

Common Spices

Name	Source	Flavor	Best used	Pair with
Anise	Seeds of the anise plant	Sweet, similar to licorice	Dried seeds	Apple pie, cakes, coleslaw, cookies, cottage cheese, fruit dishes, salad dressing, and spicy meat mixtures
Capers	Unopened flower buds from the caper bush	Pungent	Pickled in liquid brine	Beef gravies, deli sandwiches, eggplant dishes, salads, sauces, and tomato dishes
Caraway	Seeds of the caraway plant	Sweet, nutty	Whole	Baked goods, cabbage, carrots, cheeses, coleslaw, cucumber salads, green beans, pickles, potatoes, and sausage
Cardamom	Seeds from the cardamom tree, a member of the ginger family	Slightly sweet and also spicy	Whole or ground	Breads, cakes, cookies, curries, custards, punches, and rice
Cayenne	Ground dried fruit or seeds of the cayenne pepper plant	Fiery hot	Dried and ground, or fresh and finely chopped	Curries, meats, Mexican dishes, sauces, and stews
Celery seed	Seeds of the celery plant	Strong, pungent celery flavor	Dried whole seed	Breads, coleslaw, egg salads, potato salads, and tuna salads
Cinnamon	Dried bark of the cinnamon tree	Pungently sweet	Dried sticks or ground powder	Breads, cakes, chicken, coffee, cookies, pork, spiced beverages, sweet potatoes, squash, tea, yogurt (often paired with allspice, cloves, and nutmeg)
Clove	Dried flower buds of the clove tree	Sweet or bittersweet	Dried and ground	Baked goods, beets, chili sauces, cookies, curries, fruit sauces/syrups, gingerbread, squash, and tomato sauces
Coriander	Seeds of the coriander plant	Spicy, sweet, or hot	Ground or whole	Baked goods, beverages, candies, curries, dairy desserts, meats, and relishes
Cumin	Seeds of the cumin plant	Peppery	Whole or ground	Chili powders, curries, meats, stews, tofu, and vegetable dishes
Garlic	Bulbs of the garlic plant, a member of the onion family	Pungent, onion-like, mildly hot	Fresh, or granulated if fresh is not available	Breads, fish, Italian dishes, meat, soups, stews, and tomato sauce
Ginger	Roots of the ginger plant	Mix of pepper and sweetness	Dried powder or freshly grated from root	Beets, beverages, breads, cakes, cheese dishes, chutneys, cookies, curries, dipping sauce, dressings, meat, poultry, soups, stews, and yellow vegetables
Mace	Outer covering of the nutmeg seed	Similar to nutmeg, but stronger	Dried or ground	Baked goods, pickles, and stews
Mustard	Seeds of the mustard plant	Hot and tangy	Powdered or whole seeds	Dips, cheese dishes, eggs, fish, pickling spice, salad dressings, sauces, spreads, tofu, and vegetables
Nutmeg	Seeds of the nutmeg tree	Warm, spicy, sweet	Freshly ground	Applesauce, baked goods, beverages, cheese dishes, cream dishes, desserts, ground meats, pies, sauces, soups, stews, and many vegetables
Paprika	Fruit of a sweet pepper plant	Sweet to hot, somewhat bitter	Dried and ground	Eggs, cheese, Hungarian goulash, pasta, potatoes, and sauces
Saffron	Dried stigmas and upper styles of the saffron crocus plant	Pungent, aromatic	Dried and ground	Use small amounts crushed in breads, cakes, fish, poultry, and rice dishes
Turmeric	Root of the turmeric plant, a tropical plant related to ginger	Pungent, somewhat bitter	Dried or ground	Curry powders, egg dishes, Indian dishes, rice dishes, and salad dressings