

# Tip Sheet

## Increasing Flavor With Herb & Spice Blends

Herb & Spice Blends	What's Inside	Uses
Bouquet Garni	Bay Leaf, Parsley, Celery Leaf, Onion	Beef Stew, Bouillabaisse, Beef Bourguignon, Ossobuco, Meat-substitute Stew
Curry Powder	Ginger, Black Pepper, Fennel, Turmeric, Curry Leaves, Salt	Chicken Curry, Lamb Curry, Vegetable Curry, Tandoori Dishes, Tofu Curry
Fines Herbes	Tarragon, Chives, Chervil, Parsley	Scrambled Eggs, Seafood Butter Sauce, Vinaigrette, Crêpe Batter
Five Spice Powder	Black Pepper, Cinnamon, Cloves, Fennel Seeds, Star Anise	Chinese Roasted Chicken & Duck, Chinese Beef Stew, Tofu Stir-fries
Garam Masala	Black Pepper, Cardamom, Cinnamon, Cloves, Coriander, Cumin, Fennel Seeds, Mace	Red Lentil Soup, Chicken Masala, Baked Rice, Curried Dishes, Deviled Eggs
Harissa	Chiles, Garlic, Caraway Seeds, Cumin, Coriander, Mint, Olive Oil	North African Harissa Sauce, Couscous, Pizza & Pasta Topping, Sandwich Condiment
Herbes de Provence	Thyme, Rosemary, Bay Leaf. Optional: Lavender	Pizza Sauce, Kabobs, Salad Topping, Potato or Butternut Squash Soup, Roasted Chicken Rub
Ras el Hanout	Mace, Allspice, Cinnamon, Nutmeg, Lavender, Black Pepper	Vegetable Barley Couscous, Potato or Squash Purees, Roasted Chicken or Lamb, Tofu Cutlets
Za'atar	Thyme, Sesame Seeds, Sumac Berries	Middle Eastern Vegetables & Meatballs, Grilled Flatbread, Lamb Chops, Grilled Fish, Vegetable Salads



7 whole grains on a mission.™