



as fresh as it gets...

# "Infinite Herbs and Specialties: My Cooking Helper" Ingredient Pairings

<b>HERBS</b>	<b>Fruits and Vegetables</b>	<b>Starches</b>	<b>Meats</b>	<b>Poultry</b>	<b>Fish</b>	<b>Seafood</b>	<b>Dairy</b>
<b>Arugula</b>	Salad Greens, Red Onion, Citrus Fruits, Beets, Bell Peppers, Basil, Chives, Tarragon, Parsley, Tomatoes	Potatoes, Pasta, Grains	Grilled Steaks, Lamb Chops, Pork, Lunchmeats including Ham and Roast Beef	Chicken Breasts, Eggs, Quail, Lunchmeats	Firm White Saltwater Fish, Canned Tuna	Lobster, Crab, Shrimp, Squid	Blue Cheese, Parmesan Cheese, Fontina Cheese
<b>Basil</b>	Tomatoes, Eggplant, Zucchini, Artichokes, Garlic, Onions, Mushrooms, Leafy Greens, Olives, Mint, Oregano, Parsley, Thyme, Berries, Peaches, Melons	Rice, Pasta, Grains, Potatoes, Breads	Beef Steaks, Lamb Chops and Roasts, Pork	Chicken, Eggs	Fresh and Saltwater Fish, including Salmon, Tilapia, Halibut, Swordfish	Clams, Mussels, Crab, Shrimp, Squid	Blue Cheese, Mozzarella, Parmesan and other Italian Cheeses, Plain Yogurt, Sour Cream, Butter, Ice Cream
<b>Basil Opal</b>	Tomatoes, Salad Greens, Garlic, Onions, Artichokes, Mushrooms, Citrus Fruits, Melons, Eggplant, Zucchini, Green Beans	Breads, Pastas, Grains	Beef Steaks, Pork Chops, Veal	Chicken	All Fish, Fresh and Saltwater	Clams, Mussels, Crab, Shrimp, Squid	Parmesan, Mozzarella, Cream Sauces
<b>Basil Thai</b>	Bean Sprouts, Bell Peppers, Chile Peppers, Lemongrass, Coconut, Kaffir Lime, Citrus Fruits, Vegetable Stir-fry	Rice, Grains, Pasta	Beef Stir-fry and Soups, Pork	Chicken Stir-fry and Soups	Firm White Saltwater Fish	Shrimp, Mussels	



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## Ingredient Pairings

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<b>Bay Leaf</b>	Citrus Fruits, Figs, Beans, Mushrooms, Peaches, Plums, Tomatoes, Thyme	Rice, Grains, Potatoes	Beef Roasts and Stews, Pork Roasts and Stews	Chicken Roasts, Stews	Firm White Fish Filets	Seafood Stews, Shrimp	
<b>Chervil</b>	Leafy Greens, Asparagus, Carrots, Onions, Peas, Chives, Parsley, Tarragon, Thyme, Citrus Fruits	Pasta, Potatoes, Beans		Eggs	Fresh and Saltwater White Fish	Mussels, Clams, Shrimp, Crab	
<b>Chives</b>	Asparagus, Beets, Leafy Greens, Salad Greens, Olives, Zucchini, Squash, Avocado, Bell Peppers, Corn, Fennel, Parsley, Chervil, Dill, Tarragon	Pasta, Potatoes, Rice, Grains, Breads	Beef Steaks, Lamb Chops, Pork Chops	Chicken, Eggs	Fresh and Saltwater White Fish, Salmon	Mussels, Clams, Shrimp, Crab, Lobster, Oysters	Soft and Semi-Soft Cheeses, Plain Yogurt, Sour Cream, Butter
<b>Cilantro</b>	Avocados, Bell Peppers, Chile Peppers, Corn, Onion, Tomatoes, Citrus Fruits, Coconut, Mint, Oregano, Culantro, Pineapple	Rice, Beans	Beef Steaks, Pork Roasts, Sausages	Chicken	Firm Saltwater White Fish	Crab, Lobster, Shrimp, Squid	Queso Fresco and other Mexican Cheeses, Plain Yogurt



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<b>Culantro</b>	Avocados, Bell Peppers, Chile Peppers, Corn, Onion, Tomatoes, Citrus Fruits, Coconut, Cilantro, Eggplant, Pineapple	Rice, Beans	Beef Steaks, Pork Roasts	Chicken	Firm Saltwater White Fish	Crab, Lobster, Shrimp, Squid	Queso Fresco and other Mexican Cheeses, Plain Yogurt
<b>Curry Leaf</b>	Bell Peppers, Chile Peppers, Lemongrass, Citrus Fruits, Cauliflower, Chickpeas, Leafy Greens, Carrots, Kaffir Lime, Fennel, Onions, Peas	Rice, Beans, Grains, Potatoes	Beef, Lamb	Chicken, Turkey	Firm White Fish Filets	Shrimp, Mussels	Plain Yogurt
<b>Dill</b>	Cucumbers, Beets, Pickles, Fennel, Cabbage, Tomatoes, Chives, Mint, Oregano, Tarragon, Garlic	Potatoes, Breads, Rice			Fresh and Saltwater Fish, Smoked Fish	Crab, Shrimp, Lobster	Firm Ripe Cheeses
<b>Epazote</b>	Salad Greens, Tomatoes, Onions, Chile Peppers	Beans, Rice	Ground Beef, Pork	Ground Chicken			Ripe Melting Cheese such as Queso Fresco or Cheddar



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<b>Kaffir Lime Leaf</b>	Bean Sprouts, Bell Peppers, Chile Peppers, Lemongrass, Coconut, Curry Leaves, Bay Leaves, Citrus Fruits, Vegetable Stir-fry	Rice, Grains	Pork	Chicken	All Fish, Fresh and Saltwater	Mussels, Shrimp	
<b>Lavender</b>	Berries, Cooked Apples, Cranberry, Figs, Peaches, Plums, Garlic, Thyme, Rosemary, Citrus Fruits, Sage	Breads, Pastries	Wild Game, Foie Gras, Pork Loin	Duck, Quail			Firm Ripe Cheeses
<b>Lemon Balm</b>	Citrus Fruits, Berries, Mint, Oregano	Grains, including couscous		Roasted Chicken, Roasted	Firm White Fish Filets		
<b>Lemon Grass</b>	Chile Peppers, Bell Peppers, Onions, Coconut, Curry Leaf, Leafy Greens, Berries, Cilantro, Parsley	Rice, Grains	Beef Stir-fry	Chicken	Firm White Fish Filets	Mussels, Clams, Shrimp, Squid	

<p><b>Lemon Thyme</b></p>	<p>Apples, Cranberries, Roasted Winter Vegetables, Squash including Butternut and Pumpkin, Onions, Tomatoes, Figs, Mushrooms, Citrus Fruits, Sage, Parsley, Oregano, Rosemary, Basil, Carrots, Peaches, Plums, Berries</p>	<p>Rice, Grains, Breads</p>		<p>All Poultry, including Chicken, Turkey, and Duck</p>	<p>All Fish, Fresh and Saltwater</p>	<p>Mussels, Clams, Shrimp, Squid</p>	
<p><b>Marjoram</b></p>	<p>Corn, Carrots, Mushrooms, Peas, Zucchini, Summer Squash, Salad Greens, Leafy Greens, Tomatoes, Basil, Thyme, Oregano, Savory, Citrus Fruits</p>	<p>Pasta, Grains, Potatoes</p>	<p>Lamb Chops and Roasts, Wild Game, Grilled Beef</p>	<p>Chicken Eggs</p>	<p>Halibut, Swordfish , Tuna, Trout</p>	<p>Squid, Shrimp</p>	<p>Feta Cheese</p>
<p><b>Mint</b></p>	<p>Carrots, Citrus Fruits, Coconut, Eggplant, Zucchini, Green Beans, Fennel, Berries, Melon, Cucumber, Dill Parsley</p>	<p>Grains</p>	<p>Lamb Chops and Roasts, Wild Game</p>	<p>Chicken Breasts</p>	<p>White Saltwater Fish Filets, Salmon</p>		<p>Plain Yogurt, Ice Cream</p>



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<b>Oregano</b>	Tomatoes, Eggplant, Artichokes, Garlic, Mushrooms, Onions, Bell Peppers, Thyme, Basil, Mint	Pasta, Potatoes, Breads, Grains	Beef Steaks and Roasts, Ground Meats and Meatballs, Lamb, Veal, Pork	Chicken Breasts, Roasts	Swordfish, Halibut, and other Firm Saltwater Fish	Mussels and Clams	Blue Cheese, Mozzarella Cheese, Ripe Italian Cheeses, Feta Cheese
<b>Parsley - Curly and Italian (Flat Leaf)</b>	Any Vegetable, including Greens, Salads, Roasted Root Vegetables, and herbs including Basil, Chervil,	Potatoes, Pasta, Breads, Grains, Rice, Beans	Beef Steaks, Lamb Chops, Roasts, Veal Cutlets, Wild Game, Pork, Ham	All Poultry, including Chicken, Turkey, and Duck	All Fish, Fresh and Saltwater	All Seafood, especially Shellfish such as Mussels, Clams and Oysters	Soft and Semi-Soft Cheeses, Plain Yogurt, Sour Cream, Butter
<b>Rosemary</b>	Zucchini, Squash, Bell Peppers, Asparagus, Garlic, Mushrooms, Onions, Tomatoes, Apples, Citrus Fruits, Cranberries, Basil, Parsley, Sage, Thyme	Pasta with slow cooking sauce such as cream sauce or ragu, Potatoes, Breads, White Beans, Grains	Beef Roasts, Lamb Roasts and Chops, Ground Beef Slow Cooked, Pork Roasts, Ham	Roasted Chicken, Roasted Turkey, Roasted Duck, Quail, Goose	Firm White Fish such as Halibut or Swordfish	Shrimp, Squid	Ripe Hard Cheeses, Blue Cheese, Soft Cheese such as Goat Cheese with Honey or Fruit, Butter
<b>Sage</b>	Cranberry, Plums, Roasted Root Vegetables, Mushrooms, Parsley, Thyme, Rosemary, Winter Squash including Butternut, Acorn, and Pumpkin	Roasted Potatoes, Pasta with Butter Sauce, including Raviolis and Gnocchi, Bread	Beef Roasts, Veal, Roasted Pork Loin	Roasted Chicken, Turkey Roasts and Cutlets, Quail		Clams, Squid	Butter, Cream Sauces

<b>Savory</b>	Roasted Green Vegetables such as Brussel Sprouts, Leafy Greens, and Green Beans, Cooked Squash, Bell Peppers	Beans, including Lentils, Grains	Beef and Pork Roasts, Wild Game	Roasted Chicken	Saltwater Fish, whole or filets		
<b>Sorrel</b>	Leafy Greens, Onions, Chives, Parsley, Thyme, Summer Squash	Cooked Beans		Chicken, Eggs	Fresh Water Fish such as Trout	Seafood Stews	
<b>Tarragon</b>	Red Onion, Artichokes, Leafy Greens, Tomatoes, Citrus Fruits, Grapes	Potatoes, Grains	Pork, Veal	Chicken, Turkey, Eggs, Foie Gras	All Fish, Fresh and Saltwater	All Seafood, especially Shellfish such as Mussels and Lobster	Butter, Cream Sauces
<b>Thyme</b>	Apples, Cranberries, Roasted Winter Vegetables, Squash including Butternut and Pumpkin, Onions, Tomatoes, Figs, Mushrooms, Citrus Fruits, Sage, Parsley, Oregano, Rosemary, Basil, Carrots, Peaches, Plums	Pasta, Grains, Potatoes, Bread	Beef Roasts, Steaks, Grilled Lamb, Roasted Lamb, Veal, Wild Game, Pork	All Poultry, including Chicken, Turkey, and Duck	All Fish, Fresh and Saltwater	All Seafood, especially Shellfish such as Shrimp	Soft and Semi Soft Cheeses, Butter, Cream Sauces

<b>Watercress</b>	Artichokes, Tomatoes, Onions, Squashes, including Summer Squash, Zucchini, and Winter	Grains, Rice, Beans, Pasta, Potatoes	Beef, including Grilled Steaks, Lunchmeat, including Ham and Roast Beef, Raw Beef	Grilled Chicken, Lunchmeat, including Turkey	Grilled Fish Filets	Steamed Shrimp, Lobster, Crab	Feta Cheese, Blue Cheese, Goat Cheese, Plain Yogurt, Cream Sauce
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Information provided by Chef Katie Reineberg