

# COOKING FOR CHEMO

## Quick Reference Spice Chart

Including: Flavor, Function, When to add them to a dish, and Common Uses and Pairings

Spice	Flavor and Function	Common Uses
Anise (Spice)	<i>Flavor:</i> Licorice flavor <i>Function:</i> Warming. Add in beginning of a dish.	Mediterranean cuisine, Middle Eastern cuisine, Chinese cuisine, Indian cuisine, Vietnamese cuisine, fish, cakes, cookies, breads, stews
Allspice (Spice)	<i>Flavor:</i> Pepper with notes of cinnamon, nutmeg and cloves. <i>Function:</i> Rounded, spiced flavor. Add in the beginning of a dish.	beef, chicken, curries, fruits, ginger, Jamaican cuisine, meats, pumpkin, squash
Caraway Seeds (Spice)	<i>Flavor:</i> sweet, sour <i>Function:</i> Adds zest. Add at the beginning of dish or baking.	bread (esp. pumpernickel and rye), cheese, German cuisine, pork, potatoes, sauerkraut
Cardamom (Spice)	<i>Flavor:</i> sweet, pungent <i>Function:</i> Adds heating effect. Add at the beginning of a dish.	chicken, cinnamon, coffee, coriander, curries, dates, desserts, ginger, Indian cuisine, lamb, oranges, rice, tea
Cayenne Pepper (Spice)	<i>Flavor:</i> spicy <i>Function:</i> Adds spiciness to a dish. Add at the beginning of a dish.	bell peppers, Cajun cuisine, fish, tomatoes
Cinnamon (Spice)	<i>Flavor:</i> sweet, bitter, pungent <i>Function:</i> Adds warmth to dishes. Add in the beginning of a dish. Needs time to work in and mellow.	apples, baked dishes and goods, bananas, hot beverages, blueberries, breakfast/brunch, chicken, chocolate, coffee, cloves, curries, custards, desserts, fruits, garam masala, ginger, lamb, lemon, Mexican cuisine, Middle Eastern cuisine, Moroccan cuisine, mulled wine, nutmeg, oranges, pears, pecans, pork, rice, sugar, tea, vanilla
Cloves (Spice)	<i>Flavor:</i> sweet, pungent <i>Function:</i> Adds warmth to dishes. Add in the beginning of a dish.	apples, chocolate, cinnamon, garam masala, ginger, ham, lemon, mulled wine, oranges, pork
Coriander (Spice)	<i>Flavor:</i> sour, pungent, dry <i>Function:</i> Cools dish's flavors. Add in the middle of cooking a dish.	chicken, chile peppers, citrus, crab, cumin, curries, fish, garlic, lentils, pepper, pork
Cumin (Spice)	<i>Flavor:</i> bitter, sweet <i>Function:</i> Heating of dishes. Add in the middle of cooking a dish or early if used in a marinade. It needs time to develop its warmth.	beans, chicken, chickpeas, coriander, couscous, curries, eggplant, garlic, Indian cuisine, lamb, lentils, Mexican cuisine, Moroccan cuisine, pork, potatoes, rice, sausages, tomatoes
Curry Powder (Spice Blend)	<i>Flavor:</i> bittersweet, pungent <i>Function:</i> Adds aromatic quality to dishes. Add early to a dish. Needs time to mellow.	ginger, Indian cuisine, Thai cuisine, vegetables

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Fennel (Spice)	<i>Flavor:</i> sweet <i>Function:</i> It adds a licorice sweetness to dishes. Add midway through cooking a dish.	Chinese cuisine, fish, five spice powder, Italian cuisine, pork, sausages, shellfish
Ginger (Spice)	<i>Flavor:</i> sour and hot <i>Function:</i> Adds warmth to dishes. <i>Chef Note:</i> Great for an upset stomach! Add at the beginning of a dish if you want it to mellow. Add towards the end if you want it to add a pop of flavor.	apples, asian cuisine, basil, beverages
Nutmeg (Spice)	<i>Flavor:</i> Aromatic spice. Typically used in fall and winter dishes. <i>Function:</i> To add a sense of warmth to a dish. Add to food in the beginning. If adding to drinks, add at the end as a topper.	apples, cheese, chicken, cream/milk, desserts, eggnog, lamb, pasta and pasta sauces, puddings, rice, veal
Paprika (Spice)	<i>Flavor:</i> Sweet-hot, depending on variety. <i>Function:</i> It adds a very light touch of warmth and heat. Due to its muted and subtle flavor, it is mainly used to add color to a dish. Add at the very end.	beef, chicken, eggs, fish, pork, potatoes
Pepper, Black (Spice)	<i>Flavor:</i> It's mildly spicy and warm. <i>Function:</i> The most basic spice to fill out a flavor profile with. Add in the beginning of a dish.	beef, eggs, game, meats/red, salt, steaks
Poppy Seeds (Spice)	<i>Flavor:</i> sweet and aromatic <i>Function:</i> Used mainly in baked goods to add a fun floral aroma. Usually added before baking baked goods.	bread, cakes, cookies, butter, cheese, pasta, potatoes, salads and salad dressings, zucchini
Red Pepper (Spice)	<i>Flavor:</i> hot <i>Function:</i> Adds spiciness and heat to a dish. Add in small increments in the beginning of a dish.	Italian cuisine, meats, seafood
Turmeric (Spice)	<i>Flavor:</i> It's the main spice in curry. It is the spice that gives seasoned salt its flavor. <i>Function:</i> Warms up a dish. Add in the beginning or middle of cooking a dish.	chicken, curries, indian cuisine, Middle Eastern cuisine, Moroccan cuisine, pork, rice, Thai cuisine

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