



# SPICE CABINET CHECKLIST

Allspice	Jamaican, poultry, squash, pickling, baked goods
Anise	Mediterranean, Indian, breads, pies
Baking powder	Baking
Baking soda	Baking
Basil	Italian, grilled fish, roasted chicken, tomatoes
Bay leaves	Stews, braised meats, soups, pasta sauce
Black Pepper	Multipurpose
Caraway seed	German, sauerkraut, potatoes, carrots, duck, goose
Cardamom	Indian, baked goods
Cayenne pepper	Chili, soups, stews, salsa
Chili powder	Chili and Tex-Mex
Chinese five spice	Stir-fry, seafood/pork/poultry marinade, duck
Chives	Scrambled eggs, vegetables, seafood, salad dressing
Cinnamon	Baked goods, fruit desserts, lamb, Middle Eastern, North African
Cloves	Baked goods, braised meats, Middle Eastern, North African
Cocoa Powder	Baking, sauces
Coriander	Desserts, sweet pastries, curry, meat, seafood, South American, Indian, Mediterranean, African
Corn starch	Baking
Cream of tartar	Baking
Cumin, ground	Chili, Tex-Mex, Middle Eastern, Indian
Curry powder	Indian, vegetables, fish, potatoes
Dill	Pickling, fish, sauerkraut, potato salad
Fennel seed	Meat dishes, fish, stir-fry

# SPICE CABINET CHECKLIST



Garlic powder	Multipurpose
Ginger	Chinese, Indian, vegetable stew
Kosher salt	Multipurpose
Mace	Custards, cream sauce, donuts, creamed soup, casseroles
Marjoram	Mediterranean, Middle Eastern, vegetables, cheese dishes, beef stew
Mustard	Meats, vinaigrettes, seafood, sauces
Nutmeg	Baked goods, puddings, pasta, spinach, braised vegetables
Old Bay seasoning	Cajun
Onion Powder	Multipurpose
Oregano	Italian, Mediterranean, Mexican
Paprika	Stews, Moroccan, Middle Eastern, Eastern European
Peppercorns	Multipurpose
Red Pepper, crushed	Italian, Asian
Rosemary	Grilled meats, eggs, beans, potatoes
Saffron	Mediterranean, Asian, Indian (makes food yellow)
Sage	Northern Italian, stuffing, meat loaf, hamburgers, stew
Salt	Multipurpose
Sea salt	Multipurpose
Sesame seeds	Asian, baked goods
Tarragon	Fish, chicken, relish, tomatoes, egg dishes, sauces
Thyme	Vegetables, meat dishes, soups, cream sauces, French, Cajun
Turmeric	Curry, egg dishes, beans/lentils, salad dressings
Vanilla extract	Baking