



Creating new dishes has to be more than simply intensifying flavors for dishes. In terms of visual presentation, we are shifting into a new direction where the food looks like one thing, but is really something else. That adds an extra element of challenge for us. An example of this would be a [Mexican-inspired] nacho dish we just created. You get something that looks like chips, sour cream, *salsa verde*, and grated cheese. The cheese is actually grated from saffron ice cream that we have thrown into liquid nitrogen, that is put into a food processor grater. The *salsa verde* is made from kiwi, mint puree, and epozote to give it a little twist. The sour cream is a yuzu crème fraîche. The chips are made from pureed corn tortilla chips that have been sweetened with powdered sugar, then pasted into triangles and deep fried. So you get something that looks like nachos, but tastes completely different. So we are taking a visual aspect of something you are comfortable with and serving it at the end of a twenty-course meal.

—HOMARO CANTU, MOTO (CHICAGO)

## MIDDLE EASTERN CUISINE

almonds  
beans, fava  
cheese, feta  
chicken  
chickpeas  
cinnamon  
cloves  
coriander

cumin  
dill  
eggplant  
fish  
fruits, dried

garlic  
ginger  
goat  
honey  
lamb  
lemons

**lemons, preserved**

lentils  
meats, esp. roasted

mint  
nutmeg  
nuts  
olive oil

olives  
onions

oregano  
parsley  
pepper, black  
pine nuts  
pistachios  
pomegranates

poppy seeds  
raisins  
*ras el hanout* (spice blend)

rice  
roasted dishes

sesame: oil, seeds

**sumac**

tahini  
tomatoes  
walnuts  
**yogurt**

## Flavor Affinities

cilantro + cumin + ginger + red pepper  
cinnamon + cloves + ginger + nutmeg  
cinnamon + lemons + tomatoes  
cinnamon + tomatoes  
coriander + cumin + garlic  
coriander + cumin + garlic + onions + parsley  
coriander + cumin + garlic + pepper  
eggplant + onions + tomatoes  
garlic + coriander  
garlic + lemon + mint  
garlic + lemon + oregano  
garlic + lemon + parsley  
lemon + parsley  
meat + cinnamon  
salads + goat cheese + pomegranate seeds  
yogurt + garlic + mint  
yogurt + mint  
yogurt + parsley

With **mint**, applemint is mild, while peppermint is strong.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

I was actually brought up in the school of thought that put a sprig of **mint** on every dessert. I am not that guy anymore. I have a saying—“NFG”—which stands for two things at once: “nonfunctional garnishes” are “no fucking good.” If something doesn’t make sense to the dish, it won’t be there. I hate ordering lamb and seeing a huge bunch of rosemary alongside it. Put it in the dish—let me taste it!

—JOHNNY IUZZINI, JEAN GEORGES (NEW YORK CITY)

I love **mint** flavor, but some cooks started throwing mint on desserts just because they liked the color of it. If you have a gorgeous strawberry shortcake and add some mint to it, one of two things will happen: 1) Either you don’t eat it, so what’s the point of putting it on the plate in the first place, or 2) If you do eat it, that one mint leaf will completely change the balance of the dessert. If you have a lemon tart that is mostly perfectly balanced lemon curd with a little whipped cream and you add a mint leaf to the dessert, the leaf will play havoc with that balance. So don’t throw mint on a plate haphazardly, or you’ll throw off the balance of the entire dessert.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

The first place I think of with **mint** is Morocco. From there, it is the Middle East. Mint and lamb is such a natural combination, as is mint and yogurt.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

I don't use **mint** very much, but I have a serious thing for black peppermint! You will see it in one form or another on my menu. I go to the farmers' market twice a week and use it all summer. It is great with berries. It works best with something light like an infusion or granita. Last summer, we made a tangy lychee gelée that was served under oven-roasted Tristar strawberries tossed lightly with balsamic vinegar. On top of the strawberries, we scooped the black peppermint sorbet.

—JOHNNY IUZZINI, JEAN GEORGES (NEW YORK CITY)

## MINT—IN GENERAL

**Season:** spring–autumn

**Taste:** sweet

**Function:** cooling

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Mint generally refers to spearmint.

Mint suggests “false coolness” and adds a note of freshness to dishes.

Afghan cuisine

apples

Asian cuisines

asparagus

basil

**BEANS:** black, fresh, white

beef

beets

bell peppers

berries

beverages

blackberries

bourbon

buttermilk

cardamom

**carrots, esp. baby**

cashews

Champagne

**cheese:** feta, ricotta

chicken

chile peppers (e.g., jalapeño)

chives

**CHOCOLATE, ESP. DARK,** white

chutneys

cilantro

cinnamon

citrus

cloves

coconut

cocktails: mint julep (ingredient), Pimms No. 1 Cup (ingredient)

**CREAM AND ICE CREAM**

crème fraîche

**CUCUMBERS**

cumin

curries

**desserts**

dill

duck

**eggplant**

Egyptian cuisine

endive

fenugreek

**fish**

**FRUITS**

fruits, tropical

garlic

**ginger**

grapefruit

grapes

Greek cuisine

halibut

honey

**Indian cuisine**

jellies

kumquats

**\*LAMB**

lavender  
**lemon**  
lemongrass  
lemon verbena  
lentils  
lettuce  
lime  
mango  
marinades  
marjoram  
meats

**Mediterranean cuisine**

**melon**

Mexican cuisine

**Middle Eastern cuisine**

milk

**Moroccan cuisine**

mushrooms

mussels

nectarines

olives, black

onions, esp. red

orange

oregano (say some)

papaya

paprika

parsley

pasta

peaches, esp. cooked

pears

**peas, esp. young**

pepper

pineapple

plums, esp. cooked

pork

**potatoes, esp. new**

poultry

pumpkin

punches, fruit

radishes  
raitas  
raspberries  
rice and rice dishes  
rosemary  
sage

**SALADS: bean, fruit, green, vegetable**

salsas  
sea bass  
shellfish  
shrimp  
skate  
soups, esp. bean, cold, and/or fish  
soy sauce  
spinach  
spring rolls, esp. Vietnamese  
squash, summer  
stews, esp. seafood  
strawberries

**SUGAR**

sumac  
**tabbouleh** (key ingredient)  
**tea, esp. Earl Grey, green**  
Thai cuisine (e.g., green curries)  
thyme

**tomatoes**

trout  
tuna  
Turkish cuisine  
vanilla  
veal

**vegetables**

Vietnamese cuisine  
vinegar: cider, rice wine  
watermelon

**YOGURT**

zucchini

**AVOID**

oregano (say some)

### **Flavor Affinities**

mint + chocolate + cream  
mint + cilantro + dill  
mint + cucumber + lime  
mint + cucumber + vinegar  
mint + cucumber + yogurt  
mint + lamb + yogurt

### **MINT, DRIED**

**Taste:** sweet  
**Weight:** medium  
**Volume:** moderate–loud

beef  
bell peppers  
bold-flavored foods  
cheese, feta  
chicken  
cucumbers  
duck  
Eastern Mediterranean cuisine  
garlic  
Greek cuisine  
hummus  
kebabs  
lamb  
leeks  
lemon  
lentils  
meats, esp. grilled  
olive oil  
olives  
onions, red  
oregano  
pasta

pork  
rice  
soups: chicken, vegetable  
tomatoes  
Turkish cuisine  
yogurt  
zucchini



## MINT, PEPPERMINT

**Taste:** sweet  
**Weight:** light–medium  
**Volume:** very loud  
**Tips:** Mint suggests “false coolness.”

apples  
berries  
**beverages**  
candies  
carrots  
**chocolate**  
citrus  
**cream and ice cream**  
**DESSERTS**  
**iced desserts (e.g., granita, sorbet)**  
mangoes

Mediterranean cuisine

milk

strawberries

teas

**AVOID**

savory foods

## MIREPOIX

**Tips:** Use as the base of stocks and soups.

## French cuisine

### Flavor Affinities

carrots + celery + onions

I like to add **miso** to purees because it adds a rich, buttery flavor and a rich texture. I will serve broiled oysters topped with a puree of miso, pineapple, and serrano chile. I am working on miso-avocado puree as well. It is delicious, but I just haven't found the right dish for it yet. I am also working with miso-huitlacoche soup with tofu, mushrooms, or corn.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

I love **miso**. I went to a Japanese restaurant and loved the miso soup. I realized that it would give more flavor than chicken broth to my onion soup. So now I make a miso broth the night before, let it sit and separate, and use the broth for my onion soup.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I will use several different **misos**, depending on the purpose. I might use *saikyo*, a light, yellow, sweet miso, in marinades or with lighter fish like sweet shrimp and scallops that would be overwhelmed by dark miso. Barley miso is a distinctive strong, sweet miso that I'll use with nigiri with baby squid and shiso. I'll use wheat miso with foie gras. Sometimes I'll even mix misos.

—KAZ OKOCHI, KAZ SUSHI BISTRO (WASHINGTON, DC)

## MISO AND MISO SOUP

**Weight:** medium-heavy

**Volume:** quiet–moderate (depending on light or dark miso)

**Techniques:** marinades, sauces, soups

beef  
chicken  
duck  
fish: cod, salmon  
garlic  
ginger  
honey  
Japanese cuisine  
legumes  
lemongrass  
marinades  
mirin  
mushrooms  
mustard  
**oysters**  
pineapple  
rice, brown  
**sake**  
salad dressings  
sauces  
sesame oil  
soups  
soy sauce  
steak  
stews  
stock, chicken  
sugar  
tofu  
vinegar, rice  
walnuts

## Dishes

**Roasted Duck Breast with a Red Wine–Miso Sauce**

—Gabriel Kreuther, The Modern (New York City)

**Alaskan Black Cod with Chinese Broccoli, Homemade Tofu, Black Seaweed, Asian Pear, Miso Broth**

—Christopher Lee, Gilt (New York City)

## MOLASSES

**Taste:** sweet, bitter

**Weight:** heavy

**Volume:** loud

apples

baked goods (e.g., cookies, pies)

**barbecue sauce**

**beans, baked**

bread, esp. brown

butter, unsalted

cinnamon

cream

**ginger**

**gingerbread**

Grand Marnier

lemon, juice

marinades

New England cuisine (e.g., Indian pudding)

orange

pancakes

plums

popcorn

raspberries

sugar, brown

vanilla

walnuts

**Monkfish is great with garlic!**

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

## Dishes

**Line-Caught Monkfish Loin and “Fresh Bacon” Kurobuta Pork Belly with Golden Chanterelles, Wood-Grilled Leeks, and Herb-Crusted Salsifies, Lobster Red Wine Jus**

—Carrie Nahabedian, Naha (Chicago)

**Sautéed Monkfish with Broccoli Rabe, Pine Nuts, and Raisins**

—David Pasternak, Esca (New York City)

**Roasted Monkfish with Spinach, Oyster Ravioli, Watercress Sauce**

—Michel Richard, Citronelle (Washington, DC)

## MONKFISH

(See also **Fish—In General**)

**Season:** autumn–winter

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, poach, roast, sauté, stew

aioli

apples

apricots, dried

artichokes, Jerusalem

arugula

asparagus

**bacon**

basil

**bay leaf**

beans, white

beer, wheat

brandy

bread crumbs

**butter:** clarified, unsalted

**cabbage:** green, red, savoy

caperberries

capers  
cardamom  
**carrots**  
cayenne  
celery  
chard  
chervil  
chile peppers  
chili powder  
**chives**  
cider, hard  
cilantro  
cinnamon  
clams  
**coriander**  
couscous  
cream  
cumin  
curry powder  
**fennel**  
**fennel seeds**  
**GARLIC**  
ginger, fresh  
**leeks**  
**LEMON:** juice, zest  
lemon, preserved  
lemongrass  
lemon thyme  
lobster  
Mediterranean cuisine  
mushrooms, esp. chanterelles, portobello  
mussels  
**OIL:** canola, corn, peanut, vegetable  
**olive oil**  
olives, esp. green  
**onions, esp. yellow**  
orange, zest  
oregano  
pancetta

**paprika, sweet**

Parmesan cheese

**parsley, flat-leaf**

pesto

**pepper: black, green, white**

Pernod

pine nuts

pork: bacon, pork belly

**potatoes, esp. new**

red pepper flakes

romesco sauce

**rosemary**

**saffron**

sage

salmon

salmon, smoked

**salt: kosher, sea**

sausage

**shallots**

sherry, dry (e.g., fino)

soy sauce

spinach

squid

star anise

**STOCKS AND BROTHS:** chicken, clam, fish, shellfish, veal

striped bass

Swiss chard

tarragon

**thyme**

**tomatoes**

turmeric

vinaigrette

vinegar, white wine

walnuts

watercress

**WINE: dry white** (e.g., Gewürztraminer), or full-bodied red, dry sherry

## Flavor Affinities

monkfish + aioli + new potatoes  
monkfish + apples + sausage  
monkfish + bacon + cabbage + potatoes  
monkfish + basil + Swiss chard + thyme  
monkfish + curry + mussels + saffron  
monkfish + leeks + mussels  
monkfish + red cabbage + pancetta  
monkfish + white beans + fennel + garlic + saffron + tomatoes

## **MORELS**

(See **Mushrooms, Morels**)

## **MOROCCAN CUISINE**

almonds  
apricots  
bell peppers, green  
chile peppers  
cilantro  
cinnamon  
couscous  
coriander  
cucumbers  
cumin  
dates  
figs  
fruits  
ginger  
lamb  
lemon, juice

## **LEMONS, PRESERVED**

nuts  
olive oil  
olives  
onions  
paprika  
pepper  
pine nuts

pistachios  
raisins  
**ras el hanout**  
saffron  
salads  
stews, aka *tagines*  
sumac  
tomatoes  
turmeric

### Flavor Affinities

chile peppers + garlic + olive oil + salt (aka harissa)  
cinnamon + coriander + cumin  
eggplant + cinnamon + mint  
green tea + dried spearmint + sugar  
lamb + cinnamon + honey + prunes  
oranges + cinnamon + honey  
parsley + lemon juice + olive oil  
phyllo dough + almonds + cinnamon + honey  
phyllo dough + honey + sesame seeds



I don't know the first thing about **Moroccan cooking** other than eating Moroccan food and owning Paula Wolfert's book [*Couscous*], but I serve a lamb dish in Moroccan

spices. I braise lamb shanks in cumin, saffron, and preserved lemon, with the juice being turned into a sauce. The lamb shanks are then boned and put into a cake with eggplant and molded onto a plate. This is not Moroccan cooking per se, but it suggests the flavors of Morocco.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

## MUSHROOMS—IN GENERAL

(See also specific mushrooms)

**Season:** late spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, broil, deepfry, grill, pan roast, raw (e.g., in salads), roast, sauté, soup, steam, stew

almonds

asparagus

**bacon**

barley

basil

bay leaf

beans: green, lima

beef

bell peppers, esp. red

bread crumbs

**BUTTER, unsalted**

capers

carrots

cayenne

celery

cheese: Comté, Emmental, Gruyère, Parmesan, Swiss

chervil

chestnuts

chicken

chile peppers: dried red, fresh green

**chives**

cilantro

cloves

cognac

coriander

crab

**CREAM**

crème fraîche

cumin

dill

eggs

fennel

fish

French cuisine

frisée lettuce

game

garam masala

**\*GARLIC**

garlic chives

ginger

grappa

**ham**

herbs

juniper berries

**leeks**

**lemon:** juice, zest

Madeira

**marjoram**

meats

milk

mirepoix

mustard, Dijon

nutmeg

**OIL:** canola, grapeseed, peanut, vegetable

**OLIVE OIL**

**onions:** green, pearl, red, yellow

oregano

paprika, esp. sweet

Parmesan cheese

**PARSLEY, flat-leaf**

pasta

peas

**PEPPER: black, white**

pine nuts

pork

potatoes

poultry

prosciutto

radicchio

rice

risotto

**rosemary**

sage

sake

**SALT:** *fleur de sel, kosher, sea*

scallions

seafood

sesame oil

**SHALLOTS**

**sherry, dry** (e.g., manzanilla)

sour cream

soy sauce

spinach

**stocks:** chicken, dashi, mushroom, veal

sugar

**tarragon**

**thyme, fresh**

tomatoes

truffle oil

veal

**vinegar, esp. balsamic, red wine, sherry**

walnuts

**WINE:** dry red, white, vermouth

yogurt

## Flavor Affinities

mushrooms + garlic + lemon + olive oil

mushrooms + garlic + parsley

mushrooms + garlic + shallots

## Dishes

**Vegetarian Texas Chili: Ancho Chile Braise of Grilled Woodland Mushrooms, White Runner Beans, Green Beans, Calabacitas, Cumin, and Beer, topped with Mexican Queso Añejo and Red Onion**

—Rick Bayless, Frontera Grill (Chicago)

**Wild Mushroom Soup with Ramps and Croutons**

—Daniel Boulud / Bertrand Chemel, Café Boulud (New York City)

**Roasted Garlic Gnocchi with Wild Mushrooms, Sage, and Crispy Sweetbreads**

—Gabriel Kreuther, The Modern (New York City)

**Warm Mushroom Salad: Frisée, Bacon, Goat Cheese, and Sherry Vinaigrette**

—Alfred Portale, Gotham Bar and Grill (New York City)

**Mushroom Tart: Thin-Crust Tart Filled with Sautéed Wild Mushrooms, Celeriac Puree, and Aged Port Reduction**

—Eric Ripert, Le Bernardin (New York City)

**Risotto with Wild Rice, Squash, and Wild Mushrooms**

—Judy Rodgers, Zuni Café (San Francisco)

**Warm Wild Mushroom Spinach Salad with Chickpeas, Olives, and Preserved Lemon**

—Allen Susser, Chef Allen's (Miami)

**Mushroom and Asparagus Risotto with Lemon Thyme**

—Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

**Marjoram brings up the mushroom flavor.**

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## Dishes

**Pappardelle with Chanterelles and Thyme**

—Mario Batali, Babbo (New York City)

## MUSHROOMS—CHANTERELLES

**Season:** spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, sauté

bay leaf

**butter, unsalted**

chard

cheese, Parmesan

chives (garnish)

**cream**

eggs and egg dishes (e.g., omelets)

game

**garlic**

lentils

mussels

**oil, peanut**

**olive oil**

onions, esp. green

parsley

pasta

**pepper: black, white**

poultry

radicchio

**salt, kosher**

sauces

**shallots**

soups

**STOCKS: BEEF, CHICKEN**

sweet potatoes

**thyme, fresh**

vinegar, sherry

wine, dry white

## **Flavor Affinities**

chanterelles + butter + cream + garlic + parsley

chanterelles + cream + garlic + thyme

## **MUSHROOMS—CREMINI**

**Season:** year-round

**Weight:** light–medium

**Volume:** quiet–moderate

arugula

butter

cheese: goat, Parmesan

chives

garlic

mascarpone

olive oil

parsley, flat-leaf

pepper, white

salt

shallots

stock, chicken

thyme

truffle oil

## **MUSHROOMS—MATSUTAKE**

**Season:** autumn

**Weight:** medium

**Volume:** loud

**Techniques:** braise, fry, grill, sauté, simmer, steam, stir-fry

butter

cabbage, savoy

chicken

cod, black

cream

custard

dashi  
fish  
herbs: chervil, chives, flat-leaf parsley, tarragon  
Japanese cuisine  
lemon, juice  
mirin  
mushrooms, wild  
olive oil  
pepper, black  
rice  
sake  
salt  
shallots  
shrimp  
soup  
soy sauce  
stock, chicken  
tempura  
tofu  
vinegar, rice wine

**Matsutake mushrooms** have a cinnamon and pine quality to them. This is a fall mushroom and works well with savoy cabbage. I like pairing luxurious ingredients with cabbage. We will roast black cod and serve it with cabbage, cream, and the matsutake.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## MUSHROOMS—MORELS

**Season:** spring (May–June)  
**Weight:** light–medium  
**Volume:** quiet–moderate  
**Techniques/Tips:** Always serve cooked: boil, stew

**ASPARAGUS:** green, white  
bacon  
basil  
bay leaf

**BUTTER**, unsalted

**caraway seeds**

cheese: Fontina, goat, Parmesan

chervil

chicken mousse

chives

**CREAM, heavy**

crème fraîche

eggs, yolks

faro

fava beans

## Dishes

**Organic Carnaroli Risotto with Wild Spring Morels, Wood-Grilled Ramps, Confit of Green Garlic and Spinach, Parmigiano-Reggiano, and Umbrian Olive Oil**

—Carrie Nahabedian, Naha (Chicago)

**Our Local Morel Pizza with Fontina Cheese, Virginia Country Ham, and Frizzled Ramps. A Warm Salad of Grilled Asparagus and Freshwater Blue Prawns with Sherry Vinaigrette**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

**Caraway seeds bring up the flavor in morel mushrooms.**

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

fiddlehead ferns

**GARLIC: regular, spring**

ham: Virginia, Serrano herbs

**lamb**

leeks

lemon

Madeira

marjoram

mirepoix

**oil, peanut**

olive oil

onions, esp. spring

pancetta

paprika, sweet

parsley, flat-leaf

pasta

peas

**PEPPER: black, white**

pork

port

potatoes, esp. new

ramps

rosemary

**SALT, kosher**

sauces

savory

**shallots**

soufflés (e.g., goat cheese)

soy sauce

**stocks:** chicken, mushroom, vegetable

sweetbreads

tarragon

**thyme**

truffles, black

vinaigrette

vinegar, sherry

wine, Champagne

## Flavor Affinities

morels + asparagus + ramps

morels + garlic + lemon + olive oil + parsley

## MUSHROOMS—PORCINI / CEPES / KING BOLETE

**Season:** late spring–early autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** grill, parboil, roast, sauté, stew

almonds  
arugula  
bacon  
brandy  
bread crumbs  
butter, unsalted  
carrots  
**cheese:** Fontina, Garrotxa, **Parmesan**  
chervil  
chicken, esp. roasted  
chives  
coffee  
**cream / milk**  
crème fraîche  
**eggs**  
fennel  
fish: grilled, white  
French cuisine  
**garlic**  
hazelnuts  
Italian cuisine  
**lemon, juice**  
Madeira  
marjoram  
mascarpone  
mint  
mushrooms, button or cremini  
**OIL, PORCINI**  
**OLIVE OIL**  
**onions**  
**parsley, flat-leaf**  
**pasta**

## Dishes

**Raw Porcini with Arugula, Parmigiano, and Aceto Manadori**

—Mario Batali, Babbo (New York City)

**Salad of Porcini Mushrooms, Green Apple, and Garrotxa Cheese, with Hazelnut Vinaigrette**

—Traci Des Jardins, Jardinière (San Francisco)

**King Bolete**—or **porcini**, as they are also known—are pretty sweet. I like them with a carrot puree in ravioli. The sauce for the dish will be the braising liquid from the ravioli as well as some carrot juice. The ravioli is then topped with fried sage and black currants.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

**pepper, black**

polenta

potatoes

prosciutto

radicchio

rice, arborio

sage

sake

**salt:** kosher, sea

**shallots**

spinach

steak

stocks: chicken, mushroom, vegetable

tamari

tarragon

thyme

tomatoes

truffles, esp. white

veal

**vinegar, esp. balsamic** walnuts

wine, dry white

### **Flavor Affinities**

porcini + almonds + balsamic vinegar

porcini + arugula + lemon + Parmesan cheese

porcini + balsamic vinegar + radicchio

porcini + carrots + sage

porcini + coffee + veal  
porcini + lemon juice + olive oil  
porcini + parsley + tomatoes  
porcini + prosciutto + spinach

## MUSHROOMS—PORTOBELLO

**Season:** year-round  
**Weight:** medium-heavy  
**Volume:** moderate  
**Techniques:** broil, grill, roast, sauté, stuff  
**Tips:** Gets firmer with longer cooking.

**cheese:** manchego, Parmesan, ricotta  
crème fraîche garlic  
lemon  
mint  
olive oil  
pasta  
polenta  
spinach  
thyme  
tomatoes, sun-dried

### Flavor Affinities

portobello mushrooms + lemon + mint + olive oil  
portobello mushrooms + polenta + spinach

#### Dishes

##### Grilled Portobello with Manchego Cheese, Garlic, and Thyme Oil

—Ann Cashion, Cashion's Eat Place (Washington, DC)

##### Vegetarian Sushi: Sun-Dried Tomato and Portobello Roll

—Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Gonzales Portobello Mushroom “Steak,” Texas Brown Rice and Nut Cake, Coconut-Chile Sauce**

—Monica Pope, T’afia (Houston)

**Pasta Salad with Sun-Dried Tomato Pesto, Portobello Mushrooms, and Grilled Squash**

—Charlie Trotter, Trotter’s to Go (Chicago)

**Portobello Mushrooms in Porcini Cream Curry**

—Vikram Vij and Meenu Dhalwala, Vij’s (Vancouver)

**Portobello Mushroom and Red Bell Pepper Curry on Paneer with Beet-Daikon Salad**

—Vikram Vij and Meenu Dhalwala, Vij’s (Vancouver)

## MUSHROOMS—SHIITAKE

**Weight:** medium

**Volume:** moderate

**Techniques:** grill, sauté, simmer, stir-fry

anchovies

asparagus

**bacon**

**basil**

bell peppers, roasted

**brandy**

**butter:** clarified, unsalted

cabbage, savoy

celery root

chicken

chile peppers

chives

cod

coriander

cream

cream cheese

eggplant

**eggs**, esp. hard-boiled

fish sauce

## **GARLIC**

**Japanese cuisine**

leeks

lemon, juice

lemongrass

lime

mushrooms, oyster

**OIL:** canola, hazelnut, vegetable

**olive oil**

**ONIONS**, esp. red, white

parsley, flat-leaf

### **Vitaly Paley of Paley's Place in Portland, Oregon, on Cooking with Mushrooms**

#### **Mushrooms Year-Round**

**Spring.** This is the start of the morel season. One of the reasons I came to work in Oregon was one day I was working in a kitchen in France and a box of morels arrived with a tag on it that said "Oregon."

**Summer.** The morels dwindle away, and we get a brief stint of porcini/cepes. Late summer is golden and white chanterelle season.

**Fall.** The porcini come back and we also get in matsutake mushrooms as well. We have [Pacific Northwest] black and white truffles here and the season starts in November. They are pretty flavorful but it is important to realize they are different from European truffles—not to mention a lot less expensive.

I'm not a big fan of cultivated mushrooms but I do like a few. King oyster or trumpet royal are the same mushroom and it is one of my favorites. Portobellos are also good, though they are a little '70s.

I am suspicious of some dried mushrooms you find in the supermarket only because you don't know how old they are and how much flavor they will have.

#### **Buying and Cleaning Mushrooms**

When it comes to mushrooms, every kind needs to be well cleaned because there is nothing worse than getting a mouthful of grit. I wash them all by soaking them in a bowl of water and pulling them out. The key to remember is that you want to use mushrooms soon after washing them. Don't wash them a day ahead.

For morel mushrooms, you need to know how to cook them, and slicing them up fresh and throwing them in a pan is not it. It is very important to clean them and I recommend blanching them. Fill a pot with cold water, toss in a handful of salt and then the mushrooms. Bring the pot to a boil, scoop out the mushrooms, spread them out, and lightly squeeze them dry. As you dry them, take a good look at them to make sure they are free of twigs and such.

#### **Seasoning Mushrooms**

When it comes to seasoning mushrooms, savory works across the board. The seasoning combination that I've used in my kitchen from day one is a raw parsley and garlic combination that in French is called *persillade*. After the mushrooms have been sautéed in butter or olive oil, at the last second you toss in this combination with a pinch of salt. That is all a mushroom needs most of the time!

If you are roasting porcini or king oyster mushrooms, roast them on a bed of savory or thyme for extra flavor.

pepper, black

pizza

polenta

pork

potatoes

rice, basmati

**rosemary**

**sage**

salt, kosher

shallots

soups

sorrel

soy sauce

**spinach**

stews

**stock**, chicken

tarragon

thyme

**vinegar, balsamic**

walnuts

wine, dry white

## Flavor Affinities

shiitake mushrooms + basil + onions

## MUSSELS

**Season:** autumn–winter

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** bake, boil, grill, steam

bacon  
**basil**  
bass  
**bay leaf**  
beans: green, navy  
bell peppers, esp. red and/or roasted  
bread crumbs  
**butter**, unsalted  
capers  
carrots  
**cayenne**  
celery  
celery seeds  
chanterelles  
chervil  
chile peppers, esp. jalapeño  
Chinese cuisine  
**chives**  
cilantro  
**CLAMS** and clam juice  
cod  
cognac  
**CREAM**  
**curry powder**  
egg yolks  
**fennel**  
fennel seeds  
French cuisine  
**GARLIC**  
ginger  
ham  
Italian cuisine  
leeks  
**LEMON**, juice  
lemon thyme  
lovage

## Dishes

**Mussel Soup with Cilantro and Serrano Chile Cream**

—Robert Del Grande, Café Annie (Houston)

**Mussels in a Spicy Sauce of Panca Peppers, Garlic, Cilantro, and Peruvian Dark Beer**

—Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Our Version of the Classic Portuguese Surf and Turf Braise: Pork Belly, Mussels, Potatoes, and Black Olives in a Savory Ají Panca and Dark Beer Sauce**

—Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Spaghetti with Mussels, Pine Nuts, Nutmeg, and Parsley**

—Barton Seaver, Hook (Washington, DC)

**Steamed Black Mussels, Coconut Broth, Red Curry Oil**

—Rick Tramonto, Tru (Chicago)

marjoram

mayonnaise, garlic

Mediterranean cuisine

mint

monkfish

mushrooms

**mustard**, Dijon

nutmeg

**OLIVE OIL**

olives, black

**ONIONS**, esp. red, spring, white

**orange**: juice, zest

oregano

oysters

paella (key ingredient)

paprika: smoked, sweet

Parmesan cheese

**PARSLEY**: flat-leaf, curly

pasta

**PEPPER**: black, white

**Pernod**

pesto  
pine nuts  
potatoes  
radicchio  
red pepper flakes  
rice and risotto

**rosemary****SAFFRON**

**SALT:** kosher, sea

scallions

**SHALLOTS**

shrimp  
snapper  
sole  
squid  
stews  
**stocks:** chicken, clam, fish

**tarragon****THYME****TOMATOES**

vermouth  
vinaigrette  
**vinegar:** red wine, sherry  
watercress  
wild rice  
**WINE: dry white** (e.g., Chardonnay, Pinot Blanc, Riesling, Sauvignon Blanc)  
zucchini

**Flavor Affinities**

mussels + clams + garlic + onion + thyme + white wine  
mussels + cream + curry + saffron  
mussels + fennel + saffron + white wine  
mussels + garlic + saffron + tomatoes  
mussels + Dijon mustard + saffron  
mussels + mustard + tarragon  
mussels + olives + oranges  
mussels + saffron + tarragon + tomatoes

## **MUSTARD**

**Taste:** bitter

**Function:** heating

**Weight:** medium-heavy

**Volume:** moderate–very loud

**Tips:** Add at the end of the cooking process.

Use cucumbers to cut the taste of mustard.

apples: fruit, juice

avocados

bay leaf

**beef**, esp. corned, grilled, or roasted

beets

**cabbage**

capers

**cheeses** (e.g., blue, cheddar, Gruyère, and other hard) and cheese dishes (e.g., macaroni and cheese, soufflé)

**chicken**

chile peppers

cold cuts

coriander

crab

**cream and sour cream**

**cucumbers**

**cumin**

**cured meats**

curries

curry leaves

dill

egg dishes

fennel

fenugreek

**fish**

French cuisine, esp. southern

**fruits**

garlic

German cuisine

gingerbread

green beans  
**ham**  
herbs  
**honey**  
Indian cuisine, as mustard seeds  
Irish cuisine  
Italian cuisine, esp. southern  
**lamb**  
leeks  
lemon, juice  
mayonnaise  
**meats, cold or hot**  
Mediterranean cuisine  
mint, esp. peppermint  
*mostarda* (mustard fruits)  
mussels  
oil, canola  
olive oil  
**onions**  
oregano  
paprika  
parsley  
pastrami  
**pepper:** black, green, white  
**pork**  
**potatoes**  
poultry  
rabbit  
**salads and salad dressings**  
**salmon**  
salt: kosher  
sauces  
sauerkraut  
**sausages**  
Scandinavian cuisine  
seafood  
smoked fish  
soy sauce  
steaks

sumac  
tarragon  
tomatoes  
turmeric  
vegetable-based dishes  
vinaigrettes  
**vinegar:** balsamic, red wine, white wine  
walnuts: nuts, oil

Good cooking transcends all cultures. You can take inspiration from all around the world and apply it to what you are cooking without making it “fusion.” In some cases, you can even take a classic and make it taste better. I worked with Floyd Cardoz [chef of the Indian restaurant Tabla in New York City] and learned a lot about Indian spicing and technique from him. One technique was *turka*, which is where you fry spices in oil or ghee [Indian clarified butter] until they pop. It really opens up the flavor of the spices.

I use this cross-cultural technique when making a veal dish with a great **mustard** sauce, which is a classic French dish, and the result is not a fusion dish: Take black, yellow, and red mustard seeds and toast them in butter or olive oil until they pop; then add some shallots and vermouth and reduce it. Then, add veal stock with a splash of cream and Dijon mustard. The result is a very complex sauce with a much deeper flavor, versus simply combining some cream and mustard together in the pan.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## Flavor Affinities

mustard + curry leaves + cumin  
mustard + garlic + oil + shallots + vinegar  
mustard + garlic + oil + vinegar  
mustard + oil + shallots + vinegar

## MUSTARD GREENS

### (See Greens, Mustard)

Tarragon leads me to **mustard** which leads me to shellfish—which leads me to mussels. The combination of the three is delicious.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)



## NECTARINES

(See also Peaches)

**Season:** late spring–early autumn

**Taste:** sweet

**Weight:** light–medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, sauté

allspice

almonds, esp. toasted

apricots

beverages, esp. cocktails

blackberries

blueberries

brandy

butter, unsalted

buttermilk

caramel

Champagne

cherries

chicken

chocolate

cinnamon

cranberries

**cream and ice cream**

custard

desserts and dessert sauces

figs

**ginger**, esp. fresh

hazelnuts

honey

Kirsch

**lemon**: juice, zest

maple syrup

mascarpone

milk, sweetened condensed

mint (garnish)

nutmeg

oatmeal

onions

orange, juice

orange liqueur

peaches

peach liqueur (e.g., schnapps)

pecans

pepper, black

pistachios

**plums** (compatible fruit)

pork

**raspberries**

salads, fruit

salsas, fruit

soups, esp. chilled

sour cream

strawberries

**SUGAR: brown, white****vanilla**

vinegar, cider

**WINE**: red, fruity, sweet, or white: Merlot, Moscato d'Asti, Muscat, Rosé, Sauternes,

Vin Santo, Zinfandel

yogurt

## **NORTH AFRICAN CUISINE**

(See also Moroccan Cuisine)

allspice

cinnamon

coriander

**couscous**

**cumin**

garlic, esp. in Egypt

ginger

lemons, preserved

meats, esp. grilled

onions

paprika

pepper, black

saffron

salads

spices, esp. in Morocco

turmeric

vegetables

### **Dishes**

**Roasted Nectarine Custard Cake with Ice Wine Sorbet and Warm Berry Compote**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

**New Orleans Nectar Soda “Snow Cone” with Stewed Nectarines and Fresh Raspberries**

—and Drizzle of Sweetened Condensed Milk

—Bob Iacovone, Cuvée (New Orleans)

## **NUTMEG**

**Season:** autumn–winter

**Taste:** sweet

**Botanical relative:** mace

**Weight:** light–medium

**Volume:** loud

**Tips:** Use in moderation.

allspice

**apples**

baked dishes (e.g., biscuits, cakes, pies)

beef: braised, raw

berries

beverages (e.g., chocolate, eggnog)

broccoli

butter

cabbage

cakes

cardamom

Caribbean cuisine

carrots

cauliflower

## **CHEESE (ESP. RICOTTA) AND CHEESE DISHES**

**chicken**

chickpeas

Chinese cuisine

chocolate

chowders (e.g., fish)

**cinnamon**

**cloves**

cookies

coriander

## **CREAM / MILK**

cumin

**custards**

## **DESSERTS**

## **EGGNOG**

eggs

fish

French cuisine

**fruits: dried, fresh**

German cuisine

**ginger**

goat

Greek cuisine

green beans

hazelnuts

honey

**Indian cuisine**

**Italian cuisine, esp. sauces**

jerk pastes, e.g., Caribbean

**lamb, esp. braised**

Latin American cuisine

lemon juice

**MACE**

meats (e.g., meatballs)

Middle Eastern cuisine

milk-based dishes

**mushrooms**

nuts

onions

oranges

parsnips

**pasta and pasta sauces**

pastries

pâtés

pears

pepper

pork

**potatoes**

**puddings**

**pumpkin**

*quatre épices* (ingredient, with cloves, ginger, and white pepper)

raisins

**RICE**

sauces: béchamel, white

sausages

Scandinavian cuisine

seafood

shellfish, shrimp

**soufflés**

soups

sour cream

Southeast Asian cuisine

## **SPINACH**

**squash, winter**

stuffing

succotash

sugar, esp. brown

sweet potatoes

thyme

tomatoes and tomato sauces

vanilla

## **veal**

wine (e.g., mulled)

yogurt

## **Flavor Affinities**

nutmeg + allspice + cinnamon

nutmeg + cloves + cream

nutmeg + cloves + ginger + white pepper (*quatre épices*)

nutmeg + cream + spinach

## **NUTS—IN GENERAL**

(See also Pecans, Walnuts, etc.)

**Weight:** heavy

**Volume:** moderate (varies by nut)

**Tips:** Always toast nuts before using to enhance flavor and texture.

### **Marcel Desaulniers of The Trellis in Williamsburg, Virginia, on Nuts**

*We use a great deal of nuts at the restaurant. On our fall menu, we have nuts in six out of ten entrées. Using nuts has always been one of my hallmarks in terms of adding texture to everything from a salad or soup to entrées and desserts. This philosophy hasn't changed much since 1987 when I opened. I can't think of a nut that doesn't, in essence, work in both sweet and savory dishes.*

### **Dishes from The Trellis in Williamsburg Featuring Nuts**

Jumbo Lump Crab Cakes with Grilled Jumbo Asparagus and Toasted Macadamia Nuts

Grilled Chicken Breast with StoneGround Grits Cake, Toasted Peanuts, and Spicy Peanut Sauce

Chicken Salad: Diced Fresh Chicken Breast, Granny Smith Apples, Pecans, Celery, Raisins, and Mayonnaise on Toasted Buttermilk Bread, Served with Mesclun Greens

Pan-Seared Sea Scallops and Sautéed Shrimp with Country Ham, Shiitakes, Roasted Shallots, and Pecan-Studded Basmati Rice

Spinach Fettuccine with Smoked Tomatoes, Artichokes, Melted Sweet Onions, Fresh Herbs, Toasted Pine Nuts, and Black Pepper Butter

Chunk Light Tuna with Seedless Grapes, Chopped Walnuts, and Mayonnaise on Toasted Whole Wheat Bread Garnished with Watercress, Grapes, and Walnuts

I love **nuts**, and put them in everything. I find that almost all nuts pair well with a lot of different things. When I am creating a dessert, I will choose my nuts geographically. For example, if I am making a Sicilian dessert, I'll use pistachios because that is the nut they would use [in Sicily].

—GINA DEPALMA, BABBO (NEW YORK CITY)

The quality of chopped **nuts** can never compare with the quality of whole nuts. In 26 years, we have never bought chopped pecans because the quality is so different, despite the fact that it would be a lot less expensive.

I recommend simply chopping by hand or, in the case of something like a pecan, breaking it with your fingers. Pecans have so much moisture that if you chop them, you lose what is special about their texture. People tend to put nuts into the food processor and the next thing you know, you have powder and not pieces.

We always toast our **nuts**, 100 percent of the time. Nuts absorb a lot of moisture, so by toasting them you dry them out and heighten the flavor. You do need to be careful, because they burn so easily. Slower roasting is better. With a nut like a cashew, you want to roast them at 325 degrees to get them to be a nice, golden brown.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

Always toast **nuts** to bring up the flavor. If you don't toast the nuts before adding them to a dish, they tend to come out soggy when the dish is done. The one exception would be if they are going on top of a tart going into the oven, because then they would be overtoasted.

Nuts work great in adding texture, especially to creamy and/or moussey desserts. The other way to balance out richness is with some phyllo dough.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

Juicing **nuts** is the new thing we are doing. We'll juice almonds, hazelnuts, and—best of all—pine nuts, which comes out like pine nut butter. Juicing pine nuts is better than grinding them, because it pulverizes their fat. We put that on some local green beans with preserved lemon zest, to serve with spring onions with lamb.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

Lavender works well with all sorts of **nuts**, including almonds, hazelnuts, pistachios, and walnuts. The one nut it doesn't work well with is chestnuts.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## OATMEAL / OATS

**Taste:** sweet

**Function:** heating

**Weight:** medium-heavy

**Volume:** quiet

**Techniques:** simmer

almonds

**apples**

apricots

bananas

blueberries

brandy

breakfast

**butter, unsalted**

buttermilk

caramel

cherries

chocolate, esp. dark, white

cider

**cinnamon**

coconut

coffee

cranberries

cream

currants

dates

figs, dried

ginger  
hazelnuts  
honey  
lemon

**maple syrup**

mascarpone

milk

nectarines

orange

peaches

peanuts

pears

pecans

persimmons

pine nuts

plums

prunes

pumpkin

raisins

raspberries

rhubarb

rum, dark

salt (pinch)

strawberries

**SUGAR: brown, white**

sweet potatoes

vanilla

walnuts

**yogurt**

## Flavor Affinities

oatmeal + currants + maple syrup  
oatmeal + pears + vanilla + yogurt

## Dishes

**Cherry-Almond Granola with Greek Yogurt and Vanilla Honey**

—Daniel Humm, Eleven Madison Park (New York City)

**Steel-Cut Oats, Devon Cream, Cinnamon Toast, and Cider-Roasted Apples**

—Daniel Humm, Eleven Madison Park (New York City)

**Grown-Up Oatmeal Soufflé Served with Maple Syrup and Rum-Soaked Currants**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

## OCTOPUS

**Weight:** medium

**Volume:** quiet-moderate

**Techniques:** grill, simmer, stew

chile peppers, jalapeño

chives

chorizo

dashi

garlic

ginger

lemon, juice

mint

olive oil

onions, red

orange, juice

pepper, black

potatoes

red pepper flakes

sake

salt, sea

soy sauce

tamarind

tangerine

tomatoes and tomato sauce

vinegar: champagne, red wine

wine, red

## **Flavor Affinities**

octopus + chorizo + lemon  
octopus + jalapeño peppers + mint  
octopus + orange + potatoes  
octopus + sake + sea salt

## **OIL, ALMOND**

**Weight:** light

**Volume:** quiet

**Techniques:** bake, raw

### **almonds**

asparagus  
baked goods  
chicken  
Chinese cuisine  
duck  
fish  
Indian cuisine  
mustard  
pasta  
romaine  
salads  
sauces  
smoked salmon  
vegetables  
vinaigrettes  
vinegar, champagne

I like almond oil with asparagus salad.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

I'll poach everything from saddle of rabbit to guinea fowl to fish—from sturgeon, which holds up nicely, to New Zealand snapper to John Dory—in **avocado oil**. It gives an incredible texture and depth of flavor. I also like it with vegetarian dishes. I use it in dressings, and it seems to hold an emulsion really well. It has a nice affinity with tomato; I have made tomato water with chardonnay vinegar and avocado oil, and it

makes beautiful light dressing. It also goes well with citrus like lemon, lime, or orange. Just like you like to squeeze some citrus over avocado, avocado oil works the same way in reverse.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## OIL, AVOCADO

**Weight:** light

**Volume:** quiet

**Techniques:** emulsify, fry, grill, raw, roast, salads, sauté, stir-fry

arugula

asparagus

**avocados**

basil

chile peppers

corn

cucumber

emulsions

**fish**

garlic

**grapefruit**

guinea fowl

**lemon, juice**

**lime, juice**

melon

**orange, juice**

pasta

rabbit

**salads and salad dressings**

salmon

scallops

seafood

shrimp

squid

thyme

tomatoes and tomato water

tuna

vegetables

vegetarian dishes

vinegar: balsamic, chardonnay, white wine

zucchini

### **Flavor Affinities**

avocado oil + chardonnay vinegar + tomato water

## **OIL, CANOLA**

**Taste:** neutral

**Weight:** light

**Volume:** quiet

**Techniques:** bake, sauté

salads and salad dressings

### **AVOID**

deep-fry

## **OIL, GRAPESEED**

**Taste:** neutral

**Weight:** light

**Volume:** quiet

**Techniques:** fry, raw, sauté

coconut

marinades

salads and salad dressings

sautéed dishes

vinegar

## **OIL, HAZELNUT**

**Weight:** medium-heavy

**Volume:** moderate-loud

**Techniques:** raw

**Tips:** Avoid cooking, as it burns easily.

apples  
artichokes  
broccoli  
cheese, fresh  
desserts (e.g., candy, cookies)  
figs  
fish  
greens, bitter  
**hazelnuts**  
lemon, juice  
pastries  
pears  
persimmons  
**salads and salad dressings**  
sauces  
spinach  
squab  
vinaigrettes  
**vinegars, esp. balsamic, cider, fruity**  
wild rice

**Hazelnut oil** gets mixed with cider vinegar; that is a great natural marriage. This gets tossed in our baby winter spinach with mixed herbs and frisée salad. The toasted nut quality mixes well with bitter greens.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

**Hazelnut oil** is a wonderful autumn oil. We will use it in a dark balsamic vinaigrette served with squab. It is also very good with broccoli. If you make a broccoli soup, use this along with toasted hazelnuts. It is a delicious combination.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## OIL, MACADAMIA NUT

**Weight:** light–medium  
**Volume:** moderate–loud  
**Techniques:** bake, roast

fruit salads, esp. with tropical fruits  
Hawaiian cuisine  
macadamia nuts  
rice salads  
sauces

## OIL, OLIVE

(See Olive Oil)

## OIL, PEANUT

**Weight:** light  
**Volume:** quiet–moderate  
**Techniques:** fry, raw, salads, stir-fry

Asian cuisines  
Chinese cuisine  
cooking  
fruits and fruit salads  
garlic  
ginger  
lentils  
meats  
peanuts  
salad dressings, esp. Asian, fruit  
soy sauce  
vinegars, esp. balsamic, malt

## OIL, PECAN

**Weight:** medium–heavy  
**Volume:** moderate–loud  
**Techniques:** bake, marinade

bread  
fish  
meat

pasta  
rice  
salads and salad dressings  
vegetables

## OIL, PISTACHIO

**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake

asparagus  
avocado  
beets  
bread  
fish  
mayonnaise  
meat  
pasta  
salads and salad dressings  
tuna

**Pistachio oil** beautifully complements tuna and asparagus in our dish **Big Eye Tuna Thinly Sliced with Provence White Asparagus and Montegottero Pistachio Oil.**

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## OIL, PORCINI

**Weight:** medium  
**Volume:** moderate  
**Techniques:** raw

bread  
cheese  
mushrooms, esp. porcini  
pasta  
risotto  
salads and salad dressings

sauces  
stews

## OIL, PUMPKIN SEED

**Weight:** light

**Volume:** quiet

**Tips:** Use to finish a dish, not to cook.

beef, rare  
citrus  
corn  
desserts  
ice cream  
maple syrup  
mustard, Dijon  
pastries  
pumpkin seeds  
rice  
soups  
squash, winter  
vinegar: balsamic, cider, rice wine

## OIL, SESAME

**Function:** heating

**Weight:** light–medium

**Volume:** moderate–loud (light to dark versions)

**Techniques:** raw

**Tips:** Add as a flavoring to raw or cooked dishes.

**Asian cuisine**  
beef  
cabbage, napa  
chicken  
chili powder  
**Chinese cuisine**  
fish

fruit salads  
**garlic**  
**ginger**

greens, esp. Asian  
honey

Japanese cuisine  
Korean cuisine

lemon, juice

lemongrass

lime, juice

**marinades**

meats

miso soup

mustard

noodles

oil, vegetable (compatible oil)

**orange**

pepper, black

**salads and salad dressings, esp. Asian**

salt

sauces

scallions

**sesame seeds**

shallots

shiso

**soy sauce**

stir-fried dishes

tahini

tuna

vegetables

**vinegar: cider, rice wine**

## Flavor Affinities

sesame oil + ginger + mustard + rice wine vinegar

[**Pumpkin seed oil**] is good for finishing dishes with just a little drizzle. We have even poured it over ice cream that is served with a pumpkin seed brittle.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

**Truffle oil** is one of those ingredients that really gets overused, so one day I decided that I wanted to do truffle oil right. We make a dressing of truffle oil, white balsamic vinegar, and whole grain mustard. We toss it over endive, crumbled blue cheese, spicy pecans, and raw cremini mushrooms. You just can't stop eating it!

—MONICA POPE, T'AFIA (HOUSTON)

## OIL, TRUFFLE

**Weight:** light

**Volume:** moderate–loud

**Techniques:** raw

cheese

eggs

fish

mushrooms

pasta

risotto

salads and salad dressings

### Dishes

**Endive and Mushroom Salad, Blue Cheese, Spicy Pecans, White Balsamic–White Truffle Vinaigrette**

—Monica Pope, T'afia (Houston)

## OIL, WALNUT

**Weight:** medium

**Volume:** moderate

**Techniques:** raw

**Tips:** Avoid cooking as it burns easily.

apples

baked goods

beets

bread  
cheese, fresh  
chicory  
figs  
fish, esp. grilled  
frisée  
greens, bitter  
meats, esp. grilled  
pasta  
pears  
persimmons  
potatoes

## SALADS AND SALAD DRESSINGS

sauces  
steaks  
vinaigrettes  
**vinegar:** balsamic, fruit, red wine, sherry, tarragon  
**walnuts**

## OKRA

**Season:** summer–autumn  
**Function:** cooling  
**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** boil, braise, deepfry, fry, grill, sauté, steam, stew

**bell peppers**, esp. red  
butter  
cayenne  
chicken  
**chile peppers**, fresh green  
cilantro  
coriander  
**corn and cornmeal**  
Creole cuisine  
cumin  
curry powder

fennel seeds  
garlic  
ginger, fresh  
gumbo  
ham  
Indian cuisine  
**LEMON, juice**  
lime, juice  
Mediterranean cuisine  
Moroccan cuisine  
mustard seeds  
oil: peanut, vegetable  
**onions**, esp. red  
parsley, flat-leaf  
peas, black-eyed  
rice  
**salt, kosher**  
seafood  
shrimp  
soups  
Southern cuisine (American)  
**TOMATOES**  
turmeric  
**vinegar**  
yogurt

## OLIVE OIL

**Weight:** medium  
**Volume:** quiet–loud  
**Techniques:** cook, fry, raw, salads, sauces

almonds  
anchovies

### On Selecting the Right Oil

Your choice of olive oil always depends on what you are using it for. In general, you don't want an oil that is super-assertive, green, or peppery. You want a good olive flavor. I use a 100 percent Italian blend. It is silly to cook with 100 percent extra-virgin olive oil if you are just sautéing something. If the oil is going to stay in what you are making, like a sauce, then start with extra-virgin olive oil. When I make a tomato sauce, that is what I am starting with.

If you are finishing a dish, that is also when you would use an assertive, more full-flavored **oil**. I also like to use nut oils, especially those made by Jean Leblanc. They are insane; his oils are so good that after you taste them, nothing else will do! I especially like to use nut oils in the fall. I use walnut oil dressing on salads, especially those salads that accompany meat. If you make a foie gras dish with apples and endive, an addition of walnut oil would be great.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

**Olive oil** comes in a wide variety of flavors and strengths even from the same region, much like wine:

- I use a heavier (e.g., Puglian, Umbrian, Sicilian) olive oil on biggerflavored dishes. A strong olive oil goes well on bean puree or a strong vegetable like dandelion greens. In the United States, you would put a barbecue sauce on a grilled meat; in Italy, you would use a strong olive oil.
- I use a lighter (e.g., Ligurian, Tuscan) olive oil on lighter meats like veal or fish dishes and pastas. A Ligurian olive is full and bright and is great on a lighter dish.

—ODETTE FADA, SAN DOMENICO (NEW YORK CITY)

• I like to use single varietal **olive oil** from Australia and New Zealand. Australian olive oils can be like their wines: big, pungent, and spicy. New Zealand oils have a little more depth of flavor and green grassiness.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)



I like Greek black **olives** the best. I like them by themselves, but they also work great in a chicken, duck, or lamb dish.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

**Olives** have such a strong flavor that they can overwhelm other ingredients, but salmon will stand right up to it.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

beans, white  
chickpeas  
fish  
French cuisine, southern  
**garlic**  
herbs  
hummus  
Italian cuisine  
meats  
Mediterranean cuisine  
Middle Eastern cuisine  
Moroccan cuisine  
**olives**  
Parmesan cheese  
pasta  
pepper, black  
salads and salad dressings  
salt  
soups  
Spanish cuisine  
thyme  
vegetables  
vinegar

## OLIVES

**Taste:** salty

**Weight:** light–medium

**Volume:** quiet–loud (depending on type)

**almonds**

**anchovies**  
**basil**  
bass  
bay leaf  
bell peppers, esp. red  
brandy  
bread  
butter  
**capers**  
cayenne  
cheese: feta, goat's milk  
chicken  
cognac  
cream cheese  
cumin  
fish  
French cuisine, esp. Provençal  
**GARLIC**  
Italian cuisine  
lamb  
**LEMON: juice, zest**  
meats  
Mediterranean cuisines  
Moroccan cuisine  
**olive oil**  
**onions, esp. red**  
**orange: juice, zest**  
oregano  
**parsley, flat-leaf**  
pasta  
**pepper: black, white**  
peppers, piquillo  
Pernod  
pine nuts  
red pepper flakes  
rosemary  
sage  
salads and salad dressings  
**salmon**

**salt: kosher, sea**

sambuca

scallions

scallops

shallots

Spanish cuisine

**thyme**

**tomatoes: regular, sun-dried**

**tuna**

veal

**vinegar: red wine, sherry**

wine, dry white

## Dishes

**Olive and Anchovy Tapenade with Sage Crackers**

—Monica Pope, T'afia (Houston)

## OMELETS

(See Eggs and Eggbased Dishes)

## ONIONS—IN GENERAL

**Season:** year-round

**Taste:** pungent (+ sweet with cooking via caramelization)

**Botanical relatives:** chives, garlic, leeks, shallots

**Function:** heating

**Weight:** light–medium

**Volume:** moderate–loud

**Techniques:** bake, boil, braise, deep-fry, fry, grill, roast, sauté, stir-fry

**Tips:** Onions increase appetite, and go with virtually all savory foods.

anchovies

apples

**bacon**

basil  
**bay leaf**  
beans  
beef, ground, e.g., hamburgers, meat loaf  
beer  
beets  
bell peppers  
brandy  
**bread: croutons, crumbs BUTTER, UNSALTED**  
caraway seeds  
cardamom  
carrots  
cayenne  
**cheese:** cheddar, Comté, Emmental, *fromage blanc*, goat, Gruyère, Parmesan, Swiss

The **onion** family is the basis for every cuisine I can think of. Of course, Asian cuisines use more green onions and garlic, while the French use more shallots and garlic, but it's the onion family providing the foundation.

—TONY LIU, AUGUST (NEW YORK CITY)

You can't cook without **onions**. There is not a single thing you can do without onions. There are so many things made with onions that when people come in to our restaurant and say that they are allergic to onions, I say, "No, you are not—it is impossible. You just don't like onions." People eat onions all the time and just don't know it. I remember having a conversation with [the artist] Jasper Johns, with him saying, "If truffles and onions cost the same amount of money, you would obviously choose an onion. You don't need truffles; you do need onions."

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

I roast **onions** a long, long time and use them to add a meaty flavor to soups.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

Your cooking technique alters your flavors a great deal. If you put a lot of **onions** in your curry but don't sauté them enough first, you will get a sweet flavor. If you sauté the onions until they are almost burnt but not quite, your curry will have more of a **roasted-toasted** flavor.

—VIKRAM VIJ, VIJ'S (VANCOUVER)

**chile peppers**, esp. jalapeño

chili  
cilantro  
cinnamon  
cloves  
coriander  
**cream / milk**  
crème fraîche  
cucumbers  
cumin seeds  
curry  
dill  
dips  
eggs, e.g., omelets  
**garlic**  
greens, bitter  
hamburgers  
honey  
lemon, juice  
lime, juice  
liver  
mace  
mangoes, esp. with red onions  
marjoram  
**meats**  
milk  
mint (e.g., Indian)  
mirepoix (key ingredient)  
mushrooms  
mustard, Dijon  
**NUTMEG**  
**OIL:** canola, peanut, sesame, vegetable  
olive oil  
olives, black  
orange, juice  
oregano  
paprika  
Parmesan cheese  
parsley, flat-leaf  
peas

**pepper: black, white**

ponzu sauce

pork

potatoes

poultry

raisins, esp. golden

rice

**rosemary**

saffron

**sage**

salads

**SALT:** *fleur de sel*, kosher, sea

sandwiches

sauces and gravies

savory

**soups**

sour cream

stews

**stocks: beef, chicken, veal**

**sugar (pinch)**

Tabasco sauce

**THYME, lemon**

tomatoes

**vegetables**

**vinegar:** balsamic, champagne, red wine, sherry, white wine

**wine:** dry red, white, port

## Dishes

**Roasted Vidalia Onion Stuffed with Walnuts, Wild Rice, and Roquefort Served with Wilted Arugula, Fava Beans, and Vegetable Demi-Glace**

—Peter Nowakoski, Rat's (Hamilton, New Jersey)

## Flavor Affinities

onions + balsamic vinegar + brown sugar

onions + beer + cheese + nutmeg

onions + garlic + thyme

## ONIONS, SWEET

(e.g., Vidalia)

**Season:** late spring–early summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

basil

cayenne

chard

**cheese:** blue (e.g., Cabrales, Maytag), goat, Parmesan

chives

cilantro

ginger, fresh

herbs

lettuces

mint

nutmeg

**olive oil**

pine nuts

salads

salt

sandwiches

Tabasco sauce

tomatoes

vinegar: rice, sherry

yogurt

## Flavor Affinities

Vidalia onions + goat cheese + tomatoes + sherry vinegar

## ORANGES—IN GENERAL

**Season:** year-round

**Taste:** sour, sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** poach, raw

**Tips:** Lemon brightens the flavor of orange.

**almonds**

**anise seeds**

## Dishes

**Baked Chocolate Mousse with Mandarin Oranges and Anise Seed Croustillant**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Orange and Basil Soup, Alpine Strawberry Compote, and Mascarpone Mousse**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Candied Orange Sponge with Poached Rhubarb and Cream Cheese Mousse**

—François Payard, Payard Patisserie and Bistro (New York City)

**Orange Tart with Carrot Cake and Mandarin**

—François Payard, Payard Patisserie and Bistro (New York City)



I like **orange zest** with crab and shrimp because it gives them a sunny flavor. Lemon and lime are too strong. Orange is feminine—the lady of citrus—while lemon and lime are the men!

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I use liqueurs such as [orange-flavored] Grand Marnier to bring out the flavors of other ingredients. When it's done right, you don't even know it is there.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Orange** and pomegranate season overlap in the fall, making these two fruits a natural pairing.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

apples  
apricots

**Armagnac**

arugula  
avocados  
**bananas**  
**basil**  
beets  
blackberries  
blueberries

**brandy**  
buttermilk  
caramel  
cardamom

carrots  
ceviche  
cheese: goat, ricotta

cherries  
chestnuts  
chicken  
chile peppers, esp. serrano  
chives

**CHOCOLATE: dark, white cilantro**

**cinnamon**

**cloves**

coconut  
coffee  
cognac  
crabs

**cranberries**

**cream and ice cream**

crust: pastry, pie

cumin

custard

dates

**desserts**

fennel

figs: dried, fresh

fish

game

garlic

ginger  
**grapefruit**  
greens  
grenadine syrup

guava  
hazelnuts

**honey**  
ices

juniper berries  
Italian cuisine

Kirsch  
kumquats

**LEMON: juice, zest**

lemongrass  
lettuce, romaine  
lime  
lime leaf, kaffir  
liqueurs, almond  
macadamia nuts

mangoes  
maple syrup  
mascarpone

meats  
melon  
meringue

**MINT**  
nectarines  
oats

**olive oil**  
**olives, black**

**ONIONS, esp. green, red**

orange, zest

**orange liqueurs: Cointreau, Grand Marnier**

papaya  
paprika  
parsley, flat-leaf  
passion fruit  
peaches  
pears

pecans  
pepper, black  
persimmons  
pineapple  
pine nuts  
pistachios  
plums

**pomegranates**

poppy seeds  
pork, roast  
port  
prunes  
pumpkin  
quince  
raisins  
raspberries  
rhubarb  
rice

**rosemary**

rum  
saffron  
salads, fruit and green  
salt  
sauces  
scallops  
shrimp  
squash, winter (e.g., butternut)  
star anise  
strawberries

**SUGAR: brown, white**

sweet potatoes

tea

thyme

tomatoes

**vanilla**

veal

**vinegar, esp. rice wine, sherry**

**walnuts**

watercress

wine: red, sweet, white  
yogurt

### **Flavor Affinities**

orange + anise + chocolate  
orange + anise + dried figs + walnuts  
orange + basil + sugar  
orange + chocolate + pistachios  
orange + cinnamon + honey + saffron  
orange + seafood + tarragon

## **ORANGES, BLOOD**

**Season:** winter–late spring

**Taste:** sour–sweet

**Weight:** medium

**Volume:** moderate

caramel  
Champagne  
chocolate, white  
cinnamon  
cloves  
cream  
grapefruit  
honey  
kumquats  
lemon  
mint  
pomegranates  
salads  
sugar, brown  
tarts  
vanilla

## **ORANGES, CLEMENTINE**

**(See Oranges, Mandarin)**

## Dishes

**Blood Orange–Vanilla Creamsicle**

—Emily Luchetti, pastry chef, Farallon (San Francisco)

## Dishes

**Chocolate and Tangerine Semifreddo Garnished with Chopped Pistachios**

—Gina DePalma, pastry chef, Babbo (New York City)

# ORANGES, MANDARIN

(includes Clementines and Tangerines)

**Season:** autumn–spring

**Taste:** sweet, sour

**Weight:** light–medium

**Volume:** moderate

almonds

apricots

bananas

Campari

caramel

chicken

Chinese cuisine (e.g., as dessert)

chives

**chocolate, esp. dark**

**cream and ice cream**

crème anglaise

cumin

custard

dates

desserts

duck

fish  
garlic  
ginger  
grapefruit  
hazelnuts and hazelnut oil

honey  
kumquats  
lavender

**LEMON JUICE**

lemongrass  
lemon verbena  
lettuces  
lime  
lime leaf, kaffir  
liqueurs, orange  
mascarpone  
melon  
mint  
olive oil  
onions, green

oranges and blood oranges  
passion fruit  
pistachios

pomegranates  
raspberries  
rosemary  
rum, esp. dark

salads

salt

scallops

seafood

sesame oil

shellfish (e.g., crab)

shrimp

**sugar**

vinegar: champagne, rice, white wine  
yogurt

**Avoid oregano with desserts. Oregano firmly belongs in savory cuisine; one taste, and it immediately calls to mind pizza sauce!**

—GINA DEPALMA, BABBO (NEW YORK CITY)

## OREGANO

**Season:** late autumn–late spring

**Botanical relative:** marjoram (milder in flavor than oregano)

**Weight:** medium–heavy

**Volume:** moderate–loud

**Tips:** Oregano can have great variability, i.e., from mild to hot and spicy (e.g., Italian oregano is “quieter” than Greek oregano).

anchovies

artichokes

arugula

**basil**

**beans**, esp. dried and/or white

**beef**

## BELL PEPPERS

broccoli

broths

capers

cheese and cheese dishes: feta, mozzarella, Parmesan

**chicken**

chile peppers, esp. piquillo

chili con carne, esp. Mexican oregano

chili powder

chives

cucumbers

cumin

duck

**eggs and egg dishes**

**eggplant**

**FISH**, esp. oilier, and esp. baked or grilled

**garlic**

**Greek cuisine**

greens, bitter

grilled dishes

hamburgers

**Italian cuisine**

**lamb**

**\*LEMON**

**marjoram**

**MEATS, esp. red and/or grilled, and meat-based dishes**

**Mediterranean cuisine**

**Mexican cuisine**

mint (say some)

mole sauces, esp. with Mexican oregano

**mushrooms**

olive oil

**olives**

onions

paprika

parsley

**PASTA AND PASTA SAUCES**

pepper, black

**PIZZA**

**pork**

**potatoes**

poultry

quail

rabbit

roasts

rosemary

sage

**salads and salad dressings, esp. Greek**

sauces

sausages

seafood

shellfish

shrimp

**soups**, esp. chicken, fish, vegetable

Spanish cuisine

squash, summer

squid

stews

stuffing

swordfish

Tex-Mex cuisine

thyme

## \*TOMATOES AND TOMATO SAUCES

veal

**vegetables**, esp. summer

vinaigrettes

vinegar

**zucchini**

## AVOID

cilantro

desserts

dill

mint (say some)

tarragon

## Flavor Affinities

oregano + basil + tomato

oregano + lemon juice + marjoram

If you come to Chanterelle during November and December, you will see **oysters** with white truffles when they are both in season and they are classics for this restaurant.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

## Dishes

**Oysters Served with Tomatillo-Habanero “Miñoneta,” Smoky Chipotle-Garlic Salsa and Fresh-Cut Limes**

—Rick Bayless, Frontera Grill (Chicago)

**Oysters on the Half Shell with Champagne Mignonette and Fresh Horseradish**

—Traci Des Jardins, Jardinière (San Francisco)

## OXTAILS

(See Beef)

## OYSTERS

**Season:** autumn–spring (aka “months containing the letter *r*”)

**Taste:** salty

**Weight:** light–heavy (e.g., light Kumamotos to heavy Gulf Coast oysters)

**Volume:** quiet–moderate

**Techniques:** bake, broil, deep-fry, grill, poach, raw, roast, sauté, steam

aioli

apples

asparagus

bacon

basil

bay leaf

beer / ale

beets

bread, esp. dark

bread crumbs, *panko*

**butter**, unsalted

Cajun cuisine

capers

**caviar**

**cayenne**

celery

Champagne

**chervil**

chili sauce

**chives**

**cilantro**

clams

cocktail sauce

cornmeal (for crust)

**CREAM**

crème fraîche

Creole cuisine

cucumbers

daikon  
fennel  
flour (for dredging)  
French cuisine

**garlic**

gazpacho  
ginger  
hollandaise sauce

**horseradish**

lavender

**LEEKs**

**LEMON: juice, zest**

lemon verbena

lime, juice

mint

mushrooms, wild

**OIL: canola, peanut, vegetable**

**olive oil**

olives

onions, Spanish

orange

oyster juice

paprika

**parsley, flat-leaf**

passion fruit

**PEPPER: black, white**

ponzu sauce

**potatoes**

risotto

saffron

sake

salmon, smoked

**SALT: kosher, sea**

sauces: cocktail, mignonette

scallions

sea urchin

seaweed

**SHALLOTS**

shiso leaf

shrimp  
sorrel  
sour cream  
Southern cuisine  
soy sauce  
**spinach**

**stocks:** chicken, clam, fish, vegetable

sugar (pinch)

Tabasco sauce

tapioca

**thyme**

**tomatoes:** flesh, juice

truffles: black, white

vermouth

**VINEGAR:** balsamic, **champagne**, red wine, rice, sherry

**WINE, dry white**

yuzu juice

## **AVOID**

tarragon

## **Flavor Affinities**

oysters + caviar + leeks

oysters + caviar + tapioca

oysters + clams + potatoes + thyme

oysters + cream + horseradish + onions

oysters + ginger + horseradish + sherry vinegar

oysters + horseradish + champagne vinegar

oysters + Muscadet + shallots + vinegar

oysters + shallots + vinegar

## **PANCETTA**

**Taste:** salty

**Weight:** medium

**Volume:** moderate

**Techniques:** fry

arugula  
**beans**  
butter  
**cheese**: fontina, **Parmesan**  
garlic  
**Italian cuisine**  
lentils  
**meats**  
**olive oil**  
onions  
parsley  
parsnips  
**PASTA**  
peas  
pepper, black  
pistachios  
poultry  
**SAUCES**  
tomatoes  
**vegetables**

## **PAPAYAS**

**Season**: summer–autumn  
**Taste**: sweet  
**Weight**: medium  
**Volume**: moderate  
**Techniques**: bake, grill, raw, sauté

**bananas**  
beverages (e.g., smoothies) caramel  
cashews  
carrots, esp. with green  
**chile peppers**: jalapeño, serrano  
chocolate, white  
cilantro  
cinnamon  
citrus fruits

coconut: meat, milk  
cream and ice cream  
curries  
fish sauce  
garlic, esp. with green papayas  
ginger

grapefruit

honey

**kiwi fruit**

kumquats

**lemon, juice**

**LIME**, juice

macadamia nuts

**mango**

marinades

melon

mint

nectarines

**orange**

**passion fruit**

peaches

peanuts

pepper, black

**pineapple**

port

prosciutto

raspberries

salads, fruit

salsa

salt, esp. with green

shrimp, esp. dried with green papaya

sorbet

soups

sour cream

strawberries

**sugar**

vanilla

vinegar: rice, white wine

yogurt

## **PAPRIKA—IN GENERAL**

**Taste:** sweet–hot, depending on variety (e.g., hot, sweet, smoked, etc.)

**Weight:** light

**Volume:** quiet–loud

**Tips:** Add at the beginning of the cooking process.

allspice

barbecue

**beef**

bell peppers

butter, unsalted

Cajun cuisine

caraway seeds

cardamom

cauliflower

cheese

**CHICKEN**, esp. baked or

paprikash

chili

crabs

cream

crème fraîche

curries

duck

**eggs**, esp. hard-boiled and egg dishes (e.g., omelets)

European cuisines

**fish**, esp. baked

garlic

ginger

**goulash** (key ingredient)

hummus

**Hungarian cuisine**

Indian cuisine

lamb

legumes

lemon, juice

marjoram

meats

Middle Eastern cuisine  
Moroccan cuisine  
mushrooms  
octopus  
olive oil  
onions  
oregano  
paprikash  
parsley  
pepper, white  
**pork**  
potatoes  
rice  
rosemary  
saffron  
salads: pasta, potato  
salt, sea  
sauces, esp. cream  
sausage, esp. chorizo  
seafood  
shellfish  
soups  
sour cream  
**Spanish cuisine**  
**stews**, esp. fish  
stock, chicken  
*tagines*  
thyme  
Turkish cuisine  
turmeric  
veal  
vegetables  
yogurt

## Flavor Affinities

paprika + beef + sour cream

We use lots of **smoked paprika**, but need to be careful because it can be really strong. I like to finish our fried chickpeas with this because it makes them taste like they just jumped out of the fire! We also like to mix our paprikas together, typically in equal proportions of sweet, hot, and smoked. Smoked paprika is primarily smoky and doesn't have a lot of other flavors. So if you combine it with a vibrant sweet paprika, you'll get a more rounded pepper flavor. Paprika is also very regional. In the south [of Spain] where it gets sunshine and heat, you see more smoked paprika, but in the north where it is colder and rainy, they are not into the heat.

—ALEXANDRA RAU, TÍA POL (NEW YORK CITY)

## PAPRIKA, SMOKED

**Weight:** medium

**Volume:** moderate–loud

bacon

**beans**, esp. white

cheese

chicken

**chickpeas**

**chorizo**

clams

eggs, hard-boiled

**fish** (e.g., skate)

**garlic**

lamb

marjoram

mayonnaise

**meats**, esp. grilled or roasted

Mediterranean cuisine

octopus

olive oil

onions

paella

pepper, black

peppers, piquillo

**pork**, esp. ribs

**potatoes**

sage

scallions  
seafood  
soups  
steaks  
stews  
tomatoes  
turkey, esp. roasted  
vegetables  
vegetarian meals

## **Flavor Affinities**

smoked paprika + mayonnaise + seafood

## **PARSLEY**

**Season:** year-round

**Weight:** light

**Volume:** quiet

**Tips:** Use fresh. Parsley generally refers to flat-leaf parsley. Parsley is great for blending, as it is compatible with virtually all other herbs.

avocados

**basil**

bay leaf

beans, esp. dried

beef

bouquet garni (ingredient, along with bay leaf, marjoram, thyme)

braised dishes

bulgur wheat

butter

capers

**carrots**

cauliflower

cheese, esp. Parmesan, ricotta

chervil

**chicken**

chile peppers

chives

cinnamon

**clams**

cream

cream cheese

crème fraîche

dill

**eggs and egg dishes**

**eggplant**

fennel

fines herbes (ingredient)

**FISH**

French cuisine, esp. southern

game

**GARLIC**

halibut

ham

herbs (as a flavor enhancer)

Italian cuisine, esp. southern

**lemon: juice, zest**

lemon balm

lentils

lovage

marjoram

meats

Mediterranean cuisine

**Middle Eastern cuisine**

**mint**

**Moroccan cuisine**

mushrooms

mussels

oils: hazelnut, walnut

**olive oil**

onions

oregano

oysters

parsnips

**pasta and pasta sauces**

peas

pepper: black, white

pesto (ingredient)  
pizza  
**pork**  
**potatoes**  
poultry  
rice  
rosemary  
sage  
**salads**, esp. egg, green, pasta, potato, or rice  
*salsa verde* (ingredient)  
sauces  
sausages  
savory  
scallions  
seafood  
shallots  
shrimp  
skate  
snails  
sorrel  
**SOUPS**  
Spanish cuisine, esp. southern  
spinach  
**stews**  
**stocks**  
stuffings  
sumac  
tabbouleh (key ingredient) tarragon  
thyme  
**tomatoes and tomato sauces**  
**veal**  
**vegetables**  
vinaigrette  
vinegar, balsamic  
zucchini

**AVOID**  
desserts

The Spanish use **parsley** stems for cooking, and fresh as a garnish before serving. When you make rice or beans, you would put a stem in. To me, parsley added to fish or shellfish makes the dish tastes more “marine,” as opposed to earthy. I love *salsa verde*, which is a sauce made with basically a ton of parsley, garlic, and some kind of juice like clam juice. It’s wonderful served with fish.

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

People do not understand **parsley**; they think it is green specks. But it is wonderful with fish. If you make a straight-up linguini with clam sauce, you want a big handful of chopped parsley in there—not for the appearance, but for the taste. It is an important component in a lot of dishes and needs to be there. It can also be used as a sauce all on its own. If you sprinkle it on a steak, it will not have the impact that it would on fish. On the other hand, if you make a Maître d’hôtel butter [butter flavored with lemon juice and parsley] and put it on the steak, the parsley has a role there. On vegetables, if you make glazed carrots or pearl onions or a stew with lots of vegetables, parsley stirred in at the last moment is good stuff. As for my choice of parsley, I always use flat Italian-style parsley.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

*Salsa verde* is my favorite all-purpose condiment at home. I like it on fish, lamb, and steak. It is made with anchovy, garlic, shallots, olive oil, and herbs—primarily **parsley**, but also chervil, chives, tarragon, a little bit of marjoram, and sometimes a little mint if I am in the mood. I add the acid at the last moment so it won’t change the color of the herbs, and will choose between Banyuls or red wine vinegar, or lemon juice. If I am serving meat, I will use vinegar; if I am serving fish, I will use lemon. Even though it changes color once the acid is added, it lasts a few days. It is really good on a piece of bread or with some fresh farmer’s cheese as a snack.

—TRACI DES JARDINS, JARDINIÈRE (SAN FRANCISCO)

## Flavor Affinities

parsley + bulgur wheat + garlic + lemon + mint + olive oil + scallions

parsley + butter + garlic

parsley + capers + garlic + lemon zest + olive oil

parsley + garlic

parsley + garlic + lemon zest

parsley + garlic + olive oil + Parmesan cheese + vinegar

parsley + lemon juice + olive oil + Parmesan cheese

## **PARSNIPS**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate

**Techniques/Tips:** Always use cooked (never raw): bake, boil, braise, deep-fry, grill, mash, puree, roast, steam

allspice

anise

**apples**

bacon

basil

bay leaf

beans, black, green

**BUTTER**, brown and/or unsalted

**carrots**

cheese, esp. creamy

chervil

chicken

chile peppers

**chives**

cinnamon

coriander

**cream**

cumin

**curry**

dill

duck

fennel: leaves, seeds

fish

game

game birds

**garlic**

**ginger**, esp. ground

greens, bitter / winter

honey

leeks

lemon, juice

lentils

lovage

mace

**maple syrup**

meats

mint

mirepoix

mirin

mushrooms, porcini

mustard

**NUTMEG**

oil: peanut, sesame

**olive oil**

onions

orange

pancetta

**parsley**

Parmesan cheese

pears

**pepper:** black, white

**potatoes**

rosemary

**sage**

**salt**

shallots

soups

soy sauce

stews

stocks: chicken, vegetable

**sugar, brown**

tarragon

**thyme**

**vegetables, root**

vinegar, balsamic

wine, dry white

yogurt

## **Flavor Affinities**

parsnips + butter + cream + potatoes  
parsnips + carrots + nutmeg + potatoes  
parsnips + cream + nutmeg  
parsnips + honey + mustard  
parsnips + pancetta + Parmesan cheese + pasta

## **Dishes**

### **Passion Fruit and Bonito Caramel**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

### **Passion Fruit Flip: Passion Fruit + Honey + Lime + Raspberries + Yogurt**

—Gale Gand, pastry chef, Tru (Chicago)

### **Passion Fruit Cream Enrobed in White Chocolate, Ginger Caramel, and Mandarin Sorbet**

—Michael Laiskonis, Le Bernardin (New York City)

## **PASSION FRUIT**

**Season:** year-round

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** puree, raw

almonds

**bananas**

beverages

**caramel**

cashews

**Champagne**

chicken

chives

**chocolate, esp. dark, white**

cilantro  
citrus fruit  
**coconut and coconut milk**

Cointreau

## **CREAM AND ICE CREAM**

cream cheese

custard

egg whites

fish

fruits, tropical

**ginger**

**kiwi fruit**

lemon, juice

**lime, juice**

macadamia nuts

**mangoes**

**orange, juice**

**papayas**

peaches

pears

**pineapples**

rum, esp. dark

salads, fruit

salad dressings

soups, fruit

## **strawberries SUGAR**

tapioca

tequila

vanilla

wine, ice

yogurt

## **Flavor Affinities**

passion fruit + banana + orange

passion fruit + caramel + coconut

passion fruit + caramel + ginger + white chocolate

passion fruit + cream + ice wine

passion fruit + dark chocolate + ginger + raspberries

## PASTA

**Weight:** medium-heavy (depending on the cut)

**Volume:** quiet

anchovies  
artichokes  
asparagus  
bacon  
basil  
beans, e.g., fava, white  
beef  
bottarga (tuna roe)  
bread crumbs  
broccoli  
broths, esp. chicken, esp. with small pasta  
**butter**  
capers  
cauliflower  
**CHEESE:** cheddar, Comté, Emmental, Fontina, goat, Gorgonzola, Gouda, Gruyère,  
**mozzarella, PARMESAN, pecorino, ricotta, ricotta salata**  
chicken  
chickpeas

### Dishes

**Goat Cheese Tortelloni with Dried Orange and Fennel Pollen**

—Mario Batali, Babbo (New York City)

**Mint Tagliatelle with Lamb and Olives**

—Mario Batali, Babbo (New York City)

**Spaghettini with Spicy Artichokes, Sweet Garlic, and Lobster**

—Mario Batali, Babbo (New York City)

**Spaghetti Primavera with Prosciutto, Spring Garlic, Sugar Snap Peas, and Parmigiano**

—Andrew Carmellini, A Voce (New York City)

**Homemade Pappardelle with Lamb Bolognese and Sheep's Milk Ricotta**

—Andrew Carmellini, A Voce (New York City)

**Homemade Soft Egg Yolk–Filled Raviolo with Truffled Butter**

—Odette Fada, San Domenico (New York City)

**Homemade Straccetti with Pesto and Clams**

—Odette Fada, San Domenico (New York City)

**Linguini with Clams, Pancetta, and Spicy Fresno Chile Pesto**

—Matt Molina, Osteria Mozza (Los Angeles)

**Farfalle with Stridoli, Walnuts, and Chanterelles**

—Matt Molina, Osteria Mozza (Los Angeles)

**Tagliatelle with Chanterelles and Parmigiano Reggiano**

—Holly Smith, Café Juanita (Seattle)

**Butternut Squash Ravioli with Oxtail Ragout and Sage Cream**

—David Waltuck, Chanterelle (New York City)



chile peppers

chives

clams

**cream**, esp. with fettuccine, festonate, gnocchi, or pappardelle

**cured meats: bacon, ham, pancetta, prosciutto**

duck confit

eggplant

eggs

fennel

figs

fish (e.g., cod, salmon, swordfish, tuna)

game, esp. with fettuccine or pappardelle

**garlic**

greens (e.g., arugula, radicchio, stridoli)

**ITALIAN CUISINE**

lamb

leeks

lemon, juice  
lobster  
mascarpone  
meat, esp. beef, lamb, oxtail, pork, venison  
meat, ground, esp. with penne and rigatoni  
mint  
**mushrooms, esp. wild**  
mussels  
mustard, Dijon  
nutmeg  
octopus  
**OLIVE OIL**, esp. with linguini and spaghetti  
olives  
onions  
pancetta  
**parsley, flat-leaf**  
parsnips  
peas, esp. with penne and rigatoni  
pecans

## Pairing Pastas with Sauces

Which sauces pair best with which pastas? We asked chef Odette Fada of New York City's San Domenico restaurant.

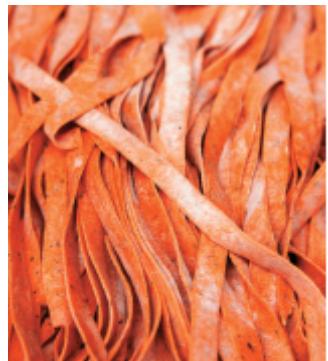
- **Angel hair:** In Italy, angel hair pasta is served to old people who can't chew. It's for grandparents, or for others to eat when they are sick. The problem with angel hair pasta is it's so thin it's hard to cook al dente, and I like my pasta a little chewy.
- **Bow tie:** Fresh bow tie is great when made by hand, because it stays folded and doesn't open into a square. I like to serve it with vegetables and tomato-based sauces.
- **Fettuccine:** This is a flavorful pasta and is good with a Bolognese sauce.
- **Fusilli:** I like their [corkscrew] shape, but they tend to break easily so they are not that attractive when you cook them in a restaurant setting. I like them at home in a salad or with some pesto because the pesto sticks to it.
- **Hollow pasta** [e.g., macaroni, penne, rigatoni]: Good with sauces that have big chunks in them so that the sauce pieces go inside whole. I like to do penne with fresh peas because the peas will slip inside, so you'll sometimes get a little surprise when you're chewing.
- **Pappardelle:** This is a strong, rustic pasta. I like it with rabbit sauce, a ragoût, or a fish sauce that has some character.

- **Small pasta** [e.g., rice-, shell-, or star-shaped]: These are good for soups and brothy dishes. For example, you would use them with a brothy fish dish.
- **Spaghetti:** Everything goes with spaghetti! It is a pasta that sauce sticks to. Everything from tomato sauce to pesto to pecorino with black pepper is great with spaghetti.

Or, if you're starting with the sauce:

- **Carbonara:** Spaghetti or bucatini, you want a pasta that the sauce will stick to.
- **Cream:** Fettuccine, pappardelle, or gnocchi, since cream is so rich you want a strongflavored pasta or, in the last case, gnocchi—one that is made with some egg in it.
- **Game:** Pappardelle or fettuccine; you want an egg-rich pasta with some flavor.
- **Olive oil and garlic:** Spaghetti.
- **Pesto:** Fusilli.
- **Tomato:** This works with almost all pasta shapes, from small to large.

I have played with lots of flavored pasta doughs. One of my favorites is olive because it holds its flavor. Other flavors that hold up well are squid ink and saffron. I have also made a pappardelle with cocoa powder that I paired with game sauce that worked great. If you wanted to achieve a particular color, you could create red pasta with beets, green pasta with spinach, and black pasta with squid ink.



pepper: black, white  
pine nuts  
pork  
potatoes  
prosciutto  
pumpkin  
rabbit, braised, esp. with pappardelle  
raisins  
red pepper flakes  
rosemary  
saffron  
sage  
salt, esp. kosher

sardines

**SAUCES:** Bolognese (esp. with fettuccine), carbonara (esp. with bucatini or spaghetti), Mornay (esp. with macaroni), pesto (esp. with fusilli), rabbit (esp. with pappardelle), sardines (esp. with bucatini), tomato

sausage

scallops

seafood: clams, crab, lobster, mussels, octopus, scallops, shrimp, squid

shallots

shrimp

spinach

squash: summer, winter

squid

sweet potato

thyme

**tomatoes**

tomatoes, sun-dried

**truffles: black, white**

veal

vegetables

venison

vinegar, esp. balsamic walnuts

zucchini

## Flavor Affinities

pasta + anchovies + bread crumbs + capers + red pepper flakes + garlic + olives

pasta + anchovies + mozzarella cheese

pasta + artichokes + garlic + lobster

pasta + bacon + black pepper + eggs + olive oil + pecorino cheese

pasta + basil + garlic + tomato

pasta + basil + peas + shrimp

pasta + basil + scallops + tomato

pasta + bread crumbs + greens + shrimp + white beans

pasta + bread crumbs + raisins + sardines

pasta + chickpeas + garlic + sage

pasta + chile peppers + lobster + mint

pasta + clams + pancetta

pasta + cream + peas + prosciutto

pasta + duck confit + wild mushrooms

pasta + fennel + sausage + tomato + white beans  
pasta + figs + pancetta  
pasta + Gorgonzola cheese + spinach + walnuts  
pasta + Gruyère cheese + nutmeg + ricotta cheese  
pasta + lamb + lemon + rosemary  
pasta + lamb + mint + olives  
pasta + lobster + peas  
pasta + mushrooms + pumpkin + sage  
pasta + pancetta + stridoli  
pasta + Parmesan cheese + sage + tomato  
pasta + pesto + white beans  
pasta + pumpkin + pecans + ricotta cheese + sage  
pasta + red pepper flakes + fennel + sardines + tomatoes  
pasta + red pepper flakes + garlic + olive oil  
pasta + ricotta cheese + veal shanks  
pasta + rosemary + venison  
pasta + spinach + ricotta cheese  
pasta + tomatoes + ricotta cheese

#### Chef Odette Fada of New York's San Domenico on Making Ravioli

I love ravioli! Anything and everything goes in my ravioli—I have used everything from chestnuts to cheese to fish, meat, and vegetables. You can vary the ravioli dough as well as the stuffing. For example, I serve ravioli stuffed with sea urchin and the dough is light and made with just flour and water. For a stronger filling like lamb, I will use some egg in the dough which makes it bigger flavored. One of my favorite ravioli stuffings is black truffle and pancetta. The truffle provides a crunchiness when you bite into it.

One of the greatest ravioli we do dates back to the chef for the last king of Italy at the beginning of the twentieth century. It is stuffed with spinach, truffle, Parmesan cheese, and an egg yolk, and served with butter, truffle, and Parmesan cheese. When the ravioli is cooked, it is served with the yolk warm but not cooked. It is truly an amazing dish.

In Italy during the winter, you would typically have some slices of sausage on top of a plate of lentils. I decided to combine the two into a ravioli dish. Now, one of my other favorite dishes is our ravioli stuffed with *cotechino* [sausage] and lentils. The lentils are cooked with rosemary, garlic, extra-virgin olive oil, and prosciutto skin, and go into the ravioli with the sausage, parsley, and Parmesan cheese. The dish is finished with some strong extra-virgin olive oil, parsley, and a crack of pepper.

## PEACHES

**Season:** late spring–early autumn

**Taste:** sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, roast, sauté

**allspice**

**ALMONDS**, esp. toasted

anise hyssop

apples

**apricots, puree**

arugula

basil

bay leaf

beverages, esp. cocktails

**blackberries**

**BLUEBERRIES**

**bourbon**

**brandy**

**butter, unsalted**

buttermilk

Calvados

caramel

**Champagne**

cherries

chile peppers, green (e.g., jalapeño)

chocolate: dark, white

**CINNAMON**

**cloves**

coconut

**cognac**

**Cointreau**

**\*CREAM AND ICE CREAM**

**crème fraîche**

currants, red: fruit, jelly

custards

desserts and dessert sauces

figs

fruit crisp

**ginger**

Grand Marnier

grenadine

hazelnuts

**honey**

ice, esp. pistachio

ice cream, esp. vanilla

**Kirsch**

lavender

**LEMON:** juice, zest

lemon thyme

lemon verbena

lime, juice

liqueurs: nut, orange, peach (e.g., schnapps)

mace

Madeira

maple syrup

Marsala

**mascarpone****mint**

molasses

**nectarines****nutmeg**

oatmeal



## Dishes

**Jim Core's Peaches Upside-Down Cake with Blueberry Sorbet**

—John Besh, August (New Orleans)

**Saffron Panna Cotta with Peaches, Peach Sorbetto, and Lemon Balm**

—Gina DePalma, Babbo (New York City)

**White Peach Melba with Raspberry Granita**

—Emily Luchetti, pastry chef, Farallon (San Francisco)

**Warm Ginger Cake Sabayon with Spiced Peaches**

—Chuck Subra, La Côte Brasserie (New Orleans)

When I think of the essence of **peaches**, it's their smell—so I think of echoing that with the floralness of Moscato d'Asti. I'll add acidity, sweetness, and a little fat, such as

through crème fraîche.

—TONY LIU, AUGUST (NEW YORK CITY)

I try not to cook **peaches**, or if I do, only for a short amount of time. A peach pie never tastes as good to me as a blueberry pie, because it tastes too cooked by the time you get it thick enough. So if I get peaches, I'll chop them up and put them on a tart shell that is already cooked instead.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

I like **peaches** with rich, round flavors like vanilla and honey.

—GINA DEPALMA, BABBO (NEW YORK CITY)

Japanese baby **peaches** are tiny peaches about the size of olives. We wanted to showcase the peaches and thought, What do peaches go with? Cream. We took that one step further and used yogurt instead. So we chose Greek yogurt, paired it with the peaches, then garnished the dish with Hawaiian pink sea salt, Greek olive oil, reduced balsamic vinegar, and micro mint. We turned the water strained from the yogurt into “air” [foam]. This is a dish that we serve as a pre-dessert and it works well because it is sweet and savory.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

oil, vegetable

olive oil

onions, yellow

**ORANGE:** juice, zest

papaya

passion fruit

pecans

pepper: black, white

pineapple

**PISTACHIOS**

plums

port

raisins

**RASPBERRIES:** fruit, puree

rum

saffron

salads, fruit

salsas, fruit

salt  
soups, esp. cold

**sour cream**

star anise

**STRAWBERRIES** (e.g., fruit, puree)

**SUGAR: BROWN, confectioners', white**

tarragon

tea

thyme

**VANILLA**

**vinegar:** balsamic, champagne, cider, red wine, rice, white

Vin Santo

violets, esp. candied

**walnuts**

watercress

whiskey

**WINE:** dry or fruity red or white or sweet (e.g., Asti, **Burgundy**, Merlot, sweet  
Muscat, Riesling, Rosé, Zinfandel)

**yogurt**

zabaglione

**Flavor Affinities**

peaches + apples + vanilla

peaches + blueberries + mascarpone

peaches + cream + honey + vanilla

peaches + figs + maple syrup

peaches + ginger + sugar

peaches + orange liqueur + vanilla

peaches + sugar + yogurt

**PEANUT OIL**

(See Oil, Peanut)

**PEANUTS AND PEANUT BUTTER**

(See also Nuts—In General)

**Taste:** sweet, astringent

**Function:** heating

**Weight:** medium-heavy

**Volume:** moderate-loud

African cuisine

apples

**BANANAS**

basil

beef

bell peppers

Burmese cuisine

butter

caramel

cayenne

chicken

chile peppers (e.g., jalapeño)

Chinese cuisine

**CHOCOLATE, ESP. DARK, MILK**

cilantro

coconut and coconut milk

coffee

**curries**

curry paste, Thai red

curry powder

**desserts**

fish sauce, Thai

garlic

grape jelly

honey

Indonesian cuisine

lemon, juice

lime, juice

mole sauces

noodles

oatmeal

**oil:** peanut, vegetable

**olive oil**

onions

parsley

pears  
pork  
raisins  
raspberries  
Rice Krispies  
salads  
**salt**  
**sauces**  
shrimp  
Southern cuisine (American)  
soy sauce  
stir-fried dishes  
strawberries  
**sugar:** brown, white  
tarragon  
**Thai cuisine**  
tomatoes  
turmeric  
vanilla  
**Vietnamese cuisine**  
vinegar, red wine

Anything we put **peanuts** on sells! Peanuts are associated with the South, so there is a regional appeal. We had a chicken breast with sugar snap peas, white radishes, toasted peanuts, basmati rice, and spicy peanut sauce.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

**Peanuts** are not as versatile as other nuts. They have a great flavor and are pretty generic so you can use them on a lot of things and they pair well. Milk chocolate and peanuts work really well together. Peanuts pair great with bananas, especially if you cover the banana in chocolate and then roll it in peanuts and freeze it.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## PEARS

**Season:** autumn–winter  
**Taste:** sweet  
**Weight:** medium  
**Volume:** quiet–moderate

**Techniques:** bake, deep-fry (e.g., as chips), grill, poach, raw, roast, sauté, stew

**allspice**

**ALMONDS and almond paste**

anise

**apples: fruit, juice**

apricots, esp. dried or pureed

arugula

bacon

basil

beets

blackberries

blueberries

borage

bourbon

**brandy**, esp. pear

butter, brown

**BUTTER, unsalted**

butterscotch

Calvados

**CARAMEL**

cardamom

cassis

celery

Champagne

**CHEESE: BLUE**, Brie, Cabrales, Cambozola, Camembert, Cantal, cheddar, feta, **goat**,

Gorgonzola, Monterey Jack, **Parmesan**, pecorino, ricotta, Romano,

**ROQUEFORT**, Stilton

cherries: dried, fresh

**chestnuts**

Chinese cuisine, esp. featuring Asian pears

**CHOCOLATE, esp. dark, white**

cider

**CINNAMON**

**CLOVES**

**cranberries**

**cream and ice cream**

**cream cheese**

**crème anglaise**

**crème fraîche**

**custards**

dates

dill

**duck and duck confit**

**endive**

**fennel**

**figs**

French cuisine

game

**ginger**

**Grand Marnier**

**hazelnuts**

**HONEY**

ice cream, vanilla

Italian cuisine

Kirsch

**LEMON: JUICE, ZEST**

liqueurs: almond, hazelnut, orange

macadamia nuts

mace

**maple syrup**

Marsala

**MASCARPONE**

meats, esp. fatty, grilled, and/or roasted

Mediterranean cuisine

**mint (garnish)**

mustard

**nutmeg**

**nuts**

oats

**oil, canola**

olive oil

onions, green

**ORANGE: fruit, juice, zest**

parsley, flat-leaf

passion fruit

peanuts

**pear brandy**

pear cider  
**pecans**  
**pepper:** black, white  
pine nuts  
**pistachios**  
**Poire William**  
**pork**  
**port: red, white**  
poultry  
praline  
prosciutto  
prunes  
quinces  
radicchio  
**raisins**  
**raspberries:** fruit, puree  
rhubarb  
rice (e.g., pudding)  
**rosemary**  
rum



This salad has roasted **pear**, Roquefort cheese, lemon, and olive oil and is garnished with borage flowers. The sauce is burnt caramel with pepper deglazed with Coteaux du Layon, which is sweet but higher in acid than Sauternes. The caramel sauce keeps you awake!

*Cheese and fruit:* Blue cheese is sharp and hits your palate, then the pear calms it down.

*Salad greens:* We use herbs in our salad and this one has fennel, thyme, tarragon, parsley, and anise hyssop.

*Borage flowers:* Eating a borage flower is like eating an oyster! It is briny. In the summer when they are in season, if you taste a couple it is reminiscent of a mild oyster.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

Apples are more popular than **pears** because when you go to the store, pears are all hard. You buy them, bring them home, and wait forever for them to ripen. You have to have a premeditated use for pears.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

I like **pears** poached because I'm not fond of their texture. I also make a pear tart with pears poached in lemon zest and vanilla, and then combined with custard, honey, lemon, and vanilla. It is paired with a honey grappa zabaglione and topped with grated Pecorino Toscano cheese grated over it as if it were pasta. The dish sounds a little crazy but all these flavors are classic combinations found in Italy. Pears are often infused with grappa in the north of Italy. Pears, honey, and pecorino is a classic combination in Tuscany. Pecorino goes with every flavor. Honey carries all the flavors forward.

—GINA DEPALMA, BABBO (NEW YORK CITY)

sabayon

**salads: fruit, green**

salt (pinch)

**sour cream**

squab

squash: butternut, winter

**star anise**

strawberries, esp. sauce

**SUGAR: brown, white**

sweet potatoes

toffee

**VANILLA**

**VINEGAR:** balsamic, champagne, sherry, white, white wine

**WALNUTS**

**watercress**

whiskey

**WINE:** red (e.g., Burgundy), strong red (e.g., Cabernet Sauvignon, Zinfandel), dry white (e.g., Riesling), sparkling (e.g., Champagne), sweet (e.g., ice wine)

## Flavor Affinities

pears + amaretto + hazelnuts

pears + arugula + Parmesan cheese + vinaigrette + walnuts

pears + bacon + bitter greens + goat cheese

pears + blue cheese + olive oil + red wine vinegar + watercress

pears + caramel + balsamic vinegar

pears + caramel + chestnuts + crème fraîche

pears + caramel + chocolate

pears + cinnamon + ginger + honey

pears + fennel + Parmesan cheese + balsamic vinegar + walnuts

pears + ginger + honey + vanilla

pears + Gorgonzola cheese + vinaigrette + walnuts

pears + honey + lime + vanilla

pears + honey + rosemary

pears + maple syrup + walnuts

pears + mascarpone + pistachios + red wine

pears + pecorino cheese + balsamic vinegar

pears + Roquefort cheese + sugar + vanilla + red wine

pears + Roquefort cheese + walnuts

pears + Stilton cheese + hazelnuts + balsamic vinegar

## Dishes

### Pear and Fresh Pecorino–Filled Ravioli with Aged Pecorino and Crushed Black Pepper

—Lidia Bastianich, Felidia (New York City)

### Grilled Pear and Roquefort Tart with Caramelized Onions and Walnuts

—Sandy D'Amato, Sanford (Milwaukee)

### Grilled Pear Steak with Polenta Frites and Orange-Tarragon Sauce

—Dominique and Cindy Duby, Wild Edibles (Vancouver)

**Salad of Spicy Poached Pear, Fresh Ricotta, Smoked Almonds, and Edamame with Verjus Dressing**

—Brad Farmerie, Monday Room (New York City)

**Sticky Toffee Pudding with Cinnamon-Sautéed Pears**

—Gale Gand, at the 2005 James Beard Awards gala reception

**Warm Semolina Pancake, Poached Pears, Cumin**

—Johnny Iuzzini, pastry chef, Jean Georges (New York City)

**Honey-Roasted Pear Napoleon**

—Kate Zuckerman, pastry chef, Chanterelle (New York City)

## PEAS—IN GENERAL

(See also Snap Peas)

**Season:** late spring–summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** boil, braise, sauté, steam

arugula

asparagus

**bacon**

**BASIL**

**bay leaf**

bouquet garni

**BUTTER**, unsalted

cardamom

**CARROTS** and carrot juice

cayenne

**celery**

cheese, esp. Parmesan, ricotta

**chervil**



chicken

chile peppers: dried red, fresh green

**chives**

cilantro, (e.g., as Indian cuisine) cinnamon

cloves

coriander

crab

**CREAM, HEAVY**

**crème fraîche**

cumin

curry powder

dill

fava beans

fish

French cuisine

garam masala

**garlic**

ginger

**ham and ham hocks**

honey

Italian cuisine

**leeks**

**lemon**, juice

**lettuce, Boston**

lime, juice

lobster

marjoram

mascarpone

**MINT**

mushrooms, esp. morels

**oil**, peanut

olive oil

**onions: pearl, red, spring, white**

pancetta

**parsley, flat-leaf**

**pasta**

**pepper:** black, white

pork

potatoes

poultry

**prosciutto**

risotto

rosemary

sage

**salt:** kosher, sea

savory, winter

**scallions**

scallops

**shallots**

shrimp

snap peas

sorrel

Spanish cuisine, esp. southern

spinach  
**stocks: chicken, vegetable**  
sugar  
**tarragon**  
**thyme**  
tomatoes  
turmeric  
vinaigrette  
vinegar, champagne  
watercress  
wine, dry white  
yogurt

## Flavor Affinities

peas + bacon + cream + shallots  
peas + basil + potatoes  
peas + celery + olive oil + onions + chicken stock + sugar  
peas + custard + Parmesan cheese  
peas + lobster + pasta  
peas + marjoram + mascarpone + Parmesan cheese  
peas + mint + morel mushrooms  
peas + mushrooms + ricotta cheese  
peas + onions + pancetta + sage

Bronze fennel grows all over Seattle. One day I walked outside eating **peas** while going out to get mint for my pea salad. I ate a bite of fennel and thought, “By Jove, I’ve got a dish!” Bronze fennel is a non-bulb fennel that has an amazing fennel and earthy flavor.

—HOLLY SMITH, CAFÉ JUANITA (SEATTLE)

## Dishes

### Spring Pea Fricassée with Morels and Butter Lettuce

—Daniel Boulud, at the 2003 James Beard Awards gala reception

**Chilled Sweet Pea Soup “à la Française” Thumbelina Carrot Salad with Cilantro and Lobster**

—Daniel Boulud, Daniel (New York City)

**Pea Velouté with Apple-Smoked Bacon, Louisiana Crayfish, Savory Cream**

—Daniel Boulud, Daniel (New York City)

**Garden Pea Soup with Morel Cream**

—Daniel Humm, Eleven Madison Park (New York City)

**Sweet Pea Soup with Caramelized Vidalia Onion, Apple-Smoked Bacon, and Mint**

—Alfred Portale, Gotham Bar and Grill (New York City)

**Sweet Pea Sorbet with Preserved Green Almond and Marcona Almond Milk, Fuji Apple with Butterscotch, Rye, and Thyme**

—Charlie Trotter, Charlie Trotter's (Chicago)

**Fresh Pea Ravioli with Sweet Onions Sauce and Smoked Pork Reduction**

—David Waltuck, Chanterelle (New York City)

## **PECAN OIL**

(See Oil, Pecan)

## **PECANS**

(See also Nuts—In General)

**Season:** autumn

**Taste:** bitter-sweet

**Weight:** medium-heavy

**Volume:** quiet-moderate

almonds

apples

apricots

baked goods (e.g., breads, cookies, pies)

bananas

blackberries  
blueberries  
**bourbon**  
brandy  
breakfast (e.g., pancakes, waffles)  
**butter**, unsalted  
butterscotch  
**CARAMEL**  
cheese, goat  
cherries  
chicken  
**chocolate**: dark, white **cinnamon**  
coffee  
cognac  
corn syrup: light, dark cranberries  
**cream**  
dates  
ginger  
grapefruit  
grapes  
hazelnuts  
**honey**  
ice cream  
kumquats  
lemon, juice  
liqueurs, orange  
**MAPLE SYRUP**  
mascarpone  
Mexican sauces  
nectarines  
nutmeg  
oats and oatmeal  
orange  
peaches  
pears  
persimmons  
plums  
pork  
prunes

pumpkin  
quince  
raisins  
raspberries  
rice, wild  
rum  
salads  
**salt**  
sour cream  
Southern cuisine (American)  
squash, butternut  
stir-fried dishes

## Dishes

### Pecan Praline Cheesecake

—Terrance Brennan, Artisanal (New York City)

### Pecan Praline Pancakes with Brown Butter Bananas and Rum Raisins

—Daniel Humm, Eleven Madison Park (New York City)

### Southern Butter Pecan Ice Cream with Hot Caramel Sauce

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

### Phyllo Spirals with Garden Herbs, Rio Grande Organic Pecans, and Pure Luck Feta

—Monica Pope, T'afia (Houston)

We are using **pecans** on a savory dish of scallops and shrimp, ham, shiitake mushrooms, shallots, and pecan-studded basmati rice.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

strawberries  
stuffing  
**SUGAR: BROWN, white**

sweet potatoes

tea

**vanilla**

walnuts

whiskey

wine: red, sweet

## **PEPPER, BLACK**

**Taste:** pungent, hot

**Function:** warming

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Pepper suggests “false heat” and also stimulates the appetite. Add at the end of the cooking process.

apricots

basil

**BEEF, esp. roasted**

berries cardamom cheese

cherries cinnamon

cloves

coconut milk coriander

cumin

**eggs**

fruit, fresh

**game**

garlic

ginger

Indian cuisine

lamb

**lemon, juice**

lentils

**lime, juice**

**meats, red**

nutmeg

nuts

olive oil

olives  
parsley  
pineapple  
pork  
poultry  
pumpkin (e.g., pie)  
rosemary  
salads  
**SALT**  
sauces  
sausages  
seafood, heartier soups  
spice cake  
**STEAKS, esp. grilled strawberries**  
thyme  
tomatoes  
turmeric  
veal

## PEPPER, GREEN

(as peppercorns)

**Taste:** hot

**Weight:** light–medium

**Volume:** moderate

**Tips:** Add at the end of the cooking process. The flavor is less sharp than black pepper.

avocados  
bay leaf  
beef  
brandy  
butter  
**chicken**  
cream  
curries  
duck  
game  
**garlic**

ham  
**meats, esp. grilled and/or red**  
mustard  
parsley  
**pâtés**  
pork  
sage  
salads and salad dressings  
salmon  
**sauces: creamy, white seafood**  
shrimp  
stock, veal  
turkey  
veal  
vegetables  
venison  
wine, white

## PEPPER, PINK

**Taste:** hot  
**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Add at the end of the cooking process.

butter  
chervil  
chicken  
chocolate  
desserts  
duck  
eggs  
fennel  
fruit  
game  
lemongrass  
lime leaves, kaffir  
lobster

meats, esp. richer and/or stronger

mint

olive oil

parsley

pâtés

pears

pepper: black, green pineapple

**pork**

poultry

**salad dressings**

**sauces:** fruit, white scallops

**seafood**

shrimp

steak

veal

vinegar, esp. balsamic

Worcestershire sauce

## **PEPPER, RED**

(See also Cayenne, Ground)

**Taste:** hot

**Weight:** light

**Volume:** loud

**Tips:** Add at the end of the cooking process.

Caribbean cuisine

chili powder (ingredient)

Indian cuisine

Italian cuisine

jerk seasoning (ingredient)

meats

Mexican cuisine

mole negro (ingredient)

seafood

## **PEPPER, WHITE**

**Taste:** hot

**Weight:** light–medium

**Volume:** moderate (Note: White pepper is “quieter,” i.e., milder, than black pepper.)

**Tips:** Add at the end of the cooking process.

Asian cuisines

charcuterie

cloves

European cuisines

**fish, esp. white**

ginger

halibut

Japanese cuisine

lemongrass

nutmeg

potatoes

*quatre épices* (key ingredient)

sauces, esp. light-colored or white

soups, esp. light-colored or white

Thai cuisine

**white and other light-colored foods**

## PEPPERS, BELL

(See Bell Peppers)

## PEPPERS, CHILE

(See Chile Peppers)

## PEPPERS, PEPPADEW

**Peppadew peppers**, which are from South Africa, started coming to the U.S. just a few years ago. I stuff them with goat cheese and wrap them in Serrano ham before frying them. You get sweetness and spice from the peppers, saltiness from the ham, creaminess from the cheese, and crunchiness from the frying. Doing so gives them so much flavor, I don’t need to add anything else.

—BOB IACOVONE, CUVÉE (NEW ORLEANS)

I like **white pepper** with most white fish, and **black pepper** with tuna and red meat. White pepper works with halibut because it does not overwhelm the fish. Black pepper has a complex flavor and is spicy, which can be distracting. The problem with many peppers like cayenne or chipotle is that they are so strong they can burn. That is not a problem for me, but it is for our clientele. We use *piment d'Espelette*, which is spicy but sweet.

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

You have to be careful with **black pepper** because it can be a vehicle to add flavor—but if misused, it will mask flavor. I might add the tiniest little pinch before a dessert gets served to punch it up. I use black pepper with fresh fruit, especially cherries.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

To me, tuna doesn't even taste like tuna anymore unless it's seared with my **pepper** mix of toasted and ground black and pink peppercorns, coriander, and star anise. The same mix is also great on beef, buffalo, and venison.

—SHARON HAGE, YORK STREET (DALLAS)

We don't have sixteen types of **pepper** here; we use a basic black Tellicherry peppercorn and a little bit of red pepper flakes. I will occasionally go to an Asian market to get a pepper that has a sweet element to it, as these also tend to have a fruitiness to them that works well in braised dishes.

—SHARON HAGE, YORK STREET (DALLAS)

## PEPPERS, PIQUILLO

(Spanish peppers)

**Taste:** hot

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** roast

aioli

almonds

anchovies

artichokes

asparagus

beef

bread

calamari  
**CHEESE: goat, manchego**  
chicken  
chickpeas  
chocolate, bitter  
chorizo  
clams  
crab  
eggs  
**fish**, esp. cod, redfish, white  
**garlic**  
lamb  
lemon  
meat  
**mushrooms**  
**OLIVE OIL**  
olives  
**onions**  
orange paprika, smoked pork  
potatoes  
salads  
salmon  
**salt**  
seafood  
shrimp  
soups  
Spanish cuisine stews  
sugar  
tomatoes  
tuna

## PEPPERS, SPANISH

**Guindilla peppers** are used to give heat in Spanish cooking. If you were cooking beans, you would add your parsley sprig, half an onion, garlic, carrot, and one guindilla pepper. **Nora peppers** are smoked, bell-shaped peppers from Catalonia used for romesco sauce. They are similar to Mexican guajillo peppers. **Chorizero peppers** are bittersweet. Their pulp is used in *salsa vizcaina*, which is a red sauce made with a

lot of onions cooked down sweet, the chorizero pepper pulp, and either fish or bean stock. It's great served on fish or tripe.

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

## Dishes

### **Green Olives Stuffed with Piquillo Peppers and Anchovies**

—José Andrés, Café Atlántico (Washington, DC)

### **Piquillo Peppers Filled with Manchego Cheese, Avocado Leaf—and Hoja Santa—Seasoned Refried Beans and Vanilla—Bitter Chocolate Sauce**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

## PERSIMMONS

**Season:** autumn–winter

**Taste:** sweet–sour

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** bake, broil, raw

almonds

apples

avocados

bourbon

**brandy**

caramel

cashews

cheese, esp. creamy, goat

chile peppers, serrano

chocolate, white

**cinnamon**

cloves

coffee

cognac

**cream and ice cream**

custard  
endive  
frisée  
ginger  
**grapes, esp. red**  
**hazelnuts**  
**honey**  
Kirsch  
kiwi  
kumquats  
**lemon: juice, zest**  
liqueurs, esp. orange  
mace  
maple syrup  
nutmeg  
oatmeal  
**oil, hazelnut**  
olive oil  
**orange**  
pears  
**pecans**  
pepper, black  
**pomegranates**  
pork  
poultry  
prosciutto

Because of the texture and unique flavor of a **persimmon**, no matter what you do it will always taste like persimmon pudding. I decided two years ago to stop trying to do anything else with persimmons. Why try and reinvent the wheel? To work with persimmons, you first put them in the freezer overnight to ripen, then peel and puree them. Persimmons are pretty astringent, so you need to add a lot of spices and sugar to them. The combination of allspice, cinnamon, and ginger that you see in traditional recipes is nice with persimmons, and adds an interesting complexity to the flavor.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

puddings  
radicchio  
raisins

rum, esp. dark

**salads:** fruit, green

**salt**

seafood

sorbet

**sugar:** brown, white

sweet potatoes

**vanilla**

vinegar: champagne, red wine, sherry, white wine

**walnuts**

watercress

wine, sweet (e.g., Sauternes)

yogurt

## Flavor Affinities

persimmons + allspice + cinnamon + ginger

## PHEASANT

**Season:** autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** grill, roast

**Tips:** Wrap with bacon to keep from drying out when roasting.

**apples**

**bacon**

basil

bay leaf

butter

buttermilk

**cabbage,** esp. savoy

Calvados

**chestnuts**

cider

cinnamon

**cream:** heavy, sour

foie gras

French cuisine, esp. southern

## **GARLIC**

Italian cuisine, esp. southern

**lemon**, juice

**mushrooms**, esp. wild nutmeg

olive oil

onions

orange

parsley, flat-leaf

port

## **POTATOES**

raisins

sage

sauerkraut

shallots

Spanish cuisine, esp. southern

squash, winter

tarragon

## **THYME**

truffles

wild rice

wine

## **Flavor Affinities**

pheasant + apples + potatoes

## **PICKLES**

I lived in Japan for two years where I fell in love with **pickles** and pickling. For pickling, I use the proportions that are common for seasoning Japanese sushi rice, though I'll admit that there might be a sushi chef out there who might disagree with me: 9 parts vinegar to 5 parts sugar, 1 part salt, and 1 part water. Pickles are one of those things I love to have in my pantry because they are so fun to use and make so many things yummy. It is definitely one of my tricks that I keep stashed away. I like to pickle Swiss chard stems with raw beets and star anise. They are great together and work as a garnish on our Nantucket Bay scallop dish.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

## PIMENTON

(See also Paprika)

I don't even like to use the word "paprika" when referring to **pimenton**. It is not the same as Hungarian paprika, which is just dried pepper and doesn't taste like anything else. The Spanish were the first to plant peppers. Our *pimenton* has the right touch of sweetness, bitterness, and smoke. Used in a dish it makes the dish a whole new thing. Sprinkled on octopus, it is astonishing.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

### Dishes

#### Pheasant: Cider, Shallot, and Burning Leaves

—Grant Achatz, Alinea (Chicago)

#### Cinnamon-Roasted Pheasant with Applewood-Smoked Bacon and Red Chile Pecan Sauce

—Robert Del Grande, Café Annie (Houston)

### Dishes

#### Pineapple-Vanilla Vacherin with Coconut Gelée

—Daniel Boulud, Restaurant Daniel, New York City

#### Warm Pineapple Cake "Sottosopra" with Rum Zabaione

—Gina DePalma, pastry chef, Babbo (New York City)

#### Exotic Fruit and Mint Salad, Star Anise Tuile

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

#### Pineapple Rum Soup with Passion Fruit and Mango Gelée, Coconut Tapioca, Pink Peppercorn–Pineapple Sorbet

—Gale Gand, pastry chef, Tru (Chicago)

#### Pineapple Sorbet, Candied Pine Nut Tart, and Pineapple Chip

—Thomas Keller, The French Laundry (Yountville, California)

**Fermented Pineapple Peel Drink**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

**Grilled Pineapple, Avocado, and Watercress**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

**Roasted Pineapple with Pistachio Ice Cream**

—Eric Ripert, Le Bernardin (New York City)



## PINEAPPLES

**Season:** winter–summer

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, roast, sauté

allspice

apricots  
avocado  
baked goods **BANANAS**  
basil  
**brandy**  
**butter**, unsalted caramel cardamom cashews  
cayenne  
cheese: blue (some)  
chicken

**Pineapple** is 80 to 90 percent water. We'll freeze the pineapple, then pull it out and put it in a colander, and let the juice run out of it—which has all the flavor of the pineapple. After pressing out all the juice, we'll throw out the now-flavorless pulp, and use just the juice. You can do the same with strawberries or other fruits to obtain a clear juice, which you can use in drinks or, frozen and scraped, as fruit crystals to serve with a dessert.

—DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

I like the combination of rosemary with **pineapple**.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

**Pineapple** benefits from a touch of vanilla.

—GINA DEPALMA, BABBO (NEW YORK CITY)

**chile peppers:** fresh, dried, red, green (e.g., jalapeño)  
chocolate  
**cilantro**  
**cinnamon**  
cloves  
**COCONUT:** meat, milk  
**cognac**  
Cointreau  
**cream and ice cream**  
cream, Bavarian style  
curry  
fennel seeds  
fruits, tropical  
**ginger**  
**Grand Marnier**

grapefruit

ham

**honey**

**Kirsch**

kiwi fruit

kumquats

**lemon: juice, zest**

lemongrass

**LIME: juice, zest**

macadamia nuts

**MANGOES**

maple syrup

marinades

meat

mint

olive oil

onion, red

**oranges: fruit, marmalade**

papaya

passion fruit

**pepper, black**

pistachios

pomegranate

poultry

**raspberries**

rice/rice pudding

rosemary

**RUM**

saffron

salads, fruit

salt, esp. *fleur de sel*, kosher

seafood (e.g., shrimp)

shallots

spinach

**star anise**

**strawberries**

**SUGAR: brown**, white

sweet potatoes

Szechuan pepper

tamarind  
tapioca  
**VANILLA**  
vinegar, rice  
walnuts  
watercress  
wine, sweet (e.g., Vin Santo)  
yogurt

## Flavor Affinities

pineapple + avocado + watercress  
pineapple + banana + ginger + rum + sugar + vanilla  
pineapple + berries + citrus + mangoes + star anise  
pineapple + coconut + honey + oranges  
pineapple + ice cream + brown sugar + vanilla  
pineapple + lime + sugar  
pineapple + Madeira + brown sugar + vanilla  
pineapple + rum + sugar  
pineapple + rum + vanilla + walnuts

You have to be careful with **pine nuts** because they are so strong that they will dominate a dessert. If I use even a small amount in an apple dessert, it turns it into a **pine nut dessert**.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Pine nuts** are really fatty and luxurious, so I like to use salt with them for balance. Even in a pesto, you notice the flavor of pine nuts versus using walnuts or no nuts.

—GINA DEPALMA, BABBO (NEW YORK CITY)

## PINE NUTS

**Weight:** light  
**Volume:** moderate  
**Techniques:** toast

apples  
apricots  
basil

bell peppers  
Central American cuisine  
**cheese:** feta, goat, Parmesan, ricotta  
cookies  
Eastern Mediterranean cuisine  
French cuisine, esp. southern  
garlic  
honey  
**Italian cuisine, esp. southern**  
lemon  
liqueurs, orange  
mascarpone  
Mexican sauces  
Middle Eastern cuisine  
Moroccan cuisine  
olive oil  
onions  
orange  
pears  
**PESTO** (key ingredient)  
prunes  
raisins  
raspberries  
rice  
rum  
sauces  
Spanish cuisine, esp. southern  
sugar  
vanilla  
vegetables, esp. roasted  
walnuts  
wine: red, sweet

## **Flavor Affinities**

pine nuts + apples + apricots + rosemary  
pine nuts + basil + garlic + olive oil + Parmesan cheese (pesto)

## **PINOT NOIR**

**Weight:** light–medium

**Volume:** quiet–moderate

beef

chicken

**duck**

lamb

mushrooms

pork

**salmon**

**tuna**

veal

## **PIQUANCY**

**Taste:** hot

**Volume:** loud

**Function:** warming

**Tips:** Stimulates appetite; enhances other flavors (e.g., salty, sour).

cayenne

chile peppers

garlic

ginger

horseradish

mustard, hot

onions, esp. raw

pepper, black

red pepper flakes

spices, many

wasabi

## **PISTACHIO OIL**

(See Oil, Pistachio)

## PISTACHIOS

(See also Nuts—In General)

**Season:** year-round

**Weight:** medium

**Volume:** moderate

**Techniques:** raw, roast, salt

anchovies

apples

**apricots**

artichokes

arugula

asparagus

bananas

basil

beets

cardamom

cauliflower

**cheese:** goat, Parmesan, ricotta, Taleggio

cherries

**chicken**

**chocolate:** dark, white

coconut

cranberries

cream and ice cream

Heat [aka **piquancy**] can come from a grind of black pepper when you are cooking, or at the last second on top of a salad before it goes out. Heat can also come from some jalapeño in steamed cockles with ginger and lemongrass. In either case, heat adds a brightness to the dish.

—SHARON HAGE, YORK STREET (DALLAS)

### Dishes

#### Pistachio and Chocolate Semifreddo

—Gina DePalma, pastry chef, Babbo (New York City)

**A Checkerboard Terrine of Pistachio and White Chocolate Ice Cream with Blackberry Sauce**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

**Pistachios** are a distinctively flavored nut. You need to be sure that what you pair with them will stand up. They go well with raspberries but not strawberries because the latter are softer in flavor.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Pistachios** look great with other nuts because you get green and brown alongside each other. They can be pretty mild so they are less about flavor and more about color and texture. Since pistachios are so mild I like to feature them solo or in a large quantity so they don't get lost. I make a chocolate semifreddo and there is pistachio in the semifreddo, there is pistachio paste, they are on the plate, and they are in the sauce. They are front and center.

—GINA DEPALMA, BABBO (NEW YORK CITY)

dates

duck

Eastern Mediterranean cuisine

endive

figs: dried, fresh

foie gras

ginger

gooseberries

**honey**

Italian cuisine

kumquats

lavender

leeks

**lemon**

mangoes

mascarpone

Moroccan cuisine

nectarines

orange

parsley

pasta and pasta sauces

pastries

pâtés

## **PEACHES**

poultry

prunes

quince

raisins, esp. golden

raspberries

rice

rosemary

rose water sausages

sugar

vanilla

watermelon

yogurt

## **AVOID**

strawberries, which pistachios can easily overpower

## **PLANTAINS, GREEN**

**Botanical relatives:** bananas

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, boil, deep-fry, mash, sauté

**Tips:** Look for green plantains without any yellow.

African cuisine bacon

butter

cardamom

Central American cuisine

chicken

chile peppers

cilantro

cinnamon

cloves

coriander

cumin  
curry  
fruits, tropical  
garam masala  
garlic  
ginger  
lime, juice  
Mexican cuisine  
molasses  
oil: canola, vegetable  
onions, esp. red  
**pepper, esp. black**  
pork  
rice  
salsa  
**salt, esp. kosher**  
soups  
stews  
yogurt

## PLANTAINS, SWEET

**Taste:** sweet

**Botanical relatives:** bananas

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, boil, deep-fry, sauté

**Tip:** Look for yellow to black plantains that ripen to black.

African cuisine  
allspice  
**butter**  
Central American cuisine  
chicken  
chocolate  
cinnamon  
cloves  
coconut

cranberries  
cream and ice cream  
fruits, tropical  
ginger  
honey  
lemon, juice  
lime, juice  
Mexican cuisine  
molasses  
oil: canola, vegetable  
orange: fruit, juice, zest  
pepper, black  
rice  
rum, esp. dark  
salt  
star anise  
sugar, esp. brown  
toffee

## PLUMS

**Season:** late spring–early autumn  
**Taste:** sweet, astringent  
**Weight:** light  
**Volume:** moderate  
**Techniques:** bake, poach, raw, stew

**allspice**  
almonds  
anise  
anise hyssop  
apricots, pureed  
arugula  
bay leaf  
**brandy, esp. plum**  
**butter, unsalted**  
buttermilk  
caramel

**cardamom**

cherries

cider

**CINNAMON**

**cloves**

coriander

cornmeal

**cream and ice cream**

crème fraîche custard

French cuisine

gin

**ginger**

## Dishes

**Plum and Bay Leaf Soup with Vanilla Yogurt Sorbetto**

—Gina DePalma, pastry chef, Babbo (New York City)

**Plum Cornmeal Cake with Plum Sorbet**

—Emily Luchetti, pastry chef, Farallon (San Francisco)

hazelnuts

**honey**

juniper berries

Kirsch

lavender

**LEMON:** juice, zest

liqueurs: almond, orange, plum

mace

maple syrup

mint

**nectarines**

**nutmeg**

oatmeal

olive oil

onions, red

## **ORANGE: juice, zest**

peaches  
pecans  
pepper, black  
pies

prosciutto

raisins

## **raspberries**

rum, dark

sage

salads

sour cream

strawberries

**SUGAR:** brown, confectioners', white

thyme

## **VANILLA**

**vinegar:** balsamic, cider

**walnuts**

whiskey

**wine, dry red or white or dessert**

wine: port or sweet (e.g., plum)

yogurt

## **Flavor Affinities**

plums + arugula + prosciutto

plums + bay leaf + vanilla

plums + cinnamon + cloves + red wine + sugar

plums + cinnamon + orange

plums + cream + sugar + vanilla

plums + ginger + raspberries

plums + ginger + yogurt

## **PLUMS, DRIED**

(aka prunes)

**Season:** year-round

**Taste:** sweet

**Weight:** medium-heavy

**Volume:** moderate

**Techniques:** raw, stew

allspice

almonds

anise

apples

apricots, dried

**\*ARMAGNAC**

bacon

baked goods

bay leaf

**brandy, esp. apple, pear**

caramel

cheese, esp. blue, goat, ricotta chestnuts

chocolate: dark, white

**cinnamon**

cloves

coffee

**cognac**

**cream and ice cream**

**crème fraîche**

I like **plums** with anise hyssop. That is a classic flavor combination and I serve it every year. They also work well with sage, and I have made sage ice cream to serve with plums.

—GINA DEPALMA, BABBO (NEW YORK CITY)

cumin

currants

custard

dates

figs, esp. dried

French cuisine

game

game birds

ginger

hazelnuts

**honey**, wildflower

**lemon, zest**

liqueurs: almond, other nut

macadamia nuts

maple syrup

Moroccan cuisine

oatmeal

**orange, zest**

pâté

pears

pecans

pepper, black

pine nuts

pistachios

pork

**port, esp. tawny**

quince

rabbit

raisins

rice pudding

rum

Southern Comfort

star anise

stews

**sugar: brown, white**

teas, esp. black or Earl Grey

thyme

turkey

**vanilla**

vinegar: champagne, white wine

**WALNUTS**

whiskey

**WINE:** dry red (e.g., Bordeaux, Cabernet Sauvignon), **Sauternes**, sweet white (e.g., Muscat)

## **Flavor Affinities**

prunes + allspice + bay leaf + cinnamon + black pepper

prunes + apples + brandy + vanilla + yogurt

prunes + Armagnac + chocolate  
prunes + Armagnac + crème fraîche  
prunes + brandy + cream + vanilla  
prunes + cheese + cumin + walnuts  
prunes + cognac + honey + Sauternes

## POLENTA

**Weight:** medium

**Volume:** quiet

**Techniques:** simmer

**Tips:** Grill or sauté cooked polenta.

bay leaf

beef

bell peppers, esp. red

butter, unsalted

**CHEESE:** Fontina, Gorgonzola, Gruyère, mozzarella, Parmesan, Taleggio

chervil

chicken

**chives**

**cream / milk**

egg, yolks

game birds

**garlic**

herbs

honey

**Italian cuisine, esp. northern**

marjoram

**mascarpone**

**mushrooms**, esp. chanterelles, porcini, shiitakes

**oil:** truffle, walnut

**olive oil**

parsley, flat-leaf

**pepper:** black, white

**pork**

red pepper flakes

**rosemary salt:** kosher,

sea  
**sausages**  
scallions  
**stocks:** chicken, vegetable  
**thyme**  
tomatoes and tomato sauce  
**truffles**, white  
walnuts

## Flavor Affinities

polenta + chanterelle mushrooms + white truffle oil  
polenta + Gorgonzola cheese + mascarpone + walnuts  
polenta + Parmesan cheese + rosemary

## POMEGRANATES

**Season:** autumn  
**Taste:** sour, sweet  
**Function:** cooling  
**Weight:** light–medium  
**Volume:** moderate  
**Techniques:** raw, ice/sorbet

allspice  
almonds  
arugula  
avocados

### Dishes

#### Cornish Game Hens with Pomegranate Sauce and Toasted Almonds

—Rafih Benjelloun, Imperial Fez (Atlanta)

#### Pomegranate Glazed Specialty Chicken Breast with Coconut-Onion Curry

—Vikram Vij and Meenu Dhalwala, Vij's (Vancouver)

bananas  
beets  
**cardamom**  
**chicken**  
chile peppers  
chocolate, white  
**cinnamon**  
cloves  
coconut  
coriander  
couscous  
cream  
cucumbers  
cumin  
curry  
**desserts**  
fish  
garlic  
**ginger**, esp. fresh  
**grapefruit**  
hazelnuts  
honey  
hummus  
kumquat  
**lamb**  
legumes  
**lemon, juice**  
lime, juice  
**meats, roasted**  
**Middle Eastern cuisine**  
nutmeg  
olive oil  
onions  
**orange, juice**  
parsley  
pine nuts  
pomegranate molasses (key ingredient)  
pork  
poultry (e.g., turkey)

**SALADS**, esp. cucumber, fruit, green  
sesame seeds  
sorbets  
stewed dishes  
**sugar**  
tequila  
turmeric  
vinegar: balsamic, red wine  
walnuts  
wine: port, red, white

### **Flavor Affinities**

pomegranates + almonds + cinnamon + cloves + garlic + ginger + honey  
pomegranates + chicken + coconut + curry + onions  
pomegranates + lemon + sugar

What is nice about **pomegranates** is that they are very flavorful but don't have a lot of sugar in them. They also have a unique flavor that is not like anything else. It is one of the few flavors that have come around in popularity because they have made it easier to use [via pomegranate juice, molasses, etc.]. Cleaning them to use just the seeds can be a pain in the neck. However, I use the juice because it makes a great sorbet.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## **POMEGRANATE MOLASSES**

**Taste:** sweet, sour  
**Weight:** medium-heavy  
**Volume:** moderate-loud

allspice  
beef  
chicken  
chile peppers cinnamon  
cloves  
duck  
game  
game birds  
ginger

**lamb**

marinades

meats

**Middle Eastern cuisine**

mustard

mustard seeds

**olive oil**

pepper

pork

poultry

salad dressings

vinegar, balsamic

walnuts

## POMELOS

(See also **Grapefruit**)

**Taste:** sour, sweet

**Weight:** light

**Volume:** loud

**Techniques:** broil, raw

avocado

chicken

chili powder

coconut

crab

**fish**

fish sauce

ginger, pickled

lemongrass

maple

onions

peanuts

pomegranate

**salads**

salt

scallops

shrimp  
spinach

### Flavor Affinities

pomelo + pickled ginger + fish  
pomelo + salt + chili powder

**Pomelo** is good in salads. During the summer, we will mix it with pickled ginger and a couple of other ingredients and serve it on chicken or fish.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## PONZU SAUCE

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate–loud

beef  
dashi  
fish, esp. grilled or raw  
**Japanese cuisine**  
meat, esp. grilled  
sashimi  
shellfish  
soy sauce  
*ume* (Japanese plum)

## POPPY SEEDS

**Taste:** sweet

**Weight:** light

**Volume:** quiet

apples  
Asian cuisine  
**BAKED GOODS** (e.g., breads, cakes, cookies, pastries)  
beans, green

**butter, unsalted**

buttermilk

cabbage

carrots

cauliflower

**cheese, ricotta**

cinnamon

cloves

cream

curry powder

desserts

eggplant

eggs and egg dishes

fish

fruits

ginger

honey

**Indian cuisine**

**lemon**

Mediterranean cuisine

noodles

nutmeg

**onions, esp. sweet**

**pasta**

pastries

**potatoes**

rice

**salads and salad dressings, esp. creamy**

sauces, esp. creamy

sesame seeds

sour cream

spinach

strawberries

sugar

**Turkish cuisine**

vanilla

vegetables

walnuts

**zucchini**

## PORK—IN GENERAL

**Season:** autumn

**Taste:** sweet—astringent

**Function:** heating

**Techniques:** Use dry-heat cooking (e.g., broil, grill, roast) for tender cuts of pork, and moist-heat cooking (e.g., braise, stew) for tougher cuts of pork.

aioli

almonds

anchovies

anise

**APPLES: cider, fruit, juice**

apricots

asparagus

**bacon**

barbecue dishes

basil

**bay leaf**

beans: green, navy, white beer

bell peppers: green, red bourbon

brandy

bread crumbs

**butter, unsalted**

**cabbage:** green, red

Calvados

capers

caraway seeds

cardamom

carrots

cayenne

celery

cheese: Gruyère, Jack

**chile peppers**, esp. anchos, dried red, jalapeño

chili powder

Chinese cuisine

chives

cider

cilantro

**cinnamon**

**cloves**

coconut milk

coriander

cornichons

corn

cranberries

cream

**cumin**

curry powder

**fennel**

fennel seeds

figs

fish sauce, Thai

French cuisine, esp. southern

fruit: dried, fresh

**GARLIC**

**ginger:** fresh, ground dried

ham, Serrano

**honey**

horseradish

Italian cuisine, esp. southern

ketchup

Korean cuisine, esp. northern

**LEMON:** juice, zest

lemongrass

lemon verbena

lentils

**lime, juice**

mace

mangoes: green, ripe

marjoram

Mexican cuisine

**mint,** esp. spearmint

## Dishes

**Rack of Pork, Marinated in Oranges, Thyme, and Garlic, Served with Fennel and Black Olive Ouzo and Orange Sauce**

—Ann Cashion, Cashion's Eat Place (Washington, DC)

**Suckling Pig with Quince Paste and Romesco Sauce**

—Suzanne Goin, at the 2003 James Beard Awards gala reception

**Roasted Rack of Pork with Apple Butter Glaze, Country Ham Spoon Bread, Roasted Apples, Mustard Greens, and Bourbon Glaze**

—Bob Kinkead, Colvin Run (Vienna, Virginia)

**Beer-Braised Pork Belly with Sauerkraut and Ginger Jus**

—Gabriel Kreuther, The Modern (New York City)

**Organic Berkshire Pork Tenderloin Marinated in Wheat Beer with Barley Risotto, Turnips, and Chicory Emulsion**

—Gabriel Kreuther, The Modern (New York City)

**Pork with Fig Maple Jus and Dutch Cabbage**

—Monica Pope, T'afia (Houston)

**Cuban Roast Pork Marinated in an Allspice-Cumin Adobo with Ripe Plantains, Rich Oaxacan Six-Chile Mole Sauce, and “Moors and Christians” Rice**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

**Trio of Pan-Seared Pork Tenderloin with House-Made Sausage and Potato Pierogis**

—Celina Tio, American Restaurant (Kansas City)

**Marinated Pork Medallions with Garlic-Yogurt Curry and Naan Bread**

—Vikram Vij and Meenu Dhalwala, Vij's (Vancouver)

You'll often see what is essentially clam chowder [without the clams] used as a sauce: the combination of **pork**—whether it's bacon, chorizo, or whatever—and thyme, served with potatoes and cream. It could be served with something poached or sautéed. It is a cute reworking of something that is classic.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

I like the combination of **pork** with fruit. With a pork chop, fresh and dried figs or strawberries would all work.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

Sauces often don't do justice to the meat they're saucing. For that reason, we don't use veal stock with **pork**, which hides the flavor of the meat. Instead, we want to do everything we can to emphasize the flavor of the pork itself. So, we'll roast the pork scraps and bones and make a pork stock instead. In the summertime, to keep it light, we won't even add wine.

—DAN BARBER, BLUE HILL AT STONE BARNs (POCANTICO HILLS, NEW YORK)

mirepoix

molasses

mushrooms, esp. shiitake **mustard, Dijon**

mustard seeds

noodles/pasta

nutmeg

**OIL:** canola, grapeseed, sesame, vegetable

**olive oil**

olives

**ONIONS**, esp. green, pearl, red, sweet, white, yellow

**ORANGE:** juice, zest

oregano

**paprika:** smoked, sweet

**parsley, flat-leaf**

peanuts and peanut sauce

**pears**

peas, black-eyed

pecans

**\*PEPPER: black, white**

pineapple

pine nuts

piquillo peppers

plums

port

potatoes, mashed or roasted

prosciutto

**prunes**  
quince  
radicchio  
red pepper flakes  
rice or risotto

**ROSEMARY**

saffron  
**sage**  
**salt:** kosher, sea

**sauerkraut**

**shallots**  
sherry, cream

**sour cream**

**soy sauce**

spaetzle  
Spanish cuisine, esp. southern

squash: acorn, butternut

**star anise**

**stock,** chicken

**Pork** can handle all the sweet spices, including allspice, cinnamon, and clove.

—BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

**sugar** (pinch)  
sweet potatoes  
Tabasco sauce  
tangerine, juice  
tea, black (e.g., Lapsang Souchong)

**THYME**

**tomatoes and tomato paste**

**turmeric**

turnips  
vanilla

*verjus*

vermouth, dry  
Vietnamese cuisine  
**VINEGAR:** balsamic, red wine, rice wine, sherry, white wine  
walnuts  
watercress

wine: dry red, white  
Worcestershire sauce  
yogurt

### **Flavor Affinities**

pork + allspice + mace  
pork + apples + mustard  
pork + bacon + mustard + sauerkraut  
pork + chile peppers + cilantro + garlic + lime + peanuts  
pork + cinnamon + star anise  
pork + coriander + honey + soy sauce  
pork + clove + garlic + orange  
pork + cream + potatoes + thyme  
pork + curry + garlic + yogurt  
pork + fennel + garlic  
pork + garlic + ginger + molasses  
pork + ginger + honey + soy sauce  
pork + mustard + sauerkraut  
pork + port + rosemary

## **PORK—BACON**

(See Bacon)

## **PORK—BELLY**

**Techniques:** braise, double-cook, pan-fry

apples  
bacon  
bay leaf  
beets  
caraway  
carrots  
celery  
cilantro  
cinnamon  
citrus

cumin  
eggs  
fennel  
**garlic**  
leeks  
mushrooms  
oil, peanut  
olive oil  
onions  
paprika  
parsley, flat-leaf  
parsnips  
**pepper, black**  
**potatoes**  
rosemary  
sake  
**salt:** kosher, sea shallots  
soy sauce  
star anise  
stocks: chicken, veal  
thyme  
vegetables, root  
vinegar, champagne  
zucchini

## PORK—CHOPS

**Techniques:** dry-heat cooking (e.g., broil, grill, roast, sauté)

**APPLES:** cider, fruit, sauce

arugula  
beans  
bread crumbs  
broccoli rabe  
butter  
cabbage, red  
coriander  
corn

fennel

fennel pollen

I'm sometimes inspired by looking back to my childhood and the combinations of flavors I liked. I was a pretty picky eater growing up, but I loved my macaroni and cheese, and bacon and eggs. I came up with a take on bacon and eggs substituting **pork belly** for the bacon. I love pork belly—it is a poor man's foie gras, the way it just melts in your mouth. I make the eggs in a double boiler that gives them a creamy texture, and finish them with fresh herbs. For the belly, we grill it and then braise it in citrus, champagne vinegar, and veal stock for six hours. Then at serving, we grill it again and top it with a “sweet heat” sauce which is like a barbecue sauce with layers and layers of flavor.

—BOB IACOVONE, CUVÉE (NEW ORLEANS)

## Dishes

**Grilled Pork Chop with Artichokes, Cipollini, and Aceto Manodori**

—Mario Batali, Babbo (New York City)

**Pork Chop, Creamed Sweet Corn, Pan-Fried Summer Squash, and Crushed Blackberries**

—Cory Schreiber, Wildwood (Portland, Oregon)

**garlic**

ginger

**greens**

honey

lemon, juice

lentils

molasses

**mustard** (esp. Dijon) and mustard seeds

olive oil

**onions**

peaches

pepper, black

polenta

potatoes: mashed, steamed

prosciutto

rosemary

**SAGE**

**sauerkraut**

spinach

stock, chicken

**sugar: brown, white**

tomatoes

vanilla

**vinegar: balsamic, cider**

### **Flavor Affinities**

pork chop + apples + ginger + sage

pork chop + arugula + tomatoes

pork chop + greens + sweet potatoes

pork chop + peaches + balsamic vinegar

## **PORK—HAM**

(See Ham)

## **PORK—LOIN**

**Techniques:** dry-heat cooking (e.g., bake, braise, grill, roast, sauté)

bay leaf

brandy

cabbage, red

chile peppers, ancho

**cilantro**

cinnamon

figs

garlic

**ginger**

lemongrass

lime, juice

maple syrup

**mustard**

**mustard seeds**

onions

oregano

port

potatoes

**rosemary****sage**

sake

soy sauce

stock, chicken

thyme

vinegar, white

wine, white

**Flavor Affinities**

pork loin + figs + onions

pork loin + red cabbage + port wine

**PORK—RIBS**

**Techniques:** bake, barbecue, braise, broil, grill, roast, sauté

allspice

bay leaf

beer

bourbon

butter

cabbage

chile peppers, guajillo

**chili powder**

cider

coffee

coriander

**cumin****garlic**

ginger

hoisin sauce

**honey**  
hot sauce  
ketchup  
lemongrass  
liquid smoke  
mirepoix  
**molasses**  
**mustard**, Dijon  
olive oil  
**onions, esp. white**  
oregano  
paprika: hot, smoked  
parsley, flat-leaf  
pepper, black  
potatoes  
**salt: kosher, sea**  
sesame oil  
soy sauce  
sugar, brown  
Tabasco sauce  
thyme  
tomatoes and tomato puree  
vinegar: apple cider, balsamic, red wine, sherry, white wine  
Worcestershire sauce

## PORK—SAUSAGE

(See Sausages)

## PORK—SHOULDER

**Techniques:** moist-heat cooking (e.g., barbecue, braise, stew)

achiote  
allspice  
andouille sausage (key ingredient)  
apples  
barbecue sauce

**bay leaf**  
cayenne  
**chile peppers**  
cinnamon  
coriander  
cornmeal (e.g., grits, polenta)  
couscous  
cumin

five-spice powder

## **GARLIC**

**ginger**

honey

## **lemon**

lime

maple syrup

milk

mushrooms

orange

oregano

paprika

port

quince

rice

rum

## **sage**

soy sauce

sugar, brown

## **thyme**

tomatoes

vinegar

wine, red

## **Flavor Affinities**

pork shoulder + bay leaves + wild mushrooms

pork shoulder + chipotle peppers + cumin + tomatoes

pork shoulder + plantains + rice + rum

## **PORK—TENDERLOIN**

**Techniques:** dry-heat cooking (e.g., broil, grill, roast, sauté)

artichokes, Jerusalem

bacon

beans, green

cardamom

cilantro

cinnamon

corn

fennel

ginger

lime

maple syrup

marjoram

mushrooms, porcini, dried

mustard

**olive oil**

**onions: cipollini, yellow**

orange

oregano

pancetta

parsley

pepper, black

polenta

potatoes

red pepper flakes

**rosemary**

rum, esp. dark

**sage**

savory

sherry

sour cream

sugar, brown

tarragon

turmeric

vinegar, balsamic

yogurt

## PORtUGUESE CUISINE

anise  
bread  
chile peppers, piri piri  
cilantro  
cinnamon  
clams  
cod  
custards  
eggs  
fish  
garlic  
kale  
olive oil  
onions  
paprika  
parsley  
pork, esp. cured  
**port**  
potatoes  
rice  
saffron  
shellfish  
tomatoes  
turkey  
vanilla

### Flavor Affinities

clams + garlic + paprika + pork  
cod + eggs + onions + potatoes  
garlic + kale + onions + potatoes  
piri piri peppers + garlic + lemon juice + olive oil + salt

We make a **potato** stew with bacon, olives, mushrooms, and onions, which is perfect for cold winter Sunday suppers. We add two strong flavors—bacon and olives—to the potato. Onions and porcini mushrooms add another layer of flavor.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

## POTATOES

**Season:** year-round

**Function:** cooling

**Weight:** medium-heavy

**Volume:** quiet

**Techniques:** bake, boil, deep-fry, gratin, grill, mash (use older, starchier potatoes), puree, roast, sauté, steam

arugula

**bacon**

basil

**BAY LEAF**

**BEEF**

bell peppers, green, esp. roasted

**BUTTER**, unsalted

buttermilk

caraway seeds

cardamom

carrots

cauliflower (e.g., Indian cuisine)

caviar

cayenne

celery

**celery root**

**CHEESE:** Brin d'Amour, Cantal, cheddar, Comté, Dry Jack, Emmental, Fontina, goat,

Gouda, Gruyère, manchego, Parmesan, pecorino, raclette, Roquefort, Torta del

Casar

chervil

**chicken**

chickpeas (e.g., Indian cuisine)

chicory

chile peppers (e.g., Indian, Thai cuisine)

chili oil

**CHIVES**

cilantro

cinnamon

cloves

coriander

## **CREAM / MILK**

**crème fraîche**

cumin

curry

dill

**eggs**

French cuisine

garam masala

## **GARLIC**

ginger

greens, winter

herbs

kale

lamb

lavender

## **LEEKES**

lemon, juice

lovage

marjoram

## **mayonnaise**

morels

## **mushrooms, esp. wild**

mussels

**mustard:** Dijon, dry

## **nutmeg**

**OIL:** canola, peanut, vegetable

## **olive oil**

olives, e.g., black

**ONIONS:** green, red, Spanish, Vidalia

oysters

paprika

## **parsley, flat-leaf**

## **parsnips**

peas

**PEPPER:** black, white

pork and pork belly

ramps

## **ROSEMARY**

rutabagas

saffron

**sage**

salads

**SALT:** kosher, sea

salt cod

sausages: chorizo, Italian

savory

scallions

**shallots**

**sorrel**

**sour cream**

spinach (e.g., Indian cuisine)

squash, winter (e.g., butternut)

**STEAK**

**STOCKS: chicken, vegetable**

sweet potatoes

**THYME**

**tomatoes**

**truffles, black**



turmeric

turnips

vegetables, root vinaigrettes

**vinegar:** champagne, sherry, white wine

**wine, dry white**

## yogurt

### Flavor Affinities

potatoes + bacon + cheese + onions  
potatoes + chives + sour cream  
potatoes + cream + garlic + Parmesan cheese + rosemary  
potatoes + cream + leeks + oysters  
potatoes + Gruyère cheese + winter squash  
potatoes + leeks + nutmeg

## POTATOES, NEW

**Season:** spring–summer

**Weight:** medium

**Volume:** quiet

**Techniques:** boil, roast, steam

**Tips:** New potatoes are best not baked or fried.

chives

cream

**garlic**

mint

olive oil

paprika

parsley

pepper, black

rosemary

salt

savory

shallots

tarragon

**thyme**

vinegar

### Flavor Affinities

new potatoes + garlic + shallots + tarragon + vinegar

## **POULTRY**

(See Chicken, Turkey, etc.)

## **PROSCIUTTO**

**Taste:** salty

**Weight:** light–medium (depending on thinness of slicing)

**Volume:** moderate

almonds

apples

arugula

asparagus

**basil**

**cheese:** Fontina, Gruyère, Parmesan, provolone

chestnuts

chicken

chicory

cilantro

fennel

## **FIGS**

grapes

hazelnuts

honey

**Italian cuisine**

**lemon, juice**

**lime, juice**

\***MELON**, esp. cantaloupe, honeydew

mushrooms

**mustard**, esp. Dijon

mustard seeds

nectarines

**olive oil**

pasta

pears

pepper: black, white

pine nuts

pomegranate molasses

**sage**  
spinach  
tomatoes  
walnuts

## **PRUNES**

(See Plums, Dried)

## **PUMPKIN**

(See also Squashes, Winter)

**Season:** autumn  
**Taste:** sweet  
**Weight:** medium-heavy  
**Volume:** moderate  
**Techniques:** bake, braise, grill, puree, roast

**allspice**  
amaretti cookie crumbs  
apples

**bay leaf**  
brandy, esp. apple

**BUTTER, unsalted**  
caramel  
carrots  
cayenne

**CHEESE:** feta, Gruyère, Parmesan  
chile peppers  
chocolate, white  
cilantro

**CINNAMON**

**CLOVES**  
coconut  
cognac

**cranberries**

**CREAM**  
**cream cheese**

crème anglaise  
crème fraîche

## Dishes

**Prosciutto San Daniele with Black Pepper Fettunta and Figs**

—Mario Batali, Babbo (New York City)

**Fig and Prosciutto Pizza**

—Todd English, Figs (Charlestown, Massachusetts)



## Dishes

**Pumpkin, Brown Sugar, and Tempura with Cinnamon Fragrance**

—Grant Achatz, Alinea (Chicago)

**Pumpkin “Lune” with Butter, Sage, and Amaretti**

—Mario Batali, Babbo (New York City)

**Creamy Pumpkin and Cream Cheese Custard with Orange-Rum Raisins**

—Gina DePalma, pastry chef, Babbo (New York City)

**Grilled Pineapple and Caribbean Pumpkin Salad with Pumpkin Seeds and Cacao Nib Vinaigrette**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

cumin

curry

custard

duck

**garlic**

**GINGER:** fresh, ground

hazelnuts

honey

Italian cuisine

kumquats

**lemon, juice**

lime, juice

lobster

mace

maple syrup

marjoram

molasses

mushrooms

**NUTMEG**

nuts  
oatmeal  
**oil: sesame, vegetable**  
**olive oil**  
**onions: red, white**  
**orange: juice, zest**  
orange liqueur (e.g., Grand Marnier)  
oysters  
pasta (e.g., ravioli, tortelli)  
pecans  
**pepper: black, white**  
pine nuts  
pork  
potatoes  
**pumpkin: oil, seeds**  
radicchio  
**raisins**  
risotto  
rosemary  
**rum, esp. dark**  
**SAGE**  
**salt, kosher**  
scallops  
shrimp  
soups  
sour cream

With **pumpkin** or even sweet potatoes, the combination of allspice, cinnamon, ginger, and clove works great. If you buy canned pumpkin that has spices already added, it tastes a little off and artificial. Depending on how you like your spices, you typically add equal amounts of ginger and cinnamon and less allspice and clove because the last two are very strong.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Pumpkin** and butternut squash juices are great in dishes featuring [each respective vegetable]. What the juice does is intensify their flavor, making the dishes taste more natural.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

I had to come up with a recipe for a vegan cookbook, and ended up making a **pumpkin** and coconut milk custard thickened with agar-agar that was so delicious, I put it on the menu!

—BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

**Pumpkin** and bay leaf together make the pumpkin taste even more pumpkin-like.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

My **pumpkin** pie soup dish was inspired by walking through Whole Foods and seeing pumpkins. I thought, How do I like my pumpkin? I like pumpkin pie, and thought it would actually make an interesting soup. I made a pumpkin soup and found the soup to be very savory with its spicing, and added smoked duck to it. I wanted a contrasting flavor, so I added some sweet meringue as a garnish. Then I needed a contrast to the creaminess, so I put in a piece of pie crust a second before serving as well as toasted pecans for even more crunch.

—BOB IACOVONE, CUVÉE (NEW ORLEANS)

stews

stock, chicken

**SUGAR:** brown, white

sweet potatoes

Thanksgiving

**thyme**

turnips

**vanilla**

vinegar, balsamic

walnuts

wine, dry white

wine, sweet

yogurt

## **PUMPKIN SEED OIL** (See Oil, Pumpkin Seed)

## **PUMPKIN SEEDS**

**Season:** autumn

**Weight:** light

**Volume:** quiet

**Techniques:** bake, roast

caramel

chile peppers, jalapeño

cilantro

coriander

cumin

Mexican cuisine

salt

## PURSLANE

**Season:** summer

**Taste:** sour

**Weight:** light

**Volume:** moderate

**Techniques:** raw, sauté

beans, green

cucumber

garlic

Wild purslane has a lemony flavor and waxy leaves. It makes me think of a salad of very young green beans that are three inches long and tossed with the purslane and a splash of white wine vinegar and Ligurian olive oil.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

## Flavor Affinities

pumpkin + allspice + bay leaf + cinnamon + salt

pumpkin + allspice + cinnamon + ginger

pumpkin + amaretti cookie crumbs + butter + pasta + sage

pumpkin + apples + curry

pumpkin + brown sugar + pine nuts

pumpkin + butter + garlic + chicken stock + thyme

pumpkin + chile peppers + garlic

pumpkin + cream cheese + orange + rum

pumpkin + cream cheese + pumpkin seeds + sugar

pumpkin + custard + garlic

pumpkin + honey + balsamic vinegar

pumpkin + olive oil + rosemary

## Dishes

**Pepitas: Toasted Pumpkin Seeds Seasoned with Cumin, Coriander, and Jalapeño**

—Traci Des Jardins, Mijita (San Francisco)

**Cilantro and Pumpkin Seed Pesto**

—Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

herbs: chervil, cilantro, mint

olive oil

smoked trout

tomatoes

vinegar, white wine

yogurt

## QUAIL

**Season:** late spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, pan roast, roast, sauté

almonds

anchovies

anisette

apples

arugula

**bacon**

**bay leaf**

bell peppers, esp. red bourbon

**brandy**

butter, unsalted

capers

cardamom

carrots

chard

chestnuts

chicken livers

chile peppers, esp. green

chili powder

cinnamon

cloves

coconut

cognac

coriander

cream

cumin

currants

curries

dandelion greens

fennel

figs

foie gras

frisée

**garlic**

ginger, fresh or ground

grapes, esp. seedless

ham

honey

Italian cuisine

leeks

**lemon, juice**

lentils

maple syrup

marjoram

mint

molasses

**mushrooms, wild****mustard, Dijon**

**OIL:** canola, peanut, sesame, vegetable

**olive oil**

**onions, spring**

orange: juice, zest

oysters

**pancetta**

**parsley, flat-leaf**

pears

peas

**pepper, black, pink**

**pine nuts**

pistachios

polenta

pomegranates and pomegranate molasses

potatoes, esp. creamer

prosciutto

**rosemary**

saffron

sage

salsify

**salt**

**sausage**

scallions

shallots

sherry

soy sauce

**stocks: chicken, vegetable**

stuffing

sugar, brown

sumac

Tabasco sauce

tamarind

tarragon

**THYME**

tomato paste

truffles, white

vinaigrette

**VINEGAR:** balsamic, red wine, sherry

walnuts

wine: red, white

## Flavor Affinities

quail + arugula + pomegranate  
quail + bacon + Brussels sprouts  
quail + bacon + garlic + lemon  
quail + bourbon + molasses + pears  
quail + chanterelle mushrooms + tarragon + tomato  
quail + cinnamon + sumac  
quail + figs + vinaigrette  
quail + marjoram + olive oil + rosemary + sage + thyme

## QUATRE ÉPICES

beef, esp. braised  
charcuterie  
duck  
foie gras  
French cuisine  
game  
pâté  
sausages  
soups  
stews  
vegetables  
venison, esp. braised

**Quail** is too delicate for rosemary, so I like it with a little lavender, pink peppercorns, and *fleur de sel*.

—SHARON HAGE, YORK STREET (DALLAS)

### Dishes

**Quail Corn Bread and Pecan Stuffed Breast, Leg Confit, Sweet Corn Pudding, and Chanterelle Mushrooms**

—Jeffrey Buben, Vidalia (Washington, DC)

**Glazed Quail with Caramelized Fennel Bulb and Tangerine Marmalade**

—Thomas Keller, The French Laundry (Yountville, California)

**Walnut-Glazed Quail with a Ragout of Organic Shell Beans, Shiitake Mushrooms, and Applewood-Smoked Bacon**

—Gabriel Kreuther, The Modern (New York City)

**Roast “Brace” of Quail and La Quercia “Americano” Prosciutto with a “Fondant” of Austrian Crescent Potatoes, Roasted Acorn Squash, Red Pearl Onions, Swiss Chard, and Tarragon**

—Carrie Nahabedian, Naha (Chicago)

**Two Texas Cross Quail and Braised Cabbage with Apple and Hazelnuts**

—Monica Pope, T’afia (Houston)

**Roasted Quail with Smoked Bacon, Brussels Sprouts, and a Quail Jus**

—Thierry Rautureau, Rover’s (Seattle)

**Pan-Fried Coriander Quail Cakes with Coconut Curried Vegetables**

—Vikram Vij and Meenu Dhalwala, Vij’s (Vancouver)

## **Flavor Affinities**

cloves (allspice or cinnamon) + ginger + nutmeg + black and/or white pepper

## **QUINCE**

**Season:** autumn

**Taste:** sour

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, poach, stew

almonds

**\*APPLES: fruit, juice**

Armagnac

bay leaf  
beef  
brandy  
butter, unsalted Calvados  
caramel  
cardamom  
**CHEESE, ESP. GOAT, MANCHEGO, RICOTTA**, and esp. with quince paste  
cherries  
chicken  
**cinnamon**  
cloves  
cranberries  
cream and ice cream  
custards  
dates  
figs, esp. dried  
fruits, dried, esp. apricots, cherries, plums  
**ginger**  
hazelnuts  
**honey**  
jams and jellies  
kumquats  
lamb  
**lemon, juice**  
liqueurs, nut  
**maple syrup**  
mascarpone  
meats  
nutmeg  
orange  
**\*PEARS**  
pecans  
pepper, black  
pies (e.g., apple)  
pistachios  
poultry  
raisins  
raspberries  
Spanish cuisine (quince paste)

star anise  
**sugar:** brown, white  
**vanilla**  
walnuts  
whiskey  
wine: red, sweet  
**wine, white**, e.g., Riesling  
yogurt

## Dishes

### **Roasted Quince, Foie Gras, and Candied Fennel with Sweet Spices**

—Grant Achatz, Alinea (Chicago)

### **Quince and Marcona Almond “Crisp,” Mascarpone Sorbet, and Pedro Ximenez Sherry Caramel**

—Elizabeth Dahl, pastry chef, Naha (Chicago)

### **Quince-Filled Maple-Whiskey Cake with Goat Cheese Ice Cream**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

### **Granny Smith Apple Sorbet, Quince, Quinoa, Pecans**

—Johnny Iuzzini, pastry chef, Jean Georges (New York City)

**Quince** is something that will never be mainstream because of its unique flavor and the fact that you just can't peel it and eat it. But if you peel quince and cook it forever and show it some love, it is so much better than an apple or a pear.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## RABBIT

(See also Game—In General)

**Season:** autumn–winter

**Taste:** sweet–astringent

**Function:** heating

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** barbecue, braise (esp. legs, thighs), broil, grill, roast, sauté, stew

almonds

apples

**artichokes**

arugula

asparagus, white

**BACON**, esp. smoked

barbecue sauce

basil

**bay leaf**

beans: fava, green, white

beer

bell peppers

brandy

bread crumbs

**butter, unsalted**

**cabbage, esp. red**

**carrots**

cayenne

celery root

cherries

**chervil**

chiles, esp. Thai

chives

chocolate, esp. dark

cider

cilantro

cinnamon

cloves

coconut milk

## Dishes

**Rabbit Enchiladas with Red Chile Mole and Pumpkin Seeds**

—Robert Del Grande, at the 2003 James Beard Awards gala reception

**Braised Rabbit with Winter Vegetables, Abita Beer Bread, Truffled Parsnips**

—Bob Iacovone, Cuvée (New Orleans)

**Roast Loin of Rabbit with a “Ragoût” of Braised Rabbit, Confit Garlic Crushed Potatoes, Applewood Slab Bacon, “Hen of the Woods” Mushrooms, Glazed Young Carrots, and Turnips**

—Carrie Nahabedian, Naha (Chicago)

**Roasted Rabbit Saddle with Root Vegetables, Green Lentils, and a Game Jus**

—Thierry Rautureau, Rover's (Seattle)

**Rabbit Braised in Arneis with Chickpea Crepe and Pancetta**

—Holly Smith, Café Juanita (Seattle)

**Rabbit Consommé, Morels, Pea, and Lavender Emulsion**

—Rick Tramonto, Tru (Chicago)

coriander

corn

**cream**

cumin

currants (e.g., currant jelly)

curry paste, Thai yellow

fennel leaves

fennel seeds

fish sauce, Thai

French cuisine

**GARLIC**

ginger

hazelnuts

Italian cuisine

leeks

lemon: juice, zest

lemongrass  
lime: juice, leaves  
Marsala  
Mediterranean cuisine

mint  
mirepoix  
**mushrooms**

**MUSTARD:** Dijon, dry

**OIL:** canola, grapeseed, hazelnut, peanut, vegetable, walnut  
**olive oil**

olives, esp. green, black, kalamata

**ONIONS:** esp. pearl, Spanish, yellow  
orange, zest

**oregano**

pancetta  
paprika: smoked, sweet

**parsley, flat-leaf**

**pasta/noodles, egg**

**PEPPER:** black, pink, white

pine nuts  
plums

port  
potatoes  
**prunes**  
rice and risotto

**rosemary**

saffron

**sage**

**salt: kosher, sea**  
sesame seeds

**shallots**

soy sauce  
spinach  
star anise

**STOCKS: chicken, rabbit, veal**

sugar (pinch)  
Tabasco sauce  
tarragon  
**THYME**

## **tomatoes and tomato paste**

vegetable puree

**VINEGAR:** balsamic, cider, red wine, sherry, white wine

**WINE:** dry red, dry white (e.g., Riesling), Champagne

## **Flavor Affinities**

rabbit + bacon + rosemary

rabbit + garlic + potatoes + rosemary + shallots

rabbit + mushrooms + noodles

rabbit + mushrooms + tarragon

rabbit + mustard + red wine

rabbit + vinegar + red wine

rabbit + rosemary + tomato

rabbit + shallots + white beans

A dish I am really proud of is our saddle of **rabbit** served with green olives, shallots, marjoram, and fennel jam. This is a light and beautifully balanced dish that reminds me of Liguria [in Italy]. The olives are salty, the marjoram is strong, and the fennel is sweet. This has been on our menu for over a year but it took me a few tries to get right. I tried black olives, but they were too strong. I tried rosemary, but it was too earthy. I tried Brussels sprouts, but they were a little too bitter and didn't complement the same way sweet fennel did. So though the combination didn't work for the saddle, the black olives and rosemary led me to add some rabbit liver and stuff a whole boned rabbit. That dish did work. The two dishes were different in the sense that the saddle with the green olives was a little more sophisticated while the whole rabbit was more of a **peasant dish**. Customers like both!

—ODETTE FADA, SAN DOMENICO (NEW YORK CITY)

## **RADICCHIO**

**Season:** year-round

**Taste:** bitter

**Weight:** medium-heavy

**Volume:** moderate-loud

**Techniques:** braise, grill, roast, sear

anchovies

apples

arugula  
bacon  
beans, esp. shell, white  
beef  
butter  
capers

**CHEESE**, esp. pungent and/or Asiago, blue, dry Jack, feta, **Gorgonzola**, Gruyère,  
**PARMESAN**

chicken, esp. roasted  
chives

duck

eggs, esp. hard-boiled

**endive**

fennel

figs

fish

**garlic**

horseradish

**ITALIAN CUISINE**

lamb

**lemon: juice, zest**

lime, juice

lobster

mushrooms, wild

**mustard, Dijon**

oil, corn

**OLIVE OIL**

**onions, red**

orange: juice, zest

pancetta

parsley, flat-leaf

pasta

pears

pecans

**pepper: black, white**

pine nuts

pizza

pork

poultry

## **prosciutto**

pumpkin and pumpkin oil

red pepper flakes

risotto

rosemary

## **salads and salad dressings**

salami

## **SALT**

seafood, esp. grilled or roasted

shallots

shrimp

squab

## **VINEGAR: BALSAMIC, red wine, sherry**

walnuts

wine, dry white

## **Flavor Affinities**

radicchio + arugula + endive

radicchio + Asiago cheese + olive oil + balsamic vinegar

radicchio + duck + risotto + reduced balsamic vinegar

radicchio + fennel + prosciutto

radicchio + Gorgonzola cheese + pears

radicchio + hard-boiled eggs + olive oil + prosciutto + sherry vinegar + walnuts

radicchio + mushrooms + risotto + balsamic vinegar

## **RADISHES**

**Season:** spring–autumn

**Taste:** pungent

**Function:** heating

**Weight:** light

**Volume:** moderate–loud

**Techniques:** braise, raw

anchovies

avocados

basil

bread: French, rye

**BUTTER**, esp. sweet  
celery  
cheese, esp. blue, feta chervil  
**chives**  
cilantro  
crab  
cream

It's vital that you taste your ingredients to determine the best way to serve them. We got a new **radicchio** in that is so bitter it just won't work as a salad. Instead, we will turn it into a pesto or a tiny garnish.

—MONICA POPE, T'AFIA (HOUSTON)

## Dishes

### **Grilled Radicchio Trevisano with Asiago and Horseradish**

—Mario Batali, Babbo (New York City)

### **Radicchio Salad with Parmesan Balsamic Vinaigrette**

—Hiro Sone and Lissa Doumani, Terra (St. Helena, California)

There is a time of year when all there seems to be in the green market is **radishes**. You get sick of seeing them and they are there for months. I needed to create something new and all there was were radishes. So, I came up with a radish salad served with lobster. We blanch turnip rounds and fold in a little baby ginger to get this wonderfully peppery salad. The sauce with the lobster is a pistachio vinaigrette that is bound by onion puree and brightened by the juice that pickled the ginger. We finish the dish with toasted pistachios and add a pistachio oil. The pistachio nut and oil add an earthy quality and depth of flavor to the dish.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

**cream cheese**  
cucumbers  
curry powder  
dill  
fennel

fish, esp. white

**lemon**, juice

lettuces

lobster

lovage

marjoram

**mint**

olive oil

onions

orange: fruit, juice

oregano

**parsley, flat-leaf**

pears

pecans

**pepper**

rosemary

salads

**SALT, esp. SEA**

**scallions**

sesame oil

shallots

shrimp

soy sauce

tamari

**thyme**

vinaigrettes

**VINEGAR: cider, white wine**

## **Flavor Affinities**

radishes + bread + butter + salt

## **RAISINS**

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, raw, stew

allspice  
**almonds**  
anise  
apples  
apricots, dried  
baked goods (e.g., cookies)  
bananas  
brandy  
**breakfast (e.g., cereals, oatmeal)**  
butter, unsalted  
buttermilk  
caramel  
carrots  
cheese: goat, ricotta  
chestnuts  
chocolate: dark, white  
**cinnamon**  
cloves  
cognac  
crème fraîche  
currants  
custard  
dates  
**desserts**  
figs, dried  
**ginger**  
hazelnuts  
honey  
ice cream  
Indian cuisine  
Italian cuisine, esp. Venetian  
**lemon: juice, zest**  
liqueurs, nut  
maple syrup  
mascarpone  
mole sauces  
Moroccan cuisine  
nutmeg  
**nuts**

oatmeal  
**orange: juice, zest**  
peanuts  
pears  
pecans  
pine nuts  
pistachios



prunes  
pumpkin  
quince  
raisins  
rice (e.g., pudding) **RUM**  
salads  
sour cream  
Southern Comfort stuffings  
**sugar: brown, white** sweet potatoes  
**vanilla**  
**walnuts**  
whiskey  
**wine: red, sweet, white**  
yogurt

### Flavor Affinities

raisins + orange + rum

## RAMPS

(aka wild leeks; see also Leeks, Onions, and Scallions)

**Season:** spring–summer

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** cook, raw

asparagus

bacon

butter

carrots

**cheese, Parmesan**

chicken

chives

cream

cured meats (e.g., speck)

**fish** (e.g., halibut, salmon, trout)

ham

lentils, green

mushrooms, wild (e.g., morels)

olive oil

onions

**pasta**

pepper, black pork

**potatoes**, esp. new

prosciutto

risotto

shallots

stock, chicken

wine, white

## Flavor Affinities

ramps + asparagus + morels

ramps + lentils + pork

ramps + Parmesan cheese + risotto

ramps + pasta + speck

## **RASPBERRIES**

**Season:** summer

**Taste:** sweet

**Weight:** light

**Volume:** quiet-moderate

### **almonds**

apricots

beverages

### **blackberries**

### **blueberries**

brandy, esp. berry-flavored

buttermilk

caramel

### **Champagne**

cheese: goat, ricotta

### **CHOCOLATE, ESP. DARK (say some)**

### **\*CHOCOLATE, WHITE**

cinnamon

cloves

cognac

Cointreau

corn syrup, light

### **CREAM**

crème anglaise

crème fraîche

currants, esp. red

### **custard**

desserts

figs, esp. fresh

### **Framboise**

ginger

graham crackers

### **Grand Marnier**

grapefruit

grapes

### **hazelnuts**

honey

**ICE CREAM**, vanilla

jams

**Kirsch**

**LEMON**: juice, zest

lemon verbena

**lime**: juice, zest

liqueurs, esp. berry, nut

macadamia nuts

mangoes

maple syrup

mascarpone

melon

**meringue**

milk, sweetened condensed

**mint** (garnish)

**nectarines**

oatmeal

**orange**: juice, zest

**peaches**

peanuts

pears

pecans

pineapple

pine nuts

pistachios

plums

quince

raspberry preserves rhubarb

rum, dark

salads: fruit, green

## Dishes

**Spaghetti with Local Ramps, American Speck, and Parmesan**

—Andrew Carmellini, A Voce (New York City)

**Roasted Pork Chop with Spiced Pulled Pork, Green Lentils, and Ramps**

—Gray Kunz, Café Gray (New York City)

## Dishes

**Flambéed Peaches with Crepes and Raspberry-Lemon Ice Cream**

—Gary Danko, Gary Danko (San Francisco)

**Raspberry Mousse and Star Anise Tuile**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Almond Tart Shell Filled with Rose Cream and Raspberries with Lychee Granité, and Pistachio Crème Anglaise**

—Michael Laiskonis, pastry chef, Le Bernardin (New York City)

When working with **raspberries**, I will try not to cook them too much. The problem is that often fresh raspberries are not that great. If I am making a sauce, even in the middle of summer I will use frozen raspberries. You can use frozen fruit as long as it doesn't have sugar or anything else added. The fruit is picked in the field when it is ripe and frozen right away. So, the frozen raspberries will have better flavor than those that have been put in a little carton and shipped across the country. Of course, local farmers' market raspberries are a different story. If I am making a sauce in the summer, the frozen raspberries will taste great. On the other hand, you would not use **frozen raspberries on top of a tart**.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

salt, sea

sauces

sour cream

star anise

**strawberries**

**SUGAR:** brown, white

tequila

wine: red, sweet (e.g., Riesling)

**VANILLA**

**yogurt**

## **AVOID**

chocolate, dark (say some)

### **Flavor Affinities**

raspberries + almonds + lemon  
raspberries + almonds + vanilla  
raspberries + cream + star anise  
raspberries + crème fraîche + lemon  
raspberries + custard + mint  
raspberries + lemon + peaches  
raspberries + sugar + vanilla + white chocolate

## **RED SNAPPER**

(See Snapper)

## **RHUBARB**

**Season:** late spring–summer

**Taste:** sour

**Weight:** medium

**Volume:** loud

**Techniques:** bake, puree, sauté, stew

almonds

## **ANGELICA**

apples

bay leaf

berries

blood orange

brandy

## **butter, unsalted**

buttermilk

## **caramel**

cardamom

cheese: blue, Stilton

chives

chocolate, white

**cinnamon**

citrus fruits

cloves

**CREAM AND ICE CREAM**

cream cheese

**crème fraîche**

crust: pastry, pie

custard

duck

eggs

fennel

**fish, mild**

foie gras

fruit

game birds

garlic

**GINGER:** fresh, crystallized, powdered

Grand Marnier

grapefruit

grenadine

hazelnuts

**honey**

Kirsch

**lemon: juice, zest**

lime: juice, zest

liver

maple syrup

mascarpone

mint, esp. spearmint

nutmeg

oatmeal

oil, peanut

onions

**orange, juice**

pecans

pepper, black

pies

plums

pork

port  
**raspberries**  
salt: kosher, sea  
sour cream

## \*STRAWBERRIES

**SUGAR: BROWN, CONFECTIONERS', WHITE**

trout

## VANILLA

verbena  
vinaigrette  
vinegar: cider, raspberry  
wild rice  
wine, sweet white (e.g., Riesling)  
yogurt

## Dishes

### **Cool Rhubarb Soup with Orange and Mint Fior Di Latte**

—Gina DePalma, pastry chef, Babbo (New York City)

### **Ricotta Cheesecake with Rhubarb and Sweet Vanilla Cream**

—Gina DePalma, pastry chef, Babbo (New York City)

### **Rhubarb Stilton and Port Wine Reduction Chocolate**

—Dominique and Cindy Duby, Wild Sweets (Vancouver)

### **Rhubarb Consommé, Vanilla-Poached Rhubarb, Strawberry Crisp**

—Gale Gand, pastry chef, Tru (Chicago)

### **Vanilla Yogurt Mousse, Rhubarb-Citrus Compote, Blood Orange Sorbet, and Coulis**

—Michael Laiskonis, pastry chef, Le Bernardin (New York City)

### **Warm Apple and Rhubarb Turnovers with Rhubarb-Gewürztraminer Jam and Candied Ginger—Crème Fraîche Ice Cream**

—Emily Luchetti, pastry chef, Farallon (San Francisco)

**Rhubarb Napoleon with Mascarpone Cream and Fennel Compote**

—Ellie Nelson, pastry chef, Jardinière (San Francisco)

**Old-Fashioned Rhubarb Crisp with Cinnamon-Walnut Ice Cream**

—Michael Romano, Union Square Café (New York City)

**Rhubarb and Angelica Pie**

—Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

**Rhubarb-Mint Cobbler**

—Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

I like to pair **rhubarb**, caramelized sugar, and blood orange juice—which has more character than orange juice—because their seasons barely overlap. I am not a fan of rhubarb desserts because they always tend to be one note—either very tart, or very sweet to make up for the tartness. Caramel works well with rhubarb because it makes the rhubarb not too sweet.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

There is not a lot of fruit available in the spring, so that pretty much leaves you with **rhubarb**. The good news is that rhubarb works well in custards and ice creams.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## Flavor Affinities

rhubarb + blood orange + caramelized sugar  
rhubarb + caramel + orange  
rhubarb + cardamom + orange  
rhubarb + cardamom + sugar + vanilla  
rhubarb + cinnamon + cream + walnuts  
rhubarb + cream cheese + lime + vanilla  
rhubarb + fennel + mascarpone  
rhubarb + honey + lemon + vanilla  
rhubarb + lemon + yogurt  
rhubarb + mint + orange  
rhubarb + mint + sugar + vanilla  
rhubarb + Stilton cheese + port wine

rhubarb + strawberry + vanilla

## RICE, WHITE—IN GENERAL

**Function:** cooling

**Weight:** light-medium

**Volume:** quiet

**Techniques:** boil, steam

anise

bacon

beans

### butter, unsalted

chicken

cinnamon

### coconut and coconut milk

cream / milk

curry powder

fish

fish sauce, Thai

garlic

ginger, fresh

lemon, zest

meats

nuts: almonds, pecans, pistachios, walnuts

onions

peas

raisins

rhubarb

### SAFFRON

salt

shellfish

shrimp

stocks: chicken, vegetable

sugar

tomatoes

vegetables

## RICE, ARBORIO OR CARNAROLI

(aka risotto)

**Weight:** medium-heavy

**Volume:** quiet

**Techniques:** sauté, then simmer

arugula

asparagus

bacon

basil

butter, unsalted celery

**cheese, Parmesan**

chicken

chile peppers, red

chives

crab

fennel

garlic

Italian cuisine

lemon

lemon thyme

lime, zest

**mushrooms (e.g., chanterelles, morels, shiitake)**

mussels

mustard seeds

**onions**

parsley, flat-leaf

**peas**

pepper, black

prosciutto

saffron

scallions

shallots

shellfish

shrimp

sorrel

squid

**stocks: chicken, fish, vegetable**

tarragon

thyme

tomatoes

truffles

veal

vermouth

**wine: dry red or white**

zucchini blossoms



## Flavor Affinities

risotto + artichokes + lemon + prosciutto

risotto + asparagus + chervil + morel mushrooms

risotto + asparagus + saffron + scallops

risotto + bacon + butternut squash + maple syrup + sage

risotto + chanterelle mushrooms + zucchini blossoms

risotto + chorizo + clams + saffron

risotto + corn + Parmesan cheese + scallions

risotto + corn + Parmesan cheese + shrimp

risotto + mussels + parsley + peas

risotto + pancetta + Parmesan cheese + pumpkin

risotto + peas + prosciutto

risotto + sweet onions + Parmesan cheese

risotto + veal + black truffles

## RICE, BASMATI

**Function:** cooling

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** boil, simmer

almonds

basil

bay leaves

bell peppers

butter

buttermilk

cardamom

chicken

chile peppers, esp. dried red

cinnamon

coconut

coriander

cream / milk

cumin

currants

curry leaves

fennel seeds

garam masala

garlic

ginger

**Indian cuisine**

lamb

lemon

lime, juice

milk

mint

nuts

oil: canola, macadamia

**onions, esp. green, red**

orange

peas

pepper: black, white

pistachios

potatoes

raisins, yellow

**saffron**

**salt, kosher**

spinach

sugar

thyme

tomatoes and tomato paste

### **Odette Fada of New York's San Domenico on Risotto**

I am from Northern Italy and grew up eating risotto. Back then, we mainly ate risotto Milanese [i.e., saffron risotto, traditionally served with osso buco or with a mild pork sausage crumbled in with some rosemary]. We would also put it in soup—or even just eat it simply with some grated cheese.

I love it because it only takes one pan, and it is ready in 20 minutes! People think it takes a long time but if you were to cook a piece of fish, wash greens, and make a salad dressing, that would take just as long.

You can make risotto with almost anything. I love it with fruit, vegetables, or fish. One of my favorite fruit risottos is a seasonal one with pears and Gorgonzola. The pears give a nice, sweet crunch to the dish. I also like making risotto with Prosecco, strawberries, and nettles.

A classic combination in Italy in fall is game with blueberry jam and mushrooms. I have adapted this and for over twenty years have been serving risotto with porcini mushrooms and blueberries tossed in at the last second.

I also like to make a risotto with fresh herbs like rosemary, thyme, or oregano—and then at the end I'll cover it with an extra-thin slice of lard [pork jowl] that has a mild flavor. It just melts into the risotto and is out of this world.

Each ingredient you add to your risotto will dictate when it should be added. If it is something delicate like a berry, it gets added very late so it will not break up. If you are making a seafood risotto—say, with octopus—it should be added early so it has time to cook all the way through.

## **RICE, CARNAROLI**

**(See Rice, Arborio)**

## **RICE, JASMINE**

(See Thai Cuisine)

## RICE, WILD

**Weight:** medium

**Volume:** moderate

**Techniques:** simmer

butter, unsalted

celery

game

game birds

lemon, zest

Midwestern American cuisine

**oil:** hazelnut, vegetable, walnut

olive oil

onions

**pepper,** ground

pine nuts

salt

sausage, smoked

**scallions**

stock, chicken

tarragon walnuts

wine, dry white

## RIESLING

**Weight:** light

**Volume:** quiet–moderate

apples

cheese, esp. blue, soft, triple crème

chicken

curries, esp. milder

duck

fish

fruit, esp. summer

ham, esp. baked  
pork  
salads  
salmon  
salmon, smoked  
scallops  
seafood  
shellfish  
trout, esp. sautéed



## Dishes

### Rose and Almond Panna Cotta

—Gina DePalma, pastry chef, Babbo (New York City)

### Tropical Fruit Salad with Rosewater and Sweet Tahini Yogurt

—Brad Farmerie, Public (New York City)

Floral flavors, when done well, can be really amazing. This is also special because it is something that I never grew up with. Someone from India may not find it a big deal.

I tend to think in threes. I'll pair two classic ingredients, and add a third to elevate the combination. I make my own **rose**-flavored dessert that was inspired by [French pastry chef] Pierre Hermé and his rose macaroon with raspberry and lychee, which is one of the greatest things I have tasted in my life. I coat a standard tart shell with a

layer of liquid raspberry; on top of that I place a rose parfait, which I pair with lemon and pistachio. To make the rose flavor not so overbearing, I use it in three different forms. I infuse rosebuds [used to make rosewater] in the milk for the parfait, and I also use rose syrup, which adds color and sweetness, and finally rosewater as well. You have to be careful with rose because it can be like eating perfume. That is why I take a lot of care using three layers to make it one flavor.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

## ROASTED DISHES

artichokes, Jerusalem  
beef  
beets  
carrots  
celery root  
chicken  
fennel  
ham  
lamb  
onions  
parsnips  
pork  
potatoes  
rutabagas  
shallots  
squash, winter (e.g., butternut)  
turkey  
turnips  
veal: loin, rib  
vegetables, root  
venison  
yams

## ROMAINE

(See Lettuce, Romaine)

## ROSE

## (Hips, Petals, Water)

**Taste:** sweet

**Weight:** light

**Volume:** moderate–loud

almonds

baked goods (e.g., cakes)

cream / milk

desserts

fruit

honey

ice cream

Indian cuisine desserts

lemon

lychee

pistachios

raspberries

rice and rice pudding

vanilla

yogurt

## Flavor Affinities

rose + almonds + cream/milk

rose + honey + yogurt

rose + lemon + pistachios

rose + lychee + raspberries

**Rosemary** has a strong flavor, so it's always going to be the star. It works with strong, assertive fish like swordfish or tuna—and, of course, it is a classic with lamb.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

**Rosemary** works with apples or pears.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

When I think of **rosemary**, I think of octopus. It works so well in a ceviche with octopus, black olives, and potato.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

**Rosemary** can be strong with seafood unless it is a full-flavored seafood. We will skewer mussels with rosemary and panfry them because they work with the piney flavor of the mussels.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

**Rosemary** works well with citrus and honey.

—GINA DEPALMA, BABBO (NEW YORK CITY)

## ROSEMARY

**Season:** year-round

**Taste:** pungent

**Weight:** heavy, tough-leaved

**Volume:** loud

**Tips:** Add early in the cooking process.

In winter, rosemary is milder; in summer, it is stronger.

anchovies

apples

apricots

asparagus

bacon

baked goods (e.g., breads, cakes, cookies)

bay leaf

**BEANS, esp. dried, fava, white, green**

beef

**bell peppers**

**bouquet garni (key ingredient)**

braised dishes

**breads**

Brussels sprouts

**butter**

**cabbage**

carrots

cauliflower

celery

**chicken, esp. grilled**

chives

cream

cream cheese

**duck**

**eggs and egg dishes**

**eggplant**

fennel

figs

**FISH, esp. grilled**

focaccia

**French cuisine, esp. Provençal**

fruit

**game: rabbit, venison**

**\*GARLIC**

gin

grains

grapefruit: juice, zest

grapes

**grilled dishes**, esp. meats, vegetables

*herbes de Provence* (key ingredient)

honey

**Italian cuisine**

**\*LAMB**

**lavender**

**lemon: juice, zest**

lemon verbena

lentils

lime: juice, zest

liver

lovage

mackerel

marinades

**marjoram**

**MEATS, esp. grilled, roasted**

**Mediterranean cuisine**

milk

mint

**mushrooms**

mussels

octopus

**OLIVE OIL**

**ONIONS**

orange: juice

oregano

parsley

parsnips

pasta

pears

**peas**

pepper, black

pizza

polenta

**PORK****POTATOES**

**poultry**

radicchio

rice

risotto

**roasted meats**

**sage**

salmon

sardines

**sauces**

**savory**

scallops, esp. grilled

shellfish

sherry

**shrimp**

**soups**

spinach

squash: summer, **winter**

steaks

**stews**

strawberries

strongly flavored foods

sweet potatoes

**swordfish**

**thyme**

**TOMATOES, tomato juice, tomato sauce**

**tuna**

veal  
vegetables, esp. grilled, roasted  
vinegar, balsamic  
**wine**  
zucchini (say some)

## AVOID

corn  
Middle Eastern cuisine  
salads  
zucchini (say some)

## Flavor Affinities

rosemary + anchovies + garlic  
rosemary + butter + lemon  
rosemary + garlic + lamb  
rosemary + garlic + lemon  
rosemary + garlic + wine  
rosemary + onions + potatoes  
rosemary + Parmesan cheese + polenta  
rosemary + pork + sherry

The Martinique **rums** tend to be drier, while Haitian rums tend to be spicier. I use more spices with rum in general, and herbs with spirits such as gin.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

I love the combination of **rum** with carrots. Carrot juice provides a bright color that sends a message, especially to women. It has its own natural sweetness, and a little goes a long way. Carrots go beautifully with lemon thyme and orange, but I especially love the combination of carrots and ginger. In the autumn months, I'll combine gold rum with carrot and apple juices and autumn spices. I'll infuse allspice, cinnamon, and nutmeg into a tea or tisane, and add that to the cocktail.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

## RUM

**Weight:** light–heavy (light to dark rum)  
**Volume:** moderate–loud

**apples:** fruit, juice

**bananas:** fruit, liqueur

**butter**

butterscotch

**Caribbean cuisine**

carrot: juice

chestnuts

chocolate

cinnamon

**Coca-Cola**

**coconut:** fruit, milk, water

cream and ice cream

fruit juice

**ginger**

grapefruit

**grenadine**

**LEMON: JUICE**

**LIME: JUICE**

maple syrup

maraschino liqueur

**mint**

nutmeg

nuts

**ORANGE: JUICE**

passion fruit

pineapple

pumpkin

punch (key ingredient)

**raisins**

**SPICES:** allspice, cinnamon, nutmeg, star anise

**SUGAR, ESP. BROWN**

tropical fruits

vanilla

vermouth: dry, sweet

## **Flavor Affinities**

rum + apples + butter + nuts + vanilla

rum + apples + carrot juice + spices

rum + apples + cinnamon + pumpkin  
rum + coconut water + tropical fruits  
rum + lime + banana + sugar  
rum + lime + mint + sugar  
rum + lime + pineapple + sugar

## **RUSSIAN CUISINE**

**beets**  
**cabbage**  
caraway seeds  
**caviar**  
cilantro  
cinnamon  
cloves  
cumin  
dill  
fish: pickled, smoked  
fruits and fruit sauces  
garlic  
ginger  
herring  
lamb, grilled  
meats, skewered and grilled  
mint  
mushrooms  
nutmeg  
onions  
paprika  
parsley  
pepper, black  
poppy seeds  
potatoes  
saffron  
sausages  
**sour cream**  
tarragon  
vinegar  
vodka

yogurt

## Flavor Affinities

mushrooms + cloves + pepper + vinegar

## RUTABAGAS

**Season:** autumn–spring

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, deepfry, puree, roast, steam

allspice

**apples**

basil

bay leaf

beets

broccoli

butter, clarified

caraway seeds

cardamom

carrots

cayenne

celery

celery root

cheese: blue, **Gruyère**, Parmesan

chives

cinnamon

**cream**

cream cheese

cumin

dill

duck

garlic, esp. roasted

ginger

greens, bitter

honey

lamb  
leeks  
**lemon, juice**  
mace  
maple  
syrup  
marjoram  
mustard  
nutmeg  
olive oil  
**onions**  
orange, zest  
oregano  
parsley  
parsnips  
pears  
pepper: black, white  
pork  
**potatoes**  
rabbit  
raisins  
rosemary  
saffron  
sage  
salt  
savory  
scallions  
soups  
squash, butternut  
star anise  
stock, chicken  
sweet  
potatoes  
tarragon  
**thyme**  
tomatoes  
tuna  
turnips  
vanilla

vinaigrette / vinegar  
watercress

## Dishes

### **Apple-Rutabaga Soup**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

## Flavor Affinities

rutabagas + apples + maple syrup  
rutabagas + cheese + potatoes  
rutabagas + potatoes + rosemary

## SAFFRON

**Taste:** sour–sweet–bitter

**Function:** cooling

**Weight:** very light

**Volume:** very loud

**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 necessary.

anise

artichokes asparagus

basil

beef

## BOUILLABAISSE

breads

## cardamom

carrots

cheese

## chicken

## cinnamon

citrus  
cloves  
coriander  
corn

**couscous**

cream and ice cream cumin  
curries  
custards  
eggplant  
eggs

**fennel**

**FISH**

fruit  
game birds

**garlic**

**ginger**

halibut  
ice cream

**Indian cuisine**

Italian cuisine  
lamb

leeks

**mayonnaise**

meats

**Mediterranean cuisine**

Middle Eastern cuisine

**Moroccan cuisine**

mushrooms

mussels

North African cuisine

nutmeg

onions, esp. Spanish, Vidalia

orange

**paella**

paprika

pepper

**potatoes**

rabbit

*ras el hanout* (ingredient)

**\*RICE**

**\*RISOTTO**

sauces

scallops

**SHELLFISH**

shrimp

**soups**, esp. chicken, fish

**Spanish cuisine**

spinach

squash, winter

stews, esp. fish

**tomatoes**

turbot

vanilla

veal

vegetables

yogurt

## Flavor Affinities

saffron + fish + rice

saffron + ginger + vanilla

saffron + monkfish + rice

## Dishes

**Saffron Panna Cotta with “Agrumi Misti” and Blood Orange Sorbetto**

—Gina DePalma, pastry chef, Babbo (New York City)

I would definitely have **saffron** on hand for Spanish cooking. It lends itself to rice, seafood, meat, and poultry. You can combine saffron and salt together for a saffron salt that is incredibly aromatic. Saffron also works very well on a salad. People forget that saffron is a flower and, sprinkled on a salad, it aromatizes the greens.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

**Saffron** has a sweet power. It is a classic flavor to add to shellfish, but the minute you taste the saffron in a dish, there is too much.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I wanted to come up with a *panna cotta* that was unlike anyone else's. I was walking down the street thinking of Italian dishes and risotto Milanese [which is made with saffron] came to mind. This led me to think about saffron, and the idea of adding saffron to my *panna cotta*. After Ruth Reichl mentioned it in the *New York Times* review of Babbo, Mario [Batali] told me I could never take it off the menu!

Saffron has a bright metallic flavor, and with quince—which is floral, delicate, and perfumed—it is wonderful. Over the years, I have found that saffron unexpectedly changes its flavor depending on what fruit is paired with it. Each fruit I work with either turns up its floral component or its metallic flavor. Saffron is great with stone fruits like apples, peaches, pears, plums, and figs. It also works with citrus like blood oranges, kumquats, and grapefruit. On the other hand, it doesn't work with many berries. It makes strawberries a little flat, and is downright awful with cranberries.

—GINA DEPALMA, BABBO (NEW YORK CITY)

## SAGE

**Season:** late spring–early summer

**Taste:** sweet, bitter, sour

**Weight:** moderate–heavy

**Volume:** loud

**Tips:** Always use cooked (never raw); add near the end of the cooking process.

apples

asparagus

bay leaf

BEANS, esp. dried, green

beef

blueberries

bread

butter

cabbage

caraway

carrots

CHEESE, esp. Brie, feta, Fontina, Gruyère, Parmesan, ricotta

cherries, esp. tart

CHICKEN, esp. roasted

chickpeas

citrus  
**corn**  
cream  
cream cheese  
**duck**  
**eggplant**  
eggs  
European cuisine  
**fattier foods, esp. meats**  
fennel  
**fish, esp. oilier**  
French cuisine  
game  
game birds  
**garlic**  
ginger, dried  
**goose**  
Greek cuisine  
honey  
Italian cuisine  
lamb  
lemon  
lemon herbs (balm, thyme, verbena)  
**liver**  
lovage  
**marjoram**  
**meats, fattier, richer, and/or roasted**  
Mediterranean cuisine  
mint  
**mushrooms**  
offal  
**olive oil**  
**ONIONS**  
orange  
oregano  
oysters (e.g., stuffing)  
pancetta  
paprika  
parsley, flat-leaf

**PASTA**, esp. gnocchi, ravioli

pears

**peas**

pepper, black

**\*PORK**

**potatoes**

**poultry**

**prosciutto**

pumpkin

rice

rich dishes

**rosemary**

salads: pasta, potato

**sausages**

**savory**

**shellfish**

shrimp

skate

slow-cooked dishes

**soups, esp. legumes**

Spanish cuisine

**squash, winter**

steak

**stews**

stocks

**STUFFING**

swordfish

**thyme**

**tomatoes**

tuna

**turkey**

**veal**

vegetables, esp. root

walnuts

wine, esp. white

## **Flavor Affinities**

sage + marjoram + thyme

sage + parsley + rosemary + thyme

sage + pasta + walnuts

sage + stuffing + turkey + walnuts

**Sage** has a much better flavor when it is cooked first. We will cook it in butter, olive oil, or bacon fat.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

Every **salad** should have elements of bitter, salt, heat, and texture. For us, the bitter component is often the greens. We use a lot of frisée, radicchio, and endive. But there always needs to be some crunch in a salad. Even if it is a delicate salad, you need to find a way to get a crunch in there. For a delicate salad, you can get crunch using fried shallot rings or crispy sage leaves. We often use nuts for crunch. Our leaf salad has a cashew brittle, which is made by caramelizing sugar then seasoning it with salt, black pepper, a hint of madras curry, a pinch of our Moroccan spice blend (eighteen ingredients), and a pinch of pepper mix (four ingredients) before tossing the nuts in. The other components of the salad are pomegranate seeds, bacon, and a South American blue cheese.

—SHARON HAGE, YORK STREET (DALLAS)

## SAKE

**Weight:** light

**Volume:** quiet

cucumber

fish

gin

## JAPANESE CUISINE

lemon juice

lime juice

salads

sashimi and sushi

shellfish

sugar (simple syrup)

vodka

## Flavor Affinities

sake + cucumber + lime

## SALADS

(See also [Lettuces and other vegetables](#))

When you are eating a [salad](#), the greens are the main ingredient, so whatever you add has to elevate them. Lettuce is boring by itself, so you elevate it with the vinaigrette. We will use herbs in our salads, but they must not overpower the greens; they have to be very subtle and used in small amounts. We will use chives or fresh parsley leaves or a combination of the two. We may also add some mint to the mix because it pushes the flavors of the greens.

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

**King White Salmon by Gabriel Kreuther of New York City's The Modern**



The **salmon** is roasted, and served with warm, slightly charred cucumbers, which I like because they are rarely used cooked. We use market vegetables that right now are bok choy and peas. I have added some trout caviar for a briny flavor because salmon is on the sweet side. The dish is then finished with a hickory broth.

For the hickory broth, we smoke some hickory chips, wrap them in cheesecloth with juniper berries and peppercorns, and then submerge them in water to make a broth. This creates a smoked sauce that is light and tasty. What we have here is a “wood stock” that makes perfect sense with the salmon because so often salmon is smoked. After the wood comes out, you taste the

broth to adjust it. It may need some more water to cut the wood and smoke flavor, or it might need to be reduced to intensify it. We finish the sauce with a little half-and-half, and foam it with a handheld mixer.

## SALMON

(See also Fish—In General)

**Season:** spring–early autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, broil, grill, marinate, panfry, poach, raw (e.g., sashimi, tartare), roast, sauté, sear, steam

anchovies

apples, esp. Golden Delicious or Granny Smith, and apple cider artichoke hearts

arugula

**asparagus** (accompaniment)

**bacon**

barbecue sauce

**basil:** leaf, oil

bass

**bay leaf**

**beans:** fava, flageolets, white

beets

beurre blanc

bread crumbs: regular, *panko*

Brussels sprouts

**BUTTER**, unsalted

cabbage, esp. green, savoy

capers

cardamom

**carrots**

caviar

cayenne

celery

Champagne

**chervil**

**chile peppers:** dried, fresh, green, jalapeño, red, Thai

**CHIVES** (garnish)

cilantro

cinnamon

citrus

cloves

coconut: shredded, milk

cognac

**coriander**

corn

cornichons

crab

**CREAM, HEAVY**

cream cheese

**crème fraîche****cucumbers**

cumin

curry: leaves, powder, sauce

(esp. red)

daikon

**dill**

eggs: hard-boiled, scrambled

**fennel****fennel seeds**

fenugreek seeds

**GARLIC****ginger:** fresh

grapefruit: juice, zest

greens, bitter

**horseradish**

juniper berries

kelp

leeks

**LEMON:** juice, zest

lemon, preserved

lemongrass

**LENTILS**

lettuces (e.g., frisée)

licorice

**LIME:** juice, leaves, zest

lovage  
Madeira  
mangoes  
marjoram  
mayonnaise  
**mint, esp. spearmint**  
mirepoix  
mirin  
miso, white

### Vitaly Paley of Portland's Paley's Place on Cooking Salmon on a Plank

Salmon is a big part of cooking in the Northwest. We get ours anywhere from Oregon up to Alaska.

The first cooking process that comes to mind in this part of the country is called cedar planking, which is a Native American technique. You see planking in all the best cooking catalogs, but the problem is that you cook the fish, throw it out, and keep the plank because the plank is inevitably more expensive than the fish! So here is one tip: Instead, do what we do and go to a lumber yard and pick up untreated cedar shingles. They come in a huge bundle for \$16.

To get the most out of plank cooking, the salmon needs to be brined or marinated. I have two favorite marinades—one that is wet, and one that is dry. The wet marinade is a 60/40 mixture of soy sauce and cream sherry, lots of sliced ginger, heads of garlic cut in half, and chopped scallions. The sherry adds just a touch of sweetness to the fish, which I like. Let the fish sit in that marinade for a couple of hours and then it is ready to take on the smoke.

The dry marinade is a more traditional marinade of a 60/40 ratio of brown sugar and salt with orange zest [grated] on a microplane [fine grater]. I mix this all together and lavishly rub it over a salmon with the skin on, which protects it from getting too salty or sweet. The sugar in this rub balances out the salt and adds another dimension to the fish with caramelization happening a lot quicker. The sweetness is almost hidden; it is that “What’s-that-flavor?” aspect to the fish. Marinate for a couple of hours, then wipe off the rub slightly, and it is ready to go. The 60/40 ratio of sugar to salt is good because it is pretty forgiving if you leave the fish in the marinade a half hour too long.

I recommend brushing the plank lightly with some olive oil, throwing it on a hot grill, putting the fish on, and letting it catch on fire, because when the plank is on fire, that is the flavor you are looking for. When the burning plank gets close to the fish, cover the grill to smother the fire and let the smoke do the rest of the work.

**Salmon** has been my favorite fish since I learned to cook it correctly. It is so versatile: you can smoke it, marinate it, or even serve it raw. Because it is rich and fatty, it pairs well with everything from a red wine sauce to a simple vinaigrette.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

**Tomato and pineapple with salmon:** This dish goes back to 1975 when someone gave me a salad of tomato and pineapple. I didn’t know what to do with it, so I stored the idea away. Today, I will cook the tomato, pineapple, a dash of white wine for acid,

miso, and the salmon head, which bridges and brings the flavors together. Tomato gets fruitier when cooked with pineapple. The end result doesn't taste like either tomato or pineapple; it is a new flavor. This sauce is perfect with salmon.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

## Dishes

### **Salmon Gravlax with Chickpea Pancake, Caviar, and Mustard**

—Tom Valenti, Ouest (New York City)

## Dishes

### **Seared Salmon with Potatoes, Leeks, and Mustard-Chive Sauce**

—Lidia Bastianich, Felidia (New York City)

### **Pistachio-Crusted Salmon Medallions with Garlic Mashed Potatoes, Crispy Fennel, Arugula, Olives, Roasted Peppers, and Savory Tomato Butter**

—Bob Kinkead, Kinkead's (Washington, DC)

### **Wild Salmon with Horseradish Crust, Cabbage, and Riesling**

—Gabriel Kreuther, The Modern (New York City)

### **House-Made Graviax with Scrambled Eggs, Pumpernickel, Herb Crème Fraîche, and Red Onions**

—Tony Liu, August (New York City)

### **Salmon Rubbed with Ground Red Chile and Lime and Pan Seared. Served with a Tangy, Spicy Tomatillo, Jalapeño, and Lime Juice Sauce**

—Zarela Martinez, Zarela (New York City)

### **Wild Alaskan Troll Red King Salmon, Yukon Potato Gnocchi, Braised Artichokes and Leeks, Enriched Chicken Jus with Chives and Chervil**

—Carrie Nahabedian, Naha (Chicago)

**Signature Sushi: Salmon with Mango Puree; Seared Salmon Belly with Lemon Soy**

—Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Pistachio-Crusted Salmon with Curried Spinach Salad, Mandarin Orange Vinaigrette**

—Monica Pope, T'afia (Houston)

**Salmon with Grilled Vegetables, Baby Artichokes, Israeli Couscous, Warm Vegetable Vinaigrette**

—Alfred Portale, Gotham Bar and Grill (New York City)

**Wild Salmon: Barely Cooked Wild Alaskan Salmon; Morels and Spring Vegetables in a Wild Mushroom Pot au Feu**

—Eric Ripert, Le Bernardin (New York City)

**Slow-Roasted Scottish Salmon, Caramelized Fennel, Red Wine–Fennel Emulsion**

—Rick Tramonto, Tru (Chicago)

**Darjeeling Tea–Cured Salmon with English Cucumber and Crème Fraîche**

—Charlie Trotter, Trotter's to Go (Chicago)

**Roasted Salmon with Sweet Corn Flan, Chanterelles, Prosciutto, Zucchini, Corn-Chive Butter, and Shrimp Oil**

—Tom Valenti, Ouest (New York City)

**mushrooms**, esp. black trumpet, button, chanterelles, cremini, morels, oysters  
mussels

**MUSTARD**: Dijon, whole grain

**mustard seeds**

**nutmeg**

**OIL**: canola, corn, grapeseed, peanut (for cooking), sesame, vegetable (for cooking)

**OLIVE OIL**

olives, esp. black, niçoise, picholine, Provençal

**ONIONS**, esp. pearl, red, Vidalia, white

**orange**: juice, zest

**oysters**

**pancetta**

paprika

**PARSLEY, flat-leaf**

peas

**PEPPER: black, green, pink, red, white**

Pernod

pike

**pineapple and pineapple juice**

pistachios

polenta

ponzu sauce

port

**POTATOES**

radishes

ramps

rice (e.g., basmati, sushi)

roe: flying fish, **salmon** rosemary

saffron

sake

**SALT: kosher, sea**

sauces: béarnaise, beurre blanc, brown butter hollandaise

**scallions**

scallops

**sesame seeds**

**SHALLOTS**

shiso leaves

smoked salmon

sole

**sorrel**

sour cream

soy sauce

spinach

**STOCKS:** chicken, fish, mussels, veal, vegetable

**sugar:** brown, white

**Tabasco sauce**

tamarind

**tarragon**

**THYME**

tilefish

**TOMATOES**

tomatoes, sun-dried  
truffles: oil, shaved, white  
turmeric  
vanilla  
vermouth  
vinaigrette  
**VINEGAR**, e.g., balsamic, champagne, cider, red wine, rice, sherry, white wine  
**watercress**  
**WINE**: dry white or red (Cabernet Sauvignon, Pinot Noir)  
zucchini

## Flavor Affinities

salmon + apple + horseradish + rosemary  
salmon + avocado + chile peppers + grapefruit  
salmon + bacon + cabbage + chestnuts  
salmon + bacon + lentils + sherry vinegar  
salmon + basil + white beans  
salmon + beets + crème fraîche + cucumber + horseradish  
salmon + caviar + vermouth  
salmon + chervil + chives + leeks + lemon + morels + peas + potatoes  
salmon + cucumber + balsamic vinegar  
salmon + cucumber + dill  
salmon + cucumber + dill + horseradish  
salmon + cucumber + tomato  
salmon + lemon juice + Dijon mustard  
salmon + marjoram + peas  
salmon + miso + pineapple + tomato + white wine  
salmon + mustard + scallions  
salmon + orange + tomato  
salmon + peas + potatoes  
salmon + pineapple + tomatoes  
salmon + potato + watercress



## SALMON, CURED

**Taste:** salty

**Weight:** medium

**Volume:** moderate–loud

aquavit

avocados

basil

beans, white

bell peppers, red

bread: pumpernickel, rye

caviar

cayenne

Champagne

chives

cream

cream cheese

crème fraîche

**dill**

honey

horseradish

**lemon: juice, zest**

lentils, green

**lime: juice, zest**

mustard: Dijon, dry olive oil

orange, zest

**pepper: black, white**

potatoes

**salt: kosher, sea**

shallots

sour cream

sugar

tarragon

tomatoes

## **SALMON, SMOKED**

**Taste:** salty

**Weight:** medium

**Volume:** moderate–loud

artichokes

avocados

bell peppers, roasted

**blini**

**bread:** bagels, pumpernickel, rye, white

breakfast / brunch

**butter:** clarified, unsalted

capers

**caviar**

celery

celery root

Champagne

**chervil**

chicory

**CHIVES**

cilantro

**cream**

**CREAM CHEESE**

**crème fraîche**

**cucumbers**

cumin

daikon

**DILL**

eggs, esp. hard-boiled, and egg salad

frisée

**garlic**

ginger, fresh

horseradish

juniper

**leeks**

**LEMON: juice, zest**

lime: juice, zest

mascarpone

monkfish

mussels, smoked

mustard, Dijon

oil, canola

**olive oil**

onions, esp. red, sweet

orange

oysters

parsley

pasta

**PEPPER: black, white**

Pernod

**potatoes and potato salad**

radishes

salmon

salmon roe

**salt: kosher, sea**

scallions

scallops

**shallots**

shiso leaf

sorrel

**sour cream**

soy sauce

spinach

stocks: clam, fish

Tabasco sauce

tarragon  
tea sandwiches  
tomatoes

**vinaigrette**

**vinegar:** red wine, rice wine, sherry, white wine  
Worcestershire sauce  
yogurt (say some)

**AVOID**

mayonnaise  
yogurt (say some)

My signature sushi roll pairs **salmon** with mango puree and sushi rice. However, I wouldn't serve salmon with mango puree as sashimi. The balance would be lost. Also, mango doesn't pair well with either soy sauce or wasabi.

—KAZ OKOCHI, KAZ SUSHI BISTRO (WASHINGTON, DC)

We roast **salmon** wrapped in squash blossom and it imparts a slight zucchini flavor to the salmon. The blossom is mild and makes a perfect package for the salmon by steaming it as it cooks. With the salmon we serve a [zucchini] squash cut into spaghetti seasoned with lemon thyme and basil. The herbs work with both the zucchini and the salmon.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

I love combining fruit and proteins. I am one-half Hawaiian, and in Hawaiian cooking a classic dish is Spam cooked with fresh pineapple. I grew up with my father making it for us, and it is delicious. You'll also see a lot of sushi chefs combine kiwi and scallops, as fruit adds a nice cleansing note to the protein you are working with. Our take on this combination is pineapple **salmon** with avocado and quinoa. We cut pineapple very thin, then wrap it around salmon belly, which is very rich. When we cook it, the pineapple gets caramelized and helps cut the fat of the salmon. On the dish is a sweet-hot sauce of avocado, honey, scallions, and serrano chiles. To garnish the dish and add some crunch we add quinoa that is cooked then dried for three days before cooking it in olive oil, which makes it puff like Rice Krispies.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

**Dishes**

**Smoked Salmon with Crispy Potatoes and Horseradish Cream**

—Jean Joho, Brasserie Jo (Chicago)

**Rosti Potato Cake with Herb Mascarpone and Fresh-Smoked Salmon**

—Monica Pope, T'afia (Houston)

**Leek Tart with Smoked Salmon and Crème Fraîche**

—Michel Richard, Citronelle (Washington, DC)

## Flavor Affinities

smoked salmon + chives + crème fraîche + dill + pumpernickel-rye blini

smoked salmon + chives + dill + scrambled eggs + potatoes

smoked salmon + cream cheese + lemon juice + shallots + sour cream

smoked salmon + cucumber + horseradish + mint

smoked salmon + dill + horseradish + lemon juice + sour cream

## SALSIFY

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, pan roast, stew

anchovies

**butter**

cheese, Parmesan

chives

cream

duck prosciutto

fish (e.g., halibut)

hollandaise sauce

**LEMON, JUICE**

maple syrup

mascarpone

mayonnaise

mushrooms  
nutmeg  
oil, peanut  
onions  
orange  
**parsley**  
**pepper, black**  
polenta  
**prosciutto**  
rice  
sage  
salmon, smoked  
**salt, kosher**  
scallions  
shallots  
sorrel  
**soups**  
stock, chicken  
**thyme, fresh**  
truffles, black  
vinaigrettes

### **Flavor Affinities**

salsify + Parmesan cheese + prosciutto

## **SALT—IN GENERAL**

**Taste:** salty  
**Function:** warming

## **SALT, FLEUR DE SEL**

chicken  
cold dishes  
meats  
radishes  
salads  
steak

## SALT, HAWAIIAN

ceviche  
chicken  
lamb  
meat, esp. barbecued pork  
seafood  
steak  
vegetables, esp. tomatoes

I like to use **Hawaiian salt** on a dish where I want a little crunch. This holds up better than other salts that will dissolve more quickly. I will use it on ceviche, which has a little broth.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

We use **fleur de sel** on cold dishes, such as salads. We also use it on meats like beef, buffalo rib eye, or roast chicken after they are sliced and a moment before serving.

—SHARON HAGE, YORK STREET (DALLAS)

## SALT, JAPANESE

fish  
foie gras  
salmon  
sashimi  
squid

**Japanese salt** has ground seaweed in it and works on sashimi. I use this in Japanese dishes.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## SALT, KOSHER

breads  
brines  
charcuterie  
cocktails, esp. rims  
cooking  
cures  
meats

potatoes  
pretzels  
toasts  
water for blanching or for pasta

We use **kosher salt** primarily for meats.

—SHARON HAGE, YORK STREET (DALLAS)

## SALT, MALDON

fish, esp. raw  
finishing dishes  
lobster

[Maldon] is the finest of all **salts** in regard to both flavor and texture. I appreciate its delicacy on fish, especially lobster.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## SALT, SEA—COARSE

meats  
seafood  
seasoning  
vegetables, hearty

## SALT, SEA—FINE

baking  
fish  
seasoning  
vegetables, delicate

For delicate foods like vegetables or fish, we use ground **sea salt** right before it goes into the pan.

—SHARON HAGE, YORK STREET (DALLAS)

## SALT, SMOKED

- brines, esp. for pork
- chicken
- fish, esp. raw
- meats: barbecued, red
- pork
- potatoes, baked
- seafood
- salmon
- sardines
- steak
- tuna
- vegetarian dishes

The **Danish smoked salt** we use is smoked over Chardonnay vines. For us, using smoked salt provides the flavor of cooking over grape vines as they do in Spain. Smoked salt is also great if you don't have a grill, because even a gas grill can't provide a smoky flavor. I like smoked salt sprinkled on sardines, which in Spain will be cooked over a fire on the beach where they get really smoky. I can give that sense of place by using this salt on my sardines.

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

## SALT, TRUFFLE

- egg dishes
- pastas
- popcorn
- potatoes
- risotto
- salads and salad dressing

## SALT, VANILLA

- chicken
- chocolate, esp. dark
- lamb
- meats
- mussels
- nuts
- pork

pumpkin  
shellfish, esp. lobster or scallops  
squash, winter  
sweet potatoes



## SALTINESS

**Taste:** salty

**Function:** heating; stimulates salivation; enhances the flavors of ingredients

**Tips:** Adding salt to a dish diminishes the effects of bitter, sour, and sweet.

anchovies  
bacon  
capers  
caperberries  
caviar and other fish roe  
cheeses, salty (e.g., feta, manchego, Parmesan, pecorino)  
clams and clam juice  
cured meats  
dashi (e.g., Japanese stock)  
finnan haddie  
fish sauce, Asian  
gravlax  
ham  
ingredients with added salt (e.g., chips, nuts)  
kelp  
lemons, preserved  
lox

nuts, salted  
olives  
oysters  
oyster sauce  
pancetta  
pickles (salty-sour)  
prosciutto  
salmon, smoked  
**salt**  
salt cod  
salt pork  
sardines  
sausages, salty (e.g., chorizo)  
sea urchin  
sea vegetables  
seaweed  
seeds, salted  
shrimp paste  
smoked foods, esp. fish, meats  
smoked salmon and trout  
**soy sauce**  
tamari  
Worcestershire sauce

If you have a piece of Ibérico or Serrano ham in your refrigerator, you'll eventually end up with this little end of dried-out salt-cured meat. While some might just throw it away, we know there's a lot of flavor left—so we grind it up in a coffee grinder and use it as meat-flavored salt. We call this “**ham salt**,” and will use this on a salad to emphasize the aroma and flavor of pork.... In Spain we have *mojama*, which is tuna loin cured like ham. We'll grind it up in a coffee grinder and it becomes tuna salt. When I sear tuna, I will sprinkle this on and emphasize the tuna with its own tuna flavor. It is simple and dramatic. I even showed this technique to the owner of the best tuna restaurant in the world—called El Campero in Barbate, Spain—where he serves tuna a hundred ways. He loved it!

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

We use three different kinds of salt—but we also use **capers**, **anchovies**, **olives**, **preserved lemons**, and even **prosciutto** for adding another dimension of saltiness.

Even when using these other salty components, 99 percent of the time we'll use them in addition to salt, not instead of it.

—SHARON HAGE, YORK STREET (DALLAS)

## Chefs on Selecting and Using Salt

*Kosher salt has larger, harder crystals and won't break down too fast. I use this for pasta water, brining, curing meat, and charcuterie. I use French sea salt(esp. Baleine) for general seasoning. I like Maldon salt a lot. This is what I use for finishing dishes. It has a really fine crystal and the flavor is great. It even gives some crunch and melts like snowflakes. It is great sprinkled on raw fish.*

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

*Salt is now used very often in desserts and unfortunately it doesn't always make sense. I was served a green apple sorbet with salt and it didn't work. Salt does work on sweet oranges, though. If you cut a Cara Cara orange into wedges and sprinkle sea salt on them, they are delicious. Salt also makes sense with caramel and butterscotch. The salt is a contrast to the super sweet, which is why we like PayDay candy bars.*

—GINA DEPALMA, BABBO (NEW YORK CITY)

*I use Maldon salt flakes as a salt for finishing dishes, and kosher salt for blanching water or when I roast on salt. I'll sometimes use smoked salt with raw fish or in a brine for pork, but it's really strong so you have to be careful with it.*

—BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

*There is salt in almost all of my desserts. However, you would not know it was there until I took it out—which is how it should be. You don't need to taste the salt, but it helps open the palate and stimulates your taste buds. With something fatty like chocolate, you need some salt to brighten it up. I use all sorts of salts with my desserts. We are making a peanut butter and jelly bonbon that I pair with smoked Brittany sea salt. Maldon salt is shaved and more about texture, because it is not as strong; I would use it on a pancake or something creamy. Fleur de sel is a salt with texture and ocean floral notes, and would go well on our panini which have cheese, arugula, and vinaigrette.*

—JOHNNY IUZZINI, JEAN GEORGES (NEW YORK CITY)

*Salt goes into almost every dough we make and is something that makes flavors pop. Some chefs can go a little overboard, but desserts should still be sweet. Salt works well with caramel and chocolate, obviously. I also use a vanilla salt with a classic sweet potato tart that is cut into four slices with a few grains on each slice. The salt reinforces the savoriness of the sweet potato and plays off the brightness of the preserved lemon on the plate.*

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

*To counteract oversalting a dish, you need to increase the volume of whatever you are making. That can be tricky, because you don't want to end up with something too watery. Whenever there is a puree involved, whether it is mashed potatoes or butternut squash soup, I encourage my cooks to make it thick. You can always add, but not take away.*

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

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## SARDINES

**Season:** spring–summer

**Taste:** salty

**Weight:** light

**Volume:** loud

**Techniques:** braise, broil, fry, grill, marinate, poach, sauté

anchovies

basil

bay leaf

bell peppers, red

**bread crumbs**

capers

carrots

cayenne

chives

coriander seeds

currants

eggplant

**fennel**

fennel pollen

**fennel seeds**

French cuisine

**garlic**

ham

Italian cuisine, esp. southern

**lemon: juice, zest**

mirin

oil, peanut

**OLIVE OIL**

**onions: red, white**

orange: juice, zest

**parsley, flat-leaf**

**pasta**

**pepper: black, white**

peppers, piquillo

pine nuts

**raisins, esp. yellow**

red pepper flakes

rosemary

saffron

sage

sake

salt, sea

sour cream

soy sauce

**thyme**

**tomatoes and tomato sauce**

*verjus*

vinaigrette

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

walnuts

wine, dry white (e.g., Chenin Blanc, Grenache, Viognier)

zucchini

## SAUERKRAUT

**Taste:** sour

**Weight:** medium

**Volume:** loud

**Tips:** Sauerkraut is shredded cabbage that is fermented in salt and spices.

**apples**

**bacon**

**bay leaf**

beans, esp. kidney and/or red

**caraway seeds**

carrots

cider

cloves

duck

Eastern European cuisine

fat: duck, goose

French cuisine, esp. Alsatian

**garlic**

German cuisine

gin

ham: hocks, meat

**JUNIPER BERRIES**

Kirsch

olive oil

**onions****pepper, black**

pork, esp. loin

potatoes

rhubarb

salt, kosher

**SAUSAGES**, esp. blood, bratwurst, frankfurter, kielbasa

stock, chicken

vinegar: champagne, white wine

**wine**: dry to off-dry white (e.g., Alsatian, Riesling)

**Dishes****Marinated Fresh Sardines with Caramelized Fennel and Lobster Oil**

—Mario Batali, Babbo (New York City)

**Whole Wheat Spaghetti with Fresh Sardines and Walnuts**

—David Pasternak, Esca (New York City)

**SAUSAGES**

(See also Chorizo)

**Weight**: light–heavy

**Volume**: quiet–loud

**Techniques**: bake, grill, poach, sauté, stew

**apples**

basil

bay leaf

beans, white  
beer  
bell peppers: green, red  
breakfast  
broccoli rabe  
butter, unsalted  
carrots  
celery root  
celery seeds  
fennel  
garlic  
leeks  
lemon, juice  
lentils  
Mediterranean cuisine  
**mustard, Dijon**  
oil, canola  
olive oil  
**ONIONS: white, yellow**  
oregano  
parsley, flat-leaf  
pasta  
pepper, black  
**potatoes**, esp. boiled, mashed, pureed  
radicchio  
rosemary  
salt, kosher  
sauerkraut  
scallops  
shallots  
thyme  
tomatoes  
vinegar, balsamic  
wine, dry white

## Flavor Affinities

sausages + mustard + sauerkraut  
sausages + onions + potatoes + tomatoes

sausages + radicchio + white beans

## Dishes

**Homemade Alsatian Country Sausage with Turnip Choucroute and Whole Grain Mustard Sauce**

—Gabriel Kreuther, The Modern (New York City)

## SAUVIGNON BLANC

**Weight:** medium

**Volume:** moderate

asparagus

chicken

cilantro

fish

garlic

herbs

oysters, esp. raw

peppers

pork

salads

shellfish

tomatoes

turkey

vegetables

## SAVORY

**Weight:** medium, tough-leaved

**Volume:** moderate–loud (Summer savory is quieter, winter savory is louder.)

**Tips:** Can stand up to cooking. Use summer savory with summer vegetables, and winter savory with winter vegetables.

basil

bay leaf

\***BEANS**, esp. dried, summer (e.g., fava, green, lima)

**beef**

beets

bell peppers

bouquet garni

braised dishes

Brussels sprouts

cabbage

**cheese (e.g., goat) and cheese dishes**

**chicken**

chicken livers

chives

cumin

**eggs and egg dishes**

fennel

fines herbes (ingredient)

**fish**, esp. baked or grilled

**garlic**

*herbes de Provence* (ingredient)

herbs, other (as a blending herb)

kale

**lamb**

lavender

legumes

**lentils**

mackerel

marjoram

**meats**, esp. grilled, roasted, stewed

**Mediterranean cuisine**

mint

**mushrooms**

nutmeg

olives

onions

oregano

paprika

parsley

**peas**

polenta  
**pork**  
**potatoes**  
poultry, esp. grilled  
rabbit  
rice  
**rosemary**  
sage  
salads and salad dressings  
sauces and gravies  
**soups, esp. tomato-based**  
squash, summer  
stews, esp. meat  
**stuffings** (e.g., poultry)  
tarragon  
**thyme**  
**tomatoes and tomato sauces**  
veal  
**vegetables**, esp. root  
vinegar  
wine, red  
zucchini

## Flavor Affinities

savory + garlic + tomatoes

**Savory** in any form—whether summer or winter savory—is my favorite herb. It is not as woody as thyme, not as piney as rosemary, and not as pungent as sage. It also has the ability to stay flavorful throughout the cooking process. I like it with potatoes, with polenta, and with mushrooms. Savory and mushrooms are great. I especially like grilled porcini mushrooms with savory. I'll grill the mushrooms then put them on a bed of savory to finish roasting them. Savory also works in a sherry or red wine vinaigrette with shallots, and is great on salads.

—VITALY PALEY, PALEY'S PLACE (PORTLAND, OREGON)

**Savory** is an herb that is very compatible in the same way fresh thyme is. You could use savory in dishes that call for thyme.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

## SCALLIONS

**Season:** summer

**Weight:** light

**Volume:** moderate

**Techniques:** braise, grill, raw, sauté, stir-fry

anise

basil

bay leaf

bell peppers

**butter**, unsalted

carrots

cheese: goat, Parmesan

chile peppers

cilantro

cinnamon

cloves

**cream**

cream cheese

curry

dill

egg dishes

garlic

greens, bitter

honey

Japanese cuisine

Korean cuisine

lemon, juice

mushrooms

mustard, Dijon

nutmeg

**olive oil**

oregano

paprika

**parsley**

pepper, white

potatoes

rice

rosemary  
sage  
salt, kosher  
sesame oil  
sugar  
Thai cuisine  
**thyme**  
tomatoes  
vinegar

## Dishes

**Callos de Hacha en Adobo: Chipotle-Glazed, Grilled “Dry Pack” New England Sea Scallops in Classic Adobo Sauce (Anchos, Garlic, Orange) with Plantain-Studded Black Bean Rice, Wood-Grilled Green Beans, and Crispy Onions**

—Rick Bayless, Frontera Grill (Chicago)

**Fresh-Grilled Sea Scallops Baked Over Rosemary Salt, with Creamy Polenta and Tomato-Citrus Vinaigrette**

—Daniel Boulud, Daniel (New York City)

**Diver Sea Scallops: Fennel Ravioli, Fricassee of Chanterelles, Artichoke, and Arugula**

—Daniel Boulud/Olivier Muller, DB Bistro Moderne (New York City)

**Maine Diver Scallops with English Peas, Smoked Bacon, Pickled Ramps, and Perigord Truffle Nage**

—Traci Des Jardins, Jardinière (San Francisco)

**Maine Diver Scallops Grilled with Ruby Grapefruit, Spring Potatoes, and Basil**

—Daniel Humm, Eleven Madison Park (New York City)

**Sea of Cortez “Mano de Leon” Scallops Scented with Citrus, Spices, and Vanilla Bean, Caramelized Belgian Endive, Ruby Red Grapefruit, Mâche, and Mint**

—Carrie Nahabedian, Naha (Chicago)

**Bay Scallops with Mushrooms, Peppers, and Grilled Italian Sausage**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

**Delicate Sake-Poached Sea Scallops with Lemon and Cilantro**

—Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Linguine with Taylor Bay Scallops, Maine Mussels, Hot Red Pepper, and Pancetta**

—David Pasternak, Esca (New York City)

**Scallops with Roasted Brussels Sprouts and Pancetta**

—David Pasternak, Esca (New York City)

## SCALLOPS

**Season:** summer–autumn

**Taste:** sweet, esp. bay scallops

**Weight:** light–medium

**Volume:** quiet

**Techniques:** broil, deep-fry, gratin, grill, marinate, pan sear, poach, raw, roast, sauté, sear, steam, stir-fry, tartare

almonds

apples, esp. Granny Smith

artichokes

arugula

asparagus

**avocado**

**bacon and other cured meats** (e.g., Serrano ham)

**basil**

bay leaf

beans: cannellini, fava, green, haricots verts, lima

**bell peppers:** red, green, yellow

bread crumbs

Brussels sprouts

**BUTTER:** brown, clarified, unsalted

capers

**carrots and carrot juice**

cauliflower, esp. pureed

caviar

**cayenne**

celery

Champagne

cheese: Asiago, Parmesan

**chervil****chile peppers: jalapeño, poblano**

Chinese cuisine

**chives** (garnish)

**cilantro**

citron

citrus

clams

cloves

coconut and coconut milk

**corn**

coriander

crab

**cream**

cream cheese

crème fraîche

cucumbers

curry powder

dashi

dill

duck fat

**edamame**

eggs, hard-boiled

fennel

fennel seeds

fish sauce, Thai

French cuisine

**GARLIC****ginger**

grapefruit: juice, zest

gremolata

ham

haricots verts

honey

horseradish

kaffir lime

kiwi fruit

**leeks**

**LEMON: juice, zest**

lemongrass

lemon thyme

lentils

**LIME: juice, zest**

lobster

mango

marjoram

mascarpone

mint

morels

**mushrooms:** button, chanterelle, cremini, Japanese, porcini, portobello, shiitake

mussels

mustard, Dijon

**OIL:** canola, corn, grapeseed, peanut, vegetable

oil: almond, hazelnut

olive oil

**onions**, esp. red, white, yellow

orange: juice, zest

pancetta

**PARSLEY, flat-leaf**

passion fruit

pasta

peas

**PEPPER:** black, white

Pernod

pineapple

pomegranates and pomegranate juice

potatoes, esp. mashed

red pepper flakes

rice

rosemary

saffron

sake

salmon roe

salsify

**SALT:** kosher, sea

sauce, béchamel

sausages, chorizo

**scallions**

sea urchin

sesame: seeds, oil

**SHALLOTS**

shrimp

sole

soy sauce

**spinach**

squash, butternut

squid

**stocks:** chicken, clam, fish, shrimp, veal, vegetable

sugar

Tabasco sauce

tarragon, fresh

**THYME, FRESH**

**tomatoes:** canned, fresh, paste

truffles, esp. black, white

tuna

turnips

vanilla

vermouth

vinaigrette

**VINEGAR:** balsamic, champagne, cider, red wine, rice wine, sherry, tarragon, white

wine

watercress

**WINE, DRY WHITE (e.g., Chablis, Chardonnay, Meursault, Riesling, Sauvignon Blanc)**

**Vermouth**

yuzu juice

zucchini

We have served cinnamon-dusted sea scallops, and they were very tasty.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

You'll find sushi chefs combining scallops with kiwi.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

We offer Gulf of Maine sea scallops scented with citrus, spices, and vanilla bean, caramelized Belgian endive, ruby red grapefruit, mâche, and mint. The dish came about because I love vanilla and grapefruit. I came up with the idea that I would use dry citrus to powder my scallops. Then I realized that was just one note, so I added some spice which led to star anise, fennel, and anise seed. I sauce the dish with a beurre blanc and grapefruit syrup made of fresh grapefruit, candied peel, and fresh vanilla bean. Since the sauce has butter and cream, I had to be careful not to turn this into vanilla crème brûlée! I love caramelized endive because you have a bitter vegetable that you make sweet. We cook it in whole butter and just as it starts to brown we sprinkle in sugar. This balances the tart and sweet of the grapefruit and the sweetness of the scallops.

—CARRIE NAHABEDIAN, NAHA (CHICAGO)

Sear scallops on one side only, or else they'll be overcooked. Accent them with coconut milk, garlic, ginger, or lemongrass. Or, puree sea scallops with cream and cook them slowly in a double boiler, which gives them the appearance of white scrambled eggs. This pairs beautifully with caviar, chopped raw onion, or truffles.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

Scallops with chanterelles and green parsley sauce is as beautiful on the plate as it is on the palate.

—HIRO SONE, TERRA (ST. HELENA, CALIFORNIA)

Nantucket bay scallops are magically delicious, and pairing them with duck fat is an unusual combination that works. It is essentially scallops Provençal, but instead of using olive oil you use duck fat that gives you a silky quality. It is an enormously fun dish to cook and you use your eyes and nose to cook it. You heat up duck fat, getting it really hot, then sauté the scallops really fast. After taking them out, add chopped garlic and tomato *concasse*. It moves along quickly; hit it with chicken stock, adjust it with some lemon juice, and let it reduce and emulsify. You add your scallops back in with some chiffonade of basil and it's done.

The dish smells so good while you're cooking it, between the garlic, the scallops, and the duck fat. The whole thing is done in one shot. No resting, no slicing, no elaborate plating. It's fun, and it's delicious.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

## **Flavor Affinities**

scallops + almonds + cauliflower  
scallops + apples + bacon + watercress  
scallops + apples + tarragon  
scallops + asparagus + butter + lemongrass  
scallops + avocado + lemon + lobster  
scallops + bacon + chives  
scallops + bacon + garlic + chanterelle mushrooms  
scallops + bacon + leeks  
scallops + basil + caviar + chives + tomatoes  
scallops + basil + chicken stock + duck fat + garlic + lemon juice + tomatoes  
scallops + basil + grapefruit  
scallops + bay leaf + vanilla  
scallops + Brussels sprouts + pancetta  
scallops + carrot juice + pomegranate juice  
scallops + cauliflower + cream  
scallops + cilantro + lemon + sake  
scallops + coriander + crab + lemon + thyme  
scallops + dashi + Japanese mushrooms  
scallops + edamame + mint  
scallops + fennel + lemon + parsley  
scallops + fennel + orange + rosemary  
scallops + garlic + mushrooms  
scallops + ginger + mint  
scallops + ginger + scallions  
scallops + ham + pineapple  
scallops + kaffir lime + lemongrass + peanuts  
scallops + parsley + salmon roe

## **SCANDINAVIAN CUISINE**

aquavit  
cardamom, esp. in baked goods  
cinnamon  
cucumbers  
**dill**  
fruits, esp. stewed  
ginger  
herring, pickled

juniper berries  
nutmeg  
onions  
salmon, cured (aka gravlax)  
soups, fruit  
sour cream

### **Flavor Affinities**

apples + cinnamon + sugar  
cardamom + ginger + cinnamon + nutmeg + cloves  
cucumbers + dill + onions + sugar + vinegar

## **SCOTCH**

**Weight:** medium-heavy

**Volume:** moderate-loud

### **bitters**

Earl Grey tea

gin

ginger

lemon, juice

lime, juice

orange, juice

soda

tamarind syrup

### **vermouth**

### **Flavor Affinities**

scotch + Earl Grey tea + tamarind syrup

scotch + ginger + lemon juice

During the winter months, I'll turn to bourbon and brown spirits to make cocktails. But non-scotch drinkers might turn their noses up at a cocktail with **scotch** in the name, so I created the Scotty and Tammy—an Earl Grey tea-based scotch drink made with **tamarind syrup** that goes especially well with Indian food.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

The combination of ginger and **scotch** is explosive! I think the combination of ginger and lemon is such a welcoming flavor and can take on almost any spirit. Ginger itself is one of the most compelling scents and flavors in the world. Nothing else comes close.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

I love citrus and fruit in general with savory food because they add acidity. Fruit works really well with **seafood** because seafood is also sweet. During the winter, we served a seafood consommé with green apple and ginger. We added a little green apple juice in the end for the acid balance.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

We use the **Seafood** Watch guide from the Monterey Bay Aquarium to help select the fish we serve.

—MONICA POPE, T'AFIA (HOUSTON)

Our Seafood Watch regional guides contain the latest information on sustainable **seafood** choices available in different regions of the United States. Our Best Choices are abundant, well managed, and fished or farmed in environmentally friendly ways. **Seafood** to avoid are overfished and/or fished or farmed in ways that harm other marine life or the environment. You can view the guides online or download a pocket-size version.

—MONTEREY BAY AQUARIUM SEAFOOD WATCH

We work to inspire a closer relationship with the sea through science, art, and literature [including its Guide to Ocean Friendly Seafood].

—BLUE OCEAN INSTITUTE

## SEAFOOD—IN GENERAL

(See also **specific fish and Shellfish**)

**Tips:** Tap these ideas when cooking a medley of assorted seafood.

apples, esp. green  
avocados  
brandy, dry  
capers  
citrus  
fennel

fruit  
**garlic**  
ginger  
**LEMON JUICE**

mint  
Old Bay seasoning  
olive oil  
olives  
onions

**parsley, flat-leaf**

pepper: white, black  
red pepper flakes  
rosemary

saffron

**salt**

shallots

sherry

vinaigrettes

vinegars

wine: dry white (e.g., Sancerre, Soave)

## Flavor Affinities

seafood + brandy + sherry  
seafood + fennel + lemon + mint  
seafood + green apple + ginger

## Dishes

### **Spicy Gazpacho with Chilled Seafood Salad and Sweet Herbs**

—Vitaly Paley, Paley's Place (Portland, Oregon)

### **Seafood Salad: Scallops, Squid, Japanese Octopus, Lobster, Avocado, Lemon Vinaigrette**

—Alfred Portale, Gotham Bar and Grill (New York City)

### **The Cure Crudo: Tuna Bresaola, Citrus Sardine, and Smoked Scallop with Blood Orange**

—Barton Seaver, Hook (Washington, DC)

**Seafood Salad with Chickpeas, Celery, and Black Olives**

—Hiro Sone, Terra (St. Helena, California)



## **SESAME OIL**

(See Oil, Sesame)

## **SESAME SEEDS, BLACK**

**Taste:** bitter

**Weight:** light

**Volume:** quiet

**Tips:** Use whole seeds.

apples  
**Asian cuisine**  
bananas  
**Chinese cuisine**  
fish  
**Japanese cuisine**  
lemon, juice  
meats  
mirin  
rice  
salt  
seafood  
sesame seeds, white  
soy sauce  
vegetables  
vinegar, rice wine

## **SESAME SEEDS, WHITE**

**Taste:** sweet  
**Function:** heating  
**Weight:** light  
**Volume:** quiet  
**Tips:** Toast before using; use ground or whole.

allspice  
apples  
Asian cuisines  
**baked goods (e.g., bagels, breads, cakes, cookies)**  
bananas  
beef  
beets  
**breads and breadsticks**  
cardamom  
**chicken**  
chickpeas  
chile peppers  
Chinese cuisine (e.g., dim sum)

cilantro

cinnamon

cloves

coriander

duck

eggplant

**fish**

garlic

ginger

**honey**

hummus

ice cream

Indian cuisine

Japanese cuisine

lamb

Lebanese cuisine

legumes

lemon

meats

mole sauces

**Middle Eastern cuisine**

**noodles**

nutmeg

orange

oregano

paprika

pepper

rice

**SALADS** (green, pasta) and salad dressings

scallions

scallops

sesame oil

shellfish

shrimp

soy sauce

**spinach**

stir-fried dishes

sugar

sumac

**tahini paste** (key ingredient)

thyme

Turkish cuisine

vanilla

vegetables, esp. cold, green

zucchini

## Flavor Affinities

sesame seeds + honey + tahini paste + vanilla

sesame seeds + garlic + soy sauce + spinach

## SHALLOTS

**Season:** summer

**Taste:** sweet

**Botanical relatives:** chives, garlic, leeks, onions

**Weight:** light–medium

**Volume:** moderate

**Techniques:** blanch, braise, deep-fry, fry, roast, sauté, stir-fry

**Tips:** Shallots are milder than garlic or onions.

beef

**butter**

capers

chicken

chives

cod

cognac

cream

fish, esp. baked, grilled

French cuisine, esp. sauces

**garlic**

halibut

lemon, juice

meats, esp. grilled, roasted

**mustard, Dijon**

nutmeg

**olive oil**

oysters  
parsley, flat-leaf  
pasta  
pepper, white  
port

**salads and salad dressings**

salt  
sauces (e.g., béarnaise, bordelaise, red wine)

sherry  
squash, butternut  
steak

stock, chicken  
sugar (pinch)

**tarragon**

**thyme**

tomatoes  
veal

vinaigrettes

**vinegar:** balsamic, champagne, cider, red wine, sherry, white wine

wine

## SHELLFISH

(See also **Crab, Lobster, Scallops, Shrimp, etc.**)

**Season:** summer

almonds  
bacon  
basil  
celery  
chives  
cilantro  
coconut  
cream  
curry  
fennel  
fines herbes (i.e., chervil, chives, parsley, tarragon)  
fruit

garlic  
ginger  
**grapefruit**  
hoisin sauce  
**LEMON**  
lemongrass  
Old Bay seasoning  
**orange**  
saffron  
tarragon  
tomatoes  
vanilla  
vinegar  
watermelon  
wines, dry white (e.g., Sauvignon Blanc)

## Flavor Affinities

shellfish + almonds + vanilla  
shellfish + curry + lemongrass  
shellfish + saffron + cream

Fruit works easily with **shellfish**. You need to be careful, though, and counteract some of the sweetness of the fruit with vinegar or a citrus juice like lemon. Watermelon works well with shellfish, and I particularly like it with lobster, shrimp, and crab.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

I love Provençal-style **shellfish** cooked with saffron and cream.

—HIRO SONE, TERRA (ST. HELENA, CALIFORNIA)

I love vanilla with **shellfish** because it brings out the sweetness. It works with scallops, lobster, or shrimp. I make a lobster-vanilla bisque that is one of my favorite soups. I also serve a scallop dish with vanilla, almonds, and orange. The vanilla brings up the sweet, the almonds add crispness to the creamy rich scallops, and the orange adds some acid. The dish also works really well with grapefruit instead of orange and gives it a tart flavor as well.

—BOB IACOVONE, CUVÉE (NEW ORLEANS)

## SHIITAKE MUSHROOMS

(See **Mushrooms—Shiitakes**)

## **SHISO LEAF**

**Weight:** light

**Volume:** moderate–loud

**Techniques:** raw

apples

avocados

basil

beef

cabbage

chicken

chives

clams

### **crab**

cucumbers

### **fish, esp. fried or oily**

fried foods

ginger

### **Japanese cuisine**

Korean cuisine

lemon

lemongrass

lime

meat

melon

mint

miso

noodles

onions

orange

parsley

pears

pickles

prawns

radishes

rice  
**salads:** green, fruit  
sea urchin  
**seafood**  
shrimp  
soups  
soy sauce  
**sushi and sashimi**  
tempura  
turnips  
vinegar  
wasabi  
yellowtail

## Flavor Affinities

shiso leaf + avocado + crab  
shiso leaf + clams + onions

Visually you can't beat **shiso**; it is a big, beautiful leaf. It is great with fried foods, oily fish, and sea urchin, and pairs with big, robust flavors. Instead of grabbing lemon or soy sauce, you can use shiso to liven up a dish.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

**Shiso** is a very versatile herb and works with a lot of things. It can work with pears as well as apples, not to mention a variety of seafood like Dungeness crab and spot prawns.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## SHORT RIBS

(See Beef—Short Ribs)

## SHRIMP

(See also Shellfish)

**Season:** year-round

**Weight:** light–medium (depending on size)

**Volume:** quiet

**Techniques:** bake, barbecue, boil, broil, deep-fry, grill, poach, roast, sauté, steam, stir-fry

allspice

almonds

apples and apple cider

artichokes

**arugula**

**asparagus**

**avocado**

bacon

basil

bay leaf

**beans:** black, cranberry, fava, green, white

beer

**bell peppers, red**

bonito flakes (e.g., Japanese)

brandy

bread crumbs, *panko*

brown butter sauce

**butter, unsalted**

cabbage: green, red

Cajun cuisine

capers

**carrots and carrot juice**

caviar

**cayenne**

**celery**

**celery root**

chervil

chicory

**CHILE PEPPERS**, e.g., ancho, chipotle, dried red, jalapeño, serrano

chili oil

chili paste

chili powder

chili sauce

Chinese cuisine

**chives**

**cilantro** (garnish)

**cinnamon**

**clams**

cloves

coconut: milk, shredded

cognac

coriander

corn

**CRAB**

**cream**

Creole cuisine

cucumbers

cumin

curry leaf

**curry powder or sauce**

dill

eggs

endive

fennel

fennel seeds

fish, white

fish sauce, Thai

**\*GARLIC**

**ginger**

greens, esp. beet, dandelion, collard, mustard, turnip

grits

hazelnut oil

honey

horseradish

Japanese cuisine

kaffir lime leaf

ketchup

Korean cuisine

leeks

**LEMON: juice, zest**

lemongrass

lettuce

**lime: leaves, juice, whole, zest**

lobster

mango

marjoram  
mayonnaise  
Mediterranean cuisine

melon, cantaloupe  
Mexican cuisine  
**mint**

mirin  
monkfish

**mushrooms**, (e.g., chanterelles, shiitakes)

mussels  
**mustard**: country, Dijon, dry (sauce)  
mustard seeds

nutmeg  
**OIL**: canola, corn, grapeseed, peanut, vegetable  
oil: peanut, sesame (for drizzling)

**Old Bay seasoning**

**olive oil**  
olives, black  
**ONIONS**, esp. red, Spanish, white

**orange**: juice, zest  
oregano  
oysters  
paprika

**parsley, flat-leaf**  
pasta  
peanuts

**PEPPER: black, white**

pesto  
pike  
pineapple and pineapple juice  
pine nuts  
pistachios  
pumpkin  
radishes  
red pepper flakes  
rice (e.g., Arborio, bomba)  
risotto  
**rosemary**  
rum, dark

**saffron**

sage

sake

salsa

**SALT: kosher, sea**

sauce, romesco

sausages (e.g., andouille)

**scallions**

scallops

**sesame:** oil, seeds

**shallots**

shiso leaf

snow peas

sour cream

Southern cuisine

**soy sauce**

spinach

squid

squid ink

star anise

**stocks:** chicken, clam, fish, shrimp

sugar: brown, white

sweet potatoes

Tabasco sauce

tarragon

tea sandwiches

tempura

Thai cuisine

**thyme,** lemon

**TOMATOES and tomato paste,** sun-dried

turmeric

vanilla

vermouth

Vietnamese cuisine

vinaigrette

**vinegar:** balsamic, rice wine, sherry, tarragon, wine

wasabi

watercress

**WINE: dry white, rice, Sauternes**

Worcestershire sauce  
yogurt  
yuzu juice  
zucchini

## Dishes

**Black Spaghetti with Rock Shrimp, Spicy Salami Calabrese, and Green Chiles**

—Mario Batali, Babbo (New York City)

**Ceviche Yucateco: Steamed Organic Shrimp and Calamari Tossed with Lime, Orange, Habanero, Avocado, and Cilantro**

—Rick Bayless, Frontera Grill (Chicago)

**Phyllo-Crusted Shrimp with Crabmeat in an Ocean Herbal Broth**

—David Bouley, Bouley (New York City)

**Shrimp Sautéed in a Spicy Sauce with Jalapeño, Mint, and Garlic, Topped with Shredded Fresh Coconut**

—Zarela Martinez, Zarela (New York City)

**Chipotle Shrimp Corn Cakes**

—Mark Miller, Coyote Café (Santa Fe)

**Shrimp with White Bean Salad and Italian Sausage**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

**Sweet Shrimp Risotto: Roma Tomatoes, Wilted Arugula, and Crisp Bacon**

—Alfred Portale, Gotham Bar and Grill (New York City)

**Shrimp in Light Three-Pepper Red Mole Sauce (Coloradito) over Cuban-Style Fresh Corn Polenta and Sautéed Kale**

—Maricel Presilla, Zafra (Hoboken, New Jersey)

**Fricassee of Rock Shrimp, Mango, Leeks, and Coconut Rum**

—Allen Susser, Chef Allen's (Aventura, Florida)

**Shrimp and Avocado Ceviche, Kaffir Lime, Coconut Milk, Scallions, and Pappadam**

—Allen Susser, Chef Allen's (Aventura, Florida)

**Shrimp** shells are a base for a great sauce. They are really sweet, and you want to be sure to brown all the shrimp shell surfaces to get the maximum sweetness. This sauce came about by smelling the shells while they were cooking, and working with the flavors that came to mind. I added vanilla and whiskey, and something magical happened.

—CARRIE NAHABEDIAN, NAHA (CHICAGO)



## **Flavor Affinities**

shrimp + bacon + chives

shrimp + basil + garlic + jalapeño chile

shrimp + black beans + coriander

shrimp + cayenne + cinnamon + orange  
shrimp + cepes mushrooms + curry powder + Dijon mustard  
shrimp + chiles + lime juice + brown sugar  
shrimp + coriander + tarragon  
shrimp + crab + Old Bay seasoning  
shrimp + crab + pistachio nuts + watercress  
shrimp + garlic + grits + mascarpone + tomato  
shrimp + garlic + lime  
shrimp + garlic + mustard + tarragon  
shrimp + ginger + green apple + saffron  
shrimp + horseradish + ketchup + lemon  
shrimp + white beans + bell pepper + orange + sausage

## SKATE

**Season:** summer  
**Weight:** medium-heavy  
**Volume:** quiet-moderate  
**Techniques:** broil, grill, poach, roast, sauté, steam

almonds  
anchovies  
arugula  
bay leaf  
**butter and butter sauces** (e.g., brown butter)

## CAPERS

carrots  
cayenne  
celery and celery leaves

chives

cilantro

## clams

cloves

dill

eggplant

fennel

## garlic

leeks

**LEMON, juice**

lemon balm

lovage

mustard, Dijon

**OIL: canola, peanut, sesame, vegetable****OLIVE OIL****onions**

orange, juice

**parsley, flat-leaf**

parsnips

pasta

**pepper: black, green, white**

pistachios

polenta

ponzu sauce

potatoes

pumpkin seeds

rosemary

saffron

**sage**

sake

**salt: kosher, sea**

shallots

shrimp

spinach

squid

star anise

tapenade

tarragon

thyme

tomatoes and tomato paste

vinaigrette

**VINEGAR: balsamic, red wine, rice wine, sherry**

walnuts

**wine:** dry white, red

**Dishes**

**Skate with Hen-of-the-Woods (Mushrooms) and Butternut Squash**

—Mario Batali, Babbo (New York City)

**Chanterelle-Stuffed Skate, Creamy Spinach, “Carotte Fondante,” and Bordelaise Sauce**

—Daniel Boulud, Daniel (New York City)

**Sautéed Skate Wing with Caper Brown Butter**

—Jean Joho, Brasserie Jo (Chicago)

**Skate Wing and a Cannelloni of “Sunchoke” with Butter-Poached Chesapeake Bay Lump Crab, Jerusalem Artichokes, and Oyster Mushrooms**

—Carrie Nahabedian, Naha (Chicago)

**Sage goes really well with **skate**—it gives the skate a masculine touch.**

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

I make a sautéed **skate** dish that is basically a version of linguini with white clam sauce. The sauce with the skate is made from the juice from the clams, garlic, anchovy, and olive oil and it is finished with a parsley puree. With the fish I also serve angel hair pasta. All these flavors are what you will find in white clam sauce, but are just served in a different form.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

We still have the same philosophy as when we opened: The fish is still the star of the plate. We have not budged from there, but every dish has a sauce that completes the dish, and brings together all the elements on the plate and creates harmony. We pay homage to seafood and are dedicated to it, but use a wide palette from rich sauces to broths and a variety of spices and emulsions.

What makes a dish work is the way we make and treat our sauce. We don’t make a sauce in the morning and use it for the day. Can you imagine if you made coffee in the morning and came back at noon to taste it? It would be disgusting. The same for tea: if you left a tea bag in your tea all day, at night it would be awful.

We used to make a garlic sage broth and I found it to be very volatile. I realized that the sauce is really only good for three minutes. After that, the sage kills the garlic or vice versa and the sauce loses its balance. What we ended up doing is making a base with chicken stock, then using a tea bag with ingredients in it to infuse the sauce, and we serve it right away. This sauce is paired with **skate** roasted in goose fat with

green peppercorns. On the side we serve artichokes with pistachios and Parmesan cheese.

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

## Flavor Affinities

skate + butter + pistachios  
skate + capers + garlic + lemon juice  
skate + capers + sherry vinegar  
skate + fennel + onions  
skate + garlic + sage

## 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

## SMOKED SALMON

(See **Salmon, Smoked**)

## SMOKINESS

**Tips:** Add a smoky component to provide a “meaty” flavor to a dish or to counteract the richness of certain meats and seafoods.

bacon

barbecued foods  
beer, smoked  
cheese, smoked  
chile peppers, chipotle  
duck, smoked  
fish, smoked (e.g., salmon, trout)  
grilled foods  
ham, smoked  
liquid smoke  
paprika, smoked  
salmon, smoked  
salt, smoked  
sausage, smoked  
tea, Lapsang Souchong  
whiskey, scotch

## **SNAP PEAS**

(aka sugar snap peas)

**Season:** spring

**Taste:** sweet

**Weight:** light

**Volume:** quiet

**Techniques:** blanch, raw, steam, stir-fry

almonds  
basil  
brown butter sauce  
butter  
**carrots**  
celery  
**chervil**  
chives  
cilantro  
cream  
curry  
dill  
garlic

ginger  
halibut  
leeks  
lemon, juice  
marjoram  
**mint**  
mushrooms  
nutmeg  
olive oil  
onions  
oregano  
parsley  
pepper, white  
potatoes  
rice  
rosemary  
saffron  
**sage**  
salmon  
scallions  
**sesame oil**  
**sesame seeds**  
shrimp  
stock, vegetable  
tarragon  
thyme  
yogurt

## Flavor Affinities

snap peas + brown butter + sage

### Dishes

**Alaskan King Salmon with Sugar Snap Peas**

—David Pasternak, Esca (New York City)

## **SNAPPER**

(aka red snapper)

**Season:** late spring–early autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, broil, deep-fry, grill, poach, roast, sauté, steam, stir-fry

almonds

apricots, esp. dried

artichokes

basil (garnish)

**bay leaf**

**bell peppers:** green, red, yellow

butter, unsalted

cabbage

capers

carrots

cayenne

celery and celery leaves

**chile peppers:** chipotle, jalapeño

**chives**

cilantro

clams

coconut

coriander

couscous

crab

cream

cumin

dill

fennel

fennel seeds

five-spice powder

**GARLIC**

ginger

grapefruit

hazelnuts

**leeks**

**LEMON:** fruit, juice, zest

lemon thyme

lime, juice

mint

miso: dried, white

mushrooms: cepes, chanterelles

mustard, Dijon

**OIL:** canola, corn, grapeseed, vegetable

**OLIVE OIL**

olives: black, kalamata

**onions:** red, white

**orange:** juice, zest

papaya

paprika

**parsley, flat-leaf**

peas, sugar snap

**pepper:** black, white

pesto

pistachios, esp. as crust

port

**potatoes**

red pepper flakes

rice

rosemary

saffron

**SALT:** kosher, sea

sauces: brown butter, hollandaise, romesco

sausage, esp. spicy

scallions

seaweed (for presentation)

sesame

**shallots**

shrimp

spinach

star anise

stocks: chicken, fish

sugar

sweet potatoes

tarragon

**thyme**

**TOMATOES:** canned, fresh, paste  
turnips

**vinegar:** red wine, sherry, white  
**wine, dry white**

## Dishes

**Marinated Thai Snapper with Wasabi Cream; Shaved Radishes and Poppy Seed Tuile**

—Daniel Boulud, Daniel (New York City)



## Flavor Affinities

snapper + clams + romesco sauce + sausage

snapper + fennel + olives + orange + saffron

snapper + coconut + crab + papaya

snapper + garlic + potatoes + rosemary

snapper + lemon + thyme + tomatoes

## **SOLE**

**Weight:** light

**Volume:** quiet

**Techniques:** pan sear, poach, sauté, steam

artichokes

asparagus

basil: sweet, lemon

bass

bay leaf

beans, fava

bread crumbs

**BUTTER**, unsalted

buttermilk

capers

carrots

**cayenne**

celery and celery leaves

**chervil**

**CHIVES**

coriander

cornmeal

couscous

cream

dill

endive

French cuisine

**garlic**

ginger

greens, collard

**LEMON:** juice, slices

lobster

mayonnaise

Mediterranean cuisine

milk

mint, esp. spearmint

**mushrooms:** button, morels

mussels

noodles

**oil:** canola, corn, grapeseed, olive, peanut, vegetable  
olive oil

onions, esp. white

oysters

paprika

**PARSLEY, flat-leaf**

peas

**PEPPER: black, pink, white**

potatoes

quince

ramps

salmon

**SALT: kosher, sea**

sauces: brown butter, hollandaise

**SHALLOTS**

shrimp

**spinach**

star anise

**stock, fish**

**TARRAGON**

thyme

**tomatoes**

truffles

vinegar, balsamic

watercress

**WINE, DRY WHITE** (e.g., Chablis)

## **Flavor Affinities**

sole + butter + lemon + parsley

sole + paprika + potatoes

## **SORREL**

**Season:** spring–autumn

**Taste:** sour

**Weight:** medium, soft-leaved

**Volume:** moderate–loud

**Tips:** Always use fresh; as a softleaved herb, it will lose flavor in sauces, soups.

almonds

apples

avocados

bacon

basil

## **BUTTER, UNSALTED**

carrots

caviar

chard

**CHEESE:** Emmental, goat, **Gruyère**, **Parmesan**, pecorino, **ricotta**, Swiss

chervil

chicken

chives

cilantro

collard greens

## **CREAM**

**crème fraîche**

cucumbers

dandelion greens

dill

**EGGS: egg-based dishes, omelets**

escarole

## **FISH**

French cuisine

garlic

grapes

greens

leeks

lemon, juice

lemon verbena

**lentils, esp. green**

lettuce

lovage

marinades

meats

mint

mushrooms

mussels  
**mustard**  
nutmeg  
olive oil  
**onions**  
paprika  
**parsley, flat-leaf**  
parsnip  
**pepper:** black, white  
pork  
**potatoes**, esp. new, russet  
poultry  
rice  
**salads** (say some)  
**salmon**  
salmon, smoked  
**salt**  
**sauces, cream**  
**seafood**  
shad  
shallots  
shellfish  
**SOUPS**, esp. creamy vegetable  
sour cream  
**SPINACH**  
**STOCKS: chicken, veal, vegetable**  
stuffings  
tarragon  
tea sandwiches  
thyme, lemon  
tomatoes  
trout  
veal  
vegetarian dishes  
**vinegar, red wine**  
watercress  
wine, dry white

## AVOID

salads (say some)

## Flavor Affinities

sorrel + butter + chicken stock  
sorrel + garlic + spinach  
sorrel + leeks + potatoes  
sorrel + nutmeg + ricotta cheese

## Dishes

### Puree of Sorrel Soup with Toasted Marcona Almonds and Poached Sultanas

—Thomas Keller, The French Laundry (Yountville, California)

**Sorrel** has a green vegetal quality and is tangy. It is a little like tasting fish sauce: on its own it is nasty, but with food it is great! Sorrel also works with eggs as well as seafood. One of the seafood dishes we make is roasted oysters with bacon and sorrel sauce.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## SOUR CREAM

**Taste:** sour

**Weight:** medium-heavy

**Volume:** moderate-loud

**Tips:** Use fresh, or cook at low temperatures only.

baked goods (e.g., cakes, cookies)

borscht

caviar

desserts

dill

dips

European cuisine, esp. eastern and northern

fruit

horseradish

Hungarian cuisine

lemon, juice

mustard

paprika

pepper

**potatoes, esp. baked**

Russian cuisine

salads and salad dressings

sauces

Scandinavian cuisine

soups

I like galangal, lemongrass, and ginger. They all have natural **acidity** and zingy spice that will perk anything up. Even if you are not adding [a liquid] acid to coconut milk but add aromatics instead, your dish won't taste heavy.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## SOURNESS

**Taste:** sour

**Function:** heating; stimulates appetite; increases thirst

**Tips:** Sourness tends to sharpen other flavors.

In small doses, sour notes enhance bitterness, while in large doses, they suppress bitterness.

apples, tart (e.g., Granny Smith, Winesap)

blackberries

buttermilk

caraway seeds

cheese, sour (e.g., chèvre, other goat cheese)

cherries, sour

citrus

cloves

coriander

cornichons

cranberries

cream cheese

cream of tartar

crème fraîche  
currants  
fermented foods  
fruits: sour, unripened  
galangal  
ginger  
grapefruit  
grapes, green  
kaffir lime  
kiwi fruit  
kumquats  
**lemon: juice, zest**  
lemon, preserved  
lemongrass  
**lime: juice, zest**  
milk, goat's  
miso  
mushrooms, enoki  
orange: juice, zest  
pickled foods  
plums, esp. unripe  
ponzu  
quince  
rhubarb  
rose hips  
sauerkraut  
sauerkraut  
sorrel  
sour cream  
soy sauce  
sumac  
tamarind  
tomatoes, esp. green  
*verjus*  
**vinegars**  
whey  
**wine, dry**  
yogurt  
yuzu

A defining factor for American cooks is hitting high notes with **acidic** tones. Using acidity to create brightness in dishes stands out from the cooking I did in France. French cooking is all about harmony, while American cooking is about hitting the high notes. In American fine dining, you have to have some boundaries with your acidity because you are working with wine. It is important to hit the high notes but you have to do it without destroying the wine pairing.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

Almost every dish has to have some sort of **acid**, or else it will taste flat. It is a question of taste—some chefs like sour, some like sweet—and there is no right or wrong. Lemon juice is used in small amounts to bring out other flavors. I use all kinds of vinegars—banyuls, red wine, rice wine, and sherry, just to name a few.

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

I have a cupboard full of acids! Every culture is doing the same thing when it comes to using **acid** in its food: it is all about enhancing flavor without adding salt. We use a lot of citrus, whether it is lemon, lime, or something else. When I lived in England, they joked with me because I would add orange juice to almost everything, especially vinaigrettes. I really like its acidity and the light, fruity flavor it adds. On a totally different end of the spectrum is tamarind. We always have tamarind water in our refrigerator and use it to finish sauces. Depending on the country of inspiration, I will use a different acid: for India, tamarind; Japan, ponzu, yuzu; Middle East, sumac, preserved lemon, and yogurt; and for Southeast Asia, lemon, lime, and tamarind.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

I select my **acids** as carefully as I select my sweeteners. I could use lemon juice for everything, but in some cases, *verjus* will add a brightness that balsamic or sherry vinegar won't. I love *verjus* and have served it alone as a sorbet. I have also served it with apple and pears. I like ice wine vinegar with roasting fruits. Aged balsamic vinegar isn't shocking anymore—it is great straight over fruit or added to an ice cream.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

When you add **acid** to a sauce, it lifts everything up. Lemon is my favorite; I use lemon and orange the way a chef uses salt and pepper. Whether I add the juice, zest, or confit depends on the cooking application:

- **Juice:** If a recipe calls for water, why use that? Why not add flavor and use orange juice?

- **Zest:** If I make *panna cotta*, it will have orange zest in it but it will not taste orangey. If I make a cake, I also use zest.
- **Confit:** I use this most often as a garnish.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

## SOUS-VIDE COOKING

What **sous-vide** [“under vacuum”] cooking does is give you a long, very controlled cooking time. I like to use it on vegetables because no air hits the vegetable. All the white vegetables come out really white. It also keeps the whiteness in fruits like apples and pears.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

Instead of **sous-vide**, with poultry I’ll use a poaching technique I learned from my grandmother: I’ll cover a whole chicken or turkey or pheasant with cold liquid, mirepoix, garlic, and herbs; cover the pot with a tight-fitting lid; bring it to a boil; drop it to a simmer; and then turn it off. This technique creates a vacuum seal that transfers all the flavor into the chicken. It’s ten times better than straight poaching, because you don’t lose any moisture. I’ll serve the chicken cold with a hot ginger sauce that’s two parts fresh ginger to one part each garlic, scallions, and cilantro. I heat oil to smoking, pour it over the herbs, and serve the hot ginger-herb sauce over the cold poached chicken. It’s delicious.

—TONY LIU, AUGUST (NEW YORK CITY)

## SOUTHEAST ASIAN CUISINES

**Tips:** Balance hot + sour + salty + sweet tastes.

chile peppers  
coconut milk  
curries  
**fish sauce**  
galangal  
ginger  
lemongrass  
**lime**  
mint  
soy sauce  
sugar

tamarind

vegetables: fresh, fermented

### **Flavor Affinities**

chile peppers + fish sauce + lime + sugar

fish sauce + lime + tamarind

## **SOUTHERN CUISINE (AMERICAN)**

baked goods, e.g., biscuits

barbecue

black-eyed peas

chicken, esp. fried

gravy

greens, esp. collard

grits

ham

pies

pork

potatoes

rice

sweet potatoes

tea: iced, sweet

## **SOUTHWESTERN CUISINE (AMERICAN)**

avocados

**beans**

beef

cheese

chicken

chiles

chocolate

cilantro

cinnamon

corn

limes

nuts

onions  
pork  
rice  
squash  
tomatoes  
tortillas

## SOY SAUCE

**Taste:** salty  
**Weight:** light  
**Volume:** moderate–loud  
**Tips:** Add at the end of the cooking process, or to finish a dish. Use in stir-fries.

basil  
beef  
broccoli  
chicken  
Chinese cuisine  
coriander  
fish: cooked, raw  
garlic  
**ginger**  
**honey**  
Japanese cuisine  
Korean cuisine  
lime juice  
lobster, raw  
marinades  
meats  
mirin  
molasses  
orange zest  
peanuts  
red pepper flakes  
salt  
scallions  
seafood

sesame oil  
sugar  
wasabi

## Flavor Affinities

soy sauce + coriander + honey  
soy sauce + garlic + ginger  
soy sauce + molasses + sugar

I add **soy sauce** to my onion soup because it gives it a meaty flavor. I use so much soy sauce at home my kid is starting to look Asian!

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

**White soy sauce** is something I fell in love with while cooking in Japan for two years. It is like liquid smoke. It is not really soy sauce, but more of a brewed wheat product. It has a smoky quality, too, but it is still so light you can use it on hamachi with sesame seeds and olive oil.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

**White soy sauce** is lighter on the palate and has a cleaner, more direct flavor than regular soy sauce. Regular soy sauce has a touch of caramel for color, flavor, and body, which makes it more a part of the dish rather than simply enhancing the ingredient. White soy sauce will let the ingredient sing. It is very pale, and if you make a ponzu sauce with mirin and rice wine vinegar, you'll get something almost clear.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## SPANISH CUISINE

almonds  
anchovies  
bay leaf  
bread  
chorizo  
custards  
**eggs**  
fish  
fruits  
garlic

ham, Serrano  
hazelnuts  
lemon  
meats, esp. roasted  
**olive oil**  
olives  
onion  
orange  
paprika, sweet  
parsley  
peppers, esp. guindilla or piquillo, esp. roasted  
pine nuts  
pomegranates  
**pork**  
rice  
roasts  
saffron  
shellfish  
sherry  
soups  
stews  
thyme  
tomatoes  
vanilla  
vegetables  
vinegar, sherry  
walnuts

### **Flavor Affinities**

almonds + garlic + olive oil  
almonds + olive oil  
garlic + olive oil  
garlic + onions + paprika + rice + saffron  
garlic + onions + parsley  
red peppers + onions + tomatoes  
tomatoes + almonds + olive oil + roasted red peppers

## Dishes

**Hearts of Romaine and Treviso Radicchio with Spanish Serrano Ham, Manchego Cheese, and White Anchovies, Fire-Roasted Peppers, and Crisp Capers**

—Carrie Nahabedian, Naha (Chicago)

**Petite Red Oak Lettuce Salad with Manchego Cheese, Cinnamon Almonds, and Aged Sherry Vinaigrette**

—Celina Tio, American Restaurant (Kansas City)

### **Spain in the New World: How American Chefs Are Influenced by Spain**

*Sweet Potato, Feta, and Smoked Paprika Tortilla with Minted Lemon Raita:* We looked at Spain and the tortilla as the starting point for this dish. A traditional tortilla is made all together in one pan, but we played with that a little. We roast our sweet potatoes first with spicy-smoky paprika that tempers the sweetness with the heat and aromatic smokiness. We add feta cheese for the salt factor and caramelized onion for another layer of flavor. We then mix up a bunch of eggs, combine everything together, and cook it tortilla-style in a hot pan with a lot of olive oil on the stove and then in the oven to finish cooking. When we serve it, we cut it tortilla-style in a wedge and serve it at room temperature. The idea of eggs and potatoes always feels a bit heavy, which is why there is a zesty yogurt on the plate along with a crunchy watercress salad.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

*Hearts of Romaine and Treviso Radicchio with Spanish Serrano Ham, Manchego Cheese and White Anchovies, Fire-Roasted Peppers and Crisp Capers:* This dish is an homage to Guillermo, who supplies our Spanish products. His anchovies are so good that if someone asks for them on the side, the waiter just replies, “Trust me....” The reason there is radicchio on the salad is because I like to change people’s opinions of ingredients that have been wronged. When it is added to this salad, it is so good you can’t believe it. It adds a wonderful crunch and balances the romaine and other flavors. I add the fried capers to add some acidity and crunch.

—CARRIE NAHABEDIAN, NAHA (CHICAGO)

*In Spain, eggs aren’t eaten for breakfast; they are more for dinner. The Spanish also don’t eat brunch, but at Tía Pol, brunch is a way to celebrate the Spanish egg cookery that is a huge part of their diet. The Spanish cook eggs beautifully and in a huge variety. In the Basque country, they really value a soft scrambled egg with a great ingredient in it—whether tiny mushrooms, asparagus, or baby pink shrimp. The Spanish also cook eggs in olive oil. When we serve a fried egg, we cook it in so much oil it is almost deep-fried; instead of using a spatula, we use a spider [a weblike wire mesh strainer] to remove the egg from the pan.*

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

*We use olive oil as a condiment. In Spain it is not uncommon to see something swimming in olive oil. Anchovies will be covered in oil, and after you eat the anchovies you just dip your bread in the oil. Even a dish that is cooked in olive oil will get a drizzle of raw oil on top for finishing. In Spanish cooking it is hard for me to name a dish that doesn’t get olive oil. We will cook mushrooms in olive oil and serve them with oil on top.*

*Sautéed vegetables in Spain may get cooked in a little pork fat and then served with diced ham on top. The Spanish also like to braise vegetables, and will add a ham end similar to a trotter [pig's foot] during the cooking. Any pot of stew or beans, such as garbanzos, will get ham added to it as well. What the ham end adds to what is being cooked is a little funky flavor but in a good way—like the flavor mold adds to a cheese.*

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

## SPICES

### (See also individual spices)

Just a pinch of **spices** such as fennel, coriander, cumin, and cayenne is great for finishing a sauce. Cayenne is great if you want to raise the heat level. You want to use only a pinch so that you don't even know it is there. If you are making a French lemon sauce with beurre blanc, lemon puree, and diced lemon zest, adding a pinch of cayenne will bring up the flavor without making it spicy.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

I am sure every kitchen has its own **pepper mix** that is not just pepper. We have a mix that is specific for meat and occasionally for pork or tuna. It is a combination of black peppercorns, pink peppercorns, coriander seeds, and toasted ground star anise. The other thing I always have next to me is a tray we call “the four seasons”: *fleur de sel*; red pepper flakes—the ultimate marriage of heat and fruit; dry mustard, which I use all the time; and sumac, for an acidic component.

—SHARON HAGE, YORK STREET (DALLAS)

To counteract **overspicing**, you need to increase the quantity of whatever you are making. This is a case where you might want to add a puree of something, or add some sweetness because sweetness balances spice. With an Indian curry that is too powerful, you could puree some dried apricot into it. The apricot puree adds **sweetness, binds the sauce, and increases the overall quantity.**

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## **SPINACH**

(See also **Greens—In General**)

**Season:** year-round

**Taste:** bitter

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, raw, sauté, steam, stir-fry, wilt

almonds

### **anchovies**

apples

### **bacon**

basil

### **\*BUTTER, unsalted**

cayenne

chard

### **CHEESE: aged, Comté, Emmental, feta, goat, Parmesan, ricotta**

chicken, esp. grilled

chickpeas

chives

crab

### **CREAM / MILK**

cream cheese

crème fraîche

cumin

curry

### **dill**

### **eggs, esp. hard-boiled**

fennel

fish (e.g., striped bass)

French cuisine

### **GARLIC**

ginger

greens, collard

Indian cuisine

Italian cuisine  
Japanese cuisine  
lamb, esp. grilled

**lemon, juice**  
lentils

**lovage**  
marjoram

mascarpone  
mint, esp. spearmint

**mushrooms, esp. shiitake**

**mustard, Dijon**  
mustard seeds

## NUTMEG

**OIL:** canola, peanut, sesame, vegetable, **walnut**

**olive oil**

**onions, esp. sweet**

pancetta  
paprika, sweet  
parsley  
pasta  
pecans

**PEPPER: black, white**

pesto

**pine nuts**

**potatoes**

prosciutto

quince

**raisins**

red pepper flakes

saffron

**SALT:** kosher, sea

salt cod

sauces: béchamel, Mornay

scallions

**SESAME SEEDS**

**shallots**

shrimp

smoked salmon

**sorrel**

sour cream  
**soy sauce**  
stocks: chicken, vegetable  
**sugar** (pinch)  
Tabasco sauce  
thyme, fresh  
tomatoes  
tuna  
vinaigrette, esp. sherry  
**VINEGAR:** balsamic, cider, red wine, rice wine, sherry  
**walnuts**  
yogurt

## Dishes

### **Warm Mushroom and Baby Spinach Salad with Black Bean Sauce**

—Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

### **Spinach and Walnut Cannelloni in the Style of the River Plate Region, Creamy Manchego and Parmigiano-Reggiano White Sauce, and Tomato Sauce**

—Maricel Presilla, Cucharamama (Hoboken, New Jersey)

I love **spinach**. It is best sautéed in a little oil, because if you blanch it, it tends to lose its flavor [to the blanching water]. I like to add some garlic to it, and from there you can go almost anywhere. Sautéed spinach is delicious with a poached egg.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

**Spinach** and bacon is simply a great combination. The key to our creamed spinach is that we steam our fresh-leaf spinach just until it wilts, then drain it and chop it slightly. [In a pan,] we start with a little butter and flour to thicken, then add cream, nutmeg, and an *onion piqué* [an onion spiked with cloves], and reduce the cream by half. Then we add the barely cooked spinach to the cream and heat them together briefly so just a little juice infiltrates the cream. You end up with velvety spinach, which we top with [chunks of] Nueske's bacon, which is an applewood-smoked bacon from the Midwest.

—MICHAEL LOMONACO, PORTER HOUSE NEW YORK (NEW YORK CITY)

Our warm mushroom and baby **spinach** salad with black bean sauce works so well because of the garlic, which is the last thing added to the dish. Too often, garlic is **overpowering**. You want to add just enough.

—KAZ OKOCHI, KAZ SUSHI BISTRO (WASHINGTON, DC)

## Flavor Affinities

spinach + bacon + garlic + onions + cider vinegar

spinach + bacon + walnuts

spinach + chives + goat cheese + mascarpone

spinach + cumin + garlic + lemon + yogurt

spinach + fennel + Parmesan cheese + portobello mushrooms + balsamic vinegar

spinach + feta cheese + lemon juice + oregano

spinach + garlic + mushrooms

spinach + garlic + sorrel

## SPRING

**Weather:** typically warm

**Techniques:** pan roast and other stove-top methods

**artichokes** (peak: March–April)

**asparagus:** green, purple, white (peak: April)

beans, fava (peak: April–June)

cauliflower (peak: March)

crayfish

dandelion greens (peak: May–June)

fiddlehead ferns

**garlic, green** (peak: March)

**greens: salad, spring**

lamb, spring

leeks

lemons, Meyer

lettuces

lighter dishes

limes, key

loquats

mushrooms, morel (peak: April)

onions: spring, Vidalia (peak: May)

oranges, navel (peak: March)  
**peas** (peak: May)  
ramps (peak: May)  
rhubarb (peak: April)  
soft-shell crabs  
sorrel (peak: May)  
soufflés  
spices, cooling (e.g., white peppercorns)  
**strawberries**  
tomatoes, heirloom  
watercress  
zucchini blossoms

**Spring** is when people are looking for all the young salads that they have been missing all winter. I really look forward to asparagus that I will serve simply with mayonnaise or a mouseline.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

**Spring** is when everyone's moods start to lighten. It may be cold, but people are looking for lighter things. This is rhubarb and strawberry season. Citrus plays a bigger role; in the winter, it is an alternative to chocolate, but in the spring, it is the lighter and more aromatic option.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Spring lamb** is one of the quintessential dishes of **spring**.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

You may be thinking about licorice but don't want a licorice sauce. So you may simply just grate some fennel over **squab** and you get this great aroma and when you take a bite you'll taste this root beer–Pernod flavor that is not overbearing that will still work with squab, foie gras, medjool dates, and green peppercorns. Some flavors are meant to be just a soft accent on a dish. I like to think of them as "eye shadow"!

—CARRIE NAHABEDIAN, NAHA (CHICAGO)

## Dishes

**Squab, Watermelon, Foie Gras, and Black Licorice**

—Grant Achatz, Alinea (Chicago)

## **Barbecued Squab with Roasted Beet “Farrotto” and Porcini Mustard**

—Mario Batali, Babbo (New York City)

## **SPROUTS**

**Season:** year-round

**Function:** cooling

**Weight:** light

**Volume:** quiet

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

**Tips:** Cook for less than 30 seconds, or they'll wilt.

cucumbers

egg salad

salads, esp. more delicate sprouts

sandwiches

stir-fried dishes, esp. heartier sprouts

## **SQUAB**

**Weight:** medium

**Volume:** moderate

**Techniques:** braise, broil, grill, roast, sauté

bacon

beans, fava

beets

cabbage

cherries

fennel

figs

foie gras

garlic

juniper berries

lentils

mushrooms, wild, esp. porcini

mustard

olive oil  
olives  
onions  
pancetta  
pears  
peas  
pepper, black  
prunes  
rice and risotto  
rosemary  
sage  
salt  
vinegar, balsamic  
wine, esp. red

## SQUASH, ACORN

(See also Pumpkin; Squash, Butternut; and Squash, Winter)

**Season:** autumn–winter  
**Taste:** sweet  
**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** bake, mash

**allspice**  
bay leaf  
**butter, esp. brown**  
**cheese**, Parmesan  
**cinnamon**  
cream  
eggs, custard  
garlic  
ginger, fresh  
maple syrup  
mascarpone  
mushrooms, esp. shiitake  
**nutmeg**  
nuts

olive oil  
onions, esp. cipollini  
parsley  
pork  
**SAGE**  
salt, kosher  
sugar, brown  
thyme  
vanilla  
vinegar, sherry

## Flavor Affinities

acorn squash + custard + sage  
acorn squash + ginger + maple syrup

## Dishes

**Heirloom Autumn Squash Salad with Local Pears, Currants, Roasted Chestnuts, Sankow Farm Feta Cheese, and Brown Butter Dressing**

—Michael Nischan, Dressing Room (Westport, Connecticut)

**Butternut Squash Soup with Honey-Glazed Parsnips, Spaghetti Squash, and Smoked Duck, Maple Syrup, Styrian Pumpkin Seed Oil, and Crisp Garnet Yams**

—Carrie Nahabedian, Naha (Chicago)

I find **butternut** to be the best **squash**. It is nutty, sweet, and has a balanced flavor to it.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

In winter, one of my favorite combinations is **butternut squash** with bay leaf and nutmeg.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## SQUASH, BUTTERNUT

(See also **Pumpkin**; **Squash, Acorn**; and **Squash, Winter**)

**Season:** early autumn

**Taste:** sweet

**Weight:** medium-heavy

**Volume:** moderate

**Techniques:** bake, braise, mash, roast, steam, tempura-fry

**allspice**

anchovies

apples, esp. green

artichokes, Jerusalem

bacon

basil

**bay leaf**

bourbon

bread crumbs

brown butter

**BUTTER, UNSALTED**

carrots

cayenne

celery

celery root

**CHEESE:** Fontina, **goat**, Gruyère, **PARMESAN**, pecorino, **ricotta**, ricotta salata

chervil

chestnuts

chickpeas

chile peppers, esp. fresh green, jalapeño

chili sauce

chives

cilantro

**cinnamon**

cloves

**coconut milk**

coriander

couscous

**cream**

crème fraîche

cumin

curry: paste (yellow), powder

duck

fenugreek

fish sauce, Thai

**garlic**

**ginger:** fresh, ground

honey

Japanese cuisine (e.g., tempura)

leeks

**lemon, juice**

lemongrass

**lime, juice**

maple syrup

marjoram

mascarpone

mint

Moroccan cuisine

mushrooms, esp. porcini

**nutmeg**

nuts

**OIL:** canola, grapeseed, peanut, **pumpkin seed**, vegetable

**olive oil**

**ONIONS, esp. red**

orange, juice

pancetta

**parsley, flat-leaf**

parsnips

pears

**PEPPER: black, white**

pork

potatoes

pumpkin seeds

red pepper flakes

risotto

rosemary

**SAGE**

salsify

**SALT: kosher, sea**

shallots

shrimp

soups

sour cream  
**spinach**  
**STOCKS:** chicken, vegetable  
**sugar:** brown, white  
tarragon  
**thyme**  
truffle oil  
vanilla  
vinegar: balsamic, champagne, sherry  
walnuts  
watercress  
wine: dry white, Vin Santo  
yams  
yogurt

### **Flavor Affinities**

butternut squash + anchovies + bread crumbs + onions + pasta  
butternut squash + bacon + maple syrup + sage  
butternut squash + bay leaf + nutmeg  
butternut squash + cilantro + coconut + ginger  
butternut squash + crème fraîche + nutmeg + sage  
butternut squash + ricotta cheese + rosemary  
butternut squash + risotto + sage

## **SQUASH, KABOCHA**

(See also Squash, Winter)

### **Flavor Affinities**

kabocha squash + coconut + sweet curry  
—DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

## **SQUASH, SPAGHETTI**

(See also Squash, Winter)

**Season:** early autumn–winter

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, boil, or steam; then sauté

bacon

basil

bell peppers

cheese: feta, Gorgonzola, Parmesan

chicken

chives

duck

garlic

ginger

honey, chestnut

olive oil

olives, black

oregano

parsley, flat-leaf

pasta

pepper, ground

salt

seafood: fish, scallops

tomatoes

vinaigrette

## SQUASH, SUMMER

(See also Zucchini)

**Season:** summer

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, blanch, boil, braise, deep-fry, grill, sauté, steam, stir-fry

**basil**

bell peppers

butter

cheese: goat, Gruyère, mozzarella, Parmesan

chile peppers: dried red, fresh green

chives

cinnamon  
coconut  
coriander  
corn  
cream  
cumin  
curry leaves  
dill  
eggplant  
**garlic**  
lemon, juice  
**marjoram**  
mint  
mustard seeds, black  
**olive oil**  
**onions**  
**oregano**  
**parsley, flat-leaf**  
pecans  
pepper, black  
rosemary  
**sage**  
salt  
sausage, Italian  
**thyme**  
tomatoes  
turmeric  
walnuts  
yogurt

## SQUASH, WINTER

(See also [Pumpkin](#); [Squash, Acorn](#); and [Squash, Butternut](#))

**Season:** autumn–winter

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** bake, braise, grill, mash, puree, roast, sauté, steam

**allspice**

**APPLES:** cider, fruit, juice

**bacon**

**BUTTER**

caraway seeds

cayenne

celery, leaves

**cheese:** Fontina, Gruyère, Parmesan, pecorino, Romano

chili powder

cinnamon

**cloves**

coconut milk

**coriander**

**cream**

**cumin**

curry

**GARLIC**

**ginger**

honey

lamb

leeks

lemongrass

lime, juice

**maple syrup**

marjoram

mushrooms

mustard

**NUTMEG**

nuts

**olive oil**

**ONIONS**

**orange:** juice, zest oregano

paprika, sweet

**parsley, flat-leaf**

**pasta,** esp. ravioli

pears

pecans

pork

pumpkin

pumpkin seeds  
quince  
radicchio  
red pepper flakes  
risotto  
**rosemary**  
**SAGE**  
savory  
soups  
**stocks:** chicken, vegetable  
**SUGAR, BROWN THYME**  
truffles, white  
vinegar, sherry  
walnuts  
wild rice

## Dishes

**Red Curry Squash Flan, Orange Jelly, Coconut Emulsion, Sweet Gnocchi, and Curry Gel**  
—Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Roasted Squash Ice Cream, Crispy Pumpkin Seeds, Sage**  
—Johnny Iuzzini, pastry chef, Jean Georges (New York City)

When **winter squash** is at its peak, it is already sweet, and yet the tendency is to want to reach for the cinnamon or maple syrup to season it. To keep it a savory dish, I'll reach for fresh ginger, which adds a sweet heat.

—BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

## Flavor Affinities

winter squash + butter + garlic + sage  
winter squash + garlic + olive oil + parsley  
winter squash + onions + Parmesan cheese + chicken stock

## SQUASH BLOSSOMS

(See Zucchini Blossoms)

## SQUID

(aka calamari)

**Weight:** light–medium

**Volume:** quiet

**Techniques:** deep-fry, grill, marinate, roast, salad, sauté, stew

aioli

almonds

anchovies

arugula

basil

## bay leaf

beans, white

**bell peppers:** green, red, yellow

butter, unsalted

cabbage: green, red

caperberries

capers

carrots

cayenne

celery

chard

chile peppers, esp. piquillo

chives

chorizo

cilantro

cloves

cornichons

cornmeal (for breading)

couscous, esp. Israeli

currants

## GARLIC

ginger

hoisin sauce

honey

ketchup  
Italian cuisine  
leeks

**LEMON, JUICE**

lime, juice  
lobster  
marjoram  
mayonnaise

Mediterranean cuisine

melon, esp. cantaloupe, watermelon  
oil: grapeseed, peanut (for frying), walnut

**OLIVE OIL**

olives, esp. black, kalamata  
onions, esp. sweet, white  
orange, zest  
oregano

**PARSLEY, FLAT-LEAF**

pasta

**PEPPER: black, white**

pine nuts  
polenta  
potatoes, new  
red pepper flakes  
rice: Arborio, bomba  
risotto  
saffron  
salads

**SALT: kosher, sea**

scallions  
scallops  
sesame seeds

**shallots**

shiso

**shrimp**

soy sauce  
squid ink

**stock, fish**

sugar  
Tabasco sauce

tarragon

thyme

tomatoes

**VINEGAR:** balsamic, red wine, rice wine, sherry, white wine

walnuts

wine, dry white

yuzu juice

zucchini

## Dishes

**Grilled Squid with Tapioca and Meyer Lemon**

—Charlie Trotter, Charlie Trotter's (Chicago)

## Flavor Affinities

squid + aioli + anchovies

squid + basil + bell peppers + chiles + garlic + orange + tomatoes + red wine

squid + garlic + lemon + parsley

## STAR ANISE

(See Anise, Star)

## STEAK

(See Beef)

## STRAWBERRIES

**Season:** late spring–summer

**Taste:** sweet–sour

**Weight:** light

**Volume:** moderate

**Techniques:** raw, sauté

**Tips:** Adding sugar enhances strawberry flavor, as does adding an acid such as citrus juice or vinegar.

## Dishes

### **Strawberries in Chianti with Black Pepper Ricotta Cream**

—Gina DePalma, pastry chef, Babbo (New York City)

### **Fresh Strawberry Tart with Orange Curd and Moscato Gelée**

—Lissa Doumani, Terra (St. Helena, California)

### **Citrus-Strawberry Salad, Honey Parfait, and Charentais Melon Puree**

—Michael Laiskonis, Le Bernardin (New York City)

### **Strawberry, Mango, and Basil “Ice Cream Sandwich” and Organic Strawberry Juice**

—Michael Laiskonis, Le Bernardin (New York City)

### **Strawberry-Rhubarb Shortcake with Crème Fraîche Ice Cream**

—Patrick O’Connell, The Inn at Little Washington (Washington, Virginia)

I remember asking myself, How can I make a salad into a dessert? The result of my experimentation bore no resemblance to a salad: I used olive oil to make an almond *financier*; because a *financier* is not a *financier* without the brown butter, I substituted olive oil for half the brown butter. I served this with a balsamic vinegar ice cream, and a basil-infused **strawberry consommé**.

A note about the strawberries is that I cooked them on very low heat. It comes from the idea of gentleness, slowness, care, respect for the ingredients, and, in the end, a better-tasting fresh ingredient. I could have extracted more juice from the strawberries by bringing them up to a boil with a bunch of sugar, but that results in cooked strawberries and not the fresh strawberry flavor you’re after.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

A tiny bit of vanilla makes **strawberries** yummy! It has to be just a little because you don’t want a vanilla-strawberry dessert; you want a strawberry dessert that has a little

**vanilla on the palate that people have to search for.**

—GINA DEPALMA, BABBO (NEW YORK CITY)

You still can't go wrong with a classic. For years I tried to come up with the end-all be-all **strawberry** dessert. Four years ago, I said forget it—the strawberries I get from my purveyor in the farmers' market are perfect. Now, I serve strawberry gelato with lots of strawberries and 25-year-old balsamic vinegar. It became an injustice to try to do anything else with the perfect strawberries I was getting.

—GINA DEPALMA, BABBO (NEW YORK CITY)

**almonds**

amaretto

apricots, pureed

**bananas**

berries

biscuit

**blackberries**

**blueberries**

boysenberries

brandy

buttermilk

caramel

cardamom

**Champagne**

Chartreuse

**cheese: Queso de los Beyos, ricotta**

chocolate: dark, white

**cinnamon**

cloves

cognac

coriander

**\*CREAM AND ICE CREAM**

cream cheese

crème de cassis

**crème fraîche**

crust: pastry, pie

**custard**

elderflower syrup

gelatin (for texture)

ginger  
gooseberries  
grapefruit  
grapes  
grappa  
guava  
hazelnuts  
**honey**  
**KIRSCH**  
kumquats  
**LEMON**: juice, zest  
lemon verbena  
**lime**: juice, zest  
liqueurs, berry or orange (e.g., Cointreau, **curaçao**, Framboise, **GRAND MARNIER**)  
loquats  
mangoes  
maple syrup  
**mascarpone**  
**melon**  
**mint** (for garnish)  
nutmeg  
oatmeal  
**ORANGE**: juice, zest  
papaya  
passion fruit  
**peaches**  
peanuts  
pecans  
**pepper, black**  
pies  
**pineapple**  
pine nuts  
pistachios  
plums  
pomegranates  
**port**  
**RASPBERRIES**  
**\*RHUBARB**  
rum

sake

sherry

shortcake

## SOUR CREAM

\***SUGAR:** brown, white

tarts

## VANILLA

\***VINEGAR, BALSAMIC, ESP. AGED**

walnuts

**WINE: RED OR ROSÉ** (e.g., Beaujolais, Cabernet Sauvignon), **sweet white** (e.g.,

Moscato d'Asti, Muscat, Riesling, Sauternes, Vin Santo)

yogurt

zabaglione

**Strawberries** pair beautifully with Cabernet Sauvignon, and black pepper takes the combination even further.

—LISSA DOUMANI, TERRA (ST. HELENA, CALIFORNIA)

When I taste **strawberries** at the store I close my eyes and ask, Is this a [perfect] strawberry or does this need a little help? If they are a little dry, to help them, you cook them on top of the stove a little and that will release their perfume and juice. You can add Grand Marnier or Kirsch, which will help their flavor as well. If you follow these steps, though, this will lead you to wanting to serve them warm. If you chill them down, they will not look great. So I would serve a warm berry compote over vanilla ice cream. If you have some berries that aren't perfect, with a little love and attention they'll adapt. In spring, when the strawberries are early and not that good, I'll roast them in the oven with red wine, balsamic vinegar, sugar, corn syrup, and water, and they turn wonderfully jammy.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

I love fresh **strawberries** with dense and dry cow's milk cheeses, such as Queso de los Beyos from Spain. It hits your tongue like dry plaster, then melts, releasing its slightly sour fresh milk flavor. Both also go very well with rosé Champagne.

—ADRIAN MURCIA, CHANTERELLE (NEW YORK CITY)

**Strawberries** have a rose note to them so I find rose geraniums bring that out. The two have similar flavors.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)



**AVOID**  
salt

### **Flavor Affinities**

strawberries + almonds + cream  
strawberries + almonds + olive oil + balsamic vinegar  
strawberries + almonds + rhubarb  
strawberries + balsamic vinegar + black pepper  
strawberries + black pepper + ricotta cheese + red wine  
strawberries + Champagne + Grand Marnier  
strawberries + rhubarb + sugar

### **STRIPED BASS** (See Bass, Striped)

### **STUFFING**

**Season:** autumn–winter  
**Weight:** medium–heavy  
**Volume:** quiet–moderate

apples

bread crumbs  
butter, unsalted  
celery  
chestnuts  
chicken fat  
chicken livers  
corn bread  
garlic  
mushrooms (e.g., shiitakes)  
olive oil  
onions  
parsley, flat-leaf  
pecans  
pepper: black, white  
prosciutto  
rosemary  
sage  
salt, kosher  
sausage, esp. chicken, pork  
stocks: chicken, turkey  
thyme  
walnuts

## SUGAR

**Taste:** sweet

**Function:** cooling

**Tips:** Balance sweetness with acid (e.g., vinegar) and salt. Avoid dark brown sugar with maple syrup, as the combination is too intense.

## SUGAR, PALM

**Taste:** sweet

**Tips:** Avoid with lighter dishes, which would be overwhelmed.

coconut  
curries  
custards

desserts  
Indian cuisine  
tamarind  
Thai cuisine

## **SUGAR SNAP PEAS**

(See Snap Peas)

## **SUMAC**

**Taste:** sour  
**Weight:** light–medium  
**Volume:** moderate

allspice  
**avocados**  
**beets**  
cheese, feta  
**CHICKEN, ESP. ROASTED**  
chickpeas  
chile peppers  
chili powder  
coriander  
cucumbers  
cumin  
eggplant  
fennel  
**FISH, ESP. GRILLED**  
garlic  
ginger  
kebabs  
**lamb**  
Lebanese cuisine  
lemon, juice  
**lentils**  
lime  
**meats, esp. grilled**

Middle Eastern cuisine mint

Moroccan cuisine

**onions**

orange

oregano

paprika

parsley

**pepper, black**

pine nuts

pomegranates

rosemary

**salads and salad dressings**

**salt**

seafood

**sesame seeds**

shellfish

stewed dishes

**thyme**

**tomatoes**

**Turkish cuisine**

**vegetables**

walnuts

**yogurt**

## Flavor Affinities

sumac + lamb + black pepper

sumac + salt + sesame seeds + thyme (aka Middle Eastern *za'atar*)

We rely a lot on **sumac**, which I love because it is a good way to add another layer of tartness and acidity to a dish without having to add liquid. I could not imagine our beet salad without it. Sumac works well with chicken, vegetables, and salads, as well as in a vinaigrette or with cheeses you might marinate like feta. I avoid it with red meat or steak; I think it is the wrong kind of tartness for them.

—SHARON HAGE, YORK STREET (DALLAS)

**Sumac's** distinctly sour flavor and reddish-purple color can both lift a dish.

—LISSA DOUMANI, TERRA (ST. HELENA, CALIFORNIA)

If my mind is in the Middle East, I will be reaching for **sumac** or preserved lemon or yogurt. I use sumac at the very end of the cooking process to enhance the acid already being used in the dish.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

My favorite fruit to work with is a toss-up between all of the stone fruits [i.e., cherries, plums, apricots, nectarines, and peaches]. Late July, August, and September is my favorite time of year!

—GINA DEPALMA, BABBO (NEW YORK CITY)

When I compose a dish, I work with the season—but like to play with that as well. People will ask how we can have braised short ribs on the menu in **summer**. I can, because I play with the other elements of the dish. For example, I pair seared watermelon with my short ribs for a refreshing note. From this base, I add other elements to lighten the dish further. The dish also has watermelon radishes that are bright green on the outside and red on the inside so you get another take on “watermelon on watermelon.” The radish also adds a little heat and freshness to cut the richness of the short ribs. The last note in the dish is feta cheese, which adds overall creaminess and goes back to the combination of watermelon and feta that you see in Greek restaurants.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

What I like about working with the seasons is that everything that is in season at the same time works together. During the **summer** when you have tomatoes, melon, and basil, you can make a dish with them and it will work. [His menu includes a salad of grilled watermelon with tomatoes, basil, and aged balsamic.] I don’t try to create new combinations of ingredients. I saw the combination of tomatoes and basil everywhere I ever worked. Should I do something different with tomatoes? No—why? The reason everyone serves this combination is because it is amazing! My approach is to find a new way to serve the tomatoes or the basil. I may make a tomato gazpacho and serve it with basil sorbet, or I could serve different preparations of tomatoes on the plate—fresh, a confit, a juice—and then do the same with the basil, serving it as an oil or a puree.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

Look at the weather and the occasion. You want your dessert to match the style and appropriateness of the meal. If it is a barbecue in the **summer**, I would serve a fruit crisp or pie, summer pudding, or ice cream, and that is pretty much it. People always talk about using fresh and local ingredients, which is very important. But, if you are

using chocolate, which is available year-round, and if it is 85 degrees out with 85 percent humidity, the last thing you want is a hot chocolate soufflé. You want chocolate ice cream instead.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Summer** vegetables work with summer herbs. In the Northwest, you will see the same set of ingredients in season in the same week every year. So, you just put them together. For example, sockeye salmon comes into season [during the summer] when squash does, and so do the herbs used in a fines herbes mixture. There's your dish!

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)



## SUMMER

**Weather:** typically hot

**Techniques:** barbecue, grill, marinate, panfry, pan roast, raw

apricots (peak: June)

basil

beans, fava

**beans, green** (peak: August)

blackberries (peak: June)

blueberries (peak: July)

boysenberries (peak: June)

**cherries**

chilled dishes and beverages

**corn** (peak: July/August)

**cucumbers** (peak: August)

**eggplant**

figs (peak: August)

fish

flowers, edible

garlic (peak: August)

grapes

grilled dishes

herbs, cooling (e.g., basil, cilantro, dill, fennel, licorice, marjoram, mint)

ice cream

ices

limes (peak: June)

mangoes

**melons** (peak: August)

**nectarines** (peak: July)

okra (peak: August)

onions (peak: August)

onions, red (peak: July)

**peaches** (peak: July/August)

pears, Bartlett (peak: August)

peppers

picnics

**plums** (peak: August)

puddings, summer

raspberries (peak: June, August)

raw foods (e.g., salads)

salads: fruit, green, pasta

salsas, fresh

shellfish

sorbets

soups, cold

spices, cooling (e.g., peppercorns, white; turmeric, etc.)

**squash, summer**

steaming

strawberries

tomatillos (peak: August)

**tomatoes**

vegetables, green leafy

Vidalia onions (peak: June)

watermelon

zucchini (peak: July)

**SUNCHOKES**

(See Artichokes, Jerusalem)

**SWEDISH CUISINE**

allspice

bay leaf

cardamom

cinnamon

cloves

**DILL**

fish

ginger

herring, pickled

meatballs

mushrooms

mustard

nutmeg

onions

peas

pepper

pickled dishes (e.g., fish, meat, vegetables)

potatoes

shellfish

soups, esp. fruit

sugar

## **AVOID**

garlic

piquancy

## **Flavor Affinities**

beef + bay leaf + dill + nutmeg + onions

herring + sour cream + vinegar

red wine + allspice + cinnamon + cloves + raisins + sugar

veal + allspice + onions

## **SWEETBREADS**

**Weight:** medium

**Volume:** moderate

**Techniques:** braise, deep-fry, grill, pan roast, sauté

artichokes, Jerusalem

asparagus

## **BACON**

butter, unsalted

cabbage

## **capers**

celery

celery root

cream

fennel

fennel seeds

flour (for dredging)

French cuisine

## **garlic**

greens

ham

hazelnuts

honey

Italian cuisine

## **lemon, juice**

liver, esp. duck

Madeira

mushrooms, esp. wild (e.g., chanterelles, morels)

mustard

oil, peanut

**olive oil**

onions: red, white

**parsley, flat-leaf**

peas

pecans

**PEPPER: black, white**

port

raisins

salt: kosher, sea

scallions

**shallots**

soy sauce

spinach

stock, chicken

**sugar**

thyme, fresh

truffles, black

vermouth

**VINEGAR:** balsamic, red, rice, sherry, white

wine, white

In the fall, I use walnut vinegar which is red wine vinegar with macerated walnuts in it. It is great on a **sweetbread** and hazelnut dish.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## Dishes

**Sweetbreads, Cauliflower, Burnt Bread, and Toasted Hay**

—Grant Achatz, Alinea (Chicago)

## Flavor Affinities

sweetbreads + asparagus + morels

sweetbreads + bacon + capers

sweetbreads + bacon + garlic  
sweetbreads + bacon + onions + sherry vinegar  
sweetbreads + capers + lemon  
sweetbreads + celery + truffles, black  
sweetbreads + hazelnuts + red wine vinegar + walnuts  
sweetbreads + Madeira  
sweetbreads + mustard + raisins

## SWEETNESS

**Taste:** sweet

**Function:** cooling; sweetness satiates the appetite

**Tips:** The colder the food or drink, the less the perception of sweetness. Sweetness tends to round out flavors, while acidity sharpens them.

At dessert time, you don't have the same philosophy as you do at the beginning of the meal. You don't want people coming back for more—you want to finish them off! Dessert is the easy course, because **sweetness** is easy and obvious. I don't want big structure; the work is done. As long as the apple tastes like apple, you are there! A dessert is about manipulating the sugar in some way to bring out the best of the apple, chocolate, lemon, pecans, or whatever you are working with. From there, you want to balance the sugar with the fat to bring out the best of the star ingredient. I am not a pastry chef, so I try to stick to simple things, like chocolate *pot de crème* and lemon pudding. The key is that, though they may be simple, I always use very good ingredients.

—SHARON HAGE, YORK STREET (DALLAS)

I'm not such a fan of white sugar because it only adds **sweetness** and little sophistication. Maple, honey, or brown sugar add so much more. When making a baba in France, you use only sugar and water. I use molasses because it gives texture and sweetness. In France you use a lot of simple syrup. I like to use orange juice instead of water, and instead of using white sugar, I'll use brown.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I love jaggery [the unrefined sugar used in India, also known as palm sugar] because it has a fermented flavor and provides more complexity. Dates can be a primary source of **sweetness** in a dessert instead of sugar, as can vegetables such as beets, carrots, parsnips, and corn, which all have an earthy sweetness. However, I don't want to pound people over the head with a beet sorbet.

apple: cider, fruit, juice  
apricots  
bananas  
barley  
basil, sweet  
beans  
beets  
bell peppers: red, yellow  
brandies, fruit (e.g., Calvados)  
butter  
caramel  
carrots  
cherries, sweet  
chestnuts  
chocolate: dark, milk, white  
clementines  
cloves  
cocoa, sweetened  
coconut and coconut milk  
corn  
corn syrup  
crab  
cream  
currants  
daikon  
dates  
figs  
fruits: dried, ripe  
fruit juices  
garlic, roasted  
ginger, candied  
grapes  
guava  
hoisin sauce  
**honey**  
jicama  
ketchup

lentils  
licorice  
liqueurs, sweet  
lobster  
lotus root  
lychee nuts  
Madeira  
mangoes  
**maple syrup**  
melons (e.g., cantaloupe, honeydew)  
milk  
**mirin** (Japanese sweetener)  
**molasses**  
nectarines  
onions: cooked, sweet (e.g., Vidalia)  
oranges, sweet (e.g., navel)  
papaya  
parsnips  
passion fruits  
peaches  
pears  
peas and sugar snap peas  
persimmons  
pimentos  
pineapple  
plantains, esp. ripe  
plums, sweet  
plum sauce  
pomegranates  
potatoes  
prunes  
pumpkin  
raisins  
raspberries  
rice  
roasted foods  
sake  
scallops, esp. bay  
sherry, sweet (e.g., cream, oloroso)

shrimp  
squash, winter (e.g., acorn, butternut)  
strawberries  
**sugar: brown, palm, white**  
sweet potatoes  
tangerines  
tomatoes  
vermouth, sweet  
vinegar, balsamic  
watermelon  
wheat  
wines, sweet

## Dishes

### **Sweet Potato, Feta, and Smoked Paprika Tortilla with Minted Lemon Raita**

—Brad Farmerie, Public (New York City)

### **Warm Sweet Potato Cake with Cranberries and Dates**

—Johnny Iuzzini, pastry chef, Jean Georges (New York City)

### **Szechuan Peppercorn and Salt-Roasted Sweet Potato Skewers with Sweet-Hot Mustard Sauce**

—Monica Pope, T'afia (Houston)

## **SWEET POTATOES**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** bake, boil, deep-fry, fry, grill, mash, roast, sauté, steam

**allspice**

anise

**apples and apple juice**

bacon  
bananas  
basil  
**bay leaf**  
beans  
bell peppers: green, red  
**bourbon**  
brandy  
**BUTTER**, unsalted  
caramel  
cheeses  
chestnuts  
**chile peppers**  
chives  
chocolate, white  
**cilantro**  
**CINNAMON**  
cloves  
coconut  
coriander  
cranberries  
**cream**  
crème fraîche  
cumin  
curry powder  
custards  
dates  
dill  
duck  
figs, dried  
fruits and fruit juices  
**garlic**  
**ginger**  
greens, bitter  
ham  
hazelnuts  
**honey**  
kale  
ketchup

leeks  
lemon: juice, zest  
**lime, juice**  
liqueurs: nut, orange  
**maple syrup**  
meats, esp. roasted  
**molasses**  
mushrooms, chanterelle  
mustard, esp. Dijon  
**NUTMEG**  
oatmeal  
**oil:** nut, peanut, sesame  
**olive oil**  
**onions**, esp. red  
**ORANGE:** juice, zest  
paprika, smoked  
**parsley, flat-leaf**  
peanuts  
pears  
**pecans**  
**pepper: black, white**  
persimmons  
pineapple  
pork  
potatoes: new, red  
poultry, esp. roasted  
prosciutto  
pumpkin  
pumpkin seeds  
raisins  
red pepper flakes  
rosemary  
**rum**  
sage  
**salt, kosher**  
sausage: andouille, chorizo  
sesame seeds  
sour cream  
stock, chicken

## **SUGAR, BROWN**

tarragon

### **thyme**

tomatoes

vanilla

vinegar: balsamic, cider

### **walnuts**

whiskey

wine, sweet

Worcestershire sauce

yogurt

## **Flavor Affinities**

sweet potatoes + allspice + cinnamon + ginger

sweet potatoes + apples + sage

sweet potatoes + bacon + onions + rosemary

sweet potatoes + chile peppers + lemon zest

sweet potatoes + chorizo sausage + orange

sweet potatoes + cilantro + lime juice

sweet potatoes + kale + prosciutto

sweet potatoes + maple syrup + pecans

## **SWISS CHARD**

(See Chard)

## **SWORDFISH**

**Season:** early summer–early autumn

**Weight:** heavy

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, poach, sauté, sear, steam, stir-fry

apples, esp. Granny Smith

bacon

basil

bay leaf

beans, white

bread crumbs

butter

capers

caponata

carrots

cayenne

celery

chili powder

cilantro

coconut milk

coriander

cream

cumin

**currants**

curry

fennel

**garlic**

**lemon: juice, zest**

lemon, preserved

lemongrass

**lime: juice, leaf (kaffir), zest**

mint

**OIL, corn**

**olive oil**

**olives, esp. black**

onions, esp. pearl

orange, juice

oregano

**parsley, flat-leaf**

**pepper: black, red**

pineapple

**pine nuts**

*pistou*

potatoes

red pepper flakes

rosemary

saffron

salt: kosher, sea

scallions

shallots  
star anise  
**stocks: chicken, fish, shrimp**  
Tabasco sauce  
**tomatoes and tomato sauce**  
vinegar, balsamic  
**wine, dry white**

## Dishes

**Seared Swordfish with Lemon and Caper Shallot Dressing**

—David Bouley, Bouley (New York City)

**Swordfish with Eggplant Caviar and Teardrop Tomato Salad**

—Gabriel Kreuther, The Modern (New York City)

## SZECHUAN CUISINE

(See also Chinese Cuisine)

**Volume:** loud

**Techniques:** braise, pickle, roast, simmer, steam, stir-fry

bamboo shoots

beef

cabbage, Chinese

chicken

chile peppers

chili paste

duck

garlic

ginger

meats, smoked

peanuts

## PORK

soy sauce

## \*SZECHUAN PEPPER

tangerine peel, dried  
wine, rice

## SZECHUAN PEPPER

**Taste:** sour, hot, pungent

**Weight:** light–medium

**Volume:** loud

**Tips:** Add at the end of the cooking process.

Asian cuisines

beans, black

chicken

chile peppers

Chinese cuisine

curry powder

**duck**

five-spice powder (key ingredient)

fried dishes

fruits, citrus

game

game birds

garlic

**ginger**

grilled dishes

honey

lemon

lime

**meats, esp. fattier**

mushrooms

onions

orange

peppercorns: black, green, white

**pork**

quail

**salt**

scallions

sesame: oil, seeds

soy sauce  
squid  
**star anise**  
stir-fried dishes  
Tibetan cuisine

## Flavor Affinities

Szechuan pepper + ginger + star anise

## TAMARIND

**Season:** spring–early summer

**Taste:** sour

**Weight:** medium

**Volume:** moderate–loud

**Tips:** Add at the beginning of the cooking process.

African cuisine

allspice

almonds

Asian cuisines

bananas

beans

beverages, esp. fruit

cabbage

cardamom

Central American cuisine

**chicken**

chickpeas

**chile peppers, esp. Thai**

**chili powder**

Chinese cuisine

**chutneys**

cilantro

cinnamon

cloves

**coconut and coconut milk**

coriander

**cumin**

curries, curry paste, curry powder

dates

duck

fennel seeds

fenugreek

**fish**

**fish sauce**

fruits

game

garlic

**ginger**

greens

honey

## **INDIAN CUISINE**

Indonesian cuisine

Jamaican cuisine

lamb

Latin American cuisine

**lentils**

**lime, juice**

mangoes

marinades

meats

## **Middle Eastern cuisine**

mint

mushrooms

**mustard**

oil, grapeseed

onions, red

orange

paprika

peaches

peanuts

pears

pepper, black

pineapple

**pork**

potatoes

poultry  
**rice**  
sauces  
scallops  
sea bass  
shellfish  
shrimp  
soups  
Southeast Asian cuisine  
soy sauce  
**star anise**  
stews  
**sugar: brown, palm, white**  
Thai basil  
**Thai cuisine**  
**turmeric**  
vegetables  
vinaigrette  
Worcestershire sauce (key ingredient)  
**yogurt**

**Flavor Affinities**  
tamarind + chicken + yogurt

## TANGERINES

(see Oranges, Mandarin)

**TARRAGON**  
**Season:** late spring–summer  
**Taste:** sweet  
**Weight:** light  
**Volume:** loud  
**Tips:** Add at the end of the cooking process.

**acidic foods and flavors** (e.g., citrus)  
anise

apples  
apricots  
artichokes  
asparagus  
basil (say some)  
bass  
bay leaf  
beans, green  
beef  
**beets**  
broccoli  
capers  
**carrots**  
cauliflower  
celery seeds  
**cheese**, esp. goat, ricotta

**chervil**  
**\*CHICKEN**

**chives**  
chocolate  
corn  
crab and crab cakes  
cream  
crème fraîche  
dill

**EGGS AND EGG DISHES** (e.g., omelets), egg salad

**fennel bulb**  
fennel seeds  
fines herbes (key ingredient)

**FISH**

**French cuisine**

game  
game birds  
garlic

**grapefruit**  
greens, bitter  
halibut  
leeks

**LEMON, JUICE**

lemon herbs (balm, thyme, verbena)

lentils

lettuces (e.g., frisée)

**lime**

**lobster**

lovage

marjoram

mayonnaise

meats, white

**melon**

mint

**mushrooms**

mussels

**mustard:** Dijon, Chinese (ingredient and complement)

olive oil

onions

orange, juice

oysters

paprika

**PARSLEY**

pasta

peaches

peas

pepper, black

Pernod

pork

**potatoes**

**poultry**

rabbit

radishes

rice

salads (e.g., fruit, green) and salad dressings

salmon

salsify

**sauces**, e.g., **BÉARNAISE** (key ingredient), creamy, hollandaise, tartar

savory

scallops

shallots

**SHELLFISH**

shrimp  
sole  
soups  
sorrel  
soy sauce  
**spinach**  
squash, summer  
steaks  
stock, vegetable  
stuffings  
**TOMATOES**  
veal  
vegetables  
vinaigrette  
**VINEGAR**, esp. champagne, sherry, white wine  
wine, red  
zucchini

## AVOID

basil (say some)  
desserts  
oregano  
rosemary  
sage  
savory  
sweet dishes

The flavor of **tarragon** is fabulous. You get the flavor of Provence and of fennel... it is wonderful. I use it a lot, but you have to be careful. Most people chop tarragon too thin and it oxidizes before it goes into the dish. You want to just cut it into three pieces, and that's it. Chop, chop, chop—that's it. Otherwise, between the knife and the cutting board, it will oxidize and give the herb a bad taste.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I like **tarragon** when it is used in moderation. It is a fairly particular and strong herb, and for that reason it doesn't have the same applications as other herbs. It is good in a lot of things, such as with fish and chicken—and you can't make béarnaise without it!

—DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

**Tarragon** is my all-time favorite herb. I like the licorice flavor and the light perfume of the herb. This is an herb that marries well with other flavors. We serve a dish right now of flounder, white corn, and sugar snap peas with tarragon butter that is delicious.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

**Tarragon** is best on its own [as opposed to combined with other herbs],... Tarragon works with muskmelon.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

## Flavor Affinities

tarragon + anise + celery seeds  
tarragon + chicken + lemon  
tarragon + orange + seafood

## TECHNIQUES

We believe that food preparation is 60 percent ingredients and 40 percent **technique**.

—DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

I find it a bit of a nightmare to find quality fruit and vegetables in this country. I think that for this reason **technique** began to be the primary driving force for a new dish.

—HESTON BLUMENTHAL, THE FAT DUCK (ENGLAND)

## TEQUILA

**Weight:** medium

**Volume:** moderate

chile peppers

cilantro

Cointreau

fruit juice

ginger

grenadine

**lemon, juice**

**LIME, JUICE**

**MEXICAN CUISINE**

**orange, juice**

pomegranate, juice

sage  
**salt**  
sugar  
vermouth: dry, sweet

### **Flavor Affinities**

tequila + cilantro + lime  
tequila + Cointreau + lime juice + pomegranate juice  
tequila + Cointreau + lime juice + sage  
tequila + lime juice + salt

## **TEX-MEX CUISINE**

(See Mexican Cuisine, Southwestern Cuisine)

## **THAI CUISINE**

**Tips:** Authentic Thai cuisine strives for a balance of hot + sour + salty + sweet.

basil, Thai

bell peppers

### **CHILE PEPPERS**

**cilantro**

**coconut**

coriander

cumin

**curries**

fish

**fish sauce**

**garlic**

ginger

herbs, fresh

**lemongrass**

lime

mint

noodles, as in Pad Thai

**peanuts**

rice

shrimp paste  
sugar  
**turmeric**  
vegetables

### Flavor Affinities

chile peppers + cilantro + coconut milk  
chile peppers + curry  
chile peppers + curry + fish sauce  
chile peppers + curry + peanuts  
chile peppers + fish sauce  
chile peppers + garlic  
chile peppers + peanuts



### THYME

**Season:** early summer  
**Weight:** medium  
**Volume:** moderate–loud  
**Tips:** Add at the beginning of the cooking process; use dried or fresh.

allspice  
apples

bacon

basil

## **BAY LEAF**

**beans, esp. dried, green**

beef

beer

bell peppers

**bouquet garni** (key ingredient, along with bay leaf, marjoram, parsley)

braised dishes

bread and other baked goods

broccoli

Brussels sprouts

cabbage

caramel

**carrots**

casseroles

celery

## **CHEESE: FRESH, GOAT**

## **CHICKEN, esp. roasted**

chile peppers

**chives**

chowders, clam

cloves

cod

coriander

**corn**

cranberries

curries

dates

dill

**eggplant**

eggs and egg dishes

fennel

figs

## **FISH**

French cuisine

fruits, dried

game

garlic

Greek cuisine

gumbos

*herbes de Provence* (ingredient)

honey

### **Italian cuisine**

Jamaican cuisine

jerk seasoning

**lamb, esp. grilled, roasted**

lavender

leeks

legumes

**lemon**

lemon verbena

lentils

**lovage**

marinades

**marjoram**

### **MEATS and meat loaf**

Mediterranean cuisine

### **Middle Eastern cuisine**

mint

mole sauce

### **MUSHROOMS**

mustard

nutmeg

olive oil

### **ONIONS**

orange

**oregano**

oysters, esp. stewed

paprika

**parsley**

parsnips

pasta and pasta sauces

pâtés

pears

peas

pepper

**pork, esp. roasted**

## **POTATOES**

poultry  
rabbit  
rice  
roasts

## **ROSEMARY**

sage  
salads and salad dressings  
**sauces**, esp. rich and/or tomato sauces, red wine

sausages

## **SAVORY**

seafood  
**SOUPS**, esp. vegetable

Spanish cuisine

spinach

## **STEWs**

stocks  
stuffings  
tarragon  
**TOMATOES**  
**vegetables**, esp. winter  
venison  
vinaigrettes  
wine, red, and red wine sauces  
zucchini

## **Flavor Affinities**

thyme + goat cheese + olive oil  
thyme + savory

**Thyme** works well with so many things, especially soups and stews. I can't think of anything that it wouldn't work with if used properly. It is often a supporting-role herb and not the star; it is not an herb that bangs you over the head.

—DAVID WALTUCK, CHANERELLE (NEW YORK CITY)

This is one of those cases where I remember the first time I ever tasted **thyme**. I'd ordered a cup of real clam chowder in Newport, Rhode Island, and found out that fresh thyme was the secret to it being the best I had tasted at the time. I still use thyme

in my chowder to this day, though now I use dried thyme. You would have to use a considerable amount of fresh thyme to get the flavor of the dried.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

**Thyme** works well with citrus and honey.

—GINA DEPALMA, BABBO (NEW YORK CITY)

In Spanish cooking, **thyme** is used very lightly. You will just toss a sprig in something. You don't want it to be **strong**; it is just a note. I use it when making *escabeche* [marinated poached or fried fish] or when cooking beans.

—ALEXANDRA RAJ, TÍA POL (NEW YORK CITY)

## THYME, LEMON

(See Lemon Thyme)

## TOFU

**Weight:** light

**Volume:** quiet

**Techniques:** grill, sauté, stir-fry, tempura-fry

asparagus

cabbage, esp. napa

garlic

ginger

### Japanese cuisine

miso

mushrooms

noodles, esp. soba, udon

rice, esp. fried

salads and salad dressings

scallions

### sesame: oil, seeds

soups

soy sauce

tamari

teriyaki

## **TOMATILLOS**

**Season:** year-round

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate

avocado

chicken

chile peppers, fresh (e.g., jalapeño, serrano)

**cilantro**

cucumber

fish

garlic

grilled dishes

guacamole

lime

**Mexican cuisine**

onions

pork

salsas, esp. green

salt: kosher, sea

scallions

shellfish

shrimp

sour cream

stews

tequila

**tomatoes**

## **TOMATOES**

**Season:** summer–early autumn

**Taste:** sour, sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, broil, confit, fry, grill, raw, roast, sauté, stew

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## Dishes

**Warm Goat Cheese Salad: Vine-Ripe Tomatoes, Frisée, Watercress, and Almond Dressing**

—David Bouley, Upstairs (New York City)

**Heirloom Tomato Salad, Warm Brin d'Amore (Corsican Sheep's Milk Cheese), Teammate Coulis, Raspberry Vinegar, Globe Basil**

—David Bouley, Upstairs (New York City)

**Cherry Tomatoes with Milk-Poached Buffalo Mozzarella, Country Ham, Jalapeño, Purple Basil, and Tomato Water**

—Jeffrey Buben, Vidalia (Washington, DC)

**Chilled Gazpacho with Cucumber Relish and Parsley Cream**

—Sanford D'Amato, Sanford (Milwaukee)

**Chilled Tomato Soup with Watermelon, Ginger Oil, Coconut Cream, and Basil**

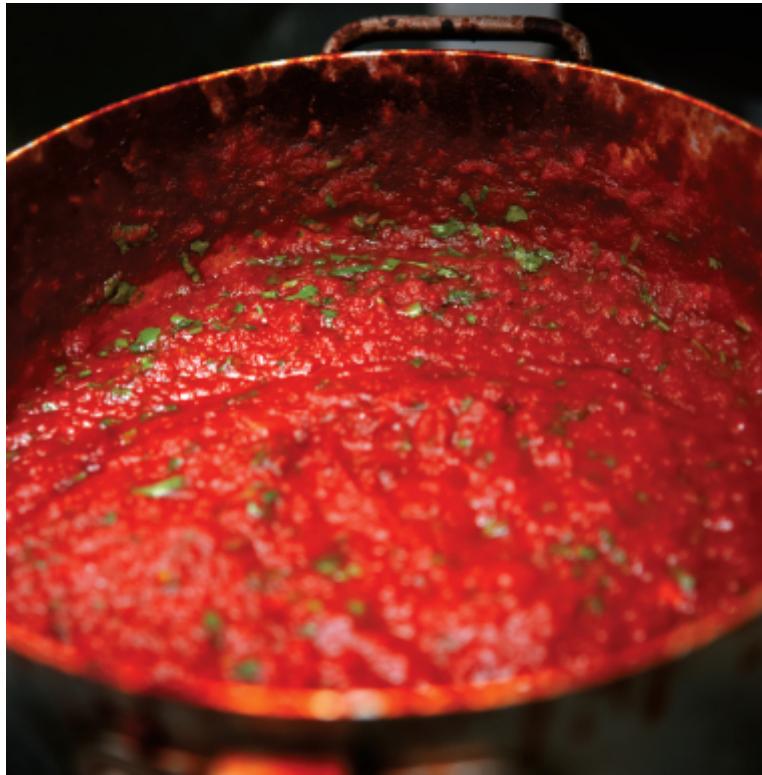
—Katsuya Fukushima, minibar (Washington, DC)

**Summer Vegetable Bread Pudding with Warm Tomato Vinaigrette and Tomato-Basil Salad**

—Vitaly Paley, Paley's Place (Portland, Oregon)

**Heirloom Tomato Salad with Crème Fraîche and Herbs**

—Alice Waters, Chez Panisse (Berkeley, California)



**Tomatoes** with watermelon is a simple, refreshing, and perfectly balanced combination. The acidity of the tomatoes is a counterpoint to the sweetness of the watermelon.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

A romesco sauce combines some of Spain's best-loved ingredients: **tomatoes**, peppers, onions, bread, and almonds.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

*Strattu* is a Sicilian **tomato** paste that I'm finishing many dishes with now. It is delicious and very sweet. It looks like red Silly Putty and comes in jars, and doesn't taste anything like canned tomato paste. I recently used it in a garlic aioli that we served with calamari. It gave the mayonnaise a wonderful color, sweetness, and depth of flavor.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

Gazpacho is awesome. As a restaurant chef, I can't just make gazpacho. I have to do something that you can't do at home, but that is interesting—and not in a weird way. We use the ingredients that you would find in gazpacho but instead of using only **tomatoes**, we will use 80 percent strawberries and 20 percent tomatoes. My gazpacho is made up of toasted country bread, cucumber, bell pepper, a little garlic, strawberries, tomatoes, olive oil, and white balsamic vinegar. The dish is then

garnished with Hawaiian blue prawns, diced strawberries, and slices of *guanciale* (cured pork jowl), olive oil, basil, and black pepper.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

My parents had a large garden with almost 120 **tomato** plants. I would go out in the garden and pick a tomato and eat it like an apple. I love heirloom tomato season. I like to serve them with a little salt and pepper, a drizzle of lemon juice or cider vinegar, and a piece of mozzarella cheese. You need to taste your tomatoes before you season them. **Yellow tomatoes** are pretty sweet, which is why I like to add a little vinegar.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

aioli

allspice

almonds

anchovies

**arugula**

avocados

**\*BASIL:** lemon, purple

**bay leaf**

beans: fava, green

beets

**BELL PEPPERS:** red, green, yellow

bread, bread crumbs

broccoli

butter, unsalted

capers

carrots

cauliflower

cayenne

celery and celery salt

**CHEESE:** blue, Cabrales, cheddar, feta, goat, Gorgonzola, mozzarella, Parmesan, pecorino, ricotta, ricotta salata, sheep's milk

chervil

chicken

chickpeas

**chile peppers:** chipotle, habanero, jalapeño, serrano, and/or dried sweet

chili

chili sauce

**chives**

**cilantro**

cinnamon  
coconut milk  
coriander  
corn  
crab  
cream  
cream cheese

**cucumbers**

cumin  
curry  
dill  
eggplant  
eggs

**fennel**

fennel seeds  
fish, esp. poached, grilled  
French cuisine

**GARLIC**

garlic chives  
ginger  
ham  
hazelnuts  
honey  
horseradish  
Italian cuisine  
lamb  
lavender  
leeks  
legumes

**LEMON:** juice, zest

lemon balm  
lime, juice  
lovage  
Madeira  
mango  
**marjoram**  
mayonnaise  
meats

Mediterranean cuisine

melon, esp. cantaloupe, honeydew

Mexican cuisine

**mint**, esp. spearmint

mushrooms

mustard, esp. whole grain

oil: grapeseed, vegetable

okra

## **OLIVE OIL**

**olives**: black, niçoise

**ONIONS**, esp. pearl, red, Spanish, sweet, Vidalia, white, yellow

orange, juice

oregano

paprika, esp. sweet

**parsley**, flat-leaf

## **pasta and pasta sauces**

peas

## **PEPPER: black, white**

pineapple

## **pizza**

port

raspberries

red pepper flakes

rice

rosemary

saffron

sage

## **salads, green**

## **SALT: fleur de sel, kosher, sea**

sandwiches

## **sauces**

## **shallots**

shellfish

soups

Spanish cuisine

squash

## **stews**

**stocks / broths**: beef, chicken, vegetable

strawberries

**sugar** (pinch)

Tabasco sauce

tarragon

**THYME**

tomato paste

veal

vinaigrettes

**VINEGAR:** balsamic, raspberry, red wine, rice, sherry, tarragon, white, wine  
**watermelon**

wine: red, rosé, vermouth, white

yogurt

zucchini

## **Flavor Affinities**

tomatoes + avocado + basil + crab

tomatoes + avocado + lemon

tomatoes + basil + chervil + garlic + tarragon

tomatoes + basil + goat cheese

tomatoes + basil + mozzarella cheese + garlic + olive oil + balsamic vinegar

tomatoes + basil + olive oil + orange juice + prosciutto + watermelon

tomatoes + basil + oregano + thyme

tomatoes + basil + ricotta cheese

tomatoes + chile peppers + garlic + onions

tomatoes + fennel + Gorgonzola cheese

tomatoes + garlic chives + lemon basil

tomatoes + horseradish + lemon

tomatoes + olive oil + balsamic vinegar



## TROUT

**Season:** midsummer

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** bake, broil, grill, panfry, pan roast, poach, roast, sauté, steam

**almonds**

anchovies

apples: cider, fruit

bacon

bay leaf

beans, green

bell peppers, esp. red

bread crumbs

**brown butter sauce**

**butter, unsalted**

capers

carrots

cayenne

celery

cheese: manchego, Parmesan

chili powder

corn

crayfish

cream  
escarole  
fines herbes  
garlic  
ham, esp. Serrano  
leeks

**lemon, juice**

lentils  
mint  
mushrooms

**oil:** canola, peanut  
olive oil

onions  
oregano  
parsley  
pine nuts

**parsley, flat-leaf**

pepper: black, white  
potatoes

**sage**

salt, kosher  
sauces, béarnaise  
shallots  
stock, mushroom  
thyme  
tomatoes  
vinegar, esp. sherry, wine

**wine:** dry red, white

## Flavor Affinities

trout + bacon + lentils + sherry vinegar  
trout + capers + lemon

## Dishes

### Pan-Roasted Trout with Almonds, Brown Butter, and Haricots Verts

—Thomas Keller, Bouchon (Yountville, California)

**Smoked Trout with Purslane Salad**

—Mario Batali, Babbo (New York City)

## TROUT, SMOKED

**Taste:** salty

**Weight:** medium

**Volume:** loud

apples

beans, green

bell pepper, roasted red

cayenne

chives

corn

cream

crème fraîche

dill

greens, baby

horseradish

lemon, juice

marjoram

nutmeg

olive oil

pepper: black, white

purslane

radishes

salt, sea

sour cream

walnut oil

wine, white (e.g., Riesling)

### Flavor Affinities

smoked trout + apples + horseradish

smoked trout + crème fraîche + dill

smoked trout + horseradish + lemon juice + olive oil + purslane

## **TRUFFLES, BLACK**

**Season:** winter

**Weight:** light

**Volume:** loud (in a subtle way!)

**Techniques:** shave

bacon

beef

cauliflower

chicken

cod

**eggs:** chicken, quail

foie gras

**French cuisine**

langoustines

lemon, juice

**mushrooms** (e.g., cepes, morels)

olive oil

pears

**potatoes**

rabbit

scallops

shellfish

stock, chicken

tarragon

vinegar, balsamic

## **TRUFFLES, PACIFIC NORTHWEST**

**Season:** autumn

**Weight:** light

**Volume:** moderate–loud (in a subtle way!)

beef, esp. with black truffles

butter

celery root

crab, esp. with white truffles

eggs

game birds, esp. with black truffles  
leeks, melted, esp. with black truffles  
meats, red, esp. with black truffles  
pasta, esp. with white truffles  
potatoes, esp. with white truffles  
salads, esp. with white truffles  
seafood, esp. with white truffles  
shellfish, esp. with white truffles  
vegetables, root, esp. with white truffles

#### **Jerry Traunfeld of Woodinville, Washington's The Herbfarm on Pacific Northwest Truffles**

Northwest truffles are very good for what they are. What they are *not* is French or Italian truffles, which are stronger. Northwest truffles pair really well with celery root puree. We serve a ravioli filled with celery root and an egg yolk. The egg yolk is raw when the ravioli is cooked; when it is served, the dish is topped with butter and shaved truffle.

The white truffles are milder than the black. I especially like the white truffles with seafood such as shellfish, especially crab. They also work with root vegetables and potatoes.

The black truffles are a little funkier, and work with red meats and game birds.

We like to prepare melted leeks, which are leeks cooked in water until they are incredibly soft, which then get a shaving of black truffle and are served with wagyu beef.

## **TRUFFLES, WHITE** **(and White Truffle Oil) (See also Oil, Truffle)**

**Season:** autumn

**Weight:** light

**Volume:** loud (in a subtle way!)

**Techniques:** shave

**Tips:** Shave over dishes at the last minute.

### **Dishes**

#### **Pappardelle with Butter, Parmesan, and White Truffles**

—Mario Batali, Babbo (New York City)

#### **Homemade Yolk-Filled Ravioli in Truffle Butter**

—Odette Fada, San Domenico (New York City)

artichokes, Jerusalem

butter

cheese, Parmesan

cream / milk

**eggs**

**Italian cuisine**

onions

**pasta**

pears

pepper

potatoes

prosciutto

**risotto**

salt

thyme

I really look forward to **truffle** season. I love a poached egg with truffle, or a truffle salad. A truffle needs to be the central component and the dish needs to be simple. One of my favorite dishes is Jerusalem artichokes with a poached egg and shaved white truffle. We serve this in a [mason] jar that clamps on the side, and when you pop it open you get a burst of truffle aroma.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

When you have a nice ripe **truffle**, it will have a sweet, fruity pear smell to it. I mix pear and truffle together to make a little salad. I make a sauce with chicken stock, olive oil, and add little bits of tarragon, then serve it with langoustine, which is a very sweet shellfish.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

## Flavor Affinities

truffles + eggs + pasta

## TUNA

**Season:** summer–autumn

**Weight:** heavy

**Volume:** moderate

**Techniques:** braise, broil, grill, poach, raw (e.g., sushi, tartare), sauté, sear, steam, stir-fry

## Dishes

**Marinated Yellowfin Tuna with Anchovy Dressing: Quail Egg, Haricots, and Fried Panelleria Capers**

—Daniel Boulud, Daniel (New York City)

**Spicy Tuna Tartare with Cured Lemon, Harissa, Cucumber Yogurt**

—Daniel Boulud/Bertrand Chemel, Café Boulud (New York City)

**Tuna Marinato with Zucchini, Gaeta Olives, and Orange**

—Andrew Carmellini, A Voce (New York City)

**Grilled Rare Marinated Tuna with Cumin Wafers and Cilantro Dressing**

—Sanford D'Amato, Sanford (Milwaukee)

**Signature Sushi: Tuna with Roasted Almond, Kalamata Olive, Foie Gras, or Italian Black Truffle**

—Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Grilled Tuna with Wasabi and Pickled Ginger**

—Chris Schlesinger, East Coast Grill (Cambridge, Massachusetts)

**Toasted Cumin and Tangerine Seared Rare Tuna: Wasabi Mash Potato, Green Papaya Slaw, Pineapple-Ginger Nage**

—Allen Susser, Chef Allen's (Aventura, Florida)

**Japanese Hamachi with Roasted Bell Pepper, Kalamata Olive Sorbet, Spanish Paprika, and Basil Oil**

—Charlie Trotter, Charlie Trotter's (Chicago)

**Bluefin Tuna with Spicy Miso**

—Charlie Trotter, Charlie Trotter's (Chicago)



aioli

**anchovies**

arugula

asparagus

**avocado**

bacon

**basil**

bass, black

bay leaf

**beans:** black, fava, green, white

beets

**bell peppers**, esp. green, red, yellow

**butter, unsalted**

cabbage, green

capers

caponata

carrots

caviar

cayenne

celery

chervil

**CHILE PEPPERS:** dried or fresh, esp. green (e.g., jalapeño, Thai)

chili oil  
chili sauce  
**CHIVES**  
**CILANTRO**  
coconut milk  
cognac  
**coriander**

corn  
cornichons  
**cucumbers**  
cumin  
curry  
daikon  
dashi  
dill  
eggs (e.g., hard-boiled)

fennel  
fennel pollen  
fennel seeds  
fish sauce, Thai  
frisée

## **GARLIC**

**GINGER:** pickled, fresh, juice

honey  
jicama  
leeks

**LEMON:** juice, zest

lettuce, red oak

## **LIME, juice**

mayonnaise  
mint, esp. spearmint  
mirepoix

mirin

miso, sweet

mizuna

**mushrooms:** cultivated, shiitakes

**mustard:** Dijon, seeds

nectarines

noodles: angel hair, vermicelli, rice

nori

**OIL:** canola, grapeseed, peanut, sesame, vegetable  
**olive oil**

olives, esp. black, kalamata, niçoise

**ONIONS:** green, pearl, red, Spanish, spring  
orange, blood or regular, juice

pancetta

paprika

**PARSLEY:** flat-leaf

passion fruit

pasta

**PEPPER:** black, green, white

pine nuts

potatoes

prosciutto

**radicchio**

**radishes**

rice

rosemary

sage

sake

**SALT:** kosher, sea

**SCALLIONS**

scallops

**SESAME:** oil, seeds

shallots

shiso

**SOY SAUCE**

spinach

stock, chicken

sugar

sweet potatoes

Tabasco sauce

tahini

tarragon

**THYME**

**TOMATOES**, tomato juice, tomato paste

veal and veal cheeks

vinaigrette

**VINEGAR:** balsamic, champagne, red wine, rice wine, sherry, white wine  
vodka

### **wasabi**

watercress

wine: dry red (Grenache, Pinot Noir, Syrah), rosé

yuzu: juice, rind

One dish that we always make the same is **bluefin tuna** over braised veal cheeks. It is our take on *vitello tunato*. This dish has to be made with bluefin because it is meatlike and gets seasoned like meat. The fish is cooked rare and served with a little *tunato* sauce and arugula.

—SHARON HAGE, YORK STREET (DALLAS)

### **Flavor Affinities**

tuna + aioli + capers + tomatoes

tuna + anchovies + green beans + olives + potatoes

tuna + arugula + bacon

tuna + avocado + ginger + radish

tuna + avocado + lemon + soy sauce

tuna + beets + lemon

tuna + black pepper + cilantro + cucumber + soy sauce

tuna + cilantro + cumin

tuna + cilantro + dill + garlic + mint

tuna + cilantro + dill + mint

tuna + cucumber + ginger + miso + shiso

tuna + fennel + fennel pollen

tuna + ginger + mustard

tuna + ginger + vinaigrette

tuna + jalapeño chile + cilantro + ginger + sesame oil + shallots + soy sauce

tuna + lemon + olive oil + tomatoes + watercress

tuna + sesame + wasabi

## **TURBOT**

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, broil, grill, poach, roast, sauté, steam

asparagus  
**butter, unsalted**  
Champagne  
chervil  
chives  
crème fraîche  
fennel  
garlic  
ginger  
hollandaise sauce  
leeks  
**lemon: juice, zest**  
marjoram  
miso  
mushrooms  
olive oil  
**parsley, flat-leaf**  
**pepper: black, white**  
potatoes, esp. red, white  
rosemary  
saffron  
sage  
**salt, sea**  
shallots  
spinach  
**stocks: fish, mussel**  
tarragon  
tomatoes  
vanilla  
wine: Champagne, white

## Flavor Affinities

turbot + butter + lemon + marjoram  
turbot + caviar + Champagne  
turbot + lemon + miso + mushrooms

When I create a dish, I start with the fish and ask, What is the inspiration of the moment? I will choose a culture and start there. For a recent dish, I was in a Japanese

mood and wanted something light and refined. I used a piece of **turbot** and paired it with miso and mushroom broth. The mushrooms don't relate so much to the culture but the miso definitely does. I created a lemon miso paste with white miso and lemon confit. The fish would sit on the paste and at the last second the waiter would add the mushroom broth. If you add the broth too soon, the miso kills the mushroom flavors.

—ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

**Turbot** is a beautiful, delicate fish that calls to mind special occasions and celebrations. It poaches well, and takes on richer garnishes such as caviar or truffles.

—BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

When you get in fresh **turbot**, you automatically think of pairing it with delicate flavors. It is like looking at the Queen of England: You look at it with unbelievable respect, and there is no way you are going to overload this delicate piece of fish. I like turbot with a nage with periwinkles, chervil, and parsley puree. Or I'll make it with tiny pearl onions with a drizzle of red wine reduction made from the bones of the turbot.

—CARRIE NAHABEDIAN, NAHA (CHICAGO)

## Dishes

### Steamed Turbot with Osetra Caviar in Champagne Sauce

—David Bouley, Danube (New York City)

## TURKEY

**Season:** summer–autumn

**Weight:** medium

**Volume:** quiet

**Techniques:** braise, grill, poach, roast, sauté, stir-fry

allspice

apples

bacon

bay leaf

bread crumbs

butter, unsalted

cardamom  
carrots  
celery  
cheese: white sheep or goat's milk (similar to feta)  
**chestnuts**  
chile peppers: dried red (esp. sweet); fresh green  
cinnamon  
cloves  
corn bread  
**cranberries**  
cumin  
fenugreek leaves  
figs, dried  
garam masala  
**garlic**  
ginger  
grapes, white  
innards: turkey heart, liver  
juniper berries  
leeks  
lemon, juice  
lime, juice  
**mushrooms, esp. wild** (e.g., chanterelles)  
**oil:** canola, grapeseed, peanut, vegetable  
olive oil  
**onions**, esp. sweet, white  
orange, juice  
paprika  
parsnips  
parsley, flat-leaf  
**pepper: black, white**  
phyllo dough  
pine nuts  
**potatoes**  
raisins, esp. yellow  
rosemary  
**sage**  
**salt**, kosher  
sausage, esp. Italian

shallots  
soy sauce  
spinach  
stocks: chicken, turkey  
**stuffing**  
sugar  
tarragon  
thyme  
tomatoes  
vermouth, dry  
walnuts  
wine, dry white, rosé  
yogurt

## TURKISH CUISINE

beef  
chicken  
cinnamon, esp. in desserts  
cloves, esp. in desserts  
cumin  
dill  
eggplant  
fish  
garlic  
goat / sheep cheese  
honey, esp. in desserts  
kebabs, meat, esp. lamb  
**lamb, esp. grilled**  
lemon  
mint: dried, fresh  
nutmeg, esp. in desserts  
olive oil  
onions  
paprika  
parsley  
pepper, black  
phyllo dough  
rice

sesame seeds  
spinach  
tomatoes  
walnuts  
yogurt

### **Flavor Affinities**

chicken + garlic + paprika + parsley  
cumin + lemon + parsley  
eggplant + garlic + meat + onions + tomatoes  
fish + dill + lemon + black pepper  
lamb + cumin + dill + mint

## **TURMERIC**

**Season:** year-round  
**Taste:** bittersweet; pungent  
**Function:** heating  
**Weight:** light–medium  
**Volume:** medium

Asian cuisine  
beans  
beef  
butter  
Caribbean cuisine  
cheese  
**chicken**  
chile peppers  
chutneys  
cilantro  
cloves  
coconut milk  
coriander  
cumin  
**\*CURRY LEAVES, POWDER**  
eggplant  
eggs

fennel

**fish**

garlic

ginger

**Indian cuisine**

Indonesian cuisine

kaffir lime, leaves

lamb

lemongrass

lentils

meats, esp. white

Middle Eastern cuisine

**Moroccan cuisine**

**mustard**

**mustard seeds**

North African cuisine

paella

paprika

parsley

pepper

pickles

pork

potatoes

poultry

*ras el hanout* (key ingredient)

**rice**

sauces, esp. creamy

sausage

seafood

shallots

shellfish

shrimp

soups

Southeast Asian cuisine

spinach

stewed dishes

tamarind

**Thai cuisine**

vegetables, esp. root

yogurt

Fresh turmeric gives you fruitiness and upfront flavor, plus a touch of acid that perks up a dish. If you add fresh turmeric to your curry, you will make a world of difference. When you smell the powdered stuff, it smells like nothing. Dried turmeric hurts me. It hurts the soul. It is really not what turmeric is. Unfortunately, frozen turmeric isn't a good substitute, either. You have to use it fresh.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

Turmeric is always the first spice I add to a curry, like the primer on a canvas. The amount of turmeric controls the entire path that curry will take. I cook in layers of flavor, so only when I am happy with the aroma of one layer will I then add ingredients to create the next layer. If I am making curry, the pan will have onions, garlic, and tomatoes, and then the very first thing to go in is the turmeric. If I use a lot of turmeric, it's destined to be a richer-spiced curry, as I'll also have to put in more of all the other spices to balance the flavors.

—MEERU DHALWALA, VIJ'S (VANCOUVER)

## Flavor Affinities

turmeric + cilantro + cumin + garlic + onion + paprika + parsley + pepper (Moroccan chermoula)  
turmeric + coriander + cumin (Indian cuisine)

## TURNIP GREENS

(See Greens, Turnip)

## TURNIPS

**Season:** year-round

**Taste:** sweet

**Weight:** medium-heavy

**Volume:** moderate-loud

**Techniques:** boil, braise, deep-fry, roast, simmer, steam

bacon

bay leaf

**butter, unsalted**

carrots  
celery root  
cheese, Parmesan  
**cream**  
curry  
dill  
duck, esp. roasted  
garlic  
honey  
juniper berries  
lamb  
leeks  
lemon, juice  
marjoram  
nutmeg  
onions, esp. green, yellow  
parsley  
pepper: black, white  
poppy seeds  
pork, esp. roasted  
**potatoes**  
prosciutto  
**salt:** kosher, rock, sea  
shiso  
stock, chicken  
sugar (pinch)  
sweet potatoes  
**thyme**  
vinegar

## UMAMI

**Taste:** savory or savory + salty

aged foods (e.g., cheese)  
anchovies  
beef, esp. aged  
bonito flakes

broccoli  
carrots  
cheese, aged (e.g., blue, Gruyère, Parmesan, Roquefort)  
chicken  
clams  
cured foods  
fermented foods  
fish sauce, Asian  
grapefruit  
grapes  
ketchup  
lobster  
mackerel  
meats  
miso  
mushrooms, esp. shiitake  
oysters  
pork  
potatoes  
ripe ingredients  
sardines  
sauces, meat-based  
scallops  
seafood  
seaweed, dried  
soy beans  
soy sauce  
squid  
steaks, esp. dry-aged, grilled  
stocks, meat-based  
sweet potatoes  
tea, green  
tomatoes and tomato sauce  
truffles  
tuna  
vinegar, balsamic  
walnuts

## **VANILLA**

**Taste:** sweet

**Weight:** medium

**Volume:** quiet

allspice

almonds

apples

apricots

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

bay leaf

beans, black

beef

berries

## **beverages (e.g., eggnog, soft drinks)**

brown butter

butter

butterscotch

## **Cakes**

candies

caramel

cardamom

cheese, ricotta

chicken

chiles

## **CHOCOLATE**

cilantro

## **cinnamon**

## **cloves**

coconut

## **COFFEE**

## **cookies**

## **CREAM AND ICE CREAM** cream cheese

## **custards**

## **DESSERTS**

## **eggs**

figs

fish

**fruits**, esp. poached

ginger

honey

**\*ICE CREAM**

lamb

lavender

**lemon: juice, zest**

lemongrass

lobster

mascarpone

meats

melon

Mexican cuisine

milk

mint

mussels

nutmeg

nuts

orange

peaches

pears

plums

pork

puddings

rhubarb

rice

rosemary

saffron

salads, fruit

scallops

seafood

seeds: poppy, sesame

shellfish

soups

stocks

strawberries

**SUGAR**

tamarind

**tea**

tomatoes  
vegetables (e.g., root)  
vinegar, balsamic  
whiskey  
wine, Champagne  
yogurt

## Dishes

### **Vanilla Bean Bavarese with Brown Butter and Laurel**

—Gina DePalma, pastry chef, Babbo (New York City)

### **Vanilla Bean Pain Perdu with Mascarpone Custard, Tondo Balsamic Syrup, Strawberries**

—Emily Luchetti, pastry chef, Farallon (San Francisco)

I always overlooked **vanilla** when I was growing up. After I made my first vanilla ice cream, however, it was no longer just “the white one”! I like the nuances that different kinds of vanilla offer. Working at Le Bernardin where quality is paramount, for our ice cream it has to be Tahitian. When vanilla is the star, this is the bean you choose. It has an interesting woody, cherrylike flavor to it that I just love. Bourbon vanilla is a great workhorse bean that does well in a supporting role.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

If I poach a pear, I will always add **vanilla**. Vanilla also pairs really well with sweet herbs, especially tarragon and bay leaf.

—GINA DEPALMA, BABBO (NEW YORK CITY)

So many dessert recipes call for **vanilla** that it is like salt for dessert. But sometimes it doesn’t have a place and can muck up things. Vanilla should be the star of the show. I love vanilla in dairy desserts. I do a vanilla bean Bavarese (an Italian Bavarian cream) that I serve with brown butter and bay leaf. Vanilla and fresh bay leaf bring each other alive, it is a fantastic combination. Bay leaf is very sweet; it is like a truffle in that it is more about the aroma than the flavor.

—GINA DEPALMA, BABBO (NEW YORK CITY)

## Flavor Affinities

vanilla + almonds + cream + whiskey

vanilla + bay leaf + brown butter

vanilla + chicken + cream

## VEAL—IN GENERAL

**Season:** spring

**Weight:** light–medium

**Volume:** quiet

**Techniques:** braise (shanks), pan roast (chops), roast, stew (breast, shoulder)

almonds

anchovies

apples

asparagus

basil

### **bay leaf**

beans, esp. flageolets, haricots verts

beef, short ribs

beets

bell peppers: green, red, yellow

brandy

bread and bread crumbs

butter, unsalted

capers

caraway seeds

### **carrots**

### **celery**

celery root

cheese: Emmental, Gruyère, Parmesan, Swiss

chervil

chile peppers

### **chives**

cider

coconut milk

### **cream**

crème fraîche

cucumbers, sautéed

dill

eggs, esp. hard-boiled

French cuisine

**GARLIC**

gremolata

ham: smoked, hock

hazelnuts

Italian cuisine

leeks

**LEMON:** juice, zest

lemon verbena

lime: juice, leaves

Madeira

marjoram

milk

**MUSHROOMS:** button, chanterelle, morels, oyster, porcini, shiitake, white, wild  
mustard, Dijon

nutmeg

**OIL:** canola, corn, peanut, vegetable

olive oil

olives, black

**ONIONS:** esp. pearl, sweet, white

orange: juice, zest

**parsley**, flat-leaf

parsnips

pasta, esp. fettuccine

peas, spring

**PEPPER:** black, white

polenta

potatoes

prosciutto

rice

rosemary

sage

**SALT:** kosher, sea

**shallots**

spaetzle

spinach

**STOCKS:** beef, chicken, veal, vegetable

tarragon  
thyme  
**TOMATOES:** canned, paste, plum, sauce  
truffles  
tuna  
turnips  
vanilla  
vinegar: balsamic, chamapagne  
watercrêss  
**WINE, DRY WHITE**  
zucchini

### Flavor Affinities

veal + asparagus + morels  
veal + basil + lemon  
veal + capers + lemon  
veal + cream + mushrooms  
veal + cucumber + mustard  
veal + garlic + Parmesan cheese + tomatoes  
veal + gremolata + orange  
veal + Marsala wine + mushrooms  
veal + orange + polenta  
veal + prosciutto + sage

## VEAL—BREAST

**Techniques:** braise, grill, roast

beans, white  
cheese, Fontina  
garlic  
olive oil  
onions, esp. Spanish  
pancetta  
parsley, flat-leaf  
rosemary  
stock, chicken  
thyme

wine, white

## VEAL—CHEEKS

When we make **veal cheek** osso buco on polenta, each dish gets a squeeze of orange and orange zest on it.

—ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## VEAL—CHOP

**Techniques:** braise, grill, pan roast, sauté, stuff

artichokes

basil

beans, esp. fava

broccoli rabe

butter

Campari

capers

chives

cilantro

coriander

**garlic**

ginger

gnocchi

leeks

**lemon, juice**

Madeira

marjoram

mint

mirin

miso

mushrooms (e.g., black trumpet)

**mushrooms, wild**, esp. chanterelle, porcini

mustard, Dijon

**olive oil**

olives: black, kalamata

onions

parsley, flat-leaf

peas  
pepper, white  
pine nuts  
polenta  
potatoes  
prosciutto  
radishes  
red pepper flakes  
salt  
sesame: oil, seeds  
shallots  
soy sauce  
stock, chicken  
sugar, brown  
thyme  
tomatoes, sun-dried  
watercress  
wine, dry white

## Dishes

**“San Angelo” Veal Rib Chop with “Texas Grits” and Saffron Aioli**

—Monica Pope, T’afia (Houston)

**Fricassee de Veau Printanière: Savory Veal Stew with English Peas, Asparagus, Morels, and Spring Vegetables**

—Michael Romano, at the 2005 James Beard Awards gala reception

**Sautéed Wisconsin Veal Chop, White Polenta, Wild Mushrooms**

—Jean Joho, Everest (Chicago)

**Veal Chop with Truffled Leek Pierogies, Roasted Spring Onion, Creamed Spinach, and Chive Crème Fraîche**

—Peter Nowakoski, Rat’s (Hamilton, New Jersey)

**Organic Veal Chop with Madeira Sauce and Truffled “Macaroni and Cheese”**

—David Waltuck, Chanterelle (New York City)

## Flavor Affinities

veal chop + artichokes + basil  
veal chop + celery root + cream + Dijon mustard  
veal chop + garlic + chanterelle mushrooms  
veal chop + leeks + peas  
veal chop + leeks + polenta  
veal chop + mushrooms + watercress

## VEAL—LOIN

**Techniques:** braise, grill, pan roast, roast, sauté

arugula  
basil  
cheese, Fontina  
chestnuts  
cider, apple  
citrus  
cranberries  
garlic  
mushrooms, wild (e.g., chanterelles, morels)  
nuts (e.g., almonds, hazelnuts, pine nuts, pistachios)  
onions  
oregano  
pasta  
pumpkin  
risotto  
rosemary  
sage  
stock, veal  
tarragon  
thyme  
tomatoes  
wine, red

## **VEAL—SHANKS**

**Techniques:** braise

bay leaf

carrots

celery

cilantro

cinnamon

cumin

**garlic**

gremolata

horseradish

**lemon:** juice, **zest**

marjoram

mushrooms, porcini

olive oil

olives

**onions, esp. red, white**

oranges

osso buco (ingredient)

**parsley**

pepper

pine nuts

raisins, yellow

risotto

rosemary

salt

**stocks: chicken, veal**

thyme

**tomatoes: paste, sauce**

truffles, white

**WINE, WHITE**

### **Flavor Affinities**

veal shanks + capers + gremolata + olives

veal shanks + lemon + olives

veal shanks + onions + tomatoes

veal shanks + tomatoes + thyme

## Dishes

### **Grilled Veal Loin Medallions on Pumpkin Fettuccine**

—Marcel Desaulniers, The Trellis (Williamsburg, Virginia)

### **Pan-Seared Tenderloin of Veal with Wild Morel Mushrooms, Local Asparagus, and Raviolis of Virginia Country Ham and Fontina Cheese**

—Patrick O'Connell, The Inn at Little Washington (Washington, Virginia)

### **Roasted Veal Loin with Caramelized Onions, Almonds, Pine Nuts, and Pistachios**

—Charlie Trotter, Charlie Trotter's (Chicago)

## **VEAL—TENDERLOIN**

**Techniques:** braise, grill, sauté, sear

asparagus  
bacon  
basil  
capers  
cheese, Fontina  
cream  
ham  
mushrooms, morel  
mustard, Dijon  
onions, red  
sage  
tarragon  
thyme  
truffle oil  
wine, white

## **Flavor Affinities**

veal tenderloin + asparagus + morel mushrooms

veal tenderloin + cream + morel mushrooms  
veal tenderloin + garlic + pancetta

## VEGETABLES

(See specific vegetables)

**Tips:** Onion enhances the flavor of vegetables, and brings out their sweetness.

All year long, I make a *pistou* [a vegetable soup seasoned with basil, garlic, and olive oil]. However, it changes not only by the season, but by the week. In the spring, I'll add peas. In the summer, it will have zucchini and basil. In the fall, I'll add salsify, scallions, and leeks, and in the winter, broccoli and even soybeans along with parsley.

—DAN BARBER, BLUE HILL AT STONE BARNs (POCANTICO HILLS, NEW YORK)

## VEGETABLES, ROOT

(See specific root vegetables, e.g., Carrots)

**Techniques:** roast

**Root vegetables** are so sweet and full of sugar in the fall. Fall and winter vegetables thrive on cold and frost. The plant's water converts to sugar and when it is picked you have a really sweet vegetable. A root vegetable, like a sweet carrot or parsnip, is similar in sweetness to fruit, so you can put the two in a salad and they will go well together.

—DAN BARBER, BLUE HILL AT STONE BARNs (POCANTICO HILLS, NEW YORK)

## VEGETARIAN DISHES

**Tips:** To add a deep, meaty flavor to vegetarian dishes—without adding meat—try:

chile peppers, chipotle—use adobo sauce from canned chiles  
liquid smoke  
miso  
mushrooms  
onions, roasted  
paprika, smoked  
shallots, roasted  
soy sauce



## VENISON

(See also Game—In General)

**Season:** autumn

**Weight:** heavy

**Volume:** moderate–loud

**Techniques:** braise, broil, grill, roast, sauté

Because **venison** doesn't have much fat, you need to be careful how you cut its richness. I will use chutney that has nice fruit acids with the addition of a little vinegar.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

We offer **venison** medallions with huckleberry sauce and glazed pears. Venison is a pretty sweet meat. Huckleberries are found in the woods and pears are autumnal. The pears are poached with star anise and cinnamon, and then they are roasted to caramelize them a little, which adds extra depth to them and to the dish.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

One of my favorite dishes is medallions of ranch **venison**, huckleberries, roasted chestnuts and Brussels sprouts, celery root, and Honeycrisp applesauce. I love a sweet flavor with venison. A traditional marinade is with vinegar, red wine, herbs, and juniper berries. A natural pairing would be roasted pears or apples.

—CARRIE NAHABEDIAN, NAHA (CHICAGO)

## Dishes

**New Zealand Venison Crusted in Pink Peppercorns: Jerusalem Artichoke and Young Garlic Confit, Roasted Brussels Sprout Leaves**

—David Bouley, Bouley (New York City)

**Shiitake-Crusted New Zealand Venison Loin, Peppered Spinach, Sweet Potato Dauphinoise, and Sour Cherry Compote**

—Brad Farmerie, Public (New York City)

**Smoked New Zealand Venison Carpaccio with Licorice Pickled Onions**

—Brad Farmerie, Monday Room (New York City)

**Medallions of Ranch Venison with Huckleberries, Roasted Chestnuts and Brussels Sprouts, Celery Root, and Honeycrisp Applesauce**

—Carrie Nahabedian, Naha (Chicago)

**Venison Medallions, Grilled Grits, and Green Peach Relish with Okra and Tomato**

—Frank Stitt, Highlands Bar and Grill (Birmingham, Alabama)

**Millbrook Farm Venison Loin with Kohlrabi, White Runner Beans, Pickled Garlic, and Spiced Dates**

—Charlie Trotter, Charlie Trotter's (Chicago)

American cuisine

**apples**

artichoke, Jerusalem

**bacon**

**bay leaf**

beets

bourbon

brandy

Brussels sprouts

butter, unsalted

cabbage, red

cardamom

**carrots**

celery

cheese, Asiago  
cherries, dried or fresh, esp. black  
chervil  
chestnuts  
chiles  
chives  
cinnamon  
cloves  
cognac  
coriander  
corn  
**cranberries**  
cream  
currants, dried or fresh, esp. red  
curries and curry powder  
fennel  
**garlic**  
gin  
ginger: grated, ground, minced  
greens: arugula, chicory, dandelion, mâche, radicchio, spinach  
honey  
horseradish  
huckleberries  
**JUNIPER BERRIES**  
lemon, juice  
lemongrass  
lime, juice  
Marsala  
mirepoix  
**mushrooms:** button, porcini, shiitake, **wild**  
mustard  
nectarines  
nutmeg  
nuts: almonds, cashews  
**oil:** canola, grapeseed, peanut, walnut  
olive oil  
**ONIONS**  
orange: juice, zest  
pancetta

parsley, flat-leaf

parsnips

peaches

## **PEARS**

**PEPPER:** black, green, pink, Szechuan, white

pineapple

pomegranate

port

potatoes

pumpkin

raisins

## **rosemary**

sage

salt, kosher

savory

## **shallots**

soy sauce

spinach

squash: acorn, butternut

star anise

**STOCKS:** beef, chicken, venison sweet potatoes

## **thyme**

tomatoes and tomato paste

turnips, esp. yellow

vinegar: balsamic, red wine, rice, sherry

watercress

**WINE:** red (e.g., Cabernet Sauvignon), dry white

## **Flavor Affinities**

venison + curry + pomegranate seeds

venison + garlic + juniper berries + rosemary

venison + garlic + peppercorns

venison + garlic + rosemary + tomatoes + red wine

venison + parsnips + pepper

venison + pears + rosemary

## **VERJUS**

**Taste:** sour–sweet

**Tips:** Use instead of vinegar or lemon juice, or as a seasoning. *Verjus* is often more wine friendly than vinegar.

apples

apricots

asparagus

berries

cheese, goat

chicken

cranberries

cucumbers

fennel

**fish** (e.g., halibut, salmon, tuna)

foie gras

## **FRUIT**

garlic

ginger

herbs (e.g., dill, mint, thyme)

lamb

lettuces

marinades

meat

melon

mustard, Dijon

olive oil

onions

pears

pomegranate

pork

poultry

quail

quince

rabbit

## **SALADS: FRUIT, GREEN**

### **sauces**

**shellfish** (e.g., crab, scallops, shrimp)

soups

soy sauce

spinach  
strawberries  
sugar: brown, white  
tuna  
vegetables  
vinegar, rice wine

## VIETNAMESE CUISINE

basil, Thai  
bean sprouts  
beef, in soup (*pho*)  
chicken  
chile peppers  
**cilantro**  
cucumbers  
fish  
**fish sauce**  
garlic  
ginger  
lemon  
**lemongrass**

lettuce  
lime  
milk, sweetened condensed (e.g., in coffee)  
mint

noodles  
pork  
raw foods

**rice**  
scallions

shallots  
shellfish  
shrimp

star anise  
sugar

### Flavor Affinities

chile peppers + fish sauce + lemon  
fish sauce + herbs

fish sauce + lemon

## VINEGAR—IN GENERAL

I use a variety of **vinegars** and right now I am using cider vinegar, balsamic, and white balsamic. What vinegar you grab really depends on how far you can push the product. When we make a walnut sauce, it can handle a good-sized dash of cider vinegar. In a fluke tartare, we'll only use a drop of vinegar.

—MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

## VINEGAR, BALSAMIC

**Taste:** sour, sweet

**Weight:** medium-heavy (depending on age)

**Volume:** moderate-loud

**Tips:** Use when you want a sweet, low-acid vinegar.

Add at end of cooking (and never boil!) or use to finish a dish.

apricots

arugula

basil

beans, green

bell peppers: green, red

berries, esp. strawberries

**brown butter**

cabbage

cheese, Parmesan

cherries

chicken

chicory

eggplant

endive

fish, esp. white

fruit

greens, salad

grilled dishes

hazelnut oil

honey

**Italian cuisine**

marinades

meats

mustard, esp. Dijon

mustard: dry, seeds

oil

onions

pepper, black

radicchio

raspberries

## SALADS AND SALAD DRESSINGS

sesame oil

steak

\*STRAWBERRIES

\*TOMATOES

vegetables

vinaigrette

vinegar: red wine, sherry (blending vinegars)

walnut oil

watercress

white truffle oil



High-quality **vinegars** such as Gegenbauer vinegars [from Vienna, Austria], have a place in my kitchen. I'll use a few drops of cucumber vinegar with cucumbers, a

raspberry vinegar with raspberries, and a tomato vinegar with tomatoes to intensify the flavor of the ingredient.

—SHARON HAGE, YORK STREET (DALLAS)

**Balsamic vinegar** is wonderful with fruit. I love the Italian dish of strawberries with balsamic vinegar.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

I like **white balsamic vinegar** because it has fruitiness and a hint of sweetness to it, but not aggressive acidity.

—DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## Flavor Affinities

balsamic vinegar + brown butter + fish

white balsamic vinegar + white truffle oil + whole grain mustard

## VINEGAR, BANYULS

**Taste:** sour–sweet

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Can substitute for red wine vinegar. Use to deglaze a pan.

beets

cheese: blue, Parmesan

cream

**duck**

fish

foie gras

honey

lettuces

marinades

meats

mushrooms

nuts

**oil: hazelnut, walnut**

olive oil

pears

pepper, black  
quail  
**salads and salad dressings**  
salmon, ivory  
salt  
sauces  
scallops  
shellfish  
tomatoes  
vegetables  
walnuts

## Flavor Affinities

Banyuls vinegar + blue cheese + lettuce + pears + walnuts

I'll use **Banyuls vinegar** as our everyday vinegar for finishing dishes. A crispy fish like ivory salmon served on the rare side will get a drop of Banyuls vinegar right before it goes out to the table. I'll also use it as a delicate finish for birds like quail.

—SHARON HAGE, YORK STREET (DALLAS)

## VINEGAR, CABERNET SAUVIGNON

We finish most of our *jus* for meat dishes with **cabernet vinegar**. If you use it at the beginning of the cooking process, it cooks out because it is so light.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## VINEGAR, CHAMPAGNE

**Taste:** sour

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Champagne vinegar is the most delicate vinegar.

artichokes  
avocados  
delicate dishes  
fennel  
fish

greens, delicate salad (e.g., baby greens, butter lettuce)  
leeks  
oils: nut, truffle  
olive oil  
potatoes  
raspberries  
salads  
shellfish  
strawberries  
vegetables

Sorbet is about pure flavor and should be a very intense experience of the fruit's flavor. You can jack up the flavor of your sorbet by choosing the correct acid to balance it. For example, lemon juice is really strong. If you have sweet sorbet, you can add a ton of lemon juice that will balance the sweetness but give you a lemon dessert. For some sorbets, I prefer to use **champagne vinegar**. It is light and easy to use. Vinegar is a more potent fruity acid, so you can use less and bring up the fruit of your dessert. I use champagne vinegar for mango or raspberry sorbet. It is made from grapes, which are berries, and is a natural for berry desserts—berries with berries.

—GINA DEPALMA, BABBO (NEW YORK CITY)

Most of our ingredients are pickled with **cider vinegar** and a touch of sugar. I like its fresh green appley flavor and the way it makes things pop.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## VINEGAR, CHARDONNAY

**Chardonnay vinegar** is a sweet acid, so you don't have to add additional sugar to your pickling mixture.

—BRAD FARMERIE, PUBLIC (NEW YORK CITY)

## VINEGAR, CIDER

**Taste:** sour

**Weight:** light

**Volume:** quiet–moderate

American cuisine  
apples

coleslaw  
fruits, esp. in salads  
ginger  
grains  
herbs  
oil  
pears  
peas  
pork  
salads and salad dressings  
sauces  
smoked fish  
smoked meats  
sugar

### **Flavor Affinities**

cider vinegar + ginger + sugar

## **VINEGAR, FRUIT**

**Taste:** sour, sweet  
**Weight:** light  
**Volume:** quiet–moderate

avocados  
chicken  
fruit salads  
hazelnut oil  
meats, white  
oils, esp. nut  
peanut oil  
pears  
salads and salad dressings  
turkey  
walnut oil

## **AVOID**

cheese

eggs

## VINEGAR, ICE WINE

**Taste:** sour, sweet

**Weight:** light

**Volume:** quiet-moderate, with 5 percent acidity

**berries**

### FOIE GRAS, ESP. TERRINE

fruit

lobster

oil: grapeseed

onions

oysters

peaches

**salads**

sauces

scallops

seafood

sorbets

strawberries

vegetables

Inniskillin **ice wine vinegar** is really delicious, but expensive. It is delicious with foie gras. It is a fairly reduced sweet and sour vinegar and works as just a drizzle on a plate. It is also good dressed on a salad that you would serve alongside a foie gras terrine.

—TRACI DES JARDINS, JARDINIÈRE (SAN FRANCISCO)

Minus 8 is an **ice wine vinegar**, so named because the grapes are frozen to minus 8 degrees and then squeezed to make the vinegar. It still has acid to it, but it is more viscous, sweet, and tart. It is great with foie gras.

—SHARON HAGE, YORK STREET (DALLAS)

## VINEGAR, MALT

**Taste:** sour

**Weight:** light

**Volume:** loud, with moderate acidity

**Tips:** Sprinkle on foods judiciously.

dressings

fish, fried

oil: hazelnut, peanut

olive oil

pickles

## **AVOID**

sauces

## **VINEGAR, RED WINE**

**Taste:** sour

**Weight:** light–medium

**Volume:** loud, with high acidity

**Tips:** Red wine vinegar can stand up to spices and stronger herbs.

beans, green

chard

cherries

chicken

cinnamon

### **cold dishes**

dandelion greens

### **greens: salad, stronger**

grilled dishes

heartier dishes

kale

### **marinades**

### **meat, red**

mushrooms

mustard

### **oils, nut**

olive oil

## **salads and salad dressings**

sauces  
spinach  
tomatoes  
vinaigrettes

**Red wine vinegar** is my workhorse vinegar for cold dishes. I use it in dressings and marinades.

—SHARON HAGE, YORK STREET (DALLAS)

## **VINEGAR, RICE WINE**

**Taste:** sour, sweet

**Weight:** light

**Volume:** quiet, with lower acidity

### **Asian cuisine**

cilantro  
coriander  
cucumbers  
fruit, esp. salads  
ginger  
honey

### **Japanese cuisine**

lemon  
mirin  
noodles

### **oils: peanut, sesame**

pepper: black, pink  
rice (e.g., for sushi)  
salads  
salmon  
scallions  
sesame seeds  
soups, esp. creamy, potato  
soy sauce  
star anise  
wasabi

## VINEGAR, SHERRY

**Taste:** sour, sweet

**Weight:** light

**Volume:** moderate

apples

asparagus

**beans**

chicken

cucumbers

duck

figs

**fish**

gazpacho

greens, esp. bitter

meat dishes

mustard, grainy

nuts

**oils: nut, walnut**

onions

orange

pancetta

pears

radicchio

rich dishes

salad dressings

salads, esp. with apples, nuts, pears

sauces

**Spanish cuisine**

tomatoes

tortilla, Spanish

vegetables

The minute **sherry vinegar** is added to a dish, the music gets turned up. It's not just its flavor, but its aroma as well. It makes things sizzle. It is not just when it is used in salads, but it is also the spark that makes gazpacho the unique soup it is. It is the spark that makes a humble lentil stew made with carrots, garlic, onion, and water a new thing. At the end, you add just a touch of vinegar and you have this wonderful flavor

that sparkles.... We have made sorbet out of sherry vinegar and what you get is something that makes “the king of refreshing” even *more* refreshing! You can go either savory or sweet with this sorbet: You could serve orange segments with the sherry sorbet on top, a touch of olive oil, an anchovy, a couple of black olives, and you have a salad. Or you could take the same oranges, add a touch of honey on top, manchego cheese, the sherry vinegar sorbet, and have a sweet dessert.

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

For our meat dishes, we deglaze with vinegar or *verjus*—and most often it will be **sherry vinegar**. That’s my workhorse vinegar for hot dishes.

—SHARON HAGE, YORK STREET (DALLAS)

There is a range of **sherry vinegar** from light to heavy, and I use them all. I love sherry vinegar on almost all vegetables, but especially asparagus and cucumbers.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

## VINEGAR, TARRAGON

(herb-flavored vinegar)

**Taste:** sour

**Weight:** light

**Volume:** moderate–loud

endive

lettuces, esp. Bibb, iceberg, romaine

oil, mild (e.g., peanut)

olive oil

**Vincotto** is a byproduct of balsamic vinegar, and is sweet and sour. It is very syrupy and good drizzled over fruit or cheese.

—SHARON HAGE, YORK STREET (DALLAS)

## VINEGAR, VINCOTTO

(Cooked Wine)

**Taste:** sour–sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

almonds  
bacon  
**cheese, burrata**  
desserts  
fennel  
figs  
**fruit**  
**Italian cuisine**  
peaches  
pears  
plums  
meats, esp. grilled, roasted  
salads and salad dressings  
yogurt

## VINEGAR, WHITE WINE

**Taste:** sour  
**Weight:** light  
**Volume:** quiet–moderate  
**Tips:** Can substitute champagne vinegar if needed.

artichokes  
avocados  
delicate dishes  
fennel  
fish  
leeks  
oils: safflower, sunflower  
olive oil (extra virgin)  
potatoes  
shellfish

## VODKA

**Weight:** light–medium  
**Volume:** quiet

amaretto  
apples and apple juice  
beef consommé  
beet juice  
berries  
blackberries  
caraway  
carrots, juice  
caviar  
celery and leaves  
celery root  
cilantro  
cinnamon  
cloves  
coffee  
coconut  
cranberry juice  
cream  
cucumber  
currants, black  
ginger  
grapefruit juice  
honey  
horseradish  
kaffir lime leaf  
Kahlúa  
**LEMON, JUICE**  
lemongrass  
lemon thyme  
lemon verbena  
licorice  
**lime, juice**  
mangoes  
maraschino liqueur  
melon  
oats  
olives, green  
**orange, juice**  
pepper, black

pineapple juice  
Polish cuisine  
pomegranate juice  
raspberries  
rose

## RUSSIAN CUISINE

smoked fish  
star anise  
**sugar** (simple syrup)  
tomato juice  
triple sec  
vanilla

Using **vodka** as a base spirit in a cocktail makes it drier, while propelling flavors and knitting them together.... I love the combination of Chopin vodka, carrot juice, lemon thyme. If I have it, I'll use Farigoule—a liqueur from Provence made with wild thyme—and lime.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

I love to draw on the roots of a spirit, and to link a cocktail back to the foods of the table of their country of origin. I'll pair [Eastern European] **vodkas** with the flavors of the *zakuski* table [which historically features several small dishes of beets, cabbage, eggplant, and mushrooms], such as beets, caraway, and horseradish.

—JERRI BANKS, COCKTAIL CONSULTANT (NEW YORK CITY)

## Flavor Affinities

vodka + amaretto + cream + Kahlúa  
vodka + apple + beet + caraway + horseradish  
vodka + apple + cinnamon + cloves + cranberry  
vodka + beef consommé + celery leaf + horseradish  
vodka + blackberries + black pepper + rose  
vodka + carrot juice + lemon thyme + lime  
vodka + celery + lime juice  
vodka + cilantro + coconut + lime + sugar  
vodka + cilantro + lime  
vodka + coffee + cream  
vodka + cranberry + orange  
vodka + cranberry + star anise

vodka + grapefruit + maraschino liqueur

vodka + honey + oats

vodka + lemon + lemon verbena

vodka + lime + pineapple

## **WALNUT OIL**

(See Oil, Walnut)

## **WALNUTS**

(See also Nuts—In General)

**Season:** autumn

**Taste:** bitter, sweet

**Function:** heating

**Weight:** medium-heavy

**Volume:** quiet-moderate

almonds

anise

## **APPLES**

apricots

Armagnac

**bananas**

bourbon

brandy

breakfast (e.g., pancakes, waffles)

**butter, unsalted**

buttermilk

**caramel**

carrots

**cheese: blue, Cheddar, goat, Parmesan, ricotta, Roquefort, Stilton**

cherries

chestnuts

chicken

**chocolate:** dark, milk, white

cinnamon

coffee

cognac

**cookies**

corn syrup: light, dark

cranberries

**cream**

cream cheese

crème fraîche

cumin

dates

**ENDIVE**

**figs, esp. dried**

garlic

ginger

grapefruit

grapes

hazelnuts

**HONEY**

ice cream

Italian sauces

kumquats

lemon: juice, zest

liqueurs, orange

**maple syrup**

mascarpone

Mediterranean cuisine

Mexican sauces

molasses

nectarines

oatmeal

olive oil

**orange: juice, zest**

peaches

**PEARS**

pecans

pepper, esp. white

persimmons

pine nuts

plums

pomegranates

port  
praline  
**PRUNES**  
pumpkin  
**quince**  
raisins  
raspberries  
rum  
salads  
salt  
sauces  
stuffings  
**SUGAR: brown, confectioners', white**  
sweet potatoes  
tea  
**vanilla**  
**walnut oil**  
whiskey  
wine: dry, sweet  
yogurt

**Walnuts** are my favorite nut. I like their bitter quality. They pair well with honey, apples, and pears.

—GINA DEPALMA, BABBO (NEW YORK CITY)

**Walnuts** are not as versatile as other nuts. If you look at its flavor, it is the opposite end of the spectrum from a macadamia nut because it has a more complicated flavor. You are not getting something that is buttery that coats your palate; you are getting more nut flavor. I can't think of many times when you wouldn't use it, but you might use a smaller amount.

—MARCEL DESAULNIERS, THE TRELLIS (WILLIAMSBURG, VIRGINIA)

**Walnuts** are an oilier nut but still not as strong or dominating as a pecan. I like to combine walnuts with maple in desserts. They work with apples as well as pears or quince.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## Flavor Affinities

walnuts + anise + dried figs + orange

walnuts + apples + honey  
walnuts + caramel + prunes  
walnuts + coffee + cream  
walnuts + cumin + prunes

## WARMING

**Function:** Ingredients believed to have warming properties; useful in cold weather.

alcohol  
barley  
chile peppers  
coffee  
cranberries  
fruits, dried (e.g., dates)  
garlic  
grains (e.g., polenta, quinoa)  
honey  
hot beverages  
meat, red  
mustard  
nuts  
oils: almond, mustard  
olive oil  
onions  
spices, warming (e.g., black pepper, cayenne, cinnamon, cloves, ginger, nutmeg, turmeric)  
vegetables, root (e.g., carrots, potatoes)  
vinegar  
walnuts

### Dishes

#### **Warm Apple and Walnut Budino with Cinnamon Gelato**

—Gina DePalma, pastry chef, Babbo (New York City)

**Walnut-Prune Tart with Thyme Sherbet and Caramel Gastrique, Served with a 30-Year-Old Tawny Port**

—Ellie Nelson, pastry chef, Jardinière (San Francisco)

## **WASABI**

**Taste:** hot

**Weight:** medium

**Volume:** very loud

avocados

beef

crab

cream

**fish**

**ginger** (e.g., with seafood)

## **JAPANESE CUISINE**

mirin

miso

olive oil

onions, green

rice

salmon

sauces

seafood

sesame: oil, seeds

shrimp

**soy sauce**

**sushi and sashimi**

tofu

tuna

vinegar, rice wine

## **WATER CHESTNUTS**

**Season:** summer–fall

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet

**Techniques:** raw, stir-fry

bacon  
chicken  
Chinese cuisine  
garlic  
ginger  
scallions  
sesame: oil, seeds  
soy sauce  
sugar  
vinegar, rice wine

## **WATERCRESS**

**Season:** spring, autumn

**Taste:** bitter, sweet

**Weight:** light

**Volume:** moderate

**Techniques:** raw

almonds  
apples  
asparagus, esp. white  
bacon  
bean sprouts  
beef, esp. roasted  
beets  
bell peppers, esp. red  
**butter, unsalted**  
buttermilk  
**cheese: blue, goat, pecorino**  
chervil  
chicken, esp. roasted  
Chinese cuisine  
chives  
cilantro

**cream**

crème fraîche

**cucumbers**

duck

eggs

**endive**

fennel

fish

fish sauce, Asian

French cuisine

garlic

ginger

Italian cuisine

lamb

**leeks**

lemon, juice

lime, juice

**mascarpone**

meats, roasted

mint

mushrooms

mustard

**OIL:** grapeseed, sesame, vegetable, walnut

**OLIVE OIL**

**onions:** red, white, yellow

orange

oysters

**parsley, flat-leaf**

pears

peas

**pepper:** black, white

**potatoes**

radicchio

rice

salads

salmon

**salt:** kosher, sea

scallions

scallops

seafood  
sesame seeds, black  
sesame oil  
shallots  
shrimp  
smoked salmon  
sorrel  
soups, esp. Asian, vegetable  
soy sauce  
**STOCKS:** chicken, fish, seafood, vegetable  
sugar (pinch)  
tarragon  
tea sandwiches  
tomatoes  
veal  
vinaigrette  
**vinegar:** champagne, red wine, rice, sherry  
walnuts  
wine: rice, white  
yogurt

## Dishes

**Insalata “A Voce” with Green Apple, Marcona Almonds, Watercress, Pecorino**

—Andrew Carmellini, A Voce (New York City)

**Watercress and Endive Salad with Mediterranean Cucumber, Marinated Beets, and Mascarpone Croutons**

—Judy Rodgers, Zuni Café (San Francisco)

## Flavor Affinities

watercress + almonds + green apple + pecorino cheese  
watercress + bacon + cream  
watercress + endive + Roquefort cheese + walnuts  
watercress + ginger + lemon + shrimp

## **WATERMELON**

**Season:** summer

**Taste:** sweet

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** raw

anise hyssop

basil

beverages

blackberries

blueberries

**CHEESE: FETA, goat**

chili powder

cilantro

cinnamon

cream

cucumber

fennel

honey

jicama

kaffir lime

**lemon: juice, zest**

lime, juice

melon, esp. cantaloupe

**mint**

olive oil

orange

parsley, flat-leaf

**pepper: black, white**

pistachios

pomegranate

raspberries

salads, fruit

**salt: kosher, sea**

sorbet

soups, esp. chilled

sugar: brown, white

tequila  
**tomatoes**  
vanilla  
**vinegar:** balsamic, rice, sherry

I thought the combination of **watermelon** and feta cheese sounded horrible when I first heard it. Then I tasted it, and it works.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

Lemony herbs like basil or anise hyssop work with **watermelon**.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

### Flavor Affinities

watermelon + cilantro + cream + tequila  
watermelon + fennel + lemon juice + parsley + salt  
watermelon + feta cheese + red onions  
watermelon + kaffir lime + vanilla



I started working on my **watermelon** salad years ago at Jean Georges restaurant. It started out as a watermelon and goat cheese salad for summertime. The dish was a very refreshing summer dish with the rich goat cheese and the fresh sweet watermelon. You felt like you were eating in a

garden! It then went on to become watermelon with fresh tomatoes, but I still wasn't happy with it. The texture of the tomato didn't work with the texture of the watermelon. I then turned the tomatoes into a confit, cooking them in the oven over two hours with olive oil to concentrate their flavor. The dish is now watermelon, with a layer of tomato confit, topped with pistachios that just get browned in the oven, then a drizzle of olive oil and salt and pepper. The whole thing is then flashed in the oven for just a minute or two to warm it. Just before serving it gets a drizzle of balsamic vinegar. It is not only a beautiful play of flavors, but of colors as well.

—GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

## WHISKEY

(See also Bourbon)

**Weight:** heavy

**Volume:** loud

- allspice
- chocolate
- cinnamon
- cream and ice cream
- dried fruits
- figs
- ginger or ginger ale
- honey
- lemon juice
- orange curaçao
- pears
- spices: cinnamon, star anise
- sugar: brown, white
- sweet potatoes
- vanilla

### Flavor Affinities

whiskey + cinnamon + dried fruits + ginger + lemon + star anise

whiskey + lemon + orange curaçao

## **WILD RICE**

(See Rice, Wild)

## **WINE**

(See individual varietals)

## **WINTER**

**Weather:** typically cold

**Techniques:** bake, braise, glaze, roast, simmer, slow-cook

bananas

beans

beef

braised dishes

broccoli (peak: February)

**Brussels sprouts** (peak: December)

**cabbage**

caramel

chocolate

citrus fruit

dates (peak: December)

game

grains, heavy

**grapefruit** (peak: February)

**greens, winter**

**lemons** (peak: January)

lentils

**limes**

lobster

maple syrup

mushrooms, wild (peak: December)

mussels

**orange, mandarin** (peak: January)

passion fruit

pears (peak: December)

plantains

pork  
**potatoes**  
roasted dishes  
**root vegetables**  
rosemary  
sage  
soups  
spices, warming  
squashes, winter  
squid  
stewed dishes  
sunchoke  
sweet potatoes (peak: December)  
**tangerines** (peak: January)  
turnips (peak: December)  
venison  
water chestnuts (peak: February)  
yams (peak: December)

**Winter** vegetables work with winter herbs. Sage and rosemary work with potatoes and root vegetables.

—JERRY TRAUNFELD, THE HERBFARM (WOODINVILLE, WASHINGTON)

I think of beef and pork as **winter** meats.

—MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

With my desserts, I focus on chocolate all year round, but use it even more in **winter**. In California, the fruit is so wonderful in the summer that that is the place to focus. In summer, I can write my whole menu and forget chocolate—that is how good the fruit is here! In winter, it is the opposite. There are not eight unique things to focus on. So chocolate comes into play because it is a real comfort food and warming, too. Winter with its cool nights becomes soufflé season. Winter is when all the special citrus fruits are available. Thank God for that, because you can work with Cara Cara oranges, lemon, and tropical fruits like passion fruit. Mangoes are available year-round, but winter is when I use them because there's no competition from berries and other summer fruits. What is great about the tropical fruits in winter is that they also bring color to the menu. Pies and tarts work year-round because you can put anything in them, from chocolate to fruit.

—EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## **YAMS**

(See Sweet Potatoes)

## **YOGURT**

**Taste:** sour

**Function:** heating

**Weight:** medium-heavy

**Volume:** moderate-loud

almonds

apricots

bananas

beef

beets

blackberries

blueberries

breakfast

cardamom

cayenne

chicken

## **chickpeas**

cilantro

cinnamon

coconut

coriander

## **CUCUMBER**

cumin

curry

desserts

dill

Eastern Mediterranean cuisine

eggplant

fruit

## **garlic**

grapes

Greek cuisine

honey

Indian cuisine

lamb

**LEMON: JUICE, ZEST**

lemon, preserved

lime

mangoes

maple syrup

meats

Middle Eastern cuisine

**mint**

nectarines

nutmeg

nuts

oatmeal

okra (e.g., Indian cuisine)

**onions**

**orange: juice, zest**

parsley

pasta

peaches

pecans

pepper, white

pineapple

pistachios

potatoes

radishes

raisins

raspberries

rhubarb

saffron

salt, kosher

scallions

squash

strawberries

sugar: brown, white

tamarind

Turkish cuisine

**vanilla**

veal

vegetables  
walnuts  
zucchini

## Flavor Affinities

yogurt + apricots + pistachios  
yogurt + caramel + pine nuts + balsamic vinegar  
yogurt + cilantro + garlic  
yogurt + garlic + lemon + salt

## Dishes

### **Yogurt with Caramel, Aged Balsamic, and Pine Nut Brittle**

—Gina DePalma, pastry chef, Babbo (New York City)

One of my favorite desserts is Greek **yogurt**, warm caramel sauce, and aged, 25-year-old balsamic vinegar. The yogurt is really rich and not too acidic. On the yogurt, I put a salty pine nut brittle, and then the drizzle of vinegar. It works because of the beautiful balance of salt, sweet, and acid.

—GINA DEPALMA, BABBO (NEW YORK CITY)

## YUZU FRUIT

**Season:** winter–spring

**Taste:** sour

**Weight:** light–medium

**Volume:** loud

Fresh **yuzu** is expensive, so I use yuzu juice to add acid to a dish. It is great on seafood. It is not as pungent as lime, and has a little sweetness to it. When you put it on something hot like fish, it also brings out its floral notes.

—KATSUYA FUKUSHIMA, MINIBAR (WASHINGTON, DC)

I had just come back from Japan and was inspired, so I made a **yuzu** curd served with green tea ice cream. The dish has some small bit players like segments of grapefruit which I have always liked with green tea. When you have a perfect grapefruit, it is a

little bitter and sweet, just like green tea. Grapefruit reinforces the yuzu because though it is citrus it is a very different flavored citrus. I'll be honest—it looks cool as well, with the pink and green being served together. For texture I add caramelized Rice Krispies. This makes it a homage to Japan: You have rice, green tea, yuzu, and a little ginger caramel.

—MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

Just like the lemon that is often served on the side with grilled fish, just a splash of **yuzu juice** makes a lot of things delightful. I love both its aroma and flavor with lighter fish, such as flounder, fluke, and scallops. I recently went to a restaurant where a young chef was trying to be creative, and he paired sweet shrimp with scallion oil, which hid the flavors of the shrimp. I tried to politely suggest that he try yuzu juice instead, which would bring out the sweetness of the sweet shrimp.

—KAZ OKOCHI, KAZ SUSHI BISTRO (WASHINGTON, DC)

## Dishes

### **Yuzu Green Tea Tart with Lychee and Green Tea Marshmallows**

—François Payard, Payard Patisserie and Bistro (New York City)

apricots

beef

beverages

caramel

carrots

ceviche

chicken

Chinese cuisine

**fish, esp. sweeter; either cooked or raw (e.g., ceviche, sashimi)**

flounder

fluke

garlic

gin

ginger

grapefruit

greens

hamachi

hoisin sauce  
**Japanese cuisine**  
lemon  
mangoes  
**mirin**  
miso and miso soup  
mushrooms, Japanese  
**OIL: canola, GRAPESEED, vegetable**  
**olive oil**  
onions, esp. green  
**orange, juice**  
pepper, black  
poultry  
rice  
salmon  
**scallops**  
**seafood**  
sesame seeds  
shellfish  
**shrimp**  
**soy sauce:** regular, white  
sugar  
tea, green  
teriyaki  
Thai basil  
tofu  
tuna  
vinegar, rice wine  
vodka

## **Flavor Affinities**

yuzu + caramel + grapefruit + green tea

## **ZUCCHINI**

(See also Summer Squash)

**Season:** spring–summer

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** fry, grill, pan roast, roast, sauté

## **BASIL**

**bell peppers:** green, red, yellow

bread crumbs

## **butter**

**CHEESE:** cheddar, **dry feta, goat**, Gruyère, mozzarella, **PARMESAN, pecorino, queso fresco, RICOTTA**

**chile peppers:** dried red (e.g., chipotle), fresh green (e.g., jalapeño)

chives

cilantro

cinnamon

coriander

corn

cream

curry leaf

dill

## **EGGPLANT**

fish

French cuisine, esp. Provençal

## **GARLIC**

Italian cuisine

**lemon:** juice, zest

lemon balm

lemon thyme

## **marjoram**

meats

mint

mustard seeds, esp. black

**OIL: pecan, vegetable, walnut**

## **OLIVE OIL**

olives, esp. black, niçoise

**ONIONS:** esp. Spanish, white

oregano

## **PARSLEY, FLAT-LEAF**

pasta

pecans

**PEPPER: BLACK, WHITE**

Pernod

pesto

pine nuts

red pepper flakes

rice or risotto

rosemary

saffron

sage

salmon

**SALT: KOSHER, SEA**

sausage, esp. chorizo

scallions

scallops

sesame seeds

shallots

shrimp

sour cream

squash, yellow

stocks: chicken, veal, vegetable

tarragon

**THYME**

**TOMATOES**

**vinegar:** balsamic, champagne, red wine, sherry, white

walnuts

wine, dry white

yogurt

zucchini blossoms



My wife was the inspiration for my **zucchini** dish. She makes a fantastic zucchini soup. She peels the zucchini and boils them in water, then purees them with a little of the water and adds a white cheese like goat or Philadelphia [cream cheese], then some olive oil and salt. It is amazing! It is creamy, velvety, and refined. We cook the zucchini and use the cooking water to make a gelatin. Then we take the white zucchini meat and make a mousse with olive oil. So the bottom of the dish is the mousse, then a layer of seeds—cleaned one by one, which is very labor intensive—then a layer of gelatin that is topped with Spanish caviar. The dish is sweet and savory, and we are proud of its simplicity [of taste].

—JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

## Dishes

### Zucchini–Olive Oil Cake with Lemon Crunch Glaze

—Gina DePalma, pastry chef, Babbo (New York City)

## Flavor Affinities

zucchini + basil + garlic

zucchini + cream + Parmesan cheese

zucchini + eggplant + garlic + onions + tomatoes

zucchini + pecorino cheese + pecan oil + pecans

zucchini + Pernod + walnut oil

## ZUCCHINI BLOSSOMS

(See also Zucchini)

**Season:** early summer

**Weight:** light

**Volume:** quiet

**Techniques:** fry, steam

basil

**cheese:** goat, mozzarella, Parmesan, ricotta

corn

eggs

flour

Italian cuisine

lobster

marjoram

Mexican cuisine

**olive oil**

onions

parsley, flat-leaf

**pepper, black**

pesto

risotto

sage

salads

salt, kosher

savory

**shrimp**

soup

stock, chicken

**tomatoes and tomato sauce**

## ACKNOWLEDGMENTS

***“We don’t accomplish anything in this world alone... and whatever happens is the result of the whole tapestry of one’s life and all the weavings of individual threads from one to another that creates something.”***

—SANDRA DAY O’CONNOR

We’d like to thank some of the many people whose invaluable threads helped to create the tapestry that is *The Flavor Bible*.

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[TastingMenu.com](#); Joe Dressner of [JoeDressner.com](#); Chef James T. Ehler of [FoodReference.com](#); Jeremy Emmerson of [GlobalChefs.com](#); Jack Everitt and Joanne White of [ForkandBottle.com](#); John Foley of [AllBusiness.com](#); Ayun Halliday of [DirtySugarCookies.blogspot.com](#); Robert Hess of [DrinkBoy.com](#) and [TheSpiritWorld.net](#); Ron Hogan of [Beatrice.com](#); Meg Hourihan of [MegNut.com](#); IACP Blog Team of [international-iacp.blogspot.com](#) (including Ruth Alegria, Scott Givot, Elena Hernández, Kate McGhie, and Yukari Pratt); David Lebovitz of [DavidLebovitz.com](#); David Leite of [LeitesCulinaria.com](#); Chris McBride and Jennifer McBride of [SavoryTidbits.com](#); Paul McCann of [KIPlog.com](#); Amy McDaniel of [MexicanFood.BellaOnline.com](#); Dave McIntyre of [dmwineline.com](#); Brett Moore of [GourmetFood.About.com](#); David Nelson of [Chef2Chef.net](#); Adam Roberts of [AmateurGourmet.com](#); Derrick Schneider of [ObsessionWithFood.com](#); Amy Sherman of [CookingWithAmy.blogspot.com](#); Cheri Sicard of [FabulousFoods.com](#); Charlie Suisman of [ManhattanUsersGuide.com](#); Lenn Thompson of [LennThompson.typepad.com](#); and Molly Wizenberg of [Orangette.blogspot.com](#).

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Thornton Wilder wrote, “We can only be said to be alive in those moments when our hearts are conscious of our treasures.” As we think of those who have been there for us with such generosity, we feel very much alive indeed.

—ANDREW DORNBURG AND KAREN PAGE

April 2008

P.S. from Andrew Dornenburg: *The Flavor Bible* is our first book with Karen’s name listed first on the cover, even though she has always been the prime conceptualizer and writer of all of them. Karen generously suggested before our first book came out in 1995 that we list our names alphabetically—a tradition that continued more out of publishing convenience (having all our books alphabetized together on bookstore shelves, for example) than anything else. However, she is long overdue to be properly credited as the primary force behind our work together. I couldn’t be happier about the change!

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**Karen Page** and **Andrew Dornenburg** are the award-winning team behind some of today's most groundbreaking books on gastronomy, including their most recent, *What to Drink with What You Eat*, the first book in history to win both the International Association of Culinary Professionals Cookbook of the Year Award and the Georges Duboeuf Wine Book of the Year Award. Their previous books *Becoming a Chef*, *Dining Out*, and *The New American Chef* were all winners of or finalists for Gourmand World Cookbook, IACP, and/or James Beard book awards. The couple, frequent guests on radio (National Public Radio) and television (*Good Morning America* and *Today*), were cited as two of a dozen "international culinary luminaries" in the Winter 2007 issue of the Relais & Châteaux magazine *L'Ame & L'Esprit*, along with Gael Greene, Patrick O'Connell, Alice Waters, and Tim and Nina Zagat. Since March 2007, they have penned a weekly column for the *Washington Post*, in which capacity they served as judges of the Oyster Riot wine pairing competition. A native of Detroit, Karen Page holds degrees from Northwestern and the Harvard Business School. San Francisco native Andrew Dornenburg is a former restaurant chef who studied with the legendary Madeleine Kamman at the School for American Chefs and was cited by Regis Philbin on *Regis and Kelly* as one of the most famous former employees of McDonald's, along with Jeff Bezos, Jay Leno, and Sharon Stone. Paired personally as well as professionally, the couple have been married since 1990, when they ran the Montreal International Marathon together on their honeymoon. They reside in New York City. Their Web site is [www.becomingachef.com](http://www.becomingachef.com).

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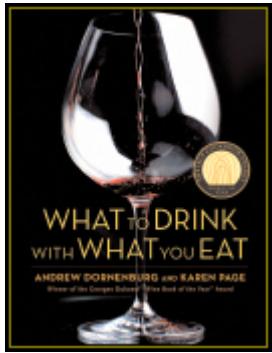
After a twenty-year corporate career, **Barry Salzman**, a Harvard MBA who ran a large global media organization employing thousands of people, embarked on a career transition to pursue his passion on a full-time basis. He is a professional photographer focused primarily on lifestyle, food, and travel. Salzman is a winner of the international Golden Light award, which is judged by Jeff Rosenheim, associate photography curator of the Metropolitan Museum of Art, and Susan White, photography director for *Vanity Fair*. Salzman's work has appeared in such publications as *Vanity Fair*, *Vogue Entertaining + Travel*, *Harper's Bazaar*, *AdNews*, *Australian Geographic*, and *OutTraveler*. His work can be seen at [www.barrysalzman.net](http://www.barrysalzman.net).



Recently cited as two of a dozen “international culinary luminaries” along with Patrick O’Connell, Alice Waters, and Tim and Nina Zagat (in Relais & Châteaux’s *L’Ame et L’Esprit* magazine), the awardwinning authors **Karen Page** and **Andrew Dornenburg** have written several groundbreaking books chronicling and celebrating America’s culinary revolution. *What to Drink with What You Eat*, *Becoming a Chef*, *Dining Out*, and *The New American Chef* were all winners of or finalists for Gourmand World Cookbook, IACP, and/or James Beard book awards. In March 2007, Page and Dornenburg were named weekly wine columnists for the *Washington Post*. Karen Page is a graduate of Northwestern and Harvard Business School. Andrew Dornenburg studied with the legendary Madeleine Kamman at the School for American Chefs and has cooked professionally in top restaurants in New York and Boston. The couple reside in New York City. Their Web site is [www.becomingachef.com](http://www.becomingachef.com).

**Barry Salzman**, a professional photographer focused primarily on lifestyle, food, and travel, is a winner of the international Golden Light Award. His work, which has appeared in many publications, including *Vanity Fair*, *Vogue Entertaining + Travel*, and *Harper’s Bazaar*, can be seen at [www.barrysalzman.net](http://www.barrysalzman.net).

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# THE FLAVOR BIBLE

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THE ESSENTIAL GUIDE TO CULINARY CREATIVITY, BASED ON THE WISDOM OF AMERICA'S MOST IMAGINATIVE CHEFS

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Eight years in the making, **THE FLAVOR BIBLE** is a landmark book that will inspire the greatest creations of innovative cooks and chefs by serving as an indispensable guide to creativity and flavor affinities in today's kitchen.

Cuisine is undergoing a startling historic transformation: With the advent of the global availability of ingredients, dishes are no longer based on geography but on *flavor*. This radical shift calls for a new approach to cooking—as well as a new genre of “cookbook” that serves not to document classic dishes via recipes, but to inspire the creation of new ones based on imaginative and harmonious flavor combinations.

**THE FLAVOR BIBLE** is your guide to hundreds of ingredients along with the herbs, spices, and other seasonings that will allow you to coax the greatest possible flavor and pleasure from them. This astonishing reference distills the combined experience of dozens of America's most innovative culinarians, representing such celebrated restaurants as A Voce, Babbo, Blue Hill, Café Atlántico, Chanterelle, Citronelle, Gramercy Tavern, the Herbfarm, Jardinière, Jean Georges, Le Bernardin, the Modern, Moto, and the Trellis.

You'll learn to:

- explore the individual roles played by the four basic tastes—salty, sour, bitter, and sweet—and how to bring them into harmony;
- work more intuitively and effectively with ingredients by discovering which flavors have the strongest affinities for one another;
- brighten flavors through the use of acids—from vinegars to citrus juices to herbs and spices such as kaffir lime and sumac;
- deepen or intensify flavors through the layering of specific ingredients and techniques;
- and balance the physical, emotional, mental, and spiritual aspects of cooking and serving an extraordinary meal.

Seasoned with tips, anecdotes, and signature dishes from the country's most respected chefs and pastry chefs, **THE FLAVOR BIBLE** is an essential book for every

kitchen library.

## ALSO BY THE AUTHORS

*Becoming a Chef*

*Culinary Artistry*

*Dining Out*

*Chef's Night Out*

*The New American Chef*

*What to Drink with What You Eat*



“Andrew Dornenburg and Karen Page are accomplished authors, respected food authorities, and industry leaders with exceptional talent and vision in writing some of the industry’s most well-respected books.”

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“Andrew Dornenburg and Karen Page’s books have enriched the fount of culinary knowledge. They move the culinary culture forward thoughtfully and intelligently.... They’ve done a marvelous job of making the history, culture, and even science of food compelling.”

—MIA STANSBY, VANCOUVER SUN

An essential companion to the authors’ bestselling *What to Drink with What You Eat* (food and drink pairings) and *Culinary Artistry* (classic flavor pairings), **THE FLAVOR BIBLE** is a groundbreaking guide to modern flavor pairings that can revolutionize the way you cook.

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