

# Pairing meat with herbs & spices

A QUICK AND HANDY GUIDE

## POULTRY

- basil
- bay leaf
- cilantro
- cinnamon
- curry powder
- garlic
- mace
- marjoram
- mint
- onion
- paprika
- parsley
- rosemary
- sage
- saffron
- savory
- tarragon
- thyme

## BEEF

- basil
- bay leaf
- black pepper
- cayenne
- cumin
- curry powder
- dry mustard powder
- garlic
- green pepper
- onion
- oregano
- rosemary
- sage
- thyme

## PORK

- allspice
- caraway
- celery seed
- cloves
- coriander
- fennel
- ginger
- juniper berries
- dry mustard powder
- paprika
- sage
- savory

## FISH

- bay leaf
- cayenne
- curry powder
- celery seed
- chives
- dill
- fennel
- lemon zest
- marjoram
- mint
- dry mustard powder
- onion
- paprika
- parsley
- red pepper
- saffron
- sage
- sesame seed
- tarragon
- thyme
- turmeric