



# COOKING WITH SPICES



## ALLSPICE

Pairs well with beef and lamb. Combine with apples, cabbage, carrots, squash and sweet potatoes. Try in soups, bread and desserts.



## BLACK PEPPERCORN

Pairs well with beef, chicken, and pork. Combine with cauliflower, potatoes, cabbage, and carrots. Try in dry rubs, roasts, soups and stews.



## CELERY SEED

Pairs well with fish, pork and shellfish. Combine with cabbage, carrots, potatoes and cucumbers. Try in breads, stews, chutneys and sauces.



## CORIANDER

Pairs well with chicken, beef, fish and pork. Combine with bell peppers, tomatoes, onions and potatoes. Try in curries, dry rubs, marinades and stuffings.



## CUMIN

Pairs well with beans, lentils, chicken, fish, pork and beef. Combine with eggplant, zucchini, carrots and green beans. Try in curries, rice, sauces and dry rubs.



## FENNEL SEED

Pairs well with chicken, lamb, pork and fish. Combine with potatoes, tomatoes and bell peppers. Try in green salads, stir fries and pastas.



## GINGER

Pairs well with pork, beef, chicken and fish. Combine with carrots, citrus, squash and sweet potatoes. Try in rice, stir fry and sauces.



## PAPRIKA

Pairs well with chicken, shellfish and lamb. Combine with potatoes, squash, broccoli and cauliflower. Try in rice, sauces, soups and marinades.



## TURMERIC

Pairs well with beans, lentils, chicken and fish. Combine with cauliflower, cabbage, potatoes and sweet potatoes. Try in curries and rice.

**Contact your onsite Health Coach for more information:**

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