## Lesson 3: Herb/Spice and Food Combinations

### BEEF:
- Bay leaf
- Basil
- Marjoram
- Curry powder
- Onion
- Oregano
- Black pepper
- Savory
- Thyme

### PORK:
- Cayenne pepper
- Chile powder
- Cinnamon
- Cloves
- Fennel (sausage)
- Sage
- Thyme

### POULTRY:
- Ginger
- Curry powder
- Marjoram
- Paprika
- Sage
- Tarragon

### FINFISH:
- Basil
- Bay leaf
- Chile powder
- Dill
- Ginger
- Oregano
- Paprika
- Sage
- Tarragon
- Thyme

### SHELLFISH:
- Basil
- Black pepper
- Curry powder
- Dill
- Garlic
- Ginger
- Tarragon

### POTATOES:
- Basil
- Caraway
- Chives
- Dill
- Garlic
- Parsley

### WINTER SQUASH AND SWEET POTATOES:
- Allspice
- Cinnamon
- Cloves
- Ginger
- Nutmeg
- Savory
- Thyme

### CARROTS:
- Basil
- Bay leaf
- Ginger
- Marjoram
- Mint
- Oregano
- Parsley
- Savory
- Thyme

### SPINACH:
- Marjoram
- Ginger
- Nutmeg
- Parsley

### CORN:
- Chile powder
- Chives
- Smoked paprika

## Lesson 3: Create Your Own Spice Blend

### Chinese Five Spice Blend, 1/2 Cup
- 1/4 cup ground ginger
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 1 tablespoon ground allspice
- 1 tablespoon anise seeds

*Best for chicken, fish and pork*

### Curry Blend, 1/2 Cup
- 2 tablespoons ground coriander
- 2 tablespoons ground turmeric
- 1 tablespoon ground cumin
- 2 teaspoons ground cardamom
- 2 teaspoons ground ginger
- 2 teaspoons ground black pepper
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

*Best for rice, lentils, vegetables, and chicken*

### Italian Blend, 1/2 Cup
- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 2 teaspoons dried thyme
- 2 teaspoons crushed dried rosemary
- 2 teaspoons crushed red pepper

*Best for pasta, chicken, pizza and herbed bread*

### Mexican Chile Blend, 1/2 Cup
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 tablespoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon ground red pepper
- 1/2 teaspoon ground cinnamon

*Best for chili, tacos, fajitas, beans, and enchiladas*

### Greek Blend, 1/2 Cup
- 3 tablespoons garlic powder
- 3 tablespoons dried lemon peel
- 2 tablespoons dried oregano
- 1 teaspoon black pepper

*Best for seafood, poultry, and herbed bread*

### Mixed Herb Blend, 1/2 Cup
- 1/4 cup dried parsley
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon dried dill weed
- 1 tablespoon dried celery flakes

*Best for salads, pasta, steamed vegetables and fish*

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<th>Fresh or Whole Seasoning</th>
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<td>1/3 cup fresh onion slices</td>
<td>1/4 cup onion flakes</td>
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<tr>
<td>1/2 teaspoon minced fresh garlic</td>
<td>1/4 teaspoon instant minced garlic</td>
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<td>1 clove garlic</td>
<td>1/8 teaspoon garlic powder</td>
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<td>1/2 cup diced fresh pepper</td>
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<td>1/4 cup mixed vegetable flakes</td>
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<td>1 tablespoon dried mint</td>
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<td>1 whole bay leaf</td>
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