



COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

KEY FLAVOR PROFILE	ALLSPICE EARTHY, SWEET	BASIL SWEET	CINNAMON EARTHY, SWEET	CLOVES EARTHY, SWEET	CORIANDER EARTHY, PEPPERY	NUTMEG SWEET	OREGANO EARTHY	PAPRIKA SWEET, WARM
PRODUCE								
PROTEINS	Apples, Beets, Cabbage, Carrots, Squash, Sweet Potatoes, Turnips	Bell Peppers, Eggplant, Potatoes, Tomatoes, Zucchini	Apples, Carrots, Pears, Sweet Potatoes, Squash	Apples, Beets, Squash, Tomatoes, Sweet Potatoes	Bell Peppers, Potatoes, Onions, Tomatoes	Broccoli, Cabbage, Carrots, Squash, Cauliflower, Sweet Potatoes	Artichokes, Tomatoes, Bell Peppers, Zucchini, Potatoes, Mushrooms	Bell Peppers, Squash, Cauliflower, Broccoli, Potatoes
USE IN	Beef, Lamb	Cheeses, Chicken, Fish, Pork	Chicken, Lamb	Lamb	Chicken, Beef, Fish, Pork, Tofu	Lamb	Beans, Chicken, Fish, Lamb, Pork	Chicken, Shellfish, Lamb, Tofu
PAIRS WELL WITH	Soups, Desserts, Breads	Salad Dressings, Sauces, Dry Rubs, Marinades	Fruit Sauces, Desserts, Breads	Curries, Soups, Marinades, Desserts, Breads	Curries, Soups, Sauces, Stuffing, Dry Rubs, Marinades	Rice, Stuffings, Sauces	Soups, Salad Dressings, Tomato Sauces, Dry Rubs, Marinades	Rice, Soups, Salad Dressings, Marinades
	Cardamom, Nutmeg, Cinnamon, Cloves, Ginger, Mace	Garlic Powder, Rosemary, Thyme, Marjoram, Oregano	Allspice, Cloves, Nutmeg	Cinnamon, Nutmeg, Allspice, Basil	Chili Powder, Cumin, Cinnamon	Allspice, Cloves	Chili Powder, Bay Leaves, Thyme	Garlic Powder, Chili Powder, Cardamom, Cinnamon, Cumin
BAY LEAVES BITTER	CARDAMOM SWEET	CAYENNE PEPPER SPICY	CUMIN SMOKY, EARTHY	GARLIC POWDER SAVORY	GINGER SWEET, WARM	ROSEMARY EARTHY	THYME EARTHY	TURMERIC PEPPERY, BITTER
Potatoes, Tomatoes, Mushrooms	Carrots, Citrus, Corn, Peas, Sweet Potatoes, Squash	Eggplant, Potatoes, Zucchini, Bell Peppers, Corn, Tomatoes	Eggplant, Tomatoes, Zucchini, Carrots, Corn, Green Beans	Cabbage, Tomatoes, Zucchini, Carrots, Mushrooms	Carrots, Citrus, Sweet Potatoes, Beets, Squash	Mushrooms, Peas, Potatoes, Onions	Carrots, Tomatoes, Zucchini, Cauliflower, Green Beans, Peas	Cauliflower, Cabbage, Potato, Sweet Potatoes
Beans, Lentils, Shellfish	Chicken, Duck, Lentils, Pork	Chicken, Beef, Fish	Beans, Chicken, Beef, Fish, Lentils, Pork, Tofu	Beans, Chicken, Beef, Fish, Tofu	Chicken, Beef, Fish, Pork, Tofu	Beans, Chicken, Lamb, Pork, Fish	Beef, Chicken, Fish, Lamb, Pork, Lentils	Beans, Lentils, Chicken, Fish, Tofu
Risotto, Soups	Curries, Rice	Rice, Soups, Salad Dressings, Sauces, Marinades	Curries, Rice, Soups, Sauces, Dry Rubs, Marinades	Curries, Soups, Sauces, Stir-Fries, Dressings, Dry Rubs, Marinades	Rice, Curries, Stir-Fries, Marinades	Marinades	Soups, Salad Dressings, Dry Rubs, Marinades	Curries, Rice
Oregano, Sage, Thyme, Marjoram	Cinnamon, Cumin, Ginger, Turmeric	Cumin, Paprika, Cinnamon	Garlic Powder, Turmeric, Ginger, Cinnamon, Oregano	Oregano, Cumin, Coriander, Turmeric	Garlic Powder	Garlic Powder, Oregano, Thyme, Basil	Oregano, Rosemary	Cardamom, Garlic Powder



POPULAR SPICE BLENDS

Spice blends combine complementary spices to create a whole new taste. Create them on your own or buy them as a blend to add instant flavor.

KEY FLAVOR PROFILE

CHILI POWDER
SPICY, SMOKY

ZA'ATAR
BITTER, WARM

CURRY POWDER
WARM, SPICY

CHINESE FIVE SPICE
WARM, SWEET, BITTER



PRODUCE

- ANCHO CHILE
- PAPRIKA
- CUMIN
- MEXICAN OREGANO

- THYME
- SESAME SEEDS
- SUMAC

- TURMERIC
- CORIANDER
- CUMIN
- FENUGREEK
- RED PEPPER

- CASSIA
- CLOVE
- FENNEL
- STAR ANISE
- SZECHUAN PEPPERCORNS

Corn, Tomato, Cauliflower, Green Beans, Squash

Eggplant, Sweet Potatoes, Squash, Onions, Carrots

Cauliflower, Cabbage, Zucchini, Broccoli, Green Beans

Bell Peppers, Broccoli, Carrots, Celery, Shiitake Mushrooms

Beans, Chicken, Beef, Fish

Chicken, Beef, Lamb, Fish

Chicken, Lentils, Pork, Tofu

Beef, Duck, Tofu, Pork

Soups, Sauces, Salad Dressings, Dry Rubs, Marinades

Dry Rubs, Bread Dips

Curries, Rice, Soups, Sauces, Stir-Fries, Marinades

Stir-Fries, Dry Rubs, Marinades, Rice



PROTEINS



USE IN

CAJUN SEASONING
SPICY, EARTHY

HERBS DE PROVENCE
EARTHY

RAS EL HANOUT
SPICY, SWEET

GARAM MASALA
WARM, SWEET, BITTER

- BLACK PEPPER
- PAPRIKA
- CUMIN
- CAYENNE PEPPER
- THYME

- ROSEMARY
- MARJORAM
- THYME
- OREGANO
- SAGE
- TARRAGON

- CARDAMOM
- CLOVE
- CINNAMON
- PAPRIKA
- CORIANDER
- CUMIN
- NUTMEG
- PEPPERCORN
- TURMERIC

- CINNAMON
- NUTMEG
- CLOVES
- CARDAMOM
- MACE
- PEPPERCORNS
- CORIANDER
- TURMERIC
- CUMIN

Bell Peppers, Onions, Celery, Carrots

Onions, Potatoes, Zucchini, Eggplant, Tomatoes

Onions, Tomatoes, Dates, Prunes, Carrots

Potatoes, Broccoli, Cauliflower, Green Beans, Squash

Chicken, Beef, Pork, Shellfish

Chicken, Beef, Lamb, Fish

Chicken, Beef, Lamb, Fish, Beans, Lentils

Chicken, Beef, Beans, Lentils

Dry Rubs

Soups, Salad Dressings, Dry Rubs, Marinades

Soups, Dry Rubs, Marinades

Curries, Rice, Marinades, Salad Dressings, Stir-Fries



SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN

- CORIANDER
- CUMIN
- OREGANO
- GARLIC POWDER
- CINNAMON
- CHILI POWDER

CARIBBEAN

- ALLSPICE
- NUTMEG
- GARLIC POWDER
- CLOVES
- CINNAMON
- GINGER

FRENCH

- NUTMEG
- THYME
- GARLIC POWDER
- ROSEMARY
- OREGANO
- HERBES DE PROVENCE

NORTH AFRICAN

- CARDAMOM
- CINNAMON
- CUMIN
- PAPRIKA
- TURMERIC
- GINGER
- RAS EL HANOUT

CAJUN

- CAYENNE PEPPER
- OREGANO
- PAPRIKA
- THYME
- ROSEMARY
- BAY LEAVES
- CAJUN SEASONING

THAI

- BASIL
- CUMIN
- GARLIC
- GINGER
- TURMERIC
- CARDAMOM
- CURRY POWDER

MEDITERRANEAN

- OREGANO
- ROSEMARY
- THYME
- BAY LEAVES
- CARDAMOM
- CINNAMON
- CLOVES
- CORIANDER
- BASIL
- GINGER

INDIAN

- BAY LEAVES
- CARDAMOM
- CAYENNE PEPPER
- CINNAMON
- CORIANDER
- CUMIN
- GINGER
- NUTMEG
- PAPRIKA
- TURMERIC
- GARAM MASALA
- CURRY POWDER

MIDDLE EASTERN

- BAY LEAVES
- CARDAMOM
- CINNAMON
- CLOVES
- CUMIN
- GINGER
- CORIANDER
- OREGANO
- ZA'ATAR
- GARLIC POWDER