

## Know the Right Spice to Use for your Favorite Dishes

If you don't know the right ingredients you certainly can't make the best of your favorite dish



- ☐ Allspice - chicken, fish, vegetables, dessert, fruit
- ☐ Anise - Beef, fish, vegetables, dessert, soups, sauce, fruit
- ☐ Basil- Beef, chicken, lamb, fish, vegetables, pasta, soups, sauce, fruit
- ☐ Bay leaf - Beef, chicken, fish, pasta, soups, sauce, fruit
- ☐ Caraway seed - chicken, lamb, fish, vegetables, soups
- ☐ Cardamom - vegetables, dessert, fruit
- ☐ Chives - lamb, vegetables, pasta, soups, sauce
- ☐ Cilantro - Beef, vegetables, soups, sauce
- ☐ Cinnamon - Dessert, fruit
- ☐ Cloves - Dessert, sauce, fruit
- ☐ Coriander - chicken, vegetables, dessert, sauce, fruit
- ☐ Cumin, ground - Beef, chicken, fish, vegetables, sauce
- ☐ Dill - Beef, lamb, fish, vegetables, soups
- ☐ Fennel seed - lamb, fish, vegetables, fruit
- ☐ Garlic powder - chicken, fish, vegetables, past, soups, sauce
- ☐ Ginger - chicken, fish, dessert, sauce, fruit
- ☐ Marjoram - Beef, lamb, fish, vegetables, dessert, sauces
- ☐ Mustard - Beef, chicken, fish, vegetables, sauce

- ☐ Nutmeg - vegetables, pasta, dessert, fruit
- ☐ Onion powder - Beef, chicken, fish, vegetables, soups, sauce
- ☐ Oregano - chicken, fish, vegetables, pasta, soup, sauce
- ☐ Paprika - chicken, fish, vegetables, soups, sauces
- ☐ Rosemary - Beef, chicken, lamb, fish, vegetables, pasta, soups, sauce, fruit
- ☐ Sage - Beef, chicken, lamb, fish, vegetables, soups, sauce, fruit
- ☐ Salt - chicken, fish, vegetables, soups, sauce
- ☐ Sesame seeds - chicken, fish, vegetables, fruit
- ☐ Tarragon - Beef, chicken, lamb, fish, vegetables, soups, sauce
- ☐ Thyme - chicken, lamb, fish, vegetables, soups, sauce, fruit
- ☐ Turmeric - fish, sauce

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