

Herbs and seasoning matched to food

Please put me in your recipes file

| MyIK suggests | Your choice | Basil | Chilli | Chinese 5 spice | Chives | Chervil | Coriander | Cumin | Dill | Fennel | Garlic | Ginger | Herbs de Provence | Italian herbs | Lavender | Marjoram | Mixed herbs | Oregano | Parsley | Paprika | Rosemary | Sage | Tarragon | Thyme |
|-----------------|-------------|-------|--------|-----------------|--------|---------|-----------|-------|------|--------|--------|--------|-------------------|---------------|----------|----------|-------------|---------|---------|---------|----------|------|----------|-------|
| Beef | | | X | | X | X | | X | X | X | X | | | | X | X | X | X | X | | X | X | X | |
| Carrots/Veg | | X | | | X | X | X | X | X | X | X | | | | X | X | X | X | X | X | | X | X | |
| Chicken, Turkey | | X | X | | X | X | X | X | | | X | | X | X | X | X | X | X | X | X | X | X | X | |
| Chinese | | | | X | | | | | | X | X | | | | | | | | | | | | | |
| Egg | | | | | X | | | | X | | | | | | X | | X | X | | | X | X | | |
| Fish | | | X | | X | X | X | X | X | X | X | | | | X | | X | X | X | | | X | X | |
| Indian | | | X | | | | X | X | | X | X | X | | | | | | | X | | | | | |
| Italian | | X | | | | | X | | | | X | | | X | | X | X | X | X | X | X | | X | |
| Lamb | | | | | X | X | X | | X | | | | | X | X | X | X | | | X | X | X | X | |
| Pork | | | | | X | X | X | | X | X | | | X | | X | | | | X | X | X | X | X | |
| Potato | | X | | | X | X | X | | X | X | X | | X | | | | | X | | X | | X | X | |
| Rice | | X | X | | X | | X | X | | | | | | | | | | X | | X | | | X | |
| Salad | | | | | X | X | X | | X | X | | | | X | X | | X | X | | | | | X | |
| Soups | | X | X | | X | X | X | X | X | X | X | | | | X | | X | X | | | | | X | X |
| Spaghetti/Pasta | | X | | | | | | | | | X | | X | | | | X | | | X | X | | | |
| Thai | | X | X | | | | X | X | | | | | | | | | | | X | | | | | |
| Tomato | | X | X | | X | X | | X | X | X | X | | X | | X | X | X | X | | X | X | X | X | |