

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
 - ☐ Anaise - 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
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Tumeric - fish, sauce

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