

Sweet Basil: Fish fritter base, pizza, egg,
cheese dishes, mayonnaise, veg. salads,
soups, stews, stuffings, rice, tomato
& vegetable dishes.

Bay Leaves: Mayonnaise, corned beef, stews, soups,
fish dishes, boiled potatoes & carrots.

Chervil: Salads, egg, fish, vegetable dishes,
chicken, lamb, soups, sauces.

Marjoram: Omelets, mayonnaise, egg, cheese,
fish dishes, soups, sauces, meat,
stuffing, stews, salads, vegetables,
stewed fruits

Nutmeg: Drinks, puddings, stewed apples,
peas, bananas, peaches, rhubarb. Stews etc.

Saffron: Risotto, meat, poultry & rice. Soups, stews.

Coriander: Mayonnaise, green salads, stewed
apples, baked apples, pea soup,
stuffing, stews.

Cinnamon: Drinks, bottling peas, plums, peaches,
stewed apples, rhubarb, beans, pumpkin,
carrots, turnips.