





Cooking with Popular Herbs and Spices



Herb	Appetizers Salads	Breads/Eggs Sauces/Cheeses	Vegetables Pasta	Meat Poultry 	Fish Shellfish
Basil	Green, Potato, Tomato Salads, Dressings, Stewed Fruit	Breads, Fondue & Egg Dishes Dips Marinades Sauces	Mushrooms, Tomatoes Squash Pasta, Bland Vegetables	Broiled, Roast Meat & Poultry Pies, Stews, Stuffing	Baked, Broiled, & Poached Fish Shellfish
Bay Leaf	Seafood Cocktail, Seafood Salad, Tomato Aspic, Stewed Fruit, Stews, Soups	Egg Dishes, Gravies Marinades, Sauces 	Dried Beans, Dishes, Beets, Carrots, Onions, Potatoes Rice, Squash	Corned Beef, Tongue Meat, & Poultry Stews, Soups, Meat Pies, Casseroles	Poached Fish, Shellfish, and, Fish Stews 
Chives	Mix Vegetable, Green, Potato & Tomato Salads, Salad Dressings, Soups, Stews	Egg & Cheese Dishes, Cream Cheese, Cottage Cheese, Gravies, Sauces	Hot Vegetables, Potatoes 	Broiled Poultry, Poultry, Beef & Meat Pies Stews Casseroles	Baked Fish, Fish Casseroles, Fish Stews, Shellfish, Soups
Dill	Seafood Cocktail, Green Potato & Tomato Salads Salad Dressings	Breads, Egg & Cheese Dishes, Cream Cheese, Fish & Meat Sauces	Beans, Beets, Cabbage, Carrots, Cauliflower, Peas, Squash, Tomatoes	Beef, Veal Roasts, Lamb, Steaks, Chops, Stews, Roast & Creamed Poultry	Baked, Broiled, Poached, Stuffed Fish, Shellfish
Garlic	All Salads, Salad Dressing, Soups, Stews	Fondue, Poultry Sauces, Fish & Meat Marinades	Beans, Eggplant, Potatoes, Rice, Tomatoes 	Roasts, Meats, Meat & Poultry Pies, Hamburgers, Casseroles, Stews	Broiled Fish, Shellfish, Fish Stews, Casseroles
Marjoram	Seafood Cocktail, Green, Poultry & Seafood Salads	Breads, Cheese Spreads, Egg & Cheese Dishes, Gravies, Sauces	Carrots, Eggplant, Peas, Onions, Potatoes, Dried Bean Dishes, Spinach	Roasts, Meats, Poultry, Meat, Poultry Pies Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish 