

	Appetizers	Breads	Cheese	Desserts	Eggs	Meats	Poultry	Salads	Sauces	Seafood	Soups	Vegetables
ALLSPICE	Cranberry Juice Tomato Juice	Coffee Cakes Sweet Rolls Tea Bread		Fruit Compotes Cakes and Cookies Gingerbread Pumpkin Pie Mince Pie Puddings		Beef, Lamb, and Veal Pot Roast Meat Balls and Stew Ham Patties Ham Glaze	Chicken Fricassee, Turkey Pie Chicken Pie Duck Stew	Fruit Cabbage	Dessert Chili Tomato Catsup, Tomato Meat	Poached Fish	Chicken Consommé Fish Chowder Potato Tomato Turtle Vegetable	Beets Carrots Parsnips Turnips Spinach, Winter Squash
ANISE	Fruit Juice Fruit Cup Cheese Canapés Shellfish Canapés	Coffee Cake Sweet Rolls Tea Bread	Cottage Cheese and other Mild-Flavored Cheese	Cakes and Cookies Apple Pie Fruit Compotes Baked Apple		Beef stew Veal Stew	Roast Duck Chicken Pilaf Duck Pilaf, Braised Chicken	Fruit Cabbage, French Dressing	Dessert, Whipped Cream		Fruit	
CARAWAY SEED	Canapé Spreads Tomato Juice	Rye Bread Pumpernickel Coffee Cakes Onion Bread Rolls and Buds	Cheese Spreads Cottage Cheese Cheese Omelets	Cakes and Cookies Apple Pie	Omelet Sandwich Spreads	Beef Roast Beef Stew Pork Roast Sauerbraten	Roast Goose	Cole Slaw, Cottage Cheese, Cucumber, Sour Cream Dressing	Butter Sauce Cucumber Sour Cream	Broiled Fish Broiled Crab Poached Fish Stuffed Fish	Cabbage Potato	Cabbage Carrots Celery Cucumbers Onions Potato
CARDAMOM SEED	All Melons, except Watermelon	Danish Pastry Lucia buns Sweet Yeast Bread Coffee Cake		Cakes and Cookies Apple Pie Pumpkin Pie Fruit Compotes Baked Apple		Curried Beef Curried Lamb Curried Veal Curried Pork	Curried Poultry Dishes		Hard Sauce Lemon Orange	Curried Dishes		Carrots Sweet Potatoes, Pumpkins, Winter Squash
CAYENNE	Guacamole	Cheese Wafers and Straws	Dips Fondue Mac and Cheese Soufflé Welsh Rarebit		Omelet Soufflé Deviled Eggs	Ham Croquettes Ham Soufflé Pork Sausage Paprikash Curried Meats	Broiled Chicken, Barbecued Poultry, Curried Chicken	Cheese Egg Macaroni Kidney Beans	Barbeque Spaghetti Tomato Cheese	Broiled Shrimp, Broiled Crabmeat, Broiled Lobster	Brunswick Stew, Vegetable	Cabbage Collards Turnip Kale
CELERY SEED	Tomato Juice Clam Juice	Cheese Wafers and Straws	Cheese Spreads		Omelet Scrambled Soufflé	Pot Roast Meat Loaf	Chicken Fricassee	Cole Slaw, French Dressing	Celery Tomato	Fish Chowder	Chowders Bisques	Beets Lettuce Cabbage
CHILI POWDER	Tomato Juice Guacamole	French Bread Biscuits	Cottage Cheese Dips and Spreads Fondue Welsh Rarebit		Deviled Omelet Scrambled Sandwich Spreads	Chili Con Carne Beef stew Meat Balls Meat Loaf Hamburgers Tamale Pie	Barbeque Chicken, Broiled Chicken Fried Chicken	Egg, Mixed Vegetables Potato Seafood, Salad Dressing	Barbeque Cocktail Spaghetti Tomato Cheese	Shrimp Fish Lobster	Black Bean Bean Bisque Pea Tomato	Lima Beans Corn Eggplant Onion Tomato

	Appetizers	Breads	Cheese	Desserts	Eggs	Meats	Poultry	Salads	Sauces	Seafood	Soups	Vegetables
MACE		Banana Bread Tea Breads Doughnuts Sweet Yeasts, Rolls, and Bread	Welsh Rarebit	Pound Cake Spice Cake Cookies Chocolate Dishes, Lemon Dessert Lime Dessert		Meat Loaf Veal Chops	Chicken Fricassee, Sauces for Chicken Dishes		Fish Chicken Desserts, Whipped Cream	Clam Bisque	Brunswick Stew	Broccoli Brussels Cabbage Snap Beans
MUSTARD	Shrimp Cocktail	Cheese Yeast Bread	All Cheese Dishes	Spice Cake Gingerbread, Molasses Cookies	Deviled, Sandwich Spreads	Ham/Pork Hamburgers Meat Balls Meat Loaf		Ham and other Meat/Egg Salads, Boil Dressing, French Dressing	Cheese Egg Meat Vegetable		Chowders Bisques	Beets Lettuce Cabbage Cucumbers
NUTMEG		Banana Bread Tea Bread Sweet Yeast Bread and Rolls		Custard Puddings Apple Dessert Cake Cookies Apple Pie Pumpkin Pie	Eggnog	Swedish Meat Balls, Meat Pie Pastry, Meat Loaf			Fruit Foamy Hard Butter, Whipped Cream		Black Bean Pea Tomato Potato	Tomato Beans Corn Eggplant Onion
PAPRIKA	Garnish		Garnish		Garnish	Beef and Veal Paprikash, Garnish	Chicken Paprikash, Garnish	Salad Dressing Garnish	Barbeque Butter Cucumber	Stuffings for Fish, Garnish	Pea	Cauliflower Corn Spinach
BL. PEPPER	Fish/Shellfish Vegetable Juices, Pates	Italian Yeast Easter Bread Crackling Bread, Spice Tea Leaf	All Cheese Dishes	Spice Cake Spice Cookies Gingerbread	All Egg Dishes	All Meat Dishes	All Poultry Dishes	Al Vegetables All Meat All Seafood Egg	Barbeque Butter Marinades Cheese Egg	All Seafood Dishes	Fruit	Beets Carrots Onions Rutabagas Tomatoes
WH. PEPPER	Fish/Shellfish Vegetable Juices, Pates	Italian Yeast Easter Bread Crackling Bread, Spice Tea Leaf	All Cheese Dishes	Spice Cake Spice Cookies Gingerbread	All Egg Dishes	All Mea t Dishes (Where White Specks are not Wanted)	All Poultry Dishes	Al Vegetables All Meat All Seafood Egg	Barbeque Butter Marinades Cheese Egg	All Seafood Dishes	Chicken Stock Veal Stock Vegetable	Beets Carrots Onions Winter Squash Sweet Potato
SESAME SEED	Garnish	Quick Bread Tea Bread Coffee Cake Rolls	Fondue Spreads Garnish	Cakes Cookies Pies	Scrambled Garnish		Stuffing Fried Chicken Broiled Chicken, Baked Chicken	Fruit Chicken Tomato Salad Dressing	Butter	Broiled Fish Crabmeat Lobster Shrimp Stuffing		Corn, Summer Squash
TUMERIC					Sandwich Spreads, Deviled Creamed	Curried Meats	Curried Poultry	Deviled Egg Potato Chicken	Sauces for Egg, Chicken, Fish or Shellfish	Pilafs Fish Lobster Shrimp		

	Appetizers	Breads	Cheese	Desserts	Eggs	Meats	Poultry	Salads	Sauces	Seafood	Soups	Vegetables
BASIL	Tomato Juice Vegetable Juice, Seafood Cocktail	Yeast Loaf	Pizza Pie Rarebits		Scrambled Deviled, Sandwich Spreads	Beef, Lamb, and Veal Roasts, Hamburgers Meat Balls Meat Pies Lamb Chops	Fried Chicken	Tomato Vegetable Seafood Aspic, French Dressing	Tomato Cheese Butter Spaghetti	Fish Shrimp Crabmeat Lobster	Minestrone Pea Potato Spinach Turtle Vegetable	Asparagus Beets Broccoli Cabbage Cucumbers Peas Eggplant
BAY LEAF	Tomato Juice					Beef, Lamb, and Veal Stews, Tongue	Chicken Stew and Fricassee, Venison Rabbit	Aspic, Molded Vegetable	Spaghetti Meat Tomato	Poached Fish Pickled Fish Court Bouillon Shrimp Lobster	Bouillabaisse Consommé Chicken Vegetable	
CHERVIL		Herb Bread	Cottage Cheese, Cream Cheese		Omelet Scrambled Shirred		Broiled Chicken	Egg Vegetable Chicken Dressing, Salad Dressing	Béarnaise Tomato Vinaigrette	Shellfish	Cream of Potato, Cream of Spinach	Beets Celery Cucumbers Lettuce Potatoes Tomatoes
ITALION SEASONING	Clam Juice Tomato Juice, Vegetable Juice	Herb Bread	Soufflé Omelet Mac & Cheese		Omelet Scrambled	Beef, Lamb and Veal Stews, Pot Roast Pork Chops	Chicken Fricassee, Chicken Pie Turkey Pie Stuffing	Vegetable Seafood, French Dressing	Cheese Gravy Spaghetti Tomato	Baked Fish Broiled Fish Stuffing	Fish Chowder Potato Vegetable	Eggplant Tomatoes
MARJORAM	Chopped Liver Liver Pate Tomato Juice	Herb Bread	Sharp Cheese Spreads		Omelet Scrambled	Pot Roast Stews Stuffings Meat Loaf	Fried Chicken Chicken Fricassee, Roast Duck Roast Turkey Stuffing	Chicken Egg Seafood, French Dressing	Gravy Seafood Butter Tomato	Crabmeat Fish Shrimp Stuffing	Cream of Celery, Cream of chicken, Onion Potato Spinach	Celery Collards Turnip Greens Onions Peas Potatoes
MINT	Fruit Cup Fruit Juice Melon Balls		Cream Cheese Spreads			Lamb Stew		Cole Slaw Fruit	Lamb Dessert, Whipped Cream		Cream of Pea	Carrots Peas
OREGANO	Guacamole Tomato Juice, Vegetable Juice		Pizza Pie, Cheese Spreads		Deviled Omelet, Sandwich Spreads	Chili Con Carne Hamburger Beef and Lamb Roasts, Pork Dishes	Guinea Hen Pheasant	Egg Kidney Bean Vegetable Tomato Meat Shrimp Salad Dressing	Butter Spaghetti Tomato Shrimp	Fish Stuffing Broiled Fish Broiled Shrimp	Bean Minestrone Tomato	Broccoli Eggplant Cabbage Tomatoes Lentils Dried Beans

	Appetizers	Breads	Cheese	Desserts	Eggs	Meats	Poultry	Salads	Sauces	Seafood	Soups	Vegetables
PARSLEY	Clam Juice Tomato Juice Herb Loaf	Biscuits Herb Loaf	Cottage Cheese, Cream Cheese Cheese Dips Soufflé		Deviled Creamed Scrambled Omelet	Beef, Lamb, and Veal Stew, Meat Pie Meat Loaf	Chicken Fricassee, Chicken Pie Turkey Pie Stuffing	Chicken Egg Potato Seafood Vegetable	Butter Tartar Bordelaise Remoulade Spaghetti	Fish Shellfish Lobster Paella Stuffing	Court Bouillon Chicken Stock, Vegetable Soups	Beets Cabbages Carrots Cauliflowers Onions Turnip
POULTRY SEASONING		In Biscuits to Serve With Poultry and Seafood				Croquettes All Meat Stews Casseroles Stuffings	All Chicken and Turkey Dishes, Duck and Rutabaga Stew, Stuffing	Egg Chicken Turkey Seafood	Gravy Cream Sauce	Broiled Fish Casseroles Stuffings	Chicken Fish Chowder Potato Soup	Onion Potato
ROSEMARY	Fruit Cups	Yeast Loaf			Omelet Scrambled Soufflé Shirred	Lamb Roast Lamb Stew Shish Kebab Liver Loaf Pot Roasts	All Chicken and Turkey Dishes, Stuffings	Chicken Salad Turkey Salad Seafood Lamb, French Dressing	Lamb Gravy Cream Sauce Butter	Fish Scallops Croquettes Tuna Loaf Stuffing	Chicken Lamb Broth Tomato Fish Chowder	Cauliflower Potato Turnip
SAFFRON		Tea Bread Yeast Rolls Yeast Breads	Cream Cheese		Scrambled		Chicken Duck Turkey Arroz con Pollo			Fish Paella Shrimp Pilafs		
SAGE	Tomato Juice Clam Juice	Corn Bread Corn Biscuits Served with Poultry and Seafood	Cheddar Cheese Spreads, Omelet Fondue			Pork Dishes Veal Dishes Sausage Stuffings	Casseroles Croquettes Fried Chicken Stuffing	Chicken Turkey Salad Dressing	Chicken Gravy Turkey Gravy Butter Cream Sauce	Stuffing Baked Fish Chowder	Chicken Turkey	Beets Celery Onion Squash Tomato
SAVORY	Tomato Juice, Vegetable Juice, Liver Pate				Deviled Omelet Scrambled	Roast Beef Roast Pork Roast Lamb Roast Veal Meat Pie Hamburger	Chicken Dishes Turkey Dishes	Green salads Tomato Salad Dressing	Sauces for Fish and Poultry	Broiled Fish Stuffing	Chicken Cucumber Potato Tomato Meat Broth	Beans Cucumber Potato Tomato Carrot
TARRAGON	Tomato Juice Fruit Juice Liver Pate				All Egg Dishes	Lamb Dishes Veal Dishes	Chicken Turkey	Chicken Green Salads Tomato Potato	Sauces for Lamb and Poultry	Fish Shrimp	Chicken Mushroom Pea Tomato	Beet Carrot Squash Beans
THYME	Tomato Juice Fish Cocktail Aspic Liver Pate	Corn Bread Served with Poultry and Fish Dishes, Yeast Loaf	Cottage Cheese		Deviled Scrambled Shirred	All Roasts All Stews Meat Loaf Meat Balls Croquettes	Casseroles Pies Fried Chicken Roast Duck Stuffing	Chicken Ham Tuna Fish Egg Beet	Creoles Tomato Gravy, Sauces for Poultry	Tuna Scallops Crabmeat Fish Lobster	Clam Chowder Clam Bisque Fish Chowder Mushroom Tomato	Beet Carrot Onion Mushroom Potato

	Appetizers	Breads	Cheese	Desserts	Eggs	Meats	Poultry	Salads	Sauces	Seafood	Soups	Vegetables
CINNAMON	Tomato Juice Cranberry Juice	Biscuits Coffee Cake Sweet Rolls Toast Tea Loaf		Apple Desserts Cakes Cookies, Chocolate Desserts, Gingerbread		Beef Stew Sauerbraten		Spiced Fruit, Spiced Jellied Fruit	Applesauce Raisin Chocolate Cranberry Lemon Orange		Fruit	Beets Carrots Onions Pumpkin Sweet Potato Winter Squash
CLOVES	Tomato Juice	Coffee Cakes Sweet Rolls Sweet Yeasts Sweet Bread		Cakes Cookies Fruit Compotes Puddings Gingerbread		Corned Beef Ham Pork Stews Tongue		Spiced Fruit, Spiced Jellied Fruit	Applesauce Raisin Tomato Catsup Tomato Sauce Chili Chocolate		Chicken Stock Onion	Beets Carrots Onions Pumpkin Sweet Potato
CORIANDER		Biscuits Buns		Apple Desserts Cakes Cookies Gingerbread	Omelet Curried Scrambled, Sandwich Spreads	Meat Curries Pork Sausage Meat Balls	Curried Poultry Stuffing	Mixed Greens Salad Dressing			Pea Soup Stocks	Cauliflower Onion Spinach Tomato
CUMIN SEED	Cheese and Egg Canapés		Cheese Spreads	Cakes Cookies	Curried Eggs Stuffed	Curried Meat Meat Balls Meat Loaf	Curried Poultry Stuffing	Salad Dressing	Curried Seafood, Curried Poultry	Shrimp Lobster Fish		
CURRY POWDER		French Bread	Cottage Cheese, Cream Cheese Fondue Noodles	Apple Pie	Curried Scrambled Deviled, Sandwich Spreads	Pork Lamb Meat Balls Meat Loaf Curried Meat	Curried Poultry Curried Duck Stuffing	Chicken Fruit Seafood Salad Dressing	Butter Egg Cheese Onion Celery	Crabmeat Fish Lobster Shrimp Stuffing	Chicken Consommé Pea Tomato Turtle Vegetable	Beets Carrots Parsnips Sweet Potato Turnip Winter Squash
DILL SEED	Tomato Juice, Vegetable Juice	Yeast Loaf, Dill-Onion Bread	Cottage Seed Cream Cheese	Green Apple Pie	Deviled, Sandwich Spreads	Lamb Chops Lamb Roast Lamb Stew	Chicken and Rice, Creamed Chicken	Cabbage Potato Cucumber, French Dressing	Gravy Sour Cream Fish Butter	Seafood with Rice, Fish Loaf Broiled Fish Balls	Fruit	
FENNEL SEED		Yeast Loaf Muffins		Apple Desserts Cakes Cookies		Italian Sausage Beef Lamb Pork	Chicken Pilafs Duck Pilafs	Seafood, Green Vegetables	Sauces for Pork and Tongue, Dessert	Seafood Pilaf Baked Fish Shellfish Poached Fish	Cabbage Potato	Cabbage Onion Cucumbers Potato
GINGER	Apple Juice Prune Juice Cantaloupe	Tea Bread Pumpkin Bread Sweet Rolls	Macaroni with Cheese, Other Cheese Dishes	Fruit Desserts Cakes Cookies Italian Puddings, Baked Puddings		All Meats Oriental Meat	Fried Chicken Roast Chicken Baked Duck Casseroles	French Dressing	Sauces for Pork and Tongue, Dessert			Carrots Sweet Potato Winter Squash