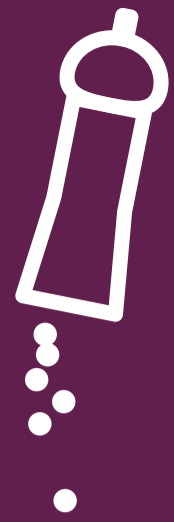


HERBS & SPICES

WHAT ARE YOU COOKING?



<p>BEEF</p> <p>BAY LEAF, CAYENNE, CHILI, GINGER, MUSTARD, PAPRIKA</p> <hr/> <p>BAY LEAF, MARJORAM, OREGANO, PARSLEY, ROSEMARY, THYME</p>	<p>PORK</p> <p>ALLSPICE, CARDAMOM, CLOVES, GINGER, MARJORAM, MUSTARD</p> <hr/> <p>OREGANO, PAPRIKA, PARSLEY, ROSEMARY, SAGE, THYME</p>	<p>LAMB</p> <p>BASIL, CARDAMOM, MARJORAM, PAPRIKA, TURMERIC</p> <hr/> <p>MINT, OREGANO, ROSEMARY</p>	<p>POULTRY</p> <p>ALLSPICE, ANISE, BAY LEAF, CAYENNE, GINGER, MARJORAM, MUSTARD, NUTMEG, PAPRIKA</p> <hr/> <p>PARSLEY, SAGE, TARRAGON, THYME.</p>
<p>RICE</p> <p>CHIVES, CUMIN, CURRY, NUTMEG, PARSLEY, SAFFRON, TURMERIC</p>	<p>EGG</p> <p>DILL, PARSLEY, GARLIC</p>	<p>FISH</p> <p>ALLSPICE, ANISE, CAYENNE, DILL, FENNEL, GINGER, MARJORAM</p> <hr/> <p>DILL, CHIVES, PARSLEY, TARRAGON, THYME.</p>	<p>FRUIT</p> <p>ALLSPICE, ANISE, CINNAMON, CLOVES, GINGER, NUTMEG</p> <hr/> <p>MINT, BASIL</p>
<p>CHINESE</p> <p>ALLSPICE, STAR ANISE, GARLIC, GINGER, CLOVES, CINNAMON, CHILLI</p>	<p>JAPANESE</p> <p>GINGER, SOY SAUCE, HONEY, GARLIC, CHILLI</p>	<p>THAI</p> <p>GARLIC, LEMONGRASS, LIME, CUMIN, CHILLI, COCONUT OIL, BAY LEAF</p>	<p>MEXICAN</p> <p>CUMIN, GARLIC, PAPRIKA, CORRIANDER, LIME, CHILLI</p>
<p>ITALIAN</p> <p>BASIL, GARLIC, MARJORAM, OREGANO, ROSEMARY, SAGE, THYME</p>	<p>CARROTS</p> <p>DILL, PARSLEY, ROSEMARY, THYME</p> <hr/> <p>NUTMEG</p>	<p>POTATOES</p> <p>CHIVES, GARLIC, ROSEMARY, TARRAGON</p> <hr/> <p>CUMIN, DILL, FENNEL</p>	<p>SWEET POTATOES / SQUASH</p> <p>CARDAMOM, GINGER, NUTMEG</p>
<p>PEAS</p> <p>MINT, MARJORAM, GARLIC</p>	<p>AUBERGINE</p> <p>OREGANO, PARSLEY, GARLIC</p>	<p>TOMATOES</p> <p>BASIL, OREGANO</p>	<p>MUSHROOMS</p> <p>GARLIC, PARSLEY, SAGE</p>

If you're stuck and don't know how to add a bit of flavour to your dish, use this handy table to help guide you. Use spices in combinations suggested, you don't need to use all the spices listed, just a few will be enough to add some depth to your dishes.