

# FOOD SEASONINGS: THE SPICE OF LIFE

Frederico Arts LLC, 2016



## Match Herbs to Pair with Foods

<b>HERBS</b>	<b>COMPLEMENTARY FOODS</b>
basil	
bay leaf	
chives	
cilantro	
dill	
mint	
oregano	
parsley	
rosemary	
sage	
sorrel	
tarragon	
thyme	

# Match Spices to Pair with Foods



<b>SPICES</b>	<b>COMPLEMENTARY FOODS</b>
chili powder	
cinnamon	
coriander	
cumin	
curry	
ginger	
nutmeg	
paprika	
pepper	
red pepper flakes	
tumeric	
white pepper	
zaatar	

# Match Seasonings to Pair with Foods



<b>SEASONINGS</b>	<b>COMPLEMENTARY FOODS</b>
celery	
chili pepper	
garlic	
fennel	
fresh green pepper	
fresh red pepper	
leeks	
lemon	
lime	
onions	
red onion	
shallots	