



# SPICE PANTRY STAPLES



- Allspice
- Basil
- Bay Leaves
- Cayenne
- Chili Powder
- Cinnamon
- Cloves
- Cumin
- Curry Powder
- Dill
- Garlic Powder
- Ground Ginger
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Black pepper grinder
- Rosemary
- Sage
- Thyme
- Seasoned Salt
- Kosher Salt
- Sea Salt
- Tarragon
- Dried Mustard Powder
- Crush Red Pepper Flakes
- Hickory Liquid Smoke (Stubb's)
- Low-sodium Soy Sauce
- Beef Stock
- Chicken Stock
- Worcestershire Sauce
- Balsamic Vinegar
- Apple Cider Vinegar
- Pure Vanilla Extract
- Pure Maple Syrup
- Honey
- Toasted Sesame Oil
- Lemon Juice
- Dijon Mustard
- Sriracha
- Parmesan
- Unsalted Butter
- Minced Fresh Ginger
- Olive Oil
- Sour Cream
- Canned Tomatoes
- Tomato Paste
- Dry white and Dry Red Wine



# BAKING PANTRY STAPLES



- Allspice
- Nutmeg
- Ground Ginger
- Cloves
- Cinnamon
- Baking Powder
- Baking Soda
- Cream of Tartar
- Granulated Sugar
- Light Brown Sugar
- Dark Brown Sugar
- Kosher Salt
- Sea Salt
- Unsweetened Cocoa Powder
- Dutch Process Cocoa Powder
- Pure Vanilla Extract
- Confectioners Sugar
- Unsalted Butter
- Shortening
- Canola Oil
- Cooking Spray
- All Purpose Flour
- Bread Flour
- Whole Wheat Flour
- Corn Starch
- Tapioca Starch
- Lemon Juice
- Chocolate Chips
- Chocolate Bars
- Coconut Flakes
- Old-Fashioned Oats
- Instant Yeast
- Molasses
- Light Corn Syrup
- Honey
- Pure Maple Syrup
- Assorted Nuts
- Raisins
- Dried Cherries
- Frozen Blueberries
- Frozen Cherries
- Almond Paste
- Evaporated Milk
- Cornmeal
- Peanut Butter
- Sour Cream
- Parchment Paper
- Muffin Liners



# DRY GOODS PANTRY STAPLES



- Spaghetti Noodles
- Lasagna Noodles
- Elbow Macaroni
- Cavatappi Noodles
- Ramen Noodles
- Basmati Rice
- Jasmine Rice
- Long-Grain Rice
- Dried Beans
- Canned Chili Beans
- Canned Diced Tomatoes
- Canned Whole Tomatoes
- Canned Tomato Sauce
- Canned Tuna
- Canned Corn
- Potatoes
- All-Purpose Flour
- Granulated Sugar
- Bread Flour
- Brown Sugar
- Molasses
- Peanut Butter
- Worcestershire Sauce
- Sriracha Sauce

- Balsamic Vinegar
- Rice Vinegar
- Apple Cider Vinegar
- Chicken Stock
- Beef Stock
- Old-Fashioned Oatmeal
- Breadcrumbs
- Croutons
- Olive Oil
- Canola Oil
- Sesame Oil
- Honey
- Pancake Mix
- Salad Dressing
- Canned Fruit
- Canned Vegetables



# COMMON SPICE BLENDS



## ITALIAN SEASONING

1 ½ teaspoons oregano  
1 teaspoon marjoram  
1 teaspoon dried thyme  
½ teaspoon dried basil  
½ teaspoon dried rosemary  
½ teaspoon dried sage

## POULTRY SEASONING

2 teaspoons dried sage  
1 ½ teaspoons dried thyme  
1 teaspoon dried marjoram  
¾ teaspoon dried rosemary  
½ teaspoon ground nutmeg  
½ teaspoon black pepper

## EVERYTHING BAGEL SEASONING

2 tablespoons sesame seeds  
1 ½ tablespoons poppy seeds  
1 ½ tablespoons dehydrated minced onion  
1 ½ tablespoons dehydrated minced garlic  
1 tablespoons coarse sea salt  
1 tablespoons black sesame seeds

## HERBES DE PROVENCE

1 tablespoon rosemary	1 tablespoon culinary lavender
1 ½ teaspoons fennel seed	1 tablespoon Italian parsley
1 tablespoon savory	1 ½ teaspoons oregano
1 tablespoon thyme	1 ½ teaspoons tarragon
1 tablespoon basil	½ teaspoon ground bay leaves
1 tablespoon marjoram	

## CANADIAN STEAK SEASONING

1 tablespoon black pepper	1 ½ teaspoons dried dill
1 tablespoon garlic powder	1 ½ teaspoons crushed red pepper flakes
1 tablespoon kosher salt	
1 tablespoon paprika	
1 ½ teaspoons onion powder	
1 ½ teaspoons ground coriander	

## TACO SEASONING

1 teaspoon chili powder  
1 teaspoon cumin  
1 teaspoon sea salt  
½ teaspoon onion powder  
½ teaspoon garlic powder  
Pinch of cayenne pepper

## OLD BAY SEASONING

1 tablespoon celery salt	1 pinch ground cardamom
¼ teaspoon paprika	1 pinch ground allspice
⅛ teaspoon black pepper	1 pinch ground cloves
⅛ teaspoon cayenne pepper	1 pinch ground ginger
1 pinch ground dry mustard	Tiny pinch ground nutmeg
1 pinch ground cinnamon	

## CHINESE FIVE SPICE

1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
1 teaspoon fennel seeds, toasted and ground  
1 teaspoon ground star anise  
1 teaspoon szechuan peppercorns, toasted and ground

## FAJITA SEASONING

1 tablespoon cornstarch	½ teaspoon garlic powder
2 teaspoons chili powder	¼ teaspoon cayenne pepper
1 teaspoon salt	½ teaspoon ground cumin
1 teaspoon paprika	
1 teaspoon granulated sugar	
½ teaspoon onion powder	

## PUMPKIN PIE SPICE

1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon ground ginger  
⅛ teaspoon ground cloves



# BASIC FLAVOR PAIRINGS



## BEEF

Butter	Worcestershire Sauce
Chives Garlic	Soy Sauce
Ginger	Shallots
Horseradish	Dry Red Wine
Thyme	Balsamic Vinegar
Mushrooms	Bacon
Mustard- Dijon	Rosemary
Parsley	Beer
Black Pepper	

## CHICKEN

Basil	Mustard
Bacon Bay Leaf	Paprika
Butter	Rosemary
Leeks	Tarragon
Mushrooms	Tomatoes
Onions	Asparagus
Black Pepper	Cream
Shallots	Curry Powder
Balsamic Vinegar	Garlic
Apples	Ginger
Sage	Mayonnaise
Carrots	Olive Oil
Cheese- Parmesan, Asiago, Fontina	Parsley
Cilantro	Thyme
Lemon juice/zest	Dry White Wine

## PORK

Sage	Balsamic Vinegar
Bacon	Cinnamon
Bourbon	Cloves
Ginger	Garlic
Parsley	Mint
Apples	Rosemary
Bay Leaf	Mustard
Maple Syrup	Onions
Honey	Oregano
Pepper	Paprika
Sour Cream	Shallots
Soy Sauce	Dry Red or Dry White Wine
Thyme	

## TURKEY

Allspice	Mushrooms
Apples	Onions
Bacon	Sage
Cranberries	Pepper
Celery	ThymeS
Garlic	pinach
Mushrooms	Carrots

## SEAFOOD

Apples	Bay Leaf
Garlic	Curry Powder
Ginger	Parsley
Lemon Juice	Pepper
Mint	Rosemary
Old Bay Seasoning	Shallots
Citrus	Soy Sauce
Dry White Wine	Thyme
Tomatoes	Balsamic Vinegar
Bacon	Wine Vinegar
Basil	

## FISH

Lemon	Tomatoes
Fennel	Olives
Dill	Anchovies
Basil	Dry White Wine
Garlic	
Ginger	
Parsley	
Pepper, black or white	