Hearts of Palm, Papaya, Edamame, Shiso, Ginger-Soy

—Green Zebra (Chicago)

Chilled Somen Noodles with Sesame Sauce and Inari Sushi: Japanese Extra-Thin Noodles with Sesame, Umeboshi, Chive, Myoga, and Pak Choy, served with Inari Sushi

—Kajitsu (New York City)

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NORI (aka LAVER)

[NOR-ee]

Flavor: salty, with notes of the sea, and the texture of handmade paper

Volume: quiet (as is)–moderate (after toasting)

What it is: dried and pressed sheets of seaweed, typically used to wrap sushi, hand rolls, and 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 and 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

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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
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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 and umeboshi paste
vegetables
VINEGAR, e.g., brown rice, rice wine
wakame
WASABI

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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, and use the nori powder as a seasoning to add an ocean-esque quality to dishes like fried mushrooms."
> —ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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▽ 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 and milk
desserts*, e.g., cheesecake, custards, puddings*
drinks*, esp. cream- or milk-based, e.g., eggnogs*
eggs and *egg dishes, e.g., quiches*
French cuisine
fruit, e.g., dried, fresh
ginger
greens, bitter, e.g., sautéed

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ice cream
Indian cuisine
Italian cuisine, e.g., sauces
lemon
lemongrass
mace
milk
mushrooms
***noodle dishes**, e.g., macaroni and 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

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also add it to potatoes, cream, garlic, and thyme. It even works with sautéed spinach and greens as balance to the bitterness.”

—KEN LARSEN, TABLE VERTE (NEW YORK CITY)

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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

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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*
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turmeric
vegetables

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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, and start with a roux before adding aromatics like garlic and onion. The two big flavor components I also add are tamari instead of salt and **toasted nutritional yeast** to give it that poultry-like flavor."
>
> —DAVE ANDERSON, MADDY'S AND FORMERLY MADELEINE BISTRO (LOS ANGELES)

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NUTS (see also ALMONDS, CASHEWS, PEANUTS, WALNUTS, etc.)

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NUTS, BRAZIL

Flavor: nutty, with tropical (e.g., coconut, macadamia) notes, and 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

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▽ NUTS, MACADAMIA

Flavor: salty (esp. if salted) / slightly sweet, with notes of butter, and 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 and coconut milk
coffee
desserts
fruits, dried, e.g., cranberries
garlic
ginger
grapes
HAWAIIAN CUISINE
hazelnuts
honey
ice cream
kiwi

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lemon
lime
mangoes
nectarines
oats and 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

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Flavor Affinities

macadamia nuts + chocolate + coffee

macadamia nuts + coconut + white chocolate

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△ OATMEAL and OATS

Flavor: slightly sweet, with notes of nuts, and 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 and APPLE JUICE
apricots, e.g., dried
BAKED GOODS, e.g., biscuits, breads, cakes, COOKIES, muffins, quick breads
bananas

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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 and 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
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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 and 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

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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

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▼ OIL—IN GENERAL

Virtually all oils have about 120 calories per 1-tablespoon serving, and are high in fats and 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 and less processed oils (e.g., “expeller-pressed” or “cold pressed”), which are free of chemicals and solvents, and choose organic corn and soybean oils.

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▼ OIL, ACORN SQUASH SEED

Flavor: earthy notes of brown butter, chestnuts, spice, squash, and/or toasted walnuts, and 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

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▼ 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

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▼ 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 and 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 and salads
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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

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Flavor Affinities

argan oil + almonds + honey
argan oil + honey + yogurt
argan oil + lentils + tomatoes

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Dishes

Creamless Cream of Pea Soup with Crispy Burrata and Argan Oil

—Mélisse (Santa Monica, CA)

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▼ 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

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Flavor Affinities
avocado oil + cilantro + lime juice + yogurt

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▼ 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

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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 and green garlic."
> —JOSIAH CITRIN, MÉLISSE (SANTA MONICA, CA)

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▼ 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, and check regularly for rancidity (as it goes rancid quickly). Canola oil can be used for medium- (e.g., baking) to high-temperature (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

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stews

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▽ 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 and 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

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Flavor Affinities

chili oil + rice vinegar + sesame oil + soy sauce + sugar

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▼ 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 and almond butter
Asian cuisines
***baked goods**, e.g., cakes, cookies*
chocolate and 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

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oatmeal
onions
popcorn
scallions
*Southeast Asian cuisine*s
stir-fries
sweet potatoes

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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 and up, and a solid with the texture of butter or shortening at temperatures below 72°F. When we make biscuits, we'll use solid coconut oil and cut it into the dough, which results in a layering effect and flakier biscuits. We'll also cut solid coconut oil into our pancake batter, where it has a leavening effect that makes our pancakes light and fluffy—more so than with canola oil."
—DEENA JALAL, FOMU AND ROOT (ALLSTON, MA)

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▼ 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

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Flavor Affinities

flaxseed oil + apple cider vinegar + lemon juice

flaxseed oil + herbs + red wine vinegar

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▼ 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 cold-pressed 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)

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▼ 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, and 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

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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)

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▼ 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, and 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

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▼ OIL, LEMON

Flavor: notes of lemon

Volume: loud

artichokes
arugula
asparagus
baked goods, e.g., pastries
beans, green
beets
broccoli and 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

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OIL, NUT (see OIL, ALMOND; OIL, HAZELNUT; OIL, PISTACHIO; OIL, WALNUT)

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▼ 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, and 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 and breadcrumbs
bruschetta
capers
cheese, e.g., mozzarella, Parmesan, pecorino
chickpeas
chiles
citrus
coriander

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cornmeal
cumin
dressings
eggplant
eggs, e.g., fried
fennel
French cuisine, e.g., Provençal
GARLIC
greens, bitter and 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
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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

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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 and cream. Olive oil lets more of the flavor shine through, particularly dishes made with garlic and 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 high-heat cooking, I use canola, grapeseed, or safflower oil—or some combination thereof."
> —RICH LANDAU, VEDGE (PHILADELPHIA)

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▼ 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

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STIR-FRIES

tofu

vinegar, e.g., balsamic, malt

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Flavor Affinities

peanut oil + ginger + scallions + soy sauce

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▽ OIL, PINE NUT

Flavor: neutral, with notes of pine nuts and/or pine resin

Volume: quiet

basil
broccoli and 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

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▽ 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

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zucchini and zucchini blossoms

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Flavor Affinities
pistachio oil + orange + pistachios

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▽ OIL, PUMPKIN SEED

Flavor: notes of nuts, and 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
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salads
sauces
Slovenian cuisine
soups
squash, e.g., winter
vegetables
vinegar, e.g., apple cider, balsamic, rice wine

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OIL, RAPESEED (see OIL, CANOLA)

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▼ OIL, RED PALM

Flavor: pungent notes of smoke, with a texture that is a cross between that of oil and 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 and egg dishes
garlic
ginger
lemon
lime
macaroni and cheese (for yellow/orange color)
oils, other, e.g., canola, coconut, neutral
onions
pastas, homemade (for yellow/orange color)
plantains
popcorn

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rice
salad dressings
sauces, e.g., tomato
soups, e.g., pumpkin
tomatoes and tomato sauce
vegetables, e.g., roasted, sautéed

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▽ OIL, SAFFLOWER

Flavor: neutral, sometimes with notes of nuts, and 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

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▼ OIL, SESAME

Flavor: aromatic, with notes of nuts, and 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), and dark (roasted or toasted) sesame oil primarily drizzled on as a seasoning, to finish raw or cooked dishes. Buy sesame oil fresh, and use within one year.

ASIAN CUISINES
baked goods
beans, e.g., green
Chinese cuisine
dips and 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
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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

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Flavor Affinities
sesame oil + garlic + ginger + mirin + soy sauce

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▼ 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 and 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

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▼ 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

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▼ OIL, TRUFFLE—BLACK

Flavor: umami

Volume: loud

eggs
French cuisine
marinades
mushrooms
potatoes
salads

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▼ 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

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▼ 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

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Flavor Affinities
white truffle oil + mushrooms + *risotto*

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▼ 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.

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▼ OIL, WALNUT

Flavor: earthy notes of walnuts, and 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-high-heat cooking (e.g., baking, sautéing).

apples
artichokes, Jerusalem
arugula
asparagus
baked goods*, e.g., breads, scones*
beets
breads
celery and 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

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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

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Flavor Affinities

walnut oil + blue cheese + celery + pears + walnuts

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Dishes

Ensalada Clasica: Bayless Garden Greens, La Nogalera Walnut Oil, Fresh Lime, Toasted Walnuts and Chile Threads

—Topolobampo (Chicago)

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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.

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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

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▲ OKRA

Season: summer–autumn

Flavor: bitter/sour, with notes of artichoke, asparagus, and/or eggplant, and 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, and chili powder
cilantro

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cinnamon
coconut
coriander
CORN and 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
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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

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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

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Dishes

Wood Oven Roasted Okra and 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)

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▽ 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, and chili pepper flakes
cilantro
citrus
coriander

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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
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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 and sun-dried tomatoes
vegetables, roasted
vinegar, e.g., red wine, sherry
walnuts
zucchini

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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

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OLIVES, KALAMATA

[kah-lah-MAH-tah]

Flavor: salty, with notes of fruit and/or wine, and 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

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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 and tomato sauce
tomatoes, sun-dried
vinegar, e.g., red wine
wine, dry

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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

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OLIVES, MANZANILLA (aka SPANISH OLIVES)

Flavor: salty, with notes of nuts (esp. almonds) and/or smoke, and 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

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OLIVES, NIÇOISE

Flavor: sour, with nutty notes, and 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

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OLIVES, PICHOLINE

Flavor: notes of anise and/or nuts, and 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

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△ 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 and pair well with virtually all savory foods.

Botanical relatives: asparagus, chives, garlic, leeks, shallots

APPLES, e.g., cider, fruit, juice
arame
arugula
avocado
barley and pearl barley
basil
bay leaf
BEANS, e.g., black, green, kidney, pinto, white
beets
bell peppers
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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
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croutons
curries
curry powder
dates
dill
dips
eggplant
EGGS, e.g., *frittatas,* hard-boiled, *omelets, quiches*
fennel and 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
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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
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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 and 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

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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

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Dishes

Red Wine Braised Heirloom Onions: Arrowleaf Spinach, Broccolini, Cauliflower "Florettes," Meyer Lemon, and 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)

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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

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ONIONS, GREEN (see SCALLIONS)

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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

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stock, e.g., mushroom, vegetable
tempeh
vinegar, e.g., balsamic

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Flavor Affinities
pearl onions + cream + spinach

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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 and legumes, not to mention served raw in salads and salsas or on sandwiches and 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

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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

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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

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Dishes

Potato, Spring Onion, and Celeriac Soup, with Pear, Celery, Lemon, and Chives

—Natural Selection (Portland, OR)

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▲ ONIONS, SPRING (see also SCALLIONS)

Tip: *Spring onions* refers to both **green onions** (small and mild) and **scallions** (smaller and milder), which are immature onions. They can typically be used interchangeably.

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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

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△ ORANGES, ☐ ORANGE JUICE, and 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
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BEETS
berries, e.g., **blueberries**, raspberries, **strawberries**
beverages, e.g., juices, sangrias, smoothies
brandy
broccoli and 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
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daikon
DATES
desserts, e.g., puddings
endive
escarole
FENNEL
figs
fruit, dried and 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
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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 and wild rice
rosemary
rutabagas
sage
salad dressings
***salads**, e.g., avocado, carrot, fruit, green*
sauces
scallions
seitan
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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

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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

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△ 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

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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

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Flavor Affinities

blood oranges + arugula + beets + walnuts

blood oranges + black olives + fennel + lemon juice + olive oil

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△ ORANGES, MANDARIN

Season: autumn–spring

Flavor: sweet/sour, with notes of orange, and a very juicy texture

Volume: moderate

What they are: Clementines and 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 and possible substitutes: clementines, oranges, tangerines

agave nectar
almonds
bananas
basil
berries
caramel
cashews
cheesecake
chili paste
Chinese cuisine
chives
chocolate, dark
cilantro
coconut

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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
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shallots
sorbets
spinach
strawberries
sugar, e.g., brown
tarts
tomatoes
vinegar, e.g., champagne, sherry
yogurt

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Flavor Affinities

mandarins + cilantro + lime + onions + tomatoes

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Dishes

Pasticcini with Caramel and Clementine Ice Creams, Toasted Hazelnuts, and Bittersweet Chocolate

—Chez Panisse (Berkeley, CA)

Enlightened Asian Salad: Sweet Clementines, Organic Edamame, and 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)

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▲ 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 and 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 and 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

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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*
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Southwest (American) cuisine
squash, summer
squash, winter
stews
stuffings
tahini
***TOMATOES and TOMATO SAUCE**
vegetables, e.g., roasted, stir-fried, summer
zucchini

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Flavor Affinities

oregano + cannellini beans + zucchini
oregano + feta cheese + *salads* + tomatoes
oregano + garlic + lemon + *salad dressings*
oregano + lemon juice + olive oil + *marinades*

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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

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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,** and **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.**"

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ORZO (see PASTA, ORZO)

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△ PALM, HEARTS OF (aka HEARTS OF PALM)

Flavors: slightly sweet, with earthy notes of artichoke hearts, bamboo shoots, and/or nuts, and a tender and 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 and artichoke hearts
arugula
asparagus
AVOCADO
bell peppers
breadcrumbs
cabbage, red
carrots
cashews
cayenne
celery
Central American cuisines

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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 and blood oranges
oregano
papaya
parsley
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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

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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"*

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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 and 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, and 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)

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▼ 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 and meets strict social, environmental, and 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)

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△ PAPAYA (i.e., RED)

Season: summer–autumn

Flavor: sweet/sour, with musky notes of melon, and 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, and chili pepper sauce
chutneys
CILANTRO
cinnamon

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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
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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

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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

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△ PAPAYA, GREEN (UNRIPE)

Flavor: slightly sweet, with a firm, crunchy, yet watery (apple- or cucumber-like) 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, and 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
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Flavor Affinities

green papaya + chili pepper + garlic + **lime + peanuts**

green papaya + green beans + lime + peanuts + tomatoes

green papaya + lime + peanuts + Thai basil

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▲ 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 and 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 and 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

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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
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Flavor Affinities

paprika + mushrooms + sour cream

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Dishes

Crispy Chickpeas, Smoked Paprika, and Lemon

—FnB Restaurant (Scottsdale, AZ)

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▲ 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

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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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
smoked paprika + garlic + olive oil + seitan

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PAPRIKA, SPANISH (see PAPRIKA, SMOKED)

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▲ 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 and 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

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bulgur
butter
cabbage
CAPERS
CARROTS
cauliflower
celery root
cheese, e.g., kasseri, Parmesan
chervil
chickpeas
chiles and chili pepper flakes
chimichurri sauce
chives
cilantro
corn
couscous
cucumbers
cumin
dips
eggplant
EGGS, e.g., hard-boiled, *omelets*
endive
fennel and fennel seeds
fines herbes
GARLIC
ginger
gravies
greens, salad
herbs, other
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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*
"****** DEMO - www.ebook-converter.com*******"

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 and sun-dried tomatoes
vinegar, e.g., balsamic, red wine, sherry
walnuts
zucchini

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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, and its color is as vibrant as its flavor. There is more to parsley than just the leaf; I use the stems and roots as well. The stems add good texture, and I use them to add crunch to soups. As for the root, which has an herbaceousness similar to parsnips, I like to roast and 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 and has an intense, almost celery-like flavor. There was a time in America when you couldn't serve a plate without the orange wedge and curly parsley."
> —CHRISTOPHER BATES, HOTEL FAUCHÈRE (MILFORD, PA)

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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 and Eastern
fennel
garlic

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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
"****** DEMO - www.ebook-converter.com*******"

vegetables, other root
vinegar, e.g., champagne
watercress
wine, dry white

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

parsley root + garlic + olive oil

"****** DEMO - www.ebook-converter.com*******"

Dishes

Dairy-Free Garlic and Almond Soup, Parsley Root, and 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)

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△ PARSNIPS

Season: autumn–spring

Flavor: sweet, with earthy notes of celery, herbs, and/or nuts, and 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 and texture.

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

allspice
anise seeds
APPLES, apple cider, and apple juice
baked goods*, e.g., breads, cakes, muffins, pies*
basil
bay leaf
beans
BREADCRUMBS
BUTTER and brown butter
capers
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caramel
cardamom
CARROTS
celery, celery leaves, and 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, and *curries*
dates
desserts, e.g., cakes, custards
dill
eggs
fennel
GARLIC
ghee
GINGER
gratins
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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
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pasta, e.g., gnocchi, ravioli
pears
PEPPER, e.g., black, white
POTATOES
pumpkin
***PUREES**, e.g., carrot, parsnip, potato, pumpkin*
rice and "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 and BISQUES, e.g., cream, lentil, parsnip, potato, winter vegetable
sour cream
squash, winter
star anise
STEWS
STOCK, vegetable
sugar, e.g., brown
sweet potatoes
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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

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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 and rice

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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 and raw parsnips, fried parsnip chips, and 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 and reemulsifying it back into the soup. All together, the flavor becomes so much more impactful."
—AARON WOO, NATURAL SELECTION (PORTLAND, OR)

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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, and Mint

—Jean-Georges (New York City)

Charred Parsnips with Garlic, Spanish Almonds, Smoked Tofu, Thyme, and Lemon

—Plum Bistro (Seattle)

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△ 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 and COCONUT MILK
cream
***desserts**, e.g., filled, frozen, panna cottas, puddings (e.g., rice), sorbets, tarts*
fruit, other tropical
ginger
honey

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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

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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

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Dishes

Baked Alaska: Coconut Ice Cream and Passion Fruit Caramel

—Oleana (Cambridge, MA)

Passion Fruit Tart, Shortbread Crust, Cascabel Coconut Caramel

—True Bistro (Somerville, MA)

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☐ 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, and 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, and when they're served with ingredients like heirloom tomatoes or pestos, they're not

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intimidating.”

—MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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Dishes

Spaghetti and 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 and Smoked Farmers Cheese, Cranberry, Pecan, Cinnamon, and Kale

—The Fearrington House (Fearrington Village, NC)

Fava Bean Agnolotti with Ramps, Pecorino Froth, and Pistou

—Picholine (New York City)

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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 and a treehouse. It featured a green sauce, along with sautéed cauliflower, mushrooms, and onions, and 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"), and 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 and 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 and 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 and again—whether eggplant Parmesan, or risotto, or a salad—when they went

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out to dine.” In addition to prompting Eddy and 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 and sometimes less irritable.

“Now, we like to go all out for our vegetarian guests, and give them something special,” says Eddy. Mission accomplished.

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△ 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 and 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

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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** and 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
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lime
lychees
mangoes
MAPLE SYRUP
mascarpone
MINT
nutmeg
NUTS, e.g., **ALMONDS**, cashews, macadamias, **PECANS**, **pistachios**, walnuts
oats and 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
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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

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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

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“The flavor of **peaches** takes me to the South, so I like pairing them with pecans and whiskey.”

—KATE JACOBY, VEDGE (PHILADELPHIA)

“We’ll make a vegan **Peach** Melba—leveraging the winning combination of peaches with raspberries and almonds—by replacing the vanilla ice cream with a coconut milk sorbet.”

—MARK LEVY, THE POINT (SARANAC LAKE, NY)

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Dishes

Peaches: Ginger Cake, Fromage Blanc Sorbet, and Pine Nuts

—Blue Hill (New York City)

Baby Roma Tomato and White Peach Salad, Peterson's Greens, Basil, and Balsamic-Honey

—Cal-a-Vie (Vista, CA)

Arugula and Peach Salad with Parmesan, Lemon and Vanilla Dressing, Truffle, Celery, Sesame Seeds, Fennel

—Fearrington House (Fearrington Village, NC)

"Rupert": "Demi-Sec" Peaches, Walnut Tapenade, Pearl Onions, and Watercress

—The French Laundry (Yountville, CA)

Peach Trifle: Lemon Verbena Panna Cotta, KandJ Orchard Peaches, and Champagne Granite

—The French Laundry (Yountville, CA)

Grilled Haloumi Cheese and Peaches with Chard Rib Salad, Sundried Olive, and Sweet Pepper Broth

—Oleana (Cambridge, MA)

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☐ PEANUTS and 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 and 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

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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 and COCONUT MILK
cucumbers
cumin
curries
desserts
dips and 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
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mangoes
mint
NOODLES, esp. Asian, e.g., Chinese egg, **rice**, **soba**, **udon**
nuts, other
oats and 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
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SOY SAUCE
spinach
stews
stir-fries
sugar, e.g., brown
sweet potatoes
tahini
tamari
tamarind and tamarind juice
tempeh
Thai cuisine
TOFU
tomatoes
trail mix
turmeric
vanilla
Vietnamese cuisine
VINEGAR, e.g., apple cider, brown rice, red wine, RICE WINE

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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

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Dishes

Rennie's Peanut-Kale Salad: Hearty Kale, Carrots, Butternut Squash, Red Peppers, and Peanut-Cider Marinade

—Seva (Ann Arbor, MI)

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☐ PEARS—IN GENERAL

Season: autumn–winter

Flavor: sweet, with subtle notes of citrus, custard, honey, nuts, Sauternes, and/or vanilla, and 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, and apple juice
ARUGULA
baked goods, e.g., cakes, pies, tarts
bananas
blackberries
bourbon
brandy, e.g., pear
butter

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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) and cocoa
CINNAMON
citrus
cloves
CRANBERRIES
cream and crème fraîche
currants, e.g., black
dates
DESSERTS*, e.g., crisps, crumbles, ice creams, sorbets, tarts*
endive
fennel and fennel seeds
figs
fruits, dried
GINGER
gingerbread
grapefruit
GREENS, BITTER OR SALAD, e.g., baby, mesclun
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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 and 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
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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

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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

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pears + hazelnuts + raspberries
pears + honey + maple syrup + orange + Parmesan cheese + pears

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Dishes

Citrus and 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, and Arbequina Olive Oil
—Greens Restaurant (San Francisco)

Pears and Fall Greens Salad with Shaved Fennel, Red Onion and Radish, Rosemary Candied Pecans, and 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 and Pear Salad: Dried Figs, Chèvre, Orange Flower Honey, Raisin Croutons
—Natural Selection (Portland, OR)

Pear Salad with Mâche, Miner's Lettuce, Chickweed, Toasted Hazelnuts, and Truffle Vinaigrette
—Portobello (Portland, OR)

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▲ PEAS (aka ENGLISH PEAS, GARDEN PEAS, or GREEN PEAS; see also BLACK-EYED PEAS and 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 and nutritional value.

Botanical relatives: beans, lentils, peanuts

allspice
almonds
artichokes
ASPARAGUS
avocados
barley
BASIL
bay leaf
beans, fava

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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 and crème fraîche
cucumbers
CURRIES*, esp. green*
curry powder
dill
eggs
fennel
garam masala
GARLIC, e.g., green, white
ghee
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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
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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
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yogurt

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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], and corn and 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)

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“There is nothing better than English **peas** or snap peas that are really sweet. I like to make a pea and radish salad with pea tendrils, pea shoots, and a bright lemon olive oil dressing.”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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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, and Manchego

—True Food Kitchen (Santa Monica, CA)

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PEAS, SNAP (see SUGAR SNAP PEAS)

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PEAS, SNOW (see SNOW PEAS)

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△ PEAS, SPLIT

Flavor: slightly sweet, with earthy notes, and a soft, creamy, luscious texture

Volume: quiet (e.g., yellow)–moderate (e.g., green)

What they are: peas that have been dried and 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 and chili powder
chives
cilantro
croutons, e.g., whole-grain
cumin
curries
curry powder and curry spices

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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
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sauces
savory
sorrel
SOUPS, e.g., SPLIT PEA
soy sauce
spices
spinach
spreads
stews
STOCK, VEGETABLE
tarragon
THYME
tofu, smoked
tomatoes and tomato paste
turmeric
vegetables, root
veggie burgers (e.g., with rice)
vinegar, e.g., red wine, white wine

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Flavor Affinities
split peas + dill + garlic
split peas + potatoes + *soup*

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PEA SHOOTS (see SHOOTS, PEA)

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PEAS, SUGAR SNAP (see SUGAR SNAP PEAS)

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▽ PECANS

Season: autumn

Flavor: bitter/sweet, with notes of butter and/or nuts, and 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 and possible substitute: walnuts

almonds
(Native and North) American cuisines
APPLES
asparagus
BAKED GOODS*, e.g., breads, cakes, cookies, pastries, pies, scones*
bananas
berries, e.g., blueberries
bourbon
brown rice syrup
Brussels sprouts
butter, e.g., brown
cabbage, red
caramel
casseroles
cayenne
celery

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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
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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
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spinach
SQUASH, WINTER, e.g., butternut
stuffings
sugar, e.g., brown, maple
sumac
SWEET POTATOES
tamari
tarts
vanilla
veggie burgers
waffles
wheat germ
yogurt

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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

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PEPITAS (see SEEDS, PUMPKIN)

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▲ 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," and 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

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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
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tomatoes
turmeric
vegetables
vinegar, e.g., cider

> “I think **black pepper** and the whole rainbow of peppercorns are among the most underrated spices in the kitchen. Peppercorns are truly berries—they are sweet, fruity, and spicy—so a great pepper adds a lot of flavor. I’ve served cauliflower crusted with pepper, and the pepper helped the cauliflower sing on the plate.”
>
> —RICH LANDAU, VEDGE (PHILADELPHIA)

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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 and 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

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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
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▲ 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 and 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

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Thai cuisine
white and light-colored foods

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▲ 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 and cocoa
cilantro
cucumbers
desserts*, esp. chocolate*
drinks
ice cream
mangoes
salads*, e.g., spinach*
sauces
smoothies
sorbets
stews
TEAS
vanilla
yogurt

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PEPPER SAUCE (see HOT PEPPER SAUCE)

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PEPPERS, BELL (see BELL PEPPERS)

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PEPPERS, CHILE (see CHILES)

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△ 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

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salads
salt
soups
Spanish cuisine
spreads
stews
stuffed piquillo peppers*, e.g., with goat cheese or white beans*
sugar
tomatoes
vinegar, e.g., sherry

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Flavor Affinities
piquillo peppers + goat cheese + mushrooms

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PEPPERS, SWEET (see BELL PEPPERS—RED and YELLOW)

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☐ 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 and 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

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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 and orange juice
parsnips
pears and Asian pears
pepper, black
pineapple
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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 and tofu paste
turnips
vanilla
vinegar, e.g., rice, sherry
watercress
yams
yogurt
yuzu

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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, and 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, and I also think sesame paste accents it well."
>
> —RYOTA UESHIMA, KAJITSU (NEW YORK CITY)

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Dishes

Hachiya Persimmon Pudding with Cognac Cream

—Chez Panisse (Berkeley, CA)

“Glace à la Vanille”: Steamed Persimmon Pudding, Candied Walnuts, and Lemon-Vanilla Syrup

—Per Se (New York City)

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PHYLLO, WHOLE-WHEAT

What it is: paper-thin sheets made of flour and 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

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Flavor Affinities

phyllo + feta + **garlic** + onions + ricotta + **spinach**

phyllo + garlic + lemon + mushrooms + nutmeg + **spinach** + tofu

phyllo + goat cheese + honey

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Dishes

Apple Baklava: Mulled Wine Roasted Apples, Pistachio Baklava, Ginger Syrup, Pistachio-Nutmeg Ice Cream

—Millennium (San Francisco)

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PIECRUSTS, VEGAN

Tip: Think creatively when coming up with healthful, delicious vegan piecrusts based on ground fruits, nuts, spices, and 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)

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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.

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☐ 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 and 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

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cheese, e.g., ricotta
chiles, e.g., chipotle, jalapeño, red, serrano
chili powder
chocolate, e.g., dark, white
chutneys
CILANTRO
cinnamon
cloves
COCONUT and COCONUT MILK
cream and ice cream
cucumbers
curries and 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
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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
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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

"****** DEMO - www.ebook-converter.com*******"

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

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“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 and spicy and tangy.”

—SHAWAIN WHYTE, CAFÉ BLOSSOM (NEW YORK CITY)

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Dishes

Grilled Pineapple Crisp: Pineapple baked with Ginger, Lime, and Brown Sugar and 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, and a Blackberry Sauce

—Table Verte (New York City)

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☐ PINE NUTS (aka PIGNOLI)

Flavor: slightly sweet, with notes of butter and/or pine resin, and 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**

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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
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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 and sun-dried tomatoes
Turkish cuisine
vanilla
vegetables, e.g., roasted
watercress
wheat berries
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zucchini

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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

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☐ PISTACHIOS

Flavor: notes of butter and nuts, and 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

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cherries
chili powder
chocolate, e.g., dark, white
coconut
cornmeal
couscous
cranberries
currants
curries and 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
"****** DEMO - www.ebook-converter.com*******"

Middle Eastern cuisines
mint
oatmeal and 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
"****** DEMO - www.ebook-converter.com*******"

tomatoes
Turkish cuisine
vanilla
vegetables
vinegar, e.g., raspberry
walnuts
watercress
watermelon
YOGURT

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Braised Baby Beets: Endive, Green Celery, Blue Cheese, Pistachios, Raspberry Vinaigrette

—Glenmere Mansion (Chester, NY)

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☐ PLANTAINS—IN GENERAL, or MIXED

Flavor: range from savory and starchy (green) to slightly sweet and firm (yellow/brown) to sweet and 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, and chili pepper sauce
cinnamon

"****** DEMO - www.ebook-converter.com*******"

coconut and 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

"****** DEMO - www.ebook-converter.com*******"

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 and chili powder
chips, plantain
cilantro
cinnamon
cloves
coconut and coconut cream
coriander
cumin
curry
fruits, tropical
garam masala
garlic
ginger
lime, e.g., juice
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
green plantains + garlic + thyme

"****** DEMO - www.ebook-converter.com*******"

PLANTAINS, SWEET (e.g., BROWN or YELLOW)

Flavor: sweet, with notes of banana, and 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

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onions, red
orange
pepper, black
raisins
rice, e.g., brown
rum, esp. dark
salt
scallions
soups
star anise
stews, vegetable
sugar, e.g., brown

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

sweet plantains + bell peppers + black beans + cilantro + rice + scallions

"****** DEMO - www.ebook-converter.com*******"

Dishes

Black Bean and 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)

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△ PLUMS

Season: summer–autumn

Flavor: sweet and/or sour, with astringent notes of cherries, citrus, and/or honey, and 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 and 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

"****** DEMO - www.ebook-converter.com*******"

chiles, e.g., jalapeño, and chili powder
chocolate
chutneys
cilantro
CINNAMON
cloves
compotes, fruit
coriander
cream and 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 and oats
oil, olive
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

☐ PLUMS, DRIED (aka PRUNES) and DRIED PLUM PUREE

Flavor: sweet, with notes of raisins, and 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

"****** DEMO - www.ebook-converter.com*******"

currants
desserts, e.g., cobblers
granola
hazelnuts
honey
ice cream
jams and preserves
LEMON
LIQUEURS, e.g., ***ARMAGNAC**, brandy (e.g., apple, pear), cognac
mascarpone
nuts
oatmeal and 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
"****** DEMO - www.ebook-converter.com*******"

vinegar, balsamic
WALNUTS
wine, e.g., fruity red (e.g., Beaujolais), port (e.g., tawny), sweet white (e.g., Muscat, Sauternes)
yogurt

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

dried plums + apples + cinnamon + raisins
dried plums + brown sugar + red wine
dried plums + caramel + pecans
dried plums + cinnamon + orange

"****** DEMO - www.ebook-converter.com*******"

PLUMS, UMEBOSHI and UMEBOSHI PLUM PASTE (see UMEBOSHI PLUMS)

"****** DEMO - www.ebook-converter.com*******"

POLENTA (see CORNMEAL, from which polenta is made)

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

marinades
Middle Eastern cuisines
mustard and 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

"****** DEMO - www.ebook-converter.com*******"

△ POMEGRANATES and ▽ POMEGRANATE JUICE (see also POMEGRANATE MOLASSES)

Season: autumn

Flavor: sour/sweet, with notes of cranberries, and 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, and remove the delicious, juicy seeds to add to smoothies and other dishes, all year long.

agave nectar
allspice
almonds
apples
arugula
avocado
bananas
barley
beans
bell peppers
bulgur
cardamom

"****** DEMO - www.ebook-converter.com*******"

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 and crisps, ices, sorbets*
dips
drinks
eggplant
endive
figs
frisée
garlic
ginger
glazes
grains
granita
grapefruit
greens, salad
honey
"****** DEMO - www.ebook-converter.com*******"

legumes
LEMON, e.g., juice
lentils, e.g., red
lime
maple syrup
marinades
Mediterranean cuisines
melon, e.g., bitter
Middle Eastern cuisines
mint
mustard and mustard seeds
oil, olive
olives, e.g., green
onions, e.g., red
ORANGES and 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
"****** DEMO - www.ebook-converter.com*******"

***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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Jerk Pomegranate Molasses Seitan Steak with Fresh Fennel, Candied Orange, and Rose Petals, served on a bed of Wild Rice

—Plum Bistro (Seattle)

Pomegranate Kiwi Pancakes with Whipped Pomegranate Molasses Butter and Crème Fraîche

—Plum Bistro (Seattle)

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

☐ 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 and pesticides. Spritz with a little soy sauce for flavor and saltiness—or with a little olive oil and a sprinkle of cheesy-tasting nutritional yeast for a dose of vitamin B_{12}.

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 oil-popped popcorn seasoned with nutritional yeast, dried oregano, dried dill, dried thyme, crushed red pepper flakes, and 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
"****** DEMO - www.ebook-converter.com*******"

dulse
garlic and 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 and peanuts
pecans
rosemary
sage
salt, sea
sesame seeds
soy sauce
sugar, brown
tamari
thyme
turmeric
vanilla

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

popcorn + almonds + honey

popcorn + brown sugar + cinnamon

"****** DEMO - www.ebook-converter.com*******"

POPPY SEEDS (see SEEDS, POPPY)

"****** DEMO - www.ebook-converter.com*******"

POSOLE (see HOMINY)

"****** DEMO - www.ebook-converter.com*******"

△ POTATOES—IN GENERAL, WITH SKIN

Season: year-round, esp. summer–winter

Flavor: neutral, with earthy notes, and 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, and 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

"****** DEMO - www.ebook-converter.com*******"

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**, and 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 and garlic chives
"****** DEMO - www.ebook-converter.com*******"

cilantro
cinnamon
cloves
coconut and coconut cream
coriander
corn
cream
crème fraîche
cumin
curry powder and 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**
"****** DEMO - www.ebook-converter.com*******"

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, and 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
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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

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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**

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Dishes

Pierogis: Pan Seared, filled with Potato and 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, and a Parsley Vinaigrette

—Picholine (New York City)

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POTATOES, BLUE (or PURPLE)

Season: year-round, esp. summer–mid-winter

Flavor: neutral, with earthy notes of nuts, and 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

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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 and with more body than your typical Russet or yellow potato. I serve them smashed with any herb, some salt and pepper, and a little lemon juice or zest—or smashed and served with pesto tofu."
>
> —MAKINI HOWELL, PLUM BISTRO (SEATTLE)

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POTATOES, FINGERLING

Flavor: slightly sweet, with rich, earthy notes of butter and/or nuts, and 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

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salt, e.g., sea
shallots
soups and chowders, e.g., corn
tarragon
Worcestershire sauce, vegetarian

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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**

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POTATOES, LOW-STARCH (e.g., NEW)

boiled potatoes
gratins
salads, potato

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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*

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salt, e.g., sea
savory
scallions
shallots
soups and bisques
sour cream
stews
stock, vegetable
tarragon
thyme
vinegar, e.g., apple cider
walnuts
yogurt

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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

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POTATOES, RED (see POTATOES, NEW)

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POTATOES, RUSSET

Flavor: slightly sweet, with earthy notes, and 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

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POTATOES, SWEET (see SWEET POTATOES)

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POTATOES, THICK-SKINNED (e.g., IDAHO, RUSSET)

Techniques: bake, fry

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POTATOES, THIN-SKINNED (e.g., NEW POTATOES, WHITE POTATOES)

Techniques: boil, pressure-cook, steam

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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

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POTATOES, YELLOW (e.g., YUKON GOLD)

Flavor: slightly sweet, with notes of butter, and 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

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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 and grains, not only because it's faster but because it makes them more digestible. Chickpeas that would normally take hours and 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. And you shouldn't pressure-cook split peas or soybeans because they foam, which can clog the mechanism and make it explode—something I unfortunately learned the hard way after just painting my kitchen.… Brown rice can pressure-cook in just 40 minutes, and 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)

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PRUNES and PRUNE PUREE (see PLUMS, DRIED)

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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 low-fat 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 and a vegetable.**"
>
> —COOKINGWITHPULSES.COM

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▲ PUMPKIN (see also SQUASH, WINTER)

Season: autumn

Flavor: sweet, with earthy notes of sweet potatoes, and 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, and 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,

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white
brandy
breadcrumbs
butter and 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 and COCONUT MILK
cognac
coriander
corn
couscous
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cranberries, e.g., dried, and cranberry juice
cream
cumin
***curries* and curry leaves, paste, powder**
custards
***desserts**, e.g., cheesecakes, pies*
fennel and 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
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mustard and mustard seeds
NUTMEG
nuts
oats and oatmeal
OILS, e.g., **nut**, **olive**, peanut, pumpkin seed, sesame, sunflower, vegetable, walnut
ONIONS, e.g., red, white
ORANGE, e.g., juice, zest
pancakes and 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
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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

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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

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Dishes

Pumpkin Mousse with Cranberries and Candied Pecans

—Angelica Kitchen (New York City)

Pumpkin Cinnamon Roll: Housemade Jumbo Cinnamon Roll with Pumpkin and Pecans

—Blossoming Lotus (Portland, OR)

Griddled Pumpkin Bread: Ginger Purée, Pumpkin Jam, and Oatmeal Sherbet

—CityZen (Washington, DC)

Pumpkin Enchiladas: Pumpkin, Black Beans, Roasted Corn, Cilantro, and Chiles wrapped in Corn Tortillas, topped with Cilantro "Sour Cream" and Mole, over Spanish Quinoa

—Great Sage (Clarksville, MD)

Pumpkin Coconut Bisque with Pumpkin Seeds

—The Lodge at Woodloch (Hawley, PA)

Tamale: Pumpkin and 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 and Hibiscus, Braised Borage, "Delfino" Cilantro

—Oxheart (Houston)

Pumpkin Pancakes with Whipped Maple Butter, Maple Syrup, Pumpkin Seeds, Brown Sugar, and Raisins

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—Plum Bistro (Seattle)

Pumpkin Sage Ravioli with Roasted Fennel Cream Sauce, Maple Smoked Tofu, and Pumpkin

—Plum Bistro (Seattle)

Pumpkin Cheesecake, Pecan Crust, Bourbon, and Brown Sugar Cream

—True Bistro (Somerville, MA)

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PUMPKIN SEEDS (see SEEDS, PUMPKIN)

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▲ PURSLANE (aka VERDOLAGA)

Season: summer–early autumn

Flavor: bitter/salty/**sour**, with notes of cucumber, lemon, pepper, sorrel, and/or tomato, and 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

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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
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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

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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 and 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)

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Dishes

Mâche and Purslane Salad with Roasted Delicata Squash, Cipollini Onions, Brussels Sprouts, Chickpeas, Radish, and Sunflower Seeds, tossed with a Creamy Tarragon Dressing

—Candle 79 (New York City)

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QUELITES (see LAMB’S-QUARTER)

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△ QUINCES

Season: autumn

Flavor: sour, with notes of apples, flowers, and/or pears, and 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 and 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

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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 and tarts**, e.g., apple, pear*
pomegranates and 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

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Flavor Affinities

quince + apples + cinnamon

quince + blue cheese + greens + sherry vinegar + walnut oil + walnuts

quince + cinnamon + ginger + *pancakes*

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Dishes

Sticky Toffee Pudding: Quince, Amaretto, and Honey

—Mélisse (Santa Monica, CA)

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☐ QUINOA

[KEEN-wah]

Flavor: bitter/slightly sweet, with earthy notes of couscous, grass, herbs, millet, **nuts**, and/or sesame, and a light and 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, and 7–8% of rice), and 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 and 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

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water. Fluff with a fork after cooking to separate the grains (and remember that black and 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 and 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

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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
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“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

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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 and black quinoa, which gives you great flavor and texture with some nuttiness and 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, and salt. You don't have to cook it that long and 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

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salads, and 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, and breadcrumbs seasoned with black pepper and paprika before shaping into patties. To achieve their meaty texture, they're cooked twice—the first time slowly on low heat on the grill, and the second time seared on high heat to crisp it."

—DEENA JALAL, FOMU AND ROOT (ALLSTON, MA)

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Dishes

Quinoa with Snow Peas, Sugar Snaps, and Ginger

—ABC Kitchen (New York City)

Veggie Burger: Butternut Squash and 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, and Gingered Maple Syrup

—Candle 79 (New York City)

Tempeh Vegetable Tamale with Quinoa Pilaf, Sautéed Spinach, Pumpkin Seeds, Chocolate Mole Sauce, Guacamole, Sour Cream, and Mango Salsa

—Candle 79 (New York City)

Red Quinoa: Pan-Roasted Fresh Artichoke Hearts and Fava Beans / Light Tomato Broth

—Crossroads (Los Angeles)

Quinoa Salad with Fennel, Avocado, and Grapefruit

—Lake Austin Spa Resort (Austin, TX)

Quinoa and Wakame Salad with Sesame Ginger Vinaigrette

—The Lodge at Woodloch (Hawley, PA)

Quinoa and Baby Greens Salad, Pomegranate, Candied Walnuts, Dried Cranberries

—Madeleine Bistro (Los Angeles)

Quinoa: Toasted Grain, Currants, Almonds, Mint, and Tangerine

—Mana Food Bar (Chicago)

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Quinoa with Crushed Pistachio and Za'atar (i.e., herbs, salt, sesame, sumac)
—Oleana (Cambridge, MA)

Gluten-Free Quinoa Johnny Cake with Banana, Maple Syrup, and Greek Yogurt
—True Food Kitchen (Phoenix)

Quinoa Tabbouleh Salad with Watercress, Beet, Pomegranate, Lemon, and Cold-Pressed Olive Oil
—True Food Kitchen (Santa Monica, CA)

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▲ RADICCHIO

[rod-EEK-ee-oh]

Season: year-round, esp. summer–winter

Flavor: bitter, with earthy notes, and crisp/crunchy and 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
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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 and 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
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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
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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

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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

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Dishes

Radicchio Salad with Mozzarella, Mango, and Basil

—Eleven Madison Park (New York City)

Roasted Beet Salad with Radicchio Slaw, Blue Cheese Dressing, and 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, and Fresh Herbs

—Millennium (San Francisco)

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△ RADISHES—IN GENERAL (see also DAIKON)

Season: spring–summer

Flavor: slightly sweet/hot, with pungent notes of nuts and pepper, and 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

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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
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mushrooms
mustard
oil, e.g., **olive**, pistachio, sesame, walnut
olives, e.g., black
onions, e.g., red
ORANGES and 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
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turnips
VINEGAR, e.g., cider, rice wine, white wine
watercress
yogurt

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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

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Dishes

Fancy Radishes: Roasted, Raw, and Pickled, Smoked Tamari, Avocado, Shishito

—Vedge (Philadelphia)

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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 and 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

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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)

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RADISHES, DAIKON (see DAIKON)

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RADISHES, WATERMELON

Season: autumn–spring

Flavor: slightly sweet, with notes of jícama and/or pepper, and a firm, crunchy texture

Volume: quiet–moderate

Techniques: grate, marinate, pickle, raw, sauté, shave, slice

Factoid: Watermelon radishes are named for their green skin and pink/red flesh.

apples, e.g., green
arugula
asparagus
avocado
butter and 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

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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
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sugar
sugar snap peas
tarragon
vinegar, e.g., apple cider, balsamic, rice, white balsamic, white wine
watercress
watermelon

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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, and 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, and 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, and their color and flavor enhance everything from citrus salads to grain salads to spring rolls."
>
> —ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Wild Arugula Salad with Watermelon Radishes and Kimchi Dressing

—Dirt Candy (New York City)

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▽ 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

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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
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kale
lemon, e.g., juice, zest
liqueurs, e.g., nut
maple syrup
mascarpone
Moroccan cuisine
nutmeg
nuts
OATS and 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
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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

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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

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Dishes

Pumpkin Raisin French Toast with Local Maple Syrup

—The Lodge at Woodloch (Hawley, PA)

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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

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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
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thyme
tomatoes
vinegar, e.g., balsamic, sherry, wine
walnuts
wine, dry white
yogurt

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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

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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 and Walnut Pesto, Slow-Cooked Egg, English Peas, Morels, Parmesan Cheese

—Plume (Washington, DC)

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△ 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 and crème fraîche

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***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 and oatmeal
oil, e.g., olive, walnut
orange, e.g., juice, zest
pancakes
papaya
PEACHES
pears
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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

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Flavor Affinities

raspberries + apricots + mint

raspberries + brown sugar + cinnamon + oats

raspberries + (honey +) **lemon + yogurt**

raspberries + mango + peaches

raspberries + mint + pistachios

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Dishes

Raspberries: Goat's Milk Cheesecake and Pistachios

—Blue Hill (New York City)

White Chocolate Pots de Crème: Raspberry, Ginger, Almond Brittle

—Natural Selection (Portland, OR)

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△ RHUBARB

Season: spring–summer

Flavor: very sour, with notes of lemon, and 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 and almond-flavored *cookies* or cream
ANGELICA
APPLES and 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

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chutneys
CINNAMON
citrus
cloves
coconut cream and 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 and Meyer lemons, e.g., juice, zest
lime, e.g., juice, zest
mangoes
maple syrup
milk, e.g., goat's
mint
nutmeg
oats and oatmeal
ORANGE, e.g., juice, zest
peaches
pepper, e.g., black, pink
"****** DEMO - www.ebook-converter.com*******"

pineapple, e.g. fruit, juice
pistachios
plums
polenta
pomegranates
puddings, e.g., tapioca
raisins
raspberries and 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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Rhubarb: Steamed Goat's Milk Cheesecake and Yogurt Sorbet

—Blue Hill (New York City)

Chilled Fall Rhubarb Soup: Santa Barbara Organic Strawberries, Buckwheat Gelato

—Bouley (New York City)

Strawberry and 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 and Sheep's Milk Yogurt Sorbet

—Eleven Madison Park (New York City)

Strawberry Rhubarb Crumble, with Lemon and Basil Sorbet

—Natural Selection (Portland, OR)

"****** DEMO - www.ebook-converter.com*******"

"****** DEMO - www.ebook-converter.com*******"

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 and 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

"****** DEMO - www.ebook-converter.com*******"

carrots
casseroles
cayenne
cheese, Swiss
chervil
chili powder and chili sauce
Chinese cuisine
chives
cilantro
cinnamon
cloves
COCONUT and COCONUT MILK
cream
cumin
curry powder and *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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Breakfast Rice Porridge: Brown Sugar, Apples, Almonds, Cranberries, and Spices mixed with a Blend of Rice, served with Lowfat Yogurt

—Canyon Ranch Grill (Las Vegas)

"****** DEMO - www.ebook-converter.com*******"

▽ RICE, ARBORIO (aka RISOTTO)

Flavor: neutral, with a firm chalky center and 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) and 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 and 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

"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

WINE, e.g., dry red or white
zucchini
zucchini blossoms

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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)

"****** DEMO - www.ebook-converter.com*******"

RICE, BASMATI, and BROWN BASMATI RICE

Flavor: slightly sweet; aromatic, with notes of nuts, popcorn, smoke, and/or toast, and 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

"****** DEMO - www.ebook-converter.com*******"

cauliflower
cherries, dried
chervil
chickpeas
chiles, esp. dried red
chives
cilantro
cinnamon
cloves
coconut and 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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

△ 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

"****** DEMO - www.ebook-converter.com*******"

COCONUT and 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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

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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

"****** DEMO - www.ebook-converter.com*******"

☐ 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 and broccoli rabe
burdock
cabbage, e.g., green, savoy, stuffed
carrots
cayenne
cereals, hot breakfast, e.g., with fruit and nuts
chili, vegetarian
"****** DEMO - www.ebook-converter.com*******"

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"
"****** DEMO - www.ebook-converter.com*******"

***salads**, e.g., grain*
scallions
sea vegetables, e.g., hiziki, kombu
seitan
sesame seeds, e.g., black, and **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 and tofu skin
turmeric
vegetables, esp. root
veggie burgers
vinegar, e.g., brown, umeboshi
walnuts
watercress

"****** DEMO - www.ebook-converter.com*******"

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

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Dishes

Vegetable Stir-Fry: Wok-Sautéed String Beans, Broccoli Florets, Zucchini, Cremini Mushrooms, Bell Pepper, and Baby Bok Choy with Organic Tamari Brown Rice

—Josie's (New York City)

Bi Bim Bop: Hot Pepper Miso and Vegetables over Brown Rice and Sunny Side Up Egg

—Mana Food Bar (Chicago)

Cilantro-Peanut Stir Fry: Stir-Fried Broccoli, Red and Yellow Peppers, Mushrooms, Mung Sprouts, Carrots, and 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, and Avocado (+ Optional Tofu)

—True Food Kitchen (Santa Monica)

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RICE, BROWN—BASMATI (see RICE, BASMATI)

"****** DEMO - www.ebook-converter.com*******"

RICE, BROWN—JASMINE (see RICE, JASMINE)

"****** DEMO - www.ebook-converter.com*******"

☐ RICE, BROWN—LONG-GRAIN

Flavor: earthy, with a fluffy texture and 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

"****** DEMO - www.ebook-converter.com*******"

☐ RICE, BROWN—SHORT-GRAIN

Flavor: nutty, with a creamy, soft yet chewy and 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

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RICE, CARNAROLI (aka RISOTTO; see recommendations for RICE, ARBORIO)

What it is: rice with a slightly larger grain than Arborio rice grains

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☐ RICE, JASMINE (see also THAI CUISINE)

Flavor: aromatic, with notes of flowers, nuts, popcorn, and/or toast, and 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 and 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

"****** DEMO - www.ebook-converter.com*******"

pesto
pilafs
plantains
salads
seitan
THAI CUISINE
tofu
walnuts
yogurt

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

jasmine rice + coconut + lemon

"****** DEMO - www.ebook-converter.com*******"

RICE, LONG-GRAIN (see also RICE, BASMATI and 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

"****** DEMO - www.ebook-converter.com*******"

RICE, SHORT-GRAIN (see also RICE, ARBORIO and 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

"****** DEMO - www.ebook-converter.com*******"

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 and coconut milk
cucumber
desserts, Asian
gomashio
Japanese cuisine
kimchi
Korean cuisine
mango
mushrooms, shiitake
oil, e.g., grapeseed, sesame
pineapple
scallions

"****** DEMO - www.ebook-converter.com*******"

sprouts, mung bean
strawberries
sugar, e.g., brown
sushi
Thai cuisine
vanilla
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
sticky rice + coconut milk + mango

"****** DEMO - www.ebook-converter.com*******"

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, and rye berries in its nori rolls and vegan sushi.

sushi

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities
sushi rice + rice vinegar + sugar

"****** DEMO - www.ebook-converter.com*******"

☐ RICE, WILD

Season: autumn

Flavor: bitter/sweet, with complex earthy/savory notes of grass and/or **NUTS**, and a very chewy texture

Volume: moderate–loud

What it is: considered a whole grain, even though it is technically a seed (of aquatic grass) and not in the botanical grain family

What's healthful about it: twice the fiber and 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, and apple juice
artichoke hearts
asparagus
baked goods, e.g., breads, cakes

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bay leaf
beans, e.g., green, white
bell peppers, e.g., red, yellow
bulgur
butter
cardamom
carrots
casseroles
celery
celery leaves and 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
"****** DEMO - www.ebook-converter.com*******"

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 *and 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 and winter, e.g., acorn, butternut, kabocha
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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

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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

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RICOTTA (see CHEESE, RICOTTA)

What it is: While not technically a cheese, ricotta is commonly referred to as such and so is listed under “Cheese.”

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RISOTTO (see recommendations for RICE, ARBORIO)

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ROMAINE (see LETTUCE, ROMAINE)

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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, and 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 and 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)

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▲ 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

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carrots
cauliflower
celery
cheese, e.g., cheddar, chèvre, cream, feta, goat, **Parmesan**, ricotta
chives
citrus
cream
desserts
eggplant
eggs and *egg dishes*
fennel and 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
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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
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***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 and winter, e.g., acorn, butternut
stews
stock, vegetable
strawberries
stuffings
sweet potatoes
thyme
tofu
TOMATOES, tomato juice, and tomato sauce
vegetables, esp. grilled, kebabs, roasted
vinegar, e.g., balsamic, red wine
wine
yogurt
zucchini

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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** and 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, and 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)

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△ RUTABAGAS

Season: autumn–spring

Flavor: sweet/sometimes bitter, with sometimes sharp, peppery, and/or pungent notes of cabbage, nuts, and/or turnips, and 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, deep-fry, 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

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APPLES, **apple cider, and 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 and fennel seeds
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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
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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
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TURNIPS
vanilla
vegetables, root
vinegar, e.g., balsamic, cider, malt, sherry
watercress

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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)

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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)

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☐ RYE BERRIES (aka WHOLE RYE)

Flavor: sweet/sour, with notes of rye and walnuts, and a firm, very chewy texture

Volume: moderate–loud

What they are: whole grain

What's healthful about them: a lower glycemic index than wheat and 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

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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
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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

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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

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Dishes

Rye Spaetzle, Kraut, Smoked Caramelized Onion, Caraway, Stout Foam

—Green Zebra (Chicago)

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△ 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

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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

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Flavor Affinities

saffron + cardamom + rose water

saffron + Parmesan cheese + risotto

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Dishes

Saffron Cheesecake: Rhubarb Ice Cream, Basil Gel, Black Olive-Pistachio Crumble

—Vedge (Philadelphia)

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▲ 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, and e.g., borlotti, **dried**, pinto, **WHITE**
bread and bread crumbs
butter and 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 and garlic scapes

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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
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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

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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*

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SALAD DRESSINGS

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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**

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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
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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**
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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
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[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 and serve it, it doesn't have the leaves all upside down so their backs are to someone. I call it 'fluffy and 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. And 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)

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The Secret to Loving Salads: A Great Salad Dressing

One of the most healthful and 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 and seasonings (e.g., citrus zest, herbs; minced garlic, onions, or shallots; spices), and 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.

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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, and 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 and salting onions, and frying them in olive oil. Leeks and shallots both crisp up well and 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."

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△ 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 and brown butter
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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
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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
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yogurt

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Flavor Affinities

salsify + apples + hazelnuts
salsify + bread crumbs + eggs + Parmesan cheese
salsify + chervil + chives
salsify + lemon + parsley + shallots

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Dishes

Smoked Salsify Risotto, Grilled Treviso, Orange Supreme, Fresh Dill

—Green Zebra (Chicago)

Caramelized Salsify "Potage": Watercress Glaze, Sultanas, and Madeira Mousseline

—Per Se (New York City)

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▽ 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, and 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)

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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

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Flavor Affinities

black salt + chili pepper flakes + honey + lemon juice

black salt + cucumbers + tomatoes + yogurt

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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)

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SALT, KOSHER

Volume: loud

Tip: Use kosher salt as an everyday salt for bolder-flavored or heavier dishes.

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SALT, SEA

Volume: moderate

Tip: Use sea salt as an everyday salt for most dishes, especially to flavor dishes that are served cold.

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SALT, SMOKED

Flavor: salty, with notes of smoke

beans
lentils
potatoes, e.g., baked

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SALT, TRUFFLE

Flavor: salty, with earthy notes of truffles

Tip: Add just before serving.

celery root
eggs and egg dishes
popcorn
potatoes
risottos
salads
vegetables, e.g., root

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SALTINESS

Tip: Adding salt to a dish diminishes the effects of bitter, sour, and sweet flavors. Below are some ways to add saltiness to a dish.

Bragg Liquid Aminos
Herbamare, an organic herb and 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)

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△ 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 and 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

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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

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Flavor Affinities
sauerkraut + apples + caraway seeds

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▲ SAVORY

Season: year-round, esp. summer (summer savory) and 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 and 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

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celery
cheese, e.g., cottage, cream, goat, Parmesan, and *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
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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 and tomato sauces
vegetables, esp. root, e.g., turnips
vinegar, e.g., red wine, sherry
wine, red
zucchini
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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*

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▲ 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 and green onions are both often referred to as spring onions and 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

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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 and *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
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lima beans
lime
mangoes
marinades
milk, coconut
mint
miso
mushrooms
mustard, e.g., Dijon, and 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*
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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

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Flavor Affinities

scallions + black beans + corn + tomatoes
scallions + garlic + ginger
scallions + ginger + soba noodles
scallions + mint + zucchini
scallions + sesame oil + soy sauce

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SCRAMBLES (see TOFU, SCRAMBLED)

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SEA BEANS (aka GLASSWORT or SAMPHIRE)

Season: spring–summer

Flavor: salty/sour, with notes of apples (green), asparagus, the ocean, and/or spinach, and 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

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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 and 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, and harvest it in the wintertime—just dry it and grind it to a powder to use to season sea vegetable salads or onigiri."

—ERIC TUCKER, MILLENNIUM (SAN FRANCISCO)

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Dishes

Seaweed Salad: Mixed Baby Greens, Laver, Sea Lettuce, Dulse Flakes, Avocado, and Cucumber tossed in Miso Dressing

—118 Degrees (California)

Raw Sea Vegetable and Avocado Salad with Satsuma Mandarin, Marinated Shiitake Mushroom, Shredded Daikon and Carrot, Citrus-Ginger Vinaigrette, Wasabi Cream, and Chile-Toasted Cashews

—Millennium (San Francisco)

Sea Cake: Butternut Squash, Yam and Sea Vegetable Croquette, Pesto, Sweet Chili Aioli

—Real Food Daily (Los Angeles)

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SEASONALITY (see AUTUMN, SPRING, SUMMER, WINTER)

> “Live in each **season** as it passes: Breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”
>
> —HENRY DAVID THOREAU

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SEAWEED (see SEA VEGETABLES, ARAME, DULSE, HIZIKI, KELP, NORI, WAKAME)

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SEEDS, CARAWAY (see CARAWAY SEEDS)

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SEEDS, CHIA (see CHIA SEEDS)

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SEEDS, FLAX (see FLAXSEEDS)

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SEEDS, HEMP

Flavor: slightly sweet, with notes of **nuts**, pine nuts, sesame seeds, **sunflower seeds**, and/or vanilla, and 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 and cashew butter
CEREALS*, breakfast, e.g., muesli*
celery root
cheese, e.g., cottage
chili, vegetarian
chocolate
cilantro
dips

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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

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△ SEEDS, POPPY

Flavor: slightly sweet, with notes of nuts or smoke, and 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 and *egg dishes*

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(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 and 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
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Turkish cuisine
vanilla
vegetables
walnuts
zucchini

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Flavor Affinities

poppy seeds + blueberries + lemon

poppy seeds + lemon + vanilla

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☐ SEEDS, PUMPKIN

Season: autumn

Flavor: sweet, with notes of Brazil nuts and/or coconut, and 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

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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
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***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 and sun-dried tomatoes
trail mixes
veggie burgers
yams

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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** and treat them like nuts for our guests with nut allergies."
>
> —JON DUBOIS, GREEN ZEBRA (CHICAGO)

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Dishes

Pumpkin Seed-Crusted Seitan with Quinoa, Corn Pilaf, Sautéed Lobster Mushrooms, Broccoli, Leeks, and a Smoky Tomato-Chipotle Sauce with Radish Salad

—Candle 79 (New York City)

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SEEDS, SESAME (see SESAME SEEDS)

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☐ 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

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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 and mixes
veggie burgers
yogurt

"****** DEMO - www.ebook-converter.com*******"

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 and toasted whole sunflower seeds."
>
> —JON DUBOIS, GREEN ZEBRA (CHICAGO)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Warm Sunflower Seed Soup, Burnt Onion, Puffed Rices and Grains, Pumpkin Seeds, Black Tea

—Oxheart (Houston)

"****** DEMO - www.ebook-converter.com*******"

☐ 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

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basil and Thai basil
bay leaf
beans, e.g., black, green, pinto, red
bell peppers
Bragg Liquid Aminos
broccoli and broccoli rabe
burdock
CAPERS and caper berries
carrots
"chicken" (+ chicken-flavored vegetarian stock)
chickpeas
chiles, e.g., jalapeño
chili pepper flakes and chili powder
Chinese cuisine
citrus
coconut
cornmeal (e.g., as a crust)
curry powder and ***curries***
daikon
eggplant
fajitas
fennel
GARLIC
GINGER
"gyros," esp. when served with pita and tzatziki sauce
herbs and *herbes de Provence*
hoisin sauce
Japanese cuisine
kombu
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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 and peanut butter
PECANS
pepper, black
"piccata"
pilafs
pine nuts
polenta
ponzu
pumpkin seeds
rice, e.g., brown
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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 and tomato paste
tomatoes, sun-dried
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turmeric
umeboshi plum sauce
vinegar, balsamic
wakame
walnuts
wine, e.g., dry red or white, Marsala, port
Worcestershire sauce, vegan
yuzu

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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, and seitan are the holy trinity of vegetarianism. **Seitan** is my favorite because of its versatility."
>
> —JOY PIERSON, CANDLE 79 (NEW YORK CITY)

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“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 and 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, and 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, and 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)

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Dishes

Seitan Scallopini: Seitan Cutlets in a White Wine-Lemon-Caper Sauce, served with Mashed Potatoes and 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, and Sweet Potato Loaf with Miso Gravy and Wok-Sautéed Greens

—Josie's (New York City)

Barbeque Seitan with Mushroom Sage Cornbread Stuffing and Seared Collard Greens

—Karyn's on Green (Chicago)

Seitan and Waffles with Caramelized Onions, Ancho Chili-Maple Redux, Watercress and Creamy Caesar, and Candied Walnuts

—Plant (Asheville, NC)

Barbecued Seitan: Molasses-Mustard Glazed Seitan, Crispy Fried Polenta Tots, and 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, and Chili

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Vinegar

—True Bistro (Somerville, MA)

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SESAME OIL (see OIL, SESAME)

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☐ 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 CUISINES, 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

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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
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“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
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za’atar

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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

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△ 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

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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
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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
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VINEGAR, e.g., balsamic, brown rice, champagne, cider, red wine, **sherry**, white wine
WINE, e.g., dry red or white
Worcestershire sauce, vegan
zucchini

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Flavor Affinities

shallots + chiles + ginger + lemongrass

shallots + herbs + lemon juice + mustard

shallots + lemon juice + Roquefort cheese + vegan Worcestershire sauce + yogurt

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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

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Flavor Affinities

shishito peppers + chili pepper flakes + lemon + soy sauce

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Dishes

Pan-Fried Shishito Peppers with Parmesan, Sesame, and Miso

—Girl & the Goat (Chicago)

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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) and red (more astringent, with notes of anise, flowers, and 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

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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 and plum paste
vinegar, e.g., balsamic, rice

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Flavor Affinities

shiso leaf + avocado + cucumber + nori + sushi rice
shiso leaf + garlic + oil + soy sauce + vinegar
shiso leaf + ginger + lime
shiso leaf + ginger + tamari

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SHOOTS, PEA

Season: spring

Flavor: sweet, with notes of peas, and 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 and 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

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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

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Flavor Affinities

pea shoots + garlic + ginger + sesame oil

pea shoots + garlic + mushrooms + olive oil + *pasta* + Parmesan cheese

pea shoots + lemon + olive oil + radishes

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SHOOTS, SUNFLOWER

Flavor: notes of lemon and nuts, and 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

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SLOW-COOKED

Season: autumn–winter

Tips: These herbs and flavorings taste better with longer cooking. For the opposite of slow-cooked, see **freshness**.

cumin
garlic
ginger
horseradish
onions
oregano
rosemary
shallots
thyme

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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 and leaves an unpleasant brownish coating. Experiment with various woods for different flavors, but you'll typically want to lean toward lighter woods like apple and cherry (which are sweeter), or perhaps oak and pecan (which are a bit louder), rather than hickory, maple, and mesquite (which are much more pronounced and can easily overwhelm fruits and vegetables).

Brand: Nordic Ware and other companies for small stovetop/grilltop smokers

"I like **smoked flavors** and smoke lots of different fruits and 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 and eggs. We'll smoke garlic or onions and puree them for sauces—or to add a bacony note to pasta alla carbonara. Customers automatically expect raisins to taste dry, chewy, and 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

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give it a unique **smoky** flavor—a sauce that would be delicious with chile-grilled seitan with collard greens and sweet plantains.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

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Dishes

Smoked Broccoli Dogs, Broccoli Kraut, Salt, and Vinegar Broccoli Rabe

—Dirt Candy (New York City)

Lady Duck Farm Egg, Smoked Potato Purée, Parsley, and Country Sourdough

—Green Zebra (Chicago)

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SMOOTHIES (see also JUICES)

What they are: differentiated from juices in that they contain fiber, which makes them creamy and more nutritious.

Tips: When in doubt, add a banana for texture and flavor; they combine well with many other fruits and 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, and strawberries."

—CASSIE AND 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, and nutmeg. Every fall, we bring it back!"

—MARK DOSKOW, EXECUTIVE DIRECTOR, CANDLE 79 (NEW YORK CITY)

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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) and 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 and nut butters, e.g., almond, peanut

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olives
peanuts
pesto, e.g., with whole-grain bread or vegetables
pickles and 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

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Flavor Affinities

almond butter + apple slices (or whole-grain bread) + raw honey (one of Chef Matthew Kenney's favorite snacks)

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SNAP PEAS (see SUGAR SNAP PEAS)

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▲ 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, and chili sauce
Chinese cuisine

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cilantro
coconut and coconut milk
***curries*, curry paste, and 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 and peanut sauce
peas
pepper, e.g., black, Szechuan
ponzu sauce
radishes
rice, e.g., basmati, brown, wild
***SALADS**, e.g., Asian, bean, grain, noodle*
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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

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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

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Dishes

Pesto Linguini with Lemon Zest, Sun-Dried Tomato, and Snow Peas

—Rancho La Puerta (Mexico)

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☐ SORGHUM (aka JOWAR and MILO)

Flavor: slightly sweet, with nutty notes, and 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

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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

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SORREL

[SOR-ell]

Season: spring–autumn

Flavor: bitter/**very sour**/sweet, with astringent notes of lemon and/or spinach, and 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
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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
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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

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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*

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Dishes

Turnip and Potato Soup with Sorrel

—Chez Panisse Café (Berkeley)

Barigoule Consommé en Gelée: Heirloom Sorrel, Toasted Pine Nuts, and Castelvetrano Olives

—Per Se (New York City)

Strawberry-Sorrel Bread Pudding with Beet Root Jam and Sorrel Bon Bon

—Vedge (Philadelphia)

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▼ 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
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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

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Flavor Affinities

sour cream + chili powder + cilantro + garlic + honey + salt

sour cream + mustard + vegetable stock

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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 and 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

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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

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SOUTH AMERICAN CUISINE

beans, e.g., black
bell peppers
cheese, e.g., queso fresco
chiles
corn
fruit, tropical
maca
potatoes
quinoa
squash
yuca

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SOUTHWESTERN (U.S.) CUISINE

What it is: an amalgam of Mexican, Native American, and 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; and chili powder
chocolate
cilantro
cinnamon
CORN
cumin
garlic
jícama
lime
masa
mushrooms
nuts
onions
oregano, Mexican
posole
pumpkin seeds

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rice
scallions
squash
tomatillos
tortillas
squash

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Flavor Affinities

bell peppers + black beans + brown rice + butternut squash + cilantro + scallions

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△ 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** pressure-cook, as soybeans foam, which can clog the valve and 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, and chili powder
chili, vegetarian
cilantro
coriander
cumin
garlic
ginger

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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
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Flavor Affinities

soybeans + cilantro + mint + spinach

soybeans + nut butter + soy sauce

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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, and 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
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honey
Japanese cuisine
marinades
mirin
molasses
mushrooms, e.g., portobello, shiitake
mustard and mustard paste
noodles, Asian, e.g., *pad thai*
oil, e.g., **sesame**, vegetable
onions
rice
salad dressings
sauces and dipping sauces
sesame, e.g., oil, seeds
soups
stir-fries
sugar
sushi, vegetarian
tamarind
tempeh
tofu
vinegar, rice

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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

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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

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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

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vinegar, sherry
walnuts
wine, e.g., sherry

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☐ SPELT BERRIES

Flavor: slightly sweet, with notes of barley and/or nuts, and 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 and 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, and 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*

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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
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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
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walnuts
za’atar

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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

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Dishes

Warm Marinated Artichoke and Spelt Salad with Shaved Fennel and Red Onion, Escarole and Bitter Greens, Olive and Currant Vinaigrette, and Pink Peppercorn Aioli

—Millennium (San Francisco)

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▲ 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

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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; and **chili pepper flakes**
chives
cilantro
cloves
coconut milk
coriander
CREAM
creamed spinach
crepes
cumin
curry powder/spices, and *curries*
dill
dips
eggplant
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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,
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portabello, shiitake, wild
mustard, e.g., Dijon, dry
noodles, e.g., soba, udon
***NUTMEG**
NUTS and 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
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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
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tamari
tangerines
tarragon
thyme
TOFU, e.g., raw, silken, smoked
TOMATOES and 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

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Dishes

Spinach, Mushroom, and Pine Nut Ravioli in Cashew Cream

—Blossom (New York City)

Spinach and Mushroom Salad with Warm Caramelized Onion and 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, and Hot Olive Oil

—Greens Restaurant (San Francisco)

Spinach Falafel with Tahini, Yogurt, Beets, and Crinkled Cress

—Oleana (Cambridge, MA)

Spinach Crepe with Pesto, Pear, Ricotta, and 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, and Pure Maple Candied Walnuts

—Sage's Cafe (Salt Lake City)

Spinach Enchiladas: Spinach, Onions, Garlic, Mushrooms, and Cheese baked

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in Organic Corn Tortillas, with Spicy Sour Cream Sauce

—Seva (Ann Arbor)

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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 and 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

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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 and 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)

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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 and salt (or sauté very briefly) before saucing or adding to soup.

Possible substitutes: julienne peelers, mandolines

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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 and salt, and 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 and purple sweet potatoes, with the red curry sauce poured tableside."

—JON DUBOIS, GREEN ZEBRA (CHICAGO)

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SPRING

Weather: typically warm

Techniques: pan-roast and 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

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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
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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 and potatoes much longer! I look forward to **spring**'s asparagus and 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 and spoiled

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here at Greens because we get great produce all year and we know it. It would be hard to do what we do anywhere else!”

—ANNIE SOMERVILLE, GREENS RESTAURANT (SAN FRANCISCO)

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Dishes

Mixed Sprout Salad: A refreshing toss of Snow Pea Shoots, Sunflower Sprouts and Seeds, and Mint, mixed with Cabbage, Daikon, Carrots, and Watercress in a Cool Mint Vinaigrette. Adorned with Toasted Peanuts and Sprouts of Onion and Daikon

—Angelica Kitchen (New York City)

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△ 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 and 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

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***SALADS**, e.g., egg, green*
SANDWICHES
sesame seeds
soy sauce
tahini
tomatoes
vinegar, e.g., balsamic, rice

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Flavor Affinities

sprouts + avocado + *bread* + carrots + cucumber + onions + tahini

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▲ 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

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slaws
smoothies
soups
sprouts, other, e.g., radish
stir-fries
sunflower seeds
tofu
tortillas, e.g., whole-grain
vinegar, rice
walnuts
watercress
wraps

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Flavor Affinities

alfalfa sprouts + avocado + lime + mango

alfalfa sprouts + honey + lemon

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SPROUTS, BEAN (see SPROUTS, MUNG BEAN)

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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

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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

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SPROUTS, CHICKPEA

Tips: Cook lightly, and never eat raw.

hummus
stir-fries

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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

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SPROUTS, DAIKON (see also SPROUTS, RADISH)

Season: spring–summer

Flavor: bitter

Volume: quiet

Technique: raw

Japanese cuisine
salads
sushi

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SPROUTS, LEAFY (see ALFALFA SPROUTS and CLOVER SPROUTS)

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△ 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

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stews
stir-fries
vinegar

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▲ SPROUTS, MUNG BEAN

Flavor: slightly sweet, with notes of spring peas, and 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

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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 and peanut butter
peas
quinoa
radishes
rice
rice paper wrappers
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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

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Flavor Affinities

bean sprouts + *miso soup* + tofu
bean sprouts + red bell peppers + shiitake mushrooms
bean sprouts + rice vinegar + salt + sugar + sesame oil/seeds

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△ SPROUTS, PEA

Flavor: notes of fresh peas, and 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

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▲ 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

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SPROUTS, SUNFLOWER SEED

Flavor: bitter/sweet, with earthy notes of sunflower seeds, and 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

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SQUASH (see SQUASH, SUMMER; SQUASH, WINTER; ZUCCHINI, and other specific varieties of squash)

Tips: Spaghetti squash is named for its spaghetti-like strands, which you can toss with sauce and serve just like pasta. But consider slicing summer squash (e.g., yellow squash, zucchini) into julienne strips on a mandoline, or spiralizing it, and serving in the same manner.

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△ 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 and bread stuffings*, e.g., whole-grain*
bulgur
butter and brown butter
celery
chard, Swiss
cheese, e.g., **Parmesan**, Swiss
CINNAMON

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cloves
coconut and 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
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pistachios
plums, dried
quinoa
raisins
RICE (e.g., **wild**) and *rice stuffing*
sage
salt, sea
savory
scallions
soups
soy sauce
stews
SUGAR, BROWN
sweetener, esp. evaporated cane juice
tamari
vanilla
vinegar, e.g., cider

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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

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SQUASH, BUTTERCUP (see also SQUASH, WINTER)

Flavor: sweet–very sweet, with notes of chestnuts, honey, and/or sweet potato, and 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 and brown butter
casseroles
cheese, e.g., feta, Taleggio
chiles and chili powder
cilantro
coconut milk
cumin
curries
garlic
ginger
gratins
hominy
honey
leeks
lemon, e.g., juice

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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

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Flavor Affinities

buttercup squash + bell peppers + chiles + coconut milk + curry paste + peanuts

buttercup squash + ginger + pears

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△ 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, tempura-fry

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 and brown butter

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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 and **coconut milk**
coriander
corn
couscous
cranberries
cream
cumin
curry powder and *CURRIES*
dates
eggs
fennel
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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 and Japanese pears
pepper, e.g., black, white
pizza
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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 and 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
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vanilla
VINEGAR, e.g., **balsamic**, cider, red wine, sherry
wine, e.g., dry white
yogurt
za’atar

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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

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butternut squash + rosemary + tomatoes + white beans
butternut squash + sage + walnuts

> “We’ve juiced **butternut squash** to add color and flavor to risotto. I don’t like the mouthfeel that results from drying and powdering the [leftover] mulch to flavor dishes. But I’ve made a **butternut squash** chutney out of adding the juice back to the mulch and seasoning it with cardamom, garlic, star anise, sugar, and vinegar.”
>
> —MARK LEVY, THE POINT (SARANAC LAKE, NY)

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Dishes

Butternut Squash Risotto with Toasted Almonds and 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, and Ricotta Salata Cheese

—Mana Food Bar (Chicago)

Butternut Squash and Apple Salad with Endives, Ricotta Cranberries, Pecans, and 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 and Green Onions with Chiles, Cumin, and a hint of Cinnamon, baked in Organic Corn Tortillas, topped with Spicy Tomato Sauce and Cheese

—Seva (Ann Arbor, MI)

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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

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SQUASH, DELICATA (see also SQUASH, WINTER)

Season: winter

Flavor: sweet, with notes of butter, corn, and/or **sweet potatoes**, and 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, and 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

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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
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tahini
THYME
tomatoes
vinegar, apple cider or balsamic
yogurt

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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

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△ 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

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purees
risottos
rosemary
sage
salt
soups
squash, stuffed
sugar, brown
tamari

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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, and 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 and 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 and chili powder
cilantro
cinnamon

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coconut and coconut milk
coriander
couscous
cranberries, dried
cream
crème fraîche
cumin
currants
curry paste, powder, and spices, and *curries, e.g., Thai desserts*
fennel and 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
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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
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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

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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

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Dishes

Blended Essence of Butternut and Kabocha Squash, Smoked Paprika

—Brushstroke (New York City)

Kabocha Squash Curry: Bok Choy, Quinoa, Bulgur, and Pumpkin Seeds

—Gramercy Tavern (New York City)

Kabocha Pumpkin Soup with Soy Whip Cream and Mixed Greens Salad (with Dried Persimmon in Sesame Soy Sauce and Lemon Dressing)

—Hangawi (New York City)

Kabocha Squash Agnolotti with Pomegranate, Black Trumpet Mushrooms, Walnut Crumble

—Mélisse (Santa Monica)

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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

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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

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Flavor Affinities

pattypan squash + asparagus + mushrooms + onions + walnut oil
pattypan squash + bread crumbs + garlic
pattypan squash + corn + onions

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△ 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 and 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

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butter and brown butter
carrots
casseroles
chard
CHEESE, e.g., Gruyère, mozzarella, **PARMESAN**
chiles, dried; and 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
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salads
salt
sauces, e.g., pasta, tomato
"sausage," vegan
scallions
soy sauce
sugar, brown
thyme
tomatillos
TOMATOES, TOMATO PASTE, and TOMATO SAUCE
vinegar, e.g., balsamic, rice, sherry, wine
walnuts
zucchini

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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

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Dishes

Spaghetti Squash Casserole with Fresh Mozzarella, Organic Tomato, and Zucchini

—True Food Kitchen (Santa Monica)

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▲ SQUASH, SUMMER (see also CHAYOTE; SQUASH, CROOKNECK; SQUASH, PATTY PAN; and ZUCCHINI)

Season: summer

Flavor: slightly bitter/sweet, with earthy notes of butter, cucumber, and/or nuts, and 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

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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 and 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
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mustard, e.g., Dijon, and 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
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TOMATOES and 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

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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

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▲ 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 and brown butter
cardamom
carrots
cashews

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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 and 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 and fig syrup
GARLIC
ghee
GINGER
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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*
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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
"****** DEMO - www.ebook-converter.com*******"

stews
stock, vegetable
SUGAR, BROWN
tahini
tarragon
thyme
tofu
turmeric
vanilla
vinegar, e.g., balsamic, sherry
WALNUTS

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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

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Dishes

Winter Luxury Squash and 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)

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SQUASH, YELLOW (see SQUASH, SUMMER)

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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

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Thai cuisine
tofu
tomatoes

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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 and curry powder
five-spice powder
ginger
greens, e.g., mizuna
ice creams
Malaysian cuisine
marinades
mint
noodles, Asian
orange
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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*

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Dishes

Blackberry and Star Anise Sorbet with Rosemary Sable: Hazelnut, Lemon, Crab Apple, Brown Sugar

—Fearrington House (Fearrington Village, NC)

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△ 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

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salt
smoothies
Southeast Asian cuisines
stir-fries
strawberries
Thai cuisine

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STOCK, “BEEF”

Brand: Better Than Bouillon’s “No Beef Vegan Base,” beef-flavored bouillon

"****** DEMO - www.ebook-converter.com*******"

STOCK, “CHICKEN”

Brand: Better Than Bouillon’s “No Chicken Vegan Base,” chicken-flavored bouillon

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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, and 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

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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

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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, and 15 percent carrots. I'll often add garlic and portobello or shiitake mushrooms and stems."
>
> —AARON ADAMS, PORTOBELLO (PORTLAND, OR)

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△ STRAWBERRIES

Season: spring–summer

Flavor: sweet/sour, and 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

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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
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mint
nuts
oats and 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
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walnuts
watermelon
wine, e.g., Beaujolais, Marsala, port, rose, sherry, sparkling (e.g., Champagne), sweet
yogurt

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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 and texture."
>
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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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, and Olive Oil
—Eleven Madison Park (New York City)

Frais de Bois Vacherin with Lemon Parfait and 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 and Belgian Endive with Local Strawberries, Ashed Goat Cheese, Tarragon Vinaigrette
—Nora (Washington, DC)

Strawberry Chopped Salad: Snap Pea, Fennel, Goat Cheese, Walnut and Balsamic Vinaigrette
—True Food Kitchen (Phoenix)

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▼ 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 and granulated

Possible substitutes: Can substitute for regular (or muscovado) sugar in equal amounts, especially in baked goods.

"****** DEMO - www.ebook-converter.com*******"

▼ SUGAR, BROWN—DARK

Flavor: sweet, with deep notes of molasses

Factoid: Dark brown sugar is 6.5 percent molasses.

"****** DEMO - www.ebook-converter.com*******"

▼ SUGAR, BROWN—LIGHT

Flavor: sweet, with light caramel notes

Factoid: Light brown sugar is 3.5 percent molasses.

"****** DEMO - www.ebook-converter.com*******"

▽ SUGAR, DATE

Flavor: sweet, with notes of dates

Volume: moderate

What it is: ground dehydrated dates

"****** DEMO - www.ebook-converter.com*******"

▽ SUGAR, MAPLE

Flavor: sweet, with notes of maple

"****** DEMO - www.ebook-converter.com*******"

▼ SUGAR, MUSCOVADO

Flavor: sweet, with earthy molasses notes

Volume: moderate–loud

"****** DEMO - www.ebook-converter.com*******"

▼ SUGAR, ORGANIC CANE

Brand: Rapadura

"****** DEMO - www.ebook-converter.com*******"

▼ 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 and COCONUT MILK
coffee
cream
curries, Thai
custards
desserts
fruits
Indonesian cuisine
jackfruit
lime
Malaysian cuisine
mango
maple syrup
pad thai
papaya, green
puddings

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pumpkin
rice, sticky
salads, e.g., fruit
sauces
Southeast Asian cuisines
Thai cuisine
water chestnuts

"****** DEMO - www.ebook-converter.com*******"

▲ SUGAR SNAP PEAS (aka SNAP PEAS)

Season: spring

Flavor: sweet, with notes of peas and snow peas, and 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 and brown butter
carrots
cashews
cauliflower
cheese, e.g., Parmesan
chervil
chiles
chives
cilantro
coconut milk
cumin

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curry powder
curries
dill
dips
fennel
garlic and 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 and peanut sauce
peas
pepper, black
pine nuts
pistachios
radishes
rice
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Snap Pea Salad: Goat's Milk Yogurt, Cucumber, and Radish

—Gramercy Tavern (New York City)

Spring Chopped Salad with Snap Peas, Strawberries, Walnuts, Goat Cheese, and Balsamic Vinaigrette

—True Food Kitchen (Santa Monica)

"****** DEMO - www.ebook-converter.com*******"

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 and chili powder
cilantro
coriander
cucumbers
cumin
dips
drinks, e.g., "lemonade"
dukkah (Egyptian spice blend of almonds + coriander + cumin + salt + sesame seeds + sumac)
eggplant

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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
"****** DEMO - www.ebook-converter.com*******"

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

"****** DEMO - www.ebook-converter.com*******"

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*)

"****** DEMO - www.ebook-converter.com*******"

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 and beverages
cilantro (peak: spring/summer)
corn (peak: July–August)
cucumbers (peak: August)

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currants, black
dill (peak: spring/summer)
edamame
eggplant
elderberries and 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 and granitas
jackfruit
kohlrabi (peak: summer/autumn)
lamb's-quarter
lettuce, e.g., green leaf, lamb's, red leaf
limes (peak: June)
loquats
"****** DEMO - www.ebook-converter.com*******"

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)
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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 and 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 year-round: fruit, tomatoes, and corn."
>
> —JON DUBOIS, GREEN ZEBRA (CHICAGO)

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SUNCHOKES (see ARTICHOKES, JERUSALEM)

"****** DEMO - www.ebook-converter.com*******"

SUNFLOWER SEEDS (see SEEDS, SUNFLOWER)

"****** DEMO - www.ebook-converter.com*******"

SUNFLOWER SHOOTS (see SHOOTS, SUNFLOWER)

"****** DEMO - www.ebook-converter.com*******"

SUSHI, VEGETARIAN (see NORI and NORI ROLLS)

"****** DEMO - www.ebook-converter.com*******"

△ SWEET POTATOES

Season: autumn–winter

Flavor: slightly sweet–sweet, with notes of chestnuts, pumpkin, and/or vanilla, and 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 and 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 and 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, and applesauce
apricots
arugula
baked goods*, e.g., biscuits, breads, cakes, cookies, muffins,* ***pies***
bananas

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basil and Thai basil
bay leaf
BEANS, e.g., BLACK, green
beans, green
BELL PEPPERS, e.g., green, red, yellow
bourbon
burritos
butter and 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
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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
"****** DEMO - www.ebook-converter.com*******"

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, and 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
"****** DEMO - www.ebook-converter.com*******"

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
"****** DEMO - www.ebook-converter.com*******"

thyme
tofu, e.g., smoked
tomatoes
tortillas
turmeric
turnips
vanilla
VINEGAR, e.g., BALSAMIC, red wine, rice wine, **sherry**
waffles, sweet potato
watercress
yogurt

"****** DEMO - www.ebook-converter.com*******"

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

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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

"****** DEMO - www.ebook-converter.com*******"

Dishes

Flourish Vegetable Pot Pie: Two Potato Mash with Carrots and Celery, Sweet Potatoes, Russet Potatoes Organic Rice Milk, Extra-Virgin Olive Oil, and Sea Salt

—Flourish Baking Company (Scarsdale, NY)

Maple Pecan Sweet Potato: Organic Baked Sweet Potato topped with Spicy Chipotle Cashew Cream and Sweet Candied Maple Pecans

—Follow Your Heart (Canoga Park, CA)

Poached Eggs with Black Bean and Sweet Potato Hash, Roasted Chili Sauce

—The Lodge at Woodloch (Hawley, PA)

Potato Pancake: Sweet and White Potatoes, with Apple Cranberry Chutney and Crema

—Mana Food Bar (Chicago)

Sweet Potato Tamale: Smoky Pecan and Poblano Chile Filling, Black Bean Chocolate Mole, Winter Greens and Caramelized Onions, Avocado, Pickled Onion-Nopales Salsa, Spicy Pumpkin Seed Emulsion

—Millennium (San Francisco)

Sweet Potato Quesadilla: Sweet Potato, Sautéed Onion, and Kale, served with a Creamy Thyme Sauce

—Root (Allston, MA)

House Made Ravioli, Sweet Potato and Galangal Filling, Lemongrass Coconut Cream

—True Bistro (Somerville, MA)

Wood Grilled Sweet Potato Paté, Grain Mustard, Jerk Cashews, Toast

—Vedge (Philadelphia)

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Sweet Potato Turnover with Sweet Kraut and Cream, Melted Figs, Smoked Maple Ice Cream, Walnut Streusel

—Vedge (Philadelphia)

"****** DEMO - www.ebook-converter.com*******"

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 and applesauce
barley malt syrup
brown rice syrup
cane juice, evaporated
cinnamon
coconut nectar
coconut sugar
dates and date sugar
fruit, fresh, e.g., bananas
fruit, dried, e.g., dates, raisins
fruit juice, esp. concentrated, e.g., fruit syrup
fruit preserves and jams
honey, e.g., raw
maple sugar
maple syrup
mirin
molasses
nutmeg
rice syrup
stevia
sucanat, which is an acronym for sugar cane natural

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sugar, e.g., brown, coconut, date, maple, muscovado, organic, palm, raw, turbinado
vanilla

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SYRUP, RICE (see BROWN RICE SYRUP)

"****** DEMO - www.ebook-converter.com*******"

SZECHUAN PEPPER (see PEPPER, SZECHUAN)

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☐ 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

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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
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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

"****** DEMO - www.ebook-converter.com*******"

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

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☐ 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 and 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
"****** DEMO - www.ebook-converter.com*******"

sunflower seeds
sushi, e.g., nori rolls
tofu
tomatoes and tomato sauce
vinegar, rice
walnuts

"****** DEMO - www.ebook-converter.com*******"

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)

"****** DEMO - www.ebook-converter.com*******"

▽ TAMARIND and 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 and coconut milk
coriander
cumin
curry leaves, curry powder, curry spices, and *curries*
dates

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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 and mustard seeds
noodles, Asian, e.g., rice
oil, e.g., grapeseed
oranges
pad thai
peanuts
potatoes, e.g., new
rice, e.g., basmati, jasmine
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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 and tomato paste
turmeric
vanilla
vegetables
vinegar, e.g., apple cider, brown rice
walnuts
yogurt
zucchini

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

tamarind + cashews + tofu + tomatoes
tamarind + curry spices + peanuts + sweet potatoes
tamarind + garlic + ginger

"****** DEMO - www.ebook-converter.com*******"

Dishes

Tamarind Scented Banana Split, Chocolate Marshmallow, Tamarind-Coriander Mousse, and Banana-Crème Fraîche Sherbet

—Per Se (New York City)

"****** DEMO - www.ebook-converter.com*******"

△ TANGERINES (see ORANGES, MANDARIN)

"****** DEMO - www.ebook-converter.com*******"

▽ 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 and 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

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VANILLA

Vietnamese cuisine

yuzu

"****** DEMO - www.ebook-converter.com*******"

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 and richness [as opposed to rice milk, which is thin and 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)

"****** DEMO - www.ebook-converter.com*******"

Dishes

Coconut and Vanilla Tapioca Pudding, with Huckleberry, Blood Orange, and Tangerine

—Natural Selection (Portland, OR)

Vanilla and Coconut Tapioca Pudding, with Apricot, Raspberry, Almonds, and White Chocolate

—Natural Selection (Portland, OR)

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"****** DEMO - www.ebook-converter.com*******"

☐ TARO (aka TARO ROOT)

Flavor: earthy notes of nuts, potatoes, water chestnuts, and/or yeast, and 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"

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onions
pancakes, savory
POI
scallions
sesame, e.g., seeds
SOUPS
soy sauce
squash, e.g., kabocha
STEWS
sweet potatoes
taro leaves

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

taro + chiles + coconut milk

taro + honey + sesame

"****** DEMO - www.ebook-converter.com*******"

▲ 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

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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 and 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
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melon
mint
mushrooms
mustard, e.g., Dijon
oil, e.g., canola, hazelnut, olive, walnut
onions
orange, e.g., juice, zest
paprika
PARSLEY and 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
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TOMATOES
vegetables
VINEGAR, e.g., champagne, red wine, sherry, white wine
walnuts
zucchini

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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)

"****** DEMO - www.ebook-converter.com*******"

▲ TATSOI (aka TAT SOI)

[taht-SOY]

Flavor: bitter/sour/sweet, with notes of bok choy, cabbage, minerals, **mustard**, nuts, and/or spinach, and 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 and peanut sauce

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SALADS
scallions
sea vegetables, e.g., kombu, wakame
SESAME, e.g., oil, seeds
shallots
soups
soy sauce and **tamari**
stews
stir-fries
tahini
tofu, e.g., baked
vinegar, e.g., rice wine

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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

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☐ 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

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gravies
INJERA
maple syrup
milk
nuts, e.g., pecans, walnuts
onions
pancakes
parsley
pilafs
raisins
scallions
soups
stews
stuffings
thyme
vegetables

"****** DEMO - www.ebook-converter.com*******"

Flavor Affinities

teff + maple syrup + milk

"****** DEMO - www.ebook-converter.com*******"

☐ TEMPEH

[TEM-pay]

Flavor: slightly sweet/bitter, with earthy notes of **mushrooms, nuts,** smoke, and/or **yeast**, and 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) and 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) and 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
"****** DEMO - www.ebook-converter.com*******"

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 and COCONUT MILK
coriander
cumin
curries
curry powder and *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
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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 and 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),
"****** DEMO - www.ebook-converter.com*******"

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, and tomato sauce
umeboshi plum sauce
veggie burgers
vinegar, e.g., apple cider, balsamic, brown rice, Chinese black, rice
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wine, e.g., dry red or white
Worcestershire sauce, vegan

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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, and 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)

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“I prefer **soy tempeh** in the summertime, because it pairs well with lighter flavors like citrus, lemon, and 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 and stands up to flavorful sauces like mole the best.”

—ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

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Dishes

Tempeh Reuben Sandwich: Our version of this classic features Baked Marinated Tempeh, seasoned with Caraway and Cumin, Tofu Russian Dressing, Sauerkraut, and 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, and 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, and Onion

—Cinnamon Snail Food Truck (Red Bank, NJ; New York City)

Tempeh and Root Hash: Roasted Sweet Potatoes, Parsnips, and Butternut tossed with Baked Tempeh, Sausage, Red Onions, and Spinach over Creamy Grits with Sautéed Farm Mizuna and Béarnaise

—Laughing Seed Café (Asheville, NC)

Black Garlic and 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, and Fuyu Persimmon Relish

—Millennium (San Francisco)

Creole Tempeh with Blackening Spice Maple Glaze, Creole Pepper and Tomato Stew, Garlic Mashed Sweet Potatoes, Sautéed Kale with Caramelized Onions and Sea Vegetable, Dijon Cream

—Millennium (San Francisco)

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Maryland Tempeh Cakes: Freshly Caught Native Tempeh Blended with Red Onion, Peppers, Herbs, and Spices, Seared Hot and 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 and Herbs, Carrots, Avocado, Red Onion and Radish, Cucumber, and Peanut-Lime Dressing

—Plant (Asheville, NC)

Maple Grilled Tempeh with Charred Brussels Sprouts and Turnip Mash

—Plum Bistro (Seattle)

Andy's Favorite "TLT": Tempeh, Lettuce, Tomato, Avocado, Mayo, and Whole-Grain Bread

—True Food Kitchen (Santa Monica)

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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

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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 and COCONUT MILK
coriander
cumin
CURRIES
CURRY PASTE, THAI
eggplant, Asian
garlic
ginger
herbs, fresh
Kaffir lime leaves
lemongrass
lime
mangoes, e.g., green

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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

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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 and the ginger in the squash; the thyme in the gravy and 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* AND *VEGANOMICON*

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Thanksgiving Dishes

Butternut Squash Gnocchi with Pumpkin Seed-Crusted Tofu Medallions

—Candle Café (New York City)

Veggie Turkey, Faux Beef Wellington, and Pumpkin Ravioli

—The Chicago Diner (Chicago)

Thanksgiving Preview: Herb-Crusted Seitan, Rustic Mashed Potatoes, Pan Gravy, Sourdough-Sage Stuffing, Coconut Whipped Yams, and Cranberry Relish

—Madeleine Bistro (Los Angeles)

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THICKENING AGENTS

When you can’t or don’t want to rely on butter and cream to thicken dishes, consider these options:

agar-agar (although this works better as a gelatin substitute)
arrowroot powder
cornstarch
kudzu root (aka kuzu)

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▲ 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

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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
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MUSHROOMS and 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 and winter, e.g., butternut, delicata
STEWS*, e.g., mushroom, vegetable*
stocks, vegetable
stuffings
sumac
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tofu
TOMATOES and tomato sauce
vegetables, e.g., root, winter
zucchini

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Flavor Affinities
thyme + garlic + lemon + olive oil
thyme + goat cheese + olive oil
thyme + onions + spinach
thyme + sesame seeds + sumac *(za'atar)*

"****** DEMO - www.ebook-converter.com*******"

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, and drain well to better allow tofu to absorb seasonings. You can press out the excess water from tofu by using paper towels and 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

"****** DEMO - www.ebook-converter.com*******"

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 and broccoli rabe
burdock root
cabbage, e.g., Chinese, napa
carrots
cashews
celery
chard
"cheesecakes"
chiles, e.g., ancho, chipotle; chili paste and chili pepper flakes
chili, vegetarian
Chinese cuisine
cilantro
cinnamon
coconut and coconut milk
cornmeal, e.g., to crust
cumin
curries
curry powder
daikon
dashi
desserts, e.g., creamy
dill
"****** DEMO - www.ebook-converter.com*******"

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 and 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
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onions, e.g., green, red, spring, yellow
orange, e.g., juice, zest
pad thai
PEANUTS and PEANUT SAUCE
pepper, black
plum sauce
pumpkin and 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
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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

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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

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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

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Dishes

Tofu Scramble: Fresh Tofu sautéed with Onion, Mushrooms, Spinach, Tomatoes, and 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, and 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, and House Made Spinach Spaetzle sautéed in Extra-Virgin Olive Oil with Arugula and Shallots
—Laughing Seed Café (Asheville, NC)

Ma Po Tofu: Spicy Eggplant, Tofu, Chinese Black Beans and 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, and Almond Sprinkles
—Sage's Cafe (Salt Lake City)

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△ TOFU, FIRM or EXTRA-FIRM

Flavor: neutral, with a texture that is denser and heartier than silken, yet moister than super-firm tofu

Volume: quiet

Nutritional profile: 54% fat / 38% protein / 8% carbs

Calories: 85 per ½-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, and 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 and on pizzas.

basil
bell peppers, e.g., green, red
Bragg Liquid Aminos
brochettes
"cheesecakes"
chiles, e.g., jalapeño; and chili pepper sauce
cilantro
coconut milk
curries

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“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
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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

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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 and tomatoes. If you put extra-firm tofu through your food processor, it will come out the texture of ricotta cheese, and you can use it that way in lasagnas and other pasta dishes."
>
> —FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

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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

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TOFU, JAPANESE

Tip: Use when you're looking for the softest texture.

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TOFU, SCRAMBLED

Tips: Substitute crumbled firm or extra-firm tofu for scrambled eggs as a base to mix in vegetables and 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.

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☐ TOFU, SILKEN

Flavor: slightly sweet, with a creamy, moist, smooth, custard-like texture

Volume: quiet

Tips: Puree into sauces and 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"

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vanilla

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Flavor Affinities

silken tofu + cilantro + lime + mint + miso
silken tofu + cucumbers + lemon + mint + sugar
silken tofu + ginger + scallions + soy sauce

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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, and chili pepper flakes
cilantro
cinnamon
cloves
coconut milk
curry powder and 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

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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 and rolls
Thai chili paste
tofu skin "noodles," sliced long and served with dipping sauce
Vietnamese cuisine
vinegar, e.g., rice wine
wasabi
wine, rice, e.g., sake
zucchini

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Flavor Affinities

tofu skin + chiles + orange zest + salt + sesame seeds

tofu skin + rice + **soy sauce + wasabi**

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TOFU, SMOKED

Flavor: slightly salty, with notes of bacon, ham, and/or **smoke**, and 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 and apple cider
arame
artichokes
asparagus
avocado
basil
beans, e.g., black or kidney
beets
bell peppers
breads, whole-grain
cabbage
carrots
cauliflower
cayenne
chard
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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
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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

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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 and add it to salads. I add soy milk and 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, and 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, and is even better with some brown rice and broccoli rabe."

—FERNANDA CAPOBIANCO, VEGAN DIVAS (NEW YORK CITY)

"Island Spring is the Cadillac of **tofu**. It takes time to develop a great product, and theirs is dense and flavorful and absorbs other flavors well.… I like to grill my tofu before marinating it, because citrus tears apart the fiber and makes it impossible to char afterward. Marinating grilled tofu pushes

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the flavor of the char and 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 AND 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, and agave [nectar] and 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)

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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)

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TOFU, SOFT

Tips: Soft tofu is halfway between firm and silken tofu. Crumble to use.

“cottage cheese”
“cream cheese”
dips
pastas, e.g., lasagna, manicotti
“ricotta”
salad dressings
sauces
scrambles
smoothies
soups

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△ 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

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△ 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 and 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 and *egg dishes, e.g., huevos rancheros*
enchiladas
epazote

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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
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vinegar, e.g., red wine

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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

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▲ 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,

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green, kidney, mung, pinto, red, **white**
beets
BELL PEPPERS, e.g., green, red, esp. roasted
breads (e.g., focaccia) and bread crumbs
bruschetta
butter
capers
caraway seeds
casseroles
cauliflower
cayenne
celery and 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 and chili pepper sauce
chili, vegetarian
CHIVES
chutneys
cilantro
cinnamon
coriander
corn
couscous
cream
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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
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nutmeg
OIL, OLIVE
olives, e.g., black, green
ONIONS, e.g., red, sweet, yellow
orange and 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*
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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
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wheat berries
Worcestershire sauce, vegan
yogurt
ZUCCHINI

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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)

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Dishes

Heirloom Tomato Salad: Grilled Melon, Cucumbers, and 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)

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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

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Flavor Affinities

green tomatoes + burrata cheese + mustard + olive oil

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△ TOMATOES, SUN-DRIED (or OVEN-DRIED TOMATOES)

Flavor: salty/slightly sweet, with intense tomato notes, and 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 and 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
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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
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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

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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

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Dishes

Fried Green Tomatoes with Green Goddess Dressing and Feta

—FnB (Scottsdale, AZ)

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TRAIL MIX and TRAIL BARS

Tips: Use only unsalted raw nuts and 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 and spice a tasty blend of organic whole grains. Our top flavors are based on apricot, cashew, and turmeric; almond, cacao, and coconut; date, ginger, and sesame seeds; and cinnamon, prune, and walnut."
>
> —DIANE FORLEY, FLOURISH BAKING COMPANY (SCARSDALE, NY)

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☐ TRITICALE

[trit-ih-KAY-lee]

Flavor: slightly sweet, with earthy notes of nuts, and a chewy texture

Volume: moderate–loud

What it is: whole grain (a hybrid of rye and 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
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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

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Flavor Affinities

triticale + cilantro + garlic + ginger + peanuts + scallions + sesame oil

triticale + garlic + mushrooms + olive oil + Parmesan cheese + parsley + vinegar

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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 and flavor and 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)

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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

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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)

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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

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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, and 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)

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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 and 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

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oregano, e.g., dried
paprika
parsley
pepper, black
phyllo dough
pistachios
pita bread
pomegranates
rice
rose water
sesame seeds
spinach
sumac
tahini
TOMATOES and tomato paste
walnuts
yogurt
zucchini

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Flavor Affinities
bulgur + mint
dill + garlic + lemon + scallions
dill + yogurt + zucchini
eggplant + garlic + onions + parsley + tomatoes

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△ 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, and other foods as much as its flavor.

Botanical relative: ginger

carrots
CAULIFLOWER
chickpeas
chiles
cilantro
cinnamon
cloves
coconut and coconut milk
coriander
cumin
***CURRIES**, e.g., Indian, Thai (esp. red, yellow)*
CURRY LEAF and *CURRY POWDER
dals
eggs, e.g., *deviled eggs, egg salads, omelets*
fruit, dried, e.g., cranberries, currants, raisins
garlic

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ginger
grains, e.g., quinoa
greens, stewed
INDIAN CUISINE
kohlrabi
lemon, e.g., juice
lemongrass
lentils
lime
Middle Eastern cuisines
Moroccan cuisine
***mustard* and 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
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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

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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

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△ 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, and 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

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anise seeds
apples and apple cider
apricots, dried
basil
bay leaf
bread and bread crumbs*, e.g., whole-grain*
broccoli and broccoli rabe
butter
cabbage
caraway seeds
CARROTS
celery, celery leaves, and 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
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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, and 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 and new potatoes
pumpkin
purees
radishes
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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 and 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

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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

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UMAMI

Flavor: savory, or savory and 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 and 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

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sweet potatoes
tamari
tea, green
tempeh
tofu
tomatoes and tomato sauce, and sun-dried tomatoes
truffles
umeboshi plums and plum paste
vinegar, e.g., balsamic, sherry, umeboshi
walnuts
wine

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UMEBOSHI, UMEBOSHI PASTE (aka PICKLED PLUM PUREE), and 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 and 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

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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 and *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
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snow peas
soups
sour cream
spreads
stir-fries
sugar
tamari
tempeh
TOFU, e.g., extra-firm
vegetables, e.g., sautéed
vinegar, rice
walnuts

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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

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VANILLA

Flavor: bitter/slightly sweet; aromatic, with rich notes of cream and 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

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FRUITS, e.g., poached
ginger
honey
lemon, e.g., juice, zest
maple syrup
milk
nutmeg
nuts, e.g., **almonds**, cashews
oats and 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
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yogurt

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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)

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VEGETABLES, ROOT (see ROOT VEGETABLES)

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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 and portobello mushroom cassoulet. There's no casing—the broken rice serves as the binder, and I wrap it in plastic wrap and 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 and topped with lettuce, rennetless cheddar cheese, tomatoes, mushrooms, onions, sauerkraut, Vegenaise, and 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."

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—BOB GOLDBERG, FOLLOW YOUR HEART (LOS ANGELES)

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Dishes

118 Bristol Sliders: Marinated Portobello Mushrooms, Tomato, Spinach, Garlic Crème Sauce, and 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 and Pumpkin Seeds, served on a Whole-Wheat Roll with Avocado and Pico de Gallo

—Canyon Ranch (Lenox, MA)

Homemade Southwestern Black Bean and Roasted Sweet Potato Burger on Toasted Bun with Guacamole and Salsa

—Garden Café (Woodstock, NY)

Green Lentil and 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 and Mushroom Burger, with Spicy Mayo

—Mana Food Bar (Chicago)

Millet and Quinoa Burger with Orange Slices, Cilantro, Fried Shallots, Mint Pesto, and 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, and Winter Squash Chips

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—Plum Bistro (Seattle)

Buffalo Portobello Burger: Deep Fried Panko-Coated Portobello, Dipped in Buffalo Hot Sauce, with Vegan Ranch, Grilled Onions, Cucumber, Mixed Greens, and French Fries

—Plum Bistro (Seattle)

House-Made Beet Burger, Fresh-baked Rosemary Focaccia Bun, Carrot Aioli, Arugula, Red Onions and Tomato Confit, with or without Cashew Cheese

—Portobello (Portland, OR)

Root Burger: House-made Black Bean and Quinoa Burger with Boston Lettuce, Tomato, Crispy Onions, and Garlic Aioli, served with side of Dressed Greens or Herbed Fries

—Root (Allston, MA)

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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) and 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

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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

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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

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VIETNAMESE CUISINE

bananas
basil, Thai
chiles
cilantro
coconut milk
cucumbers
curry powder and 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
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sugar
summer rolls
tapioca, pearl
vinegar, rice

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Flavor Affinities

cabbage + cashews + rice noodles + salad greens + tofu

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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*

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▽ 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 and 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
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vegetables, pickled

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▽ VINEGAR, BALSAMIC

Flavor: sour/sweet, with great complexity, and a rich, slightly syrupy texture

Volume: moderate–loud

Tips: The best is aged, and 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
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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

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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)

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VINEGAR, BANYULS

Flavor: sour/sweet, with complex notes of berries, ginger, honey, nuts (almonds, walnuts), plums, and/or vanilla, and 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

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Dishes

Sorbello Farms Organic Field Greens with Banyuls Vinaigrette

—Picholine (New York City)

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VINEGAR, BEER

Flavor: sour, with notes of malt

Volume: moderate–loud

cheese, esp. soft, e.g., burrata
oil, e.g., olive
salads
vegetables
watercress

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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
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sugar
sushi, vegetarian
tamari
vegetables, e.g., grilled
zucchini, e.g., grilled

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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 and black vinegar; then we upped the flavor with a mushroom XO sauce."
>
> —RICH LANDAU AND KATE JACOBY, VEDGE (PHILADELPHIA)

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VINEGAR, CHAMPAGNE

Flavor: sour, with crisp notes of grapes, and 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, and 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"

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VINEGAR, CIDER (see VINEGAR, APPLE CIDER)

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VINEGAR, COCONUT

Flavor: sour, with notes of yeast

Volume: moderate–loud

curries
Filipino cuisine
rice
Southeast Asian cuisines
stir-fries

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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

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☐ 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 and 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

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Flavor Affinities

red wine vinegar + black pepper + **garlic** + mustard + **olive oil**

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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 and 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

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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

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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

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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*

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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 extra-virgin olive oil, and for marinades."
>
> —RICH LANDAU, VEDGE (PHILADELPHIA)

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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 and salt as an instant flavor enhancer.

beans
beets
DIPS
grains
greens
marinades
miso
pickles
SALAD DRESSINGS
sauces, fresh and cooked
shiso leaf
soups, e.g., miso
stews
vegetables, e.g., steamed

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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
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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

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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 and dipping sauces, smoothies, soups, sorbets, and spreads.

> "Four kitchen tools I would never want to be without are my **Vitamix**, spiralizer, dehydrator, and deep fryer."
>
> —AMANDA COHEN, DIRT CANDY (NEW YORK CITY)

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▲ WAKAME (FRESH and DRIED)

Season: winter–spring

Flavor: salty/sweet/umami, with notes of the sea, and 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, and chili pepper flakes
Chinese cuisine
CUCUMBERS
daikon
garlic
ginger

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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
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stir-fries
stocks, vegetable
tamari
tempeh
tofu
vegetables
vinegar, e.g., rice wine

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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, and 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 and my stove like a monster!"
>
> —PAM BROWN, GARDEN CAFÉ (WOODSTOCK, NY)

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Dishes

Soba-Wakame Rolls in Togarashi Aioli and Maple Teriyaki

—Cal-a-Vie (Vista, CA)

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☐ WALNUTS

Season: autumn

Flavor: slightly sweet to bitter, with earthy notes of butter, cream, and/or nuts (and astringent notes from the skins), and 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 and 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

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cabbage
caramel
carrots
celery and 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
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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 and oatmeal
oil, e.g., olive, walnut
olives, e.g., green
onions
ORANGE, e.g., juice, zest
pancakes
parsley
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parsnips
***pastas**, e.g., bowtie, cannelloni, orzo, pappardelle*
pastries
pâtés
peaches
PEARS
pestos
phyllo dough
pizzas
plums, e.g., dried, fresh
pomegranates and 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
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tabbouleh
tapenade
thyme
tomatoes and sun-dried tomatoes
trail mix
vanilla
vinegar, sherry
wine, sweet, e.g., Madeira, port, sherry
YOGURT
zucchini

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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

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walnuts + mushrooms + thyme

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▲ 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

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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)

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☐ 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

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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 and 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
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sriracha
stews
STIR-FRIES
stock, vegetable
sugar
sugar snap peas
TOFU, e.g., extra-firm
vegetables
vinegar, e.g., balsamic, rice
watercress
wine, rice

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Flavor Affinities

water chestnuts + Asian noodles + peanut sauce
water chestnuts + shiitake mushrooms + sugar snap peas

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▲ WATERCRESS (see also LAND CRESS)

Season: late spring–summer

Flavor: bitter, ranging from mild to hot, with pungent notes of mustard and/or pepper, and 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,

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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
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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
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***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

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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

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Dishes

Well-Cultured Salad: Mélange of Seasonal Greens and Watercress tossed with Homemade Kimchee, Nori Strips, Toasted Sesame Seeds, and Extra Virgin Olive Oil, with garnish of Radish Slices

—Angelica Kitchen (New York City)

Watercress Salad with Apple, Celery Root, Cheddar, Grapefruit, and Honey

—Artisans Restaurant at Lake Placid Lodge (Lake Placid, NY)

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△ 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

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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
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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

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Dishes

Watermelon Ricotta Salad: Tatsui and Spinach Leaves, Watermelon, Cashew Ricotta Salata, Fennel Oil, Vanilla, and Black Pepper

—The Butcher's Daughter (New York City)

Watermelon and Anise Hyssop Salad: Kaffir Lime, Avocado, Pickled Ginger

—DANIEL (New York City)

Watermelon Goat Cheese Salad: Candied White Balsamic Vinegar and Arugula Sprouts

—Mii amo Café (Sedona, AZ)

Watermelon Salad, Spicy Kisir, Farm Lettuce, and Mint

—Oleana (Boston)

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☐ 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 and 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

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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
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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
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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

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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

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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

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WHOLE GRAINS (see GRAINS, WHOLE)

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WILD RICE (see RICE, WILD)

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WINE

(See sidebar.)

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Sommelier Pascaline Lepeltier of Rouge Tomate in New York City on Pairing Wine with Vegetarian and 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, and textures—from raw fennel to tomato-based dishes to grains and 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, and peas—you'll want to reach for aromatic wines with high acid, such as Sauvignon Blanc, Grüner Veltliner, dry Muscat, and Riesling. In summertime, you can add high-acid wines such as Assyrtiko, Muscadet (which is great with asparagus and artichokes, which are often wine killers), and Vouvray.
- **Autumn / Winter:** When there are lots of root vegetables—such as turnips and parsnips—you'll want to turn to wines with more richness and oxidation, such as white wines from the Rhone, including Viognier and Roussanne/Marsanne blends. Chardonnay with some malolactic and some oak and [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, lower-tannin 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?), and (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

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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 and 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 and poached and accented with honey, and 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, and 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 and a sweeter and 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, and similar to a Grenache Blanc, with its earthy tea and jasmine notes.
- **Potato/nettle soup.** Because the base is potato, the soup is starchy and 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 and flinty.

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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

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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
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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
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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)

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WORCESTERSHIRE SAUCE

Vegan Brands: Annie's, Edward & Sons' The Wizard's (organic)

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☐ YAMS

Flavor: slightly sweet, with notes of sweet potato, and 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*, and sometimes called "the potato of Asia"*
bananas
cardamom
Caribbean cuisine
carrots

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cayenne
chestnuts
chiles rellenos
chili pepper flakes and chili powder
chips
cilantro
CINNAMON
cloves
COCONUT and COCONUT MILK
coriander
crème fraîche
cumin
currants
curry powder and 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 and mustard seeds
North African cuisines
nutmeg
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oil, e.g., canola, corn, grapeseed, **olive**, peanut, sesame
onions
ORANGE, e.g., juice, zest
oregano
parsnips
pasta, e.g., gnocchi
peanuts and 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
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tomatoes and tomato paste
turmeric
veggie burgers
yogurt

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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

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Dishes

Slow Roasted Garnet Yam: Cherry Belle Radishes, Hadley Orchards' Medjool Dates, Broccolini, Marcona Almonds, and Madras Curry

—Per Se (New York City)

Homemade Yam Chips with Fresh Thyme and Garlic Oil

—Plum Bistro (Seattle)

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YEAST, NUTRITIONAL (see NUTRITIONAL YEAST)

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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 and 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

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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*
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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
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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
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yogurt, e.g., frozen or semi-frozen
za’atar
zucchini

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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
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yogurt + orange + walnuts
yogurt + pistachios + strawberries
yogurt + pomegranate seeds + walnuts

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Dishes

Yogurt and 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, and Dried Fruit Granola with Fresh Blueberries

—Pure Food and Wine (New York City)

Lemon-Ginger Low-Fat Frozen Yogurt, Fresh Berries

—True Food Kitchen (Santa Monica)

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YUBA (see TOFU SKIN)

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☐ YUCA (aka CASSAVA)

[YOO-kah]

Flavor: slightly sweet, with starchy notes of tapioca, and 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; and chili pepper flakes
chips, yuca
CILANTRO
COCONUT, coconut cream, and coconut milk
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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
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tortillas, e.g., corn, whole-wheat
vinegar, e.g., red wine, white wine

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Flavor Affinities
yuca + bell pepper + chiles + garlic + lime + olive oil
yuca + chiles + citrus (e.g., lime, orange)
YUCA + CILANTRO + LIME

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YUCCA (see YUCA)

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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 and 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

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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

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Flavor Affinities

yuzu + bananas + chocolate + sesame
yuzu + chiles + salt
yuzu + pomegranates + *sorbet*
yuzu + sea vegetables + sesame seeds

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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

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ZA’ATAR (the spice blend; see also ZA’ATAR, the herb)

[zah-TAHR]

Flavor: sour (tangy), with notes of herbs and nuts, and a coarse texture

Volume: moderate

What it is: a blend of dried herbs and 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

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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

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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, and thyme, which I’ll dry out on sheet trays. I’ll use it as an accent on cornmeal flatbread with onion and rosemary—or as a good garnish for falafel. You can also add mint and sprinkle on fava beans.”

—CHARLEEN BADMAN, FnB (SCOTTSDALE, AZ)

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Dishes

Tasting of Fennel with Zaatar: Saffron-Tomato Relish, Garbanzo Bean

—DANIEL (New York City)

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▲ ZUCCHINI (see also SQUASH, SUMMER)

Season: summer

Flavor: sweet, with notes of butter, cream, cucumber, and/or nuts, and 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, stir-fry, 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 and winter

almonds
apples
artichokes
arugula
asparagus
baked goods*, e.g., breads, cakes, muffins, quick breads*
BASIL and Thai basil
beans, e.g., fava, green, kidney
bell peppers, e.g., green, red, esp. roasted
bread crumbs
bulgur

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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 and chili powder
chips, vegetable
chives
cilantro
cinnamon
citrus
coconut milk
corn
couscous
curry powder and *curries*
DILL
eggplant
eggs, e.g., *frittatas, omelets, quiches,* scrambled
GARLIC
ginger
gratins
hazelnuts
“lasagna,” made with zucchini strips instead of noodles
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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
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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 and sun-dried tomatoes
vanilla
veggie burgers (e.g., zucchini + almonds)
vinegar, e.g., balsamic, champagne, red wine, sherry, white wine
walnuts
yogurt
zucchini blossoms
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zucchini, stuffed, e.g., with couscous, mushrooms, pine nuts, raisins, rice, ricotta

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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

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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, and marinated in lime juice, olive oil, and salt, makes a very silky vegetable pasta. If it's grilled when raw, it cooks unevenly and tends to turn to mush—but if you roast it first to al dente, and just flash it on the grill, it helps it maintain its integrity."

—RICH LANDAU, VEDGE (PHILADELPHIA)

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Dishes

Zucchini Cake with Cream Cheese Frosting and 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, and 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 and Roasted Zucchini on a Fried Tortilla with Green Cabbage, Jalapeno Relish, Crema, and 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, and Fresh Basil

—Flourish Baking Company (Scarsdale, NY)

Zucchini Pappardelle: Squash Blossom Tempura filled with Tofu Ricotta, Basil Pesto, Preserved Tomato

—Plume (Washington, DC)

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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

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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
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stock, vegetable
STUFFED ZUCCHINI BLOSSOMS*, e.g., fried tempura*
thyme
tomatoes *and* **tomato sauce**
zucchini

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Flavor Affinities

zucchini blossoms + basil + garlic + olive oil
zucchini blossoms + feta cheese + mint
zucchini blossoms + goat cheese + pine nuts
zucchini blossoms + ricotta + sage

> "I love serving **zucchini blossoms** with pastas, especially linguini or pappardelle. Their flavors pair beautifully with fresh tomatoes, basil, and zucchini, not to mention cashew cheeses."
>
> —ANGEL RAMOS, CANDLE 79 (NEW YORK CITY)

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Dishes

Zucchini Flowers bursting with Softened Buckwheat; Purees of Roasted Sweet Potato, Onion

—Brushstroke (New York City)

Cornmeal-Crusted Zucchini Blossoms with Heirloom Tomatoes, Balsamic Reduction, Watercress Salad with a Spicy Jalapeno-Lime Vinaigrette

—Candle 79 (New York City)

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