

Spices: A Cheat Sheet

NOT SURE WHICH SPICES GO WITH WHAT? YOU'RE NOT ALONE: IT'S ONE OF THE QUESTIONS THAT THE TEST KITCHEN IS ASKED TIME AND TIME AGAIN. SO, WE CREATED THIS GUIDE THAT'LL HAVE YOU SPICING THINGS UP IN NO TIME. REMEMBER THAT THESE ARE JUST GUIDELINES. WHAT REALLY MATTERS IS FOLLOWING YOUR INSTINCTS AND HAVING FUN!

CHICKEN

- Bay Leaves
- Cardamom
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry Powder
- Garam masala
- Garlic Powder
- Herbes de Provence
- Mustard Powder
- Paprika
- Turmeric

PORK

- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry Powder
- Five-Spice
- Garlic Powder
- Ginger
- Mustard Seeds
- Paprika

SEAFOOD

- Cayenne Pepper
- Garlic Powder
- Ginger
- Saffron

BEEF

- Allspice
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Coriander
- Cumin
- Curry Powder
- Five-Spice
- Garam Masala
- Garlic Powder
- Ginger
- Herbes de Provence
- Mustard Seeds
- Star anise

LAMB

- Allspice
- Cinnamon
- Cloves
- Cumin
- Herbes de Provence
- Star anise

LEGUMES

- Bay Leaf
- Cayenne Pepper
- Chili Powder
- Cumin
- Curry Powder
- Garam masala
- Mustard Seeds
- Turmeric

TOFU

- Allspice
- Cayenne Pepper
- Coriander
- Cumin
- Curry Powder
- Five-Spice
- Garlic Powder
- Ginger
- Turmeric

EGGS

- Cayenne Pepper
- Chili Powder
- Garlic Powder
- Paprika

FISH

- Allspice
- Bay Leaves
- Cayenne Pepper
- Coriander
- Cumin
- Curry Powder
- Garlic Powder
- Ginger
- Herbes de Provence
- Mustard Seeds
- Paprika
- Turmeric