



Herb Guide for Meats



Beef: cilantro, garlic, ginger, rosemary, sage, thyme



Chicken: cilantro, garlic, marjoram, tarragon, turmeric



Fish, pan-seared: mustard, oregano, sage, tarragon
Fish, grilled: cilantro, fennel, rosemary, thyme



Pork: garlic, mustard, oregano, rosemary, sage



Turkey: basil, cumin, rosemary, sage, thyme



Dishes, herbs, and spices that work well together:



Basil: tomatoes, tomato sauces, peas, squash, lamb, fish, eggs, tossed salad, cheese, potatoes, pasta



Cilantro: chicken, chili, rice, sauces, peas, cucumbers, avocados



Fennel: salads, soups, carrots, sweet potatoes, pork, mussels, fish



Garlic: meats, fish, roast lamb, salad dressings, pasta sauces, vegetables, cheese dishes, bread, pickles



Ginger: lamb, chicken, fish, clams, carrots, squash, pumpkin, desserts, tea



Italian parsley: meats, vegetables, soups, eggs, cheese



Mint: jellies, fruit juices, candies, frosting, cakes, pies, pork, potatoes, peas, chocolate



Sage: stuffing, pork roast, sausage, poultry, hamburgers



Turmeric: salad dressings, marinades, soups, eggs, rice