

# COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

| KEY<br>FLAVOR PROFILE                                                                            | ALLSPICE<br>EARTHY, SWEET                                                           | BASIL<br>SWEET                                                                      | CINNAMON<br>EARTHY, SWEET                                                           | CLOVES<br>EARTHY, SWEET                                                              | CORIANDER<br>EARTHY, PEPPERY                                                          | NUTMEG<br>SWEET                                                                       | OREGANO<br>EARTHY                                                                     | PAPRIKA<br>SWEET, WARM                                                                |
|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  PRODUCE         |    |    |    |    |    |    |    |    |
|  PROTEINS        | Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips                    | Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini                                | Apples, Carrots, Pears, Sweet Potatoes, Squash                                      | Apples, Beets, Squash, Tomatoes, Sweet Potatoes                                      | Bell Peppers, Potatoes, Onions, Tomatoes                                              | Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes                       | Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms                     | Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes                                 |
|  USE IN          | Beef, Lamb                                                                          | Cheeses, Chicken, Fish, Pork                                                        | Chicken, Lamb                                                                       | Lamb                                                                                 | Chicken, Beef, Fish, Pork, Tofu                                                       | Lamb                                                                                  | Beans, Chicken, Fish, Lamb, Pork                                                      | Chicken, Shellfish, Lamb, Tofu                                                        |
|  PAIRS WELL WITH | Soups, Desserts, Breads                                                             | Salad Dressings, Sauces, Dry Rubs, Marinades                                        | Fruit Sauces, Desserts, Breads                                                      | Curries, Soups, Marinades, Desserts, Breads                                          | Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades                                 | Rice, Stuffings, Sauces                                                               | Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades                            | Rice, Soups, Salad Dressings, Marinades                                               |
|                                                                                                  | Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace                                    | Garlic Powder, Rosemary, Thyme, Marjoram, Oregano                                   | Allspice, Cloves, Nutmeg                                                            | Cinnamon, Nutmeg, Allspice, Basil                                                    | Chili Powder, Cumin, Cinnamon                                                         | Allspice, Cloves                                                                      | Chili Powder, Bay Leaves, Thyme                                                       | Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin                                |
| BAY LEAVES<br>BITTER                                                                             | CARDAMOM<br>SWEET                                                                   | CAYENNE PEPPER<br>SPICY                                                             | CUMIN<br>SMOKY, EARTHY                                                              | GARLIC POWDER<br>SAVORY                                                              | GINGER<br>SWEET, WARM                                                                 | ROSEMARY<br>EARTHY                                                                    | THYME<br>EARTHY                                                                       | TURMERIC<br>PEPPERY, BITTER                                                           |
|                |  |  |  |  |  |  |  |  |
| Potatoes, Tomatoes, Mushrooms                                                                    | Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash                                 | Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes                          | Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans                            | Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms                                      | Carrots, Citrus, Sweet Potatoes, Beets, Squash                                        | Mushrooms, Peas, Potatoes, Onions                                                     | Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas                           | Cauliflower, Cabbage, Potato, Sweet Potatoes                                          |
| Beans, Lentils, Shellfish                                                                        | Chicken, Duck, Lentils, Pork                                                        | Chicken, Beef, Fish                                                                 | Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu                                     | Beans, Chicken, Beef, Fish, Tofu                                                     | Chicken, Beef, Fish, Pork, Tofu                                                       | Beans, Chicken, Lamb, Pork, Fish                                                      | Beef, Chicken, Fish, Lamb, Pork, Lentils                                              | Beans, Lentils, Chicken, Fish, Tofu                                                   |
| Risotto, Soups                                                                                   | Curries, Rice                                                                       | Rice, Soups, Salad Dressings, Sauces, Marinades                                     | Curries, Rice, Soups, Sauces, Dry Rubs, Marinades                                   | Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades                   | Rice, Curries, Stir-Fries, Marinades                                                  | Marinades                                                                             | Soups, Salad Dressings, Dry Rubs, Marinades                                           | Curries, Rice                                                                         |
| Oregano, Sage, Thyme, Marjoram                                                                   | Cinnamon, Cumin, Ginger, Turmeric                                                   | Cumin, Paprika, Cinnamon                                                            | Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano                                  | Oregano, Cumin, Coriander, Turmeric                                                  | Garlic Powder                                                                         | Garlic Powder, Oregano, Thyme, Basil,                                                 | Oregano, Rosemary                                                                     | Cardamom, Garlic Powder                                                               |



# POPULAR SPICE BLENDS

Spice blends combine complementary spices to create a whole new taste. Create them on your own or buy them as a blend to add instant flavor.

## KEY FLAVOR PROFILE



PRODUCE



PROTEINS



USE IN

## CHILI POWDER SPICY, SMOKY



ANCHO CHILE



PAPRIKA



CUMIN



MEXICAN  
OREGANO

Corn, Tomato, Cauliflower,  
Green Beans, Squash

Beans, Chicken, Beef, Fish

Soups, Sauces, Salad Dressings,  
Dry Rubs, Marinades

## ZA'ATAR BITTER, WARM



THYME



SESAME  
SEEDS



SUMAC

Eggplant, Sweet Potatoes,  
Squash, Onions, Carrots

Chicken, Beef, Lamb, Fish

Dry Rubs, Bread Dips

## CURRY POWDER WARM, SPICY



TURMERIC



CORIANDER



CUMIN



FENUGREEK



RED PEPPER

Cauliflower, Cabbage, Zucchini,  
Broccoli, Green Beans

Chicken, Lentils, Pork, Tofu

Curries, Rice, Soups, Sauces,  
Stir-Fries, Marinades

## CHINESE FIVE SPICE WARM, SWEET, BITTER



CASSIA



CLOVE



FENNEL



STAR ANISE



SZECHUAN  
PEPPERCORNS

Bell Peppers, Broccoli, Carrots,  
Celery, Shiitake Mushrooms

Beef, Duck, Tofu, Pork

Stir-Fries, Dry Rubs,  
Marinades, Rice

## CAJUN SEASONING SPICY, EARTHY



BLACK PEPPER



PAPRIKA



CUMIN



CAYENNE  
PEPPER



THYME

Bell Peppers, Onions, Celery, Carrots

Chicken, Beef, Pork, Shellfish

Dry Rubs

## HERBS DE PROVENCE EARTHY



ROSEMARY



MARJORAM



THYME



OREGANO



SAGE



TARRAGON

Onions, Potatoes, Zucchini, Eggplant, Tomatoes

Chicken, Beef, Lamb, Fish

Soups, Salad Dressings, Dry Rubs, Marinades

## RAS EL HANOUT SPICY, SWEET



CARDAMOM



CLOVE



CINNAMON



PAPRIKA



CORIANDER



CUMIN



NUTMEG



PEPPERCORN



TURMERIC

Onions, Tomatoes, Dates, Prunes, Carrots

Chicken, Beef, Lamb, Fish, Beans, Lentils

Soups, Dry Rubs, Marinades

## GARAM MASALA WARM, SWEET, BITTER



CINNAMON



NUTMEG



CLOVES



CARDAMOM



MACE



PEPPERCORNS



CORIANDER



TURMERIC



CUMIN

Potatoes, Broccoli, Cauliflower, Green Beans, Squash

Chicken, Beef, Beans, Lentils

Curries, Rice, Marinades, Salad Dressings, Stir-Fries



# SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

## MEXICAN



CORIANDER

CUMIN

OREGANO

GARLIC  
POWDER

CINNAMON

CHILI  
POWDER

## CARIBBEAN



ALLSPICE

NUTMEG

GARLIC  
POWDER

CLOVES

CINNAMON

GINGER

## FRENCH



NUTMEG

THYME

GARLIC  
POWDER

ROSEMARY

OREGANO

HERBES DE  
PROVENCE

## NORTH AFRICAN



CARDAMOM

CINNAMON

CUMIN

PAPRIKA

TURMERIC

GINGER

RAS EL  
HANOUT

## CAJUN



CAYENNE  
PEPPER

OREGANO

PAPRIKA

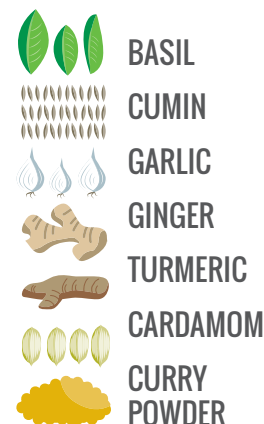
THYME

ROSEMARY

BAY LEAVES

CAJUN  
SEASONING

## THAI



BASIL

CUMIN

GARLIC

GINGER

TURMERIC

CARDAMOM

CURRY  
POWDER

## MEDITERRANEAN



OREGANO

ROSEMARY

THYME

BAY LEAVES

CARDAMOM

CINNAMON

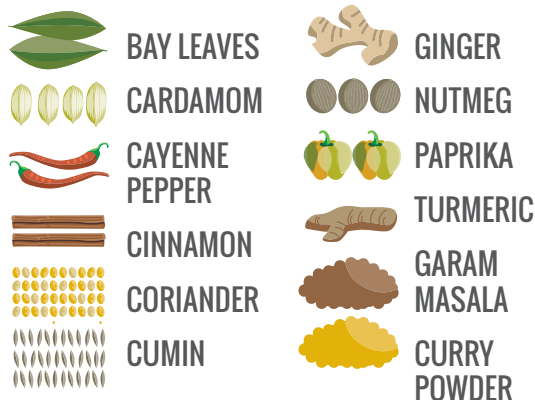
CLOVES

CORIANDER

BASIL

GINGER

## INDIAN



BAY LEAVES

CARDAMOM

CAYENNE  
PEPPER

CINNAMON

CORIANDER

CUMIN

GINGER

NUTMEG

PAPRIKA

TURMERIC

GARAM  
MASALA

CURRY  
POWDER

## MIDDLE EASTERN



BAY LEAVES

CARDAMOM

CINNAMON

CLOVES

CUMIN

GINGER

CORIANDER

OREGANO

ZA'ATAR

GARLIC  
POWDER