

33 HERBS & SPICES that no New Orleans pantry should be without



ALLSPICE

spiced • tomato sauce • fruit pies and preserves • baked goods • French toast



ANISE

like seeds • biscuits • other cookies • Italian desserts • fruit • soups • cheese • stir fries • bread • stronger



BASIL

tomatoes • tomato dishes and soups • goat cheese • use fresh for pasta, garnishes



BAY LEAVES

Louisiana one-pot dishes • soups • stews • gravies • marinades • vegetables



CARAWAY SEEDS

cheese dips • German breads • meat loaf • pork roast • stew



GAYENNE

Louisiana smothering sauce • method • dips • cheese and egg dishes • soups • vegetables



CELERY SEED

celery • corn relishes • pickles • dressings • fish • stews • meats



CHIVES

deviled eggs • omelets • cheese dips or stews



CILANTRO

soups • beef • beans • piglet • fish • pork • chiles • roasted fish • salsa



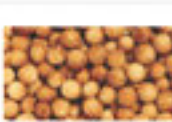
CINNAMON

cakes • cookies • pies • other baked goods



CLOVES

wines • pork • spice cakes • fish dishes • pies



CORIANDER SEEDS

fruit desserts • pickles • soups • soups



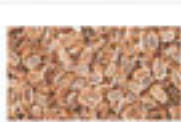
CUMIN

chili • burritos • Mexican dishes • Indian foods



DILL SEEDS/WEED

salmon • carrots • salmon • shrimp • potatoes • green beans • yogurt sauce



FENNEL SEEDS

tomatoes • roasted vegetables • Italian sausage • tomato sauce



GINGER

pickles • fish • pork • stir fries • use fresh in tea, ice cream, food dishes



LAVENDER

tea • shortbread • desserts



MARJORAM

bruschetta • soups • soups • salad • fish potatoes • poultry stuffing • split pea soup



MINT

beef • peas • fruit salad • piglet • soups • desserts • drink



MUSTARD SEEDS

quick pickles • potato salad • relishes



NUTMEG

beef • greens • flavored carrots • apples • dipping • biscuits • cream soups • 1/2 tsp fresh, 1/2 tsp whole nutmeg per 1/2 cup



OREGANO

tomatoes • parmesan • carrots • soups • potatoes • onion soup • tomato sauce • soups • soups • Mexican oregano, a stronger variety, is used in salsa and many Southwestern dishes



PAPRIKA

eggs • chicken • salmon • meat • chicken • potato salads • dips • breaded porks, ground from smoked pepper, is fine and a depth, use anywhere you want regular paprika.



PARSLEY

beef • chicken • eggplant • potatoes • carrot • cauliflower



POPPY SEEDS

salet dressing • cakes • muffins • cookies • breads



RED PEPPER FLAKES

salads, cheese, Caribbean and many dishes • Some kinds are hotter than others; use sparingly with you know the heat level



ROSEMARY

potatoes • pork • beef • eggplant • soups • soups • roasted vegetables and soups



SAGE

meats • root vegetables • pork • poultry • onion soup • white beans • stuffings



SESAME SEEDS

cheese • Indian chicken • use to top breads and cookies • Black sesame is common in Japanese, Chinese and Chinese dishes



TARRAGON

fish • chicken • Japanese • cauliflower • mushrooms • use in vinaigrette with 1/2 tsp tarragon and not use vinegar



THYME

tomatoes • peppers • soups • meat and poultry dishes • Classic herb in French and Louisiana dishes



TURMERIC

pickles • classic Indian dishes • curries



WHITE PEPPER

pale colored creamy soups and dishes

KEY: ♣ Louisiana favorite ♠ Great garnish ☉ Fresh is always best

NOTES

- Substitutions: 1 part dried herb = 2 parts fresh herb
- Refrigerate seeds to keep the essential oils from rancidity
- Culinary herbs: Leafy parts of useful herbaceous plants that grow in many climates.
- Spice: Seeds, bark, flowers or roots of plants, often tropical. Generally stronger than herbs and used more sparingly.
- A few plants, like cilantro, are used as both herbs (the leaves) and spices (the seeds). Coriander seeds, a spice, grow into fresh coriander or cilantro, a herb.