

	Appetizers	Soups	Salads	Vegetables	Seafood	Poultry	Meats	Sauces	Breads	Desserts
Allspice	Liver Pate, Meatballs, Steamed Shrimp	Cream, Split Pea, Pepperpot	Fruit Salad	Squash, Sweet Potatoes	Oyster Stew, Shrimp	Chukker, Duck, Goose	Ham, Pork Marinade	BBQ, Creole	Pancakes, Waffles	Baked Pears, Pies
Basil	Toasted Ravioli, Dips, Cocktail Sauce	Minestrone, Tomato, Vegetable	Pasta, Seafood, Tomato	Eggplant, Tomatoes, Zucchini	Lobster, Shrimp, Squid	Chicken or Turkey Stuffing	Meatloaf, Beef Stew, Meatballs	BBQ, Marinara, Tomato	Crostini, Focaccia	
Celery Seed	Dips, Tomato Juice, Shrimp Cocktail	Chicken, Seafood, Vegetable	Dressing, Slaw, Fruit Salad	Celery Hearts, Potatoes, Relish	Creamed Tuna, Shrimp, Seafood Stew	Chicken, Turkey Pot Pie	Beef Stew, Lamb	Cream, Creole, Rotelle	Bread, Rolls	Pastries
Bay Leaves	Crab Boil, Pate	All Hearty Soups	Pineapple, Chicken Salad	Potatoes	Bouillabaisse, Seafood Stew	Chicken Pot Pie	Pot Roast, Corned Beef, Stew	Oyster Dressing	BBQ, Spicy Spaghetti	
Chili Powder	Dips, Salsa, Cheese Spreads	Chili, Bean, Vegetable	Bean, Pasta	Refried Beans, Spanish Rice, Vegetarian Chili	Fish Stew, Fish Tacos	Chicken Chili, Fried Chicken	Chili Dogs, Ribs, Stews, Tacos, etc.	BBQ, Ranch Dressing	Cornbread, Tortillas	
Cinnamon	Fruit Cups	Fruit Soup	Fruit Salad, Waldorf	Squash, Sweet Potatoes		Stuffing for Duck or Goose	Pork or Ham Glaze		Cinnamon Buns, Raisin Bread, Rolls	Cakes, Pies, Puddings
Cumin	Dips, Nachos, Salsa	Bean, Chili, Gumbo	Bean, Pasta, Chutney	Beans, Rice, Squash	Deviled Crab, Fish Batter	Chicken Croquettes, Fajitas	Game, Sausage, Stews	BBQ, Dressings, Marinades	Cornbread, Jalapeno Loaf	
Curry Powder	Deviled eggs, Dips, Spreads	Chicken	Chicken Salad, Slaw	Cabbage, Corn, Rice	Shrimp	Curried Chicken	Asian Dishes , Lamb, Pork, Veal	Chutney, Curry Sauce, Pickles	Pita Bread	Curried Fruit
Dill Weed	Dips, Spreads, Seafood Cocktail	Bisque, Cream soups	Cucumber, Pasta, Potato	Green Beans	Salmon, Seafood	Chicken Casseroles	Stroganoff, Lamb, Beef, Veal, Pork	Cream, Herb Butter	Croutons, Rye, Sourdough	
Garlic	Dips, Spreads, Escargot	Vegetable	Potato Salad, Green Salad	Garlic Potatoes, Green Beans	All Seafood	Quail , Roast Chicken	Beef, Lamb, Meatballs, Sausage	Garlic Butter, Tomato	Garlic Bread	Focaccia
Ginger	Shrimp	Hot & Sour	Rice, Chicken, Fruit	Carrots, Stir Fry	Stir Fried Shrimp and Seafood	Duck, Goose	Asian Dishes, Marinades, Pork, Ribs	Curry, Sweet & Sour, Soy	Gingerbread	Apple Pie, Pastries
Marjoram	Artichoke Squares	Crab Soup, Split Pea, Bean	Cucumber, Potato	Asparagus, Tomatoes, Squash	Salmon, Baked Fish	Amish Chicken	Beef Stew , Lamb, Pork, Veal	Herb Marinade, Pesto, Spaghetti	Bread Sticks, Herb Bread	
Mint	Dips, Cheese Ball	Split Pea	Butter Mint	Peas, Potatoes	Salmon with Orange Mint Butter	Pheasant, Quail	Elk, Lamb, Moose, Venison	Jelly	Banana Mint Bread	Brownies, Cake, Cookies
Mustard	Liver Pate, Ham Spread	Chili, Hot & Sour	Slaw, Potato Salad	Cabbage, Potatoes	Crab, Baked Fish	Marinated Chicken	Beef, Ham Glaze, Sausage	BBQ, Marinades	Yeast Breads	Pretzels
Nutmeg	Egg Nog, Fruit	Bisques, Mushroom		Carrots, Spinach, Sweet Potatoes		Fried Chicken , Stuffing	Ham, Meat Loaf, Sausage	Chocolate Sauce, Cream	Cinnamon Rolls	Cakes, Cookies
Oregano	Bruschetta, Crostini	Minestrone, Vegetable	Taco, Bean	Green Beans, Squash, Tomatoes	Baked Fish, Clams, Shrimp	Chicken, Turkey	Hamburger, Lamb, Pork, Veal	BBQ, Clam, Marinara	Breadsticks, Cornbread	
Paprika	Dips, Deviled eggs, Cheese Balls	Goulash, Potato, Clam Chowder	Pasta, Potato , Slaw	Cabbage, Potatoes	Baked Fish, Paella, Shellfish	Chicken Stuffing, Baked Chicken, Casseroles	Goulash, Ham, Meat Loaf, Veal	French Dressing, Marinades, Russian Dressing	Garlic Bread	
Parsley	Dips, Deviled eggs, Cheese Balls	Vegetable, Chicken, Chowders	Pasta, Potato , Slaw	Beans , Potatoes, Tomatoes	Baked Fish, Crab Cakes, Scampi	Chicken, Stuffings	Burgers, Meat Loaf, Roasts	Alfredo, Italian, Marinara		
Cayenne Pepper	Dips, Nachos, Chicken Wings	Chili, Black Bean, Hot & Sour	Pasta, Potato, Taco	Polenta, Potatoes, Rice	Blackened Fish, Shrimp, Crab	Stir Fry Chicken	Fajitas, Ribs, Sausage	BBQ, Rubs, Salsa	Cornbread, Pizza, Hush Puppies	
Rosemary	Pate, Meatballs	Consomme, Pea	Tomato, Beet	Potatoes, Tomatoes	All Fish	Chicken, Pheasant, Quail	Lamb, Pork, Wild Game	Salad Dressing, Gravy, Marinades	Focaccia, Rosemary Bread	
Sage	Meatballs, Cheese Spreads	Minestrone, Tomato, Leek	Mixed Green	Brussels Sprouts, Squash	Stuffed Fish, Baked Fish	Game birds, Stuffing	Lamb, Sausage, Veal, Venison	Herb Dressings	Muffins, Stuffings	
Sesame Seed	Dips, Cheese Spreads		Spinach, Pasta, Chicken	Green Beans, Stir Fry	Baked Fish, Shrimp	Chicken	Beef, Lamb, Pork	Hoisin, Tahini	Bagels, Buns, Granola	Benne, Pie, Cookies
Thyme	Bread Sticks, Cheese Spreads	Broths, Stocks, Leek	Tomato, Tuna, Vegetable	Potatoes, Rice, Squash	Baked Fish, Salmon	Chicken	Lamb, Pork, Stews	Marinara, Marinades	Focaccia, Herb Rolls	