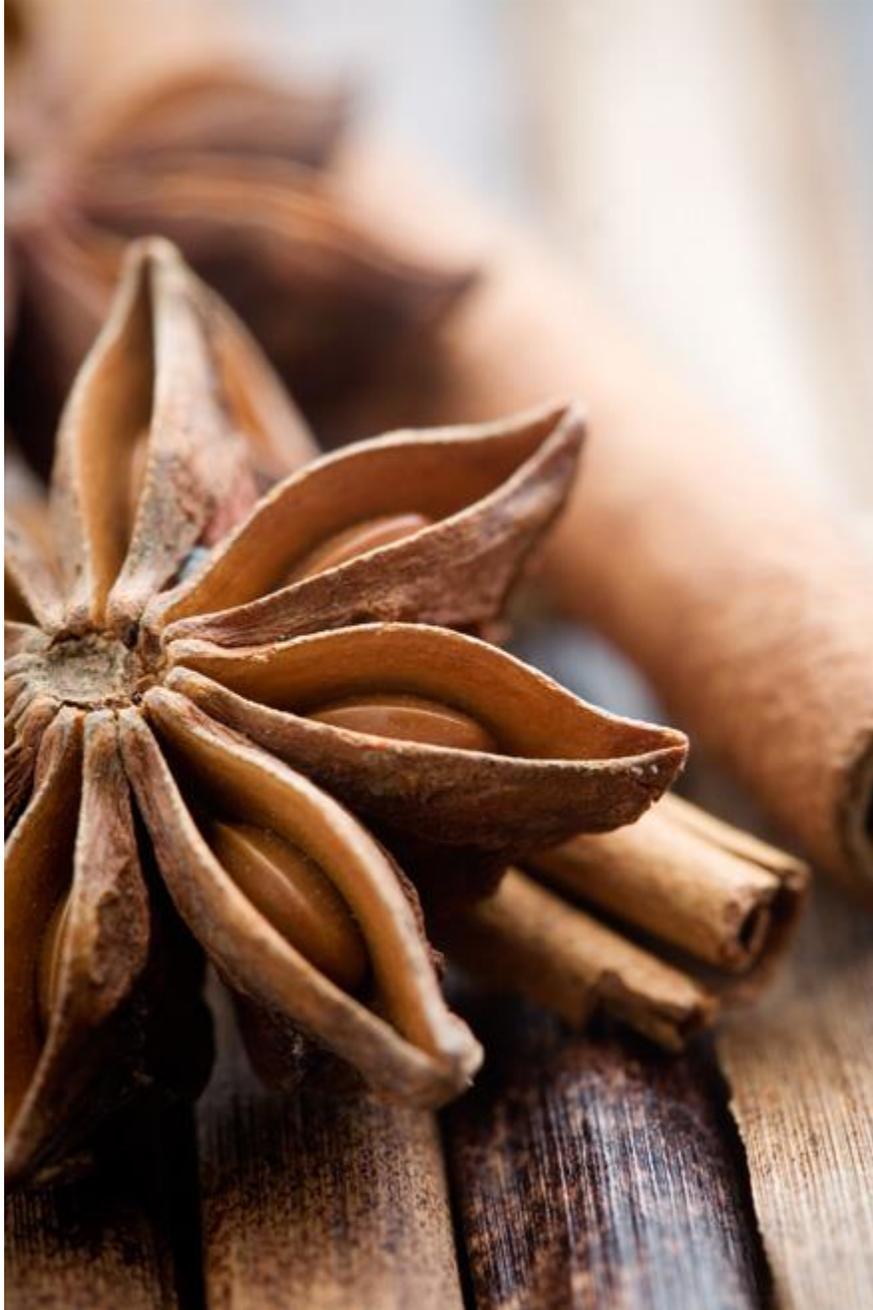


## *Flavors that pair well with other Flavors*



When you are creating in the kitchen, every dish is inspired by flavor. When we understand the essence of ingredients which comprises of their function and flavor, the more successful our dishes will turn out. Also knowing how to pair spices along with fresh, whole foods also heavily relies on their each individual quality, and freshness. Take produce as an example... knowing if it is ripe or not will greatly effect how you “season” a dish.

Spices and herbs should never overtake a dish. They are there to enhance and to support other ingredients. Use a light hand when first adding, even when following another person's recipe. We all have unique taste receptors and flavors need to be tailored to each person.

I read a quote that really spoke to me, and I hope it does to you as well. *“Good cooking is an art, as well as a form of intense pleasure... A recipe is only a theme, which an intelligent cook can play each time with a variation.”* ~ Madame Jehane Benoit

Never be afraid to take one recipe... transforming it with new and exciting flavors. The guide below will help you.

- Allspice pairs well with: apples, beets, cabbage, caramel, cardamom, cinnamon, cloves, coriander, ginger, juniper, mace, mustard, nuts, nutmeg, onions, pears, pumpkin, root vegetables, yams.
- Almond pairs well with: apple, apricot, banana, caramel, cherry, coffee, fig, honey, orange, peach, pear, plum
- Anise pairs well with: apples, beets, caramel, carrots, chocolate, citrus, cinnamon, coconut, coriander, cranberry, fennel, figs, fish, garlic, peaches, pomegranates, pumpkin
- Apple pairs well with: caramel, cardamom, chestnut, cinnamon, cranberry, currant, ginger, hazelnut, mango, maple, rosemary, walnut
- Apricot pairs well with: almond, black pepper, caramel, cardamom, ginger, hazelnut, honey, orange, peach, vanilla, plum
- Asian Pear pairs well with: almond, apple, black pepper, cinnamon, ginger, honey, macadamia, nutmeg, raisin, vanilla
- Banana pairs well with: caramel, cherry, chocolate, cinnamon, coffee, ginger, hazelnut, honey, lime, mango, molasses, papaya
- Basil pairs well with: capers, chives, cilantro, garlic, marjoram, oregano, mint, onion, parsley, rosemary, thyme, artichokes, eggplant, green vegetables, mushrooms, olives, Sweet Basil is the best basil for pesto and tomato salads.
- Bay leaf pairs well with: artichokes, beans, garlic, grains, juniper, lentils, marjoram, mushrooms, nuts, oregano, parsley, potatoes, sage, savory, thyme and tomatoes
- Beets pair well with: Apples, basil, beef, butter, cabbage, caraway seeds, carrots, cheese, chives, dill, hard-boiled eggs, garlic, honey, horseradish, lemon, mint, mustard, olive oil, onions, orange, pepper, pistachios, salt
- Blackberry pairs well with: apricot, black pepper, cinnamon, citrus, hazelnut, lemon, other berries, peach, plum

- **Blood Orange pairs well with: almond, cardamom, chocolate, cinnamon, clove, fig, ginger, honey, other citrus**
- **Blueberry pairs well with: other berries, cardamom, mango, lemon, hazelnut, ginger, fig, lavender, other citrus**
- **Butternut Squash pairs well with: sage and rosemary, either of which can be used fresh or in dried form. The warm “pie spices” of nutmeg and ginger are a good match for butternut squash, both underlining and balancing its sweetness. For a savory approach, consider cumin. Chilies provide sweet-and-spicy flavor combination. The naturally sweet taste of butternut squash is enhanced when paired with fruit, such as fresh and dried apples, fresh pear, orange juice and dried cranberries.**
- **Caraway pairs well with: apples, beets, broccoli, cabbage, pears, sauerkraut, allspice, almonds, cardamom, chili, cinnamon, coriander, dill, fennel seed, juniper berry, onion, mushrooms, garlic, oregano, parsley, thyme.**
- **Cardamom pairs well with: apples, bananas, beans, caramel, citrus fruit, coconut, ice creams, nuts, mango, allspice, almond, cardamom, chili, cinnamon, clove, coriander, cumin, curry, dates, fennel seed, ginger, mustard, paprika, pears, pepper, star anise, turmeric, saffron**
- **Carrot pairs well with: anise, cinnamon, ginger, nutmeg, walnut**
- **Celery pairs well with: cabbage, cilantro, cucumber, cumin, garlic, ginger, mustard, onion, parsley, pepper, rosemary, sage, tomatoes, thyme**
- **Celery Seed pairs well with: tomatoes, allspice, black pepper, caraway, chili, cinnamon, coriander, cumin, fennel seed, ginger, sage, turmeric**
- **Cherry pairs well with: apricot, black pepper, chocolate, citrus, nectarine, peach, plum, vanilla**
- **Chestnut pairs well with: apple, caramel, chocolate, coffee, pear, vanilla**
- **Chives pair well with: asparagus, basil, cheese, cilantro, dill, fennel, green vegetables, horseradish, mushrooms, olives, paprika, pasta, parsley, tarragon**
- **Chocolate pairs well with: oranges, nuts, Allspice, almond, aniseed, cinnamon, clove, curry leaf, fennel seed, garlic, ginger, lemongrass, mint, nutmeg, onion, vanilla**
- **Cilantro (coriander) pairs well with: apples, apricot, avocados, berries, cherries, citrus, coconut, nectarine, peach, plum, tropical fruit, Allspice, Cardamom, clove, cumin, curry, dates, fennel seed, garlic, ginger, mint, sun-dried tomato, turmeric, tomatoes.**
- **Cinnamon pairs well with: allspice, apples, bananas, cantaloupe, caraway, cardamom, clove, cacao, chilies, caramel, cauliflower, chocolate, corn,**

curries, coffee, coriander, cranberry, cumin, dates, figs, ginger, mint, nutmeg, grapes, oranges, peaches, pears, winter squash, star anise, sun-dried tomatoes, tamarind, turmeric, vanilla

- Chervil pairs well with: artichokes, asparagus, carrots, chives, citrus, grains, green beans, leafy vegetables, mushrooms, nuts, onions, parsley, tarragon, thyme, and vinegar
- Clove pairs well with: allspice, apples, beets, bay leaf, cakes, cardamom, cacao, carrots, chocolate, citrus, coriander, cumin, curry, fennel, ginger, mace, nutmeg, orange, peaches, pineapple, pumpkin, red cabbage, star anise, tamarind, turmeric, vanilla
- Coconut pairs well with: Allspice, banana, basil, black pepper, Brazil nut, caramel, chocolate, citrus, cumin, curry leaf, garlic, ginger, guava, lemongrass, passionfruit, pineapple, sun-dried, tomato, turmeric, vanilla
- Coriander pairs well with: allspice, apples, bananas, beans, chili, cilantro, cinnamon, citrus, cloves, cumin, curry, fennel, fish, garlic, ginger, mace, mint, mushrooms, nutmeg, onion, parsley,
- Cranberry pairs well with: apple, chocolate, cinnamon, citrus, mango, mint, pear
- Cumin pairs well with: allspice, anise, avocados, bay leaf, beans, cabbage, cardamom, cilantro, cinnamon, citrus, coconut, coriander, cucumber, curry, fennel, fenugreek, garlic, ginger, lentils, mace, onion, nutmeg, parsley, tomatoes
- Currants, Black and Red, pairs well with: cassis, chocolate, citrus
- Dill pairs well with: anise, basil, cabbage, capers, caraway, carrots, chives, coriander, cucumbers, cumin, fennel, garlic, ginger, horseradish, mint, mustard, oregano, onion, paprika, parsley
- Elderberry pairs well with: apricot, fig, honey, lemon, mandarin, other berries, peach, plum
- Fennel pairs well with: anise, artichokes, basil, beans, cabbage, cheese, cilantro, cinnamon, cucumber, cumin, dill, eggplant, fenugreek, figs, garlic, lemon balm, lentils, mint, olives, onion, oregano, parsley, pork, thyme, tomatoes
- Fig pairs well with: almond, black pepper, cinnamon, citrus, hazelnut, pear, vanilla
- Garlic pairs well with: basil, caraway, chili, coriander, cumin, curry leaf, marjoram, mint, mustard seed, oregano, parsley, rosemary, sun-dried tomato, thyme

- **Ginger pairs well with: allspice, almond, anise, apple, apricot, banana, basil, berries, Brazil nut, caramel, carrots, chives, chocolate, cilantro, cinnamon, citrus, cloves, coconut, coriander, cranberry, cumin, curry, dates, fennel, grape, hazelnut, passion fruit, peach, pear, pineapple, plum, nutmeg, onion, peaches, pears, pepper, pumpkin, raisins, turmeric, vanilla**
- **Gooseberry pairs well with: citrus, hazelnut, honey, other berries, white chocolate**
- **Grape pairs well with: chocolate, citrus, fig, honey, ginger, raisin**
- **Grapefruit pairs well with: basil, black pepper, caramel, citrus, mint, rosemary, thyme, tropical fruit, vanilla**
- **Guava pairs well with: citrus, lime, coconut, huckleberry, kaffir leaf, pineapple, strawberry, tropical fruit**
- **Hazelnut pairs well with: apple, apricot, banana, berries, caramel, cherry, chocolate, citrus, fig, mandarin, peach, pear, plum**
- **Jicama pairs well with: acidic fruits and juices such as lime, lemon and orange juice. Red pepper and hot pepper sauce, avocado, cilantro, cucumber and grapefruit.**
- **Kaffir Leaf pairs well with: banana, citrus, coconut, lemongrass, tropical fruit, watermelon**
- **Kiwi pairs well with: apple, banana, berries, cherry, citrus, coconut, mango, tropical fruit**
- **Kumquat pairs well with: berries, cherry, chocolate, cinnamon, coffee, persimmon, plum**
- **Lavender pairs well with: chocolate, lemon, blueberries, vanilla, thyme**
- **Lemon pairs well with: apricot, berries, black pepper, cardamom, cherry, citrus, ginger, nectarine, peach, plum, prickly pear, tropical fruit**
- **Lemongrass pairs well with: cherry, berries, citrus, coconut, ginger, guava, kaffir leaf, coconut, tropical fruit, vanilla**
- **Lime pairs well with: apple, berries, cherry, ginger, papaya, plum, strawberry, tropical fruit**
- **Lychee pairs well with: citrus, ginger, gooseberry, tropical fruit, vanilla**
- **Mace pairs well with: allspice, asparagus, beans, cabbage, carrots, cheese, cinnamon, cloves, coffee, cranberries, cumin, ginger, nutmeg, peaches, pumpkin, potatoes, vanilla,**
- **Mandarin pairs well with: cardamom, cherry, chocolate, cinnamon, coffee, fig, ginger, nutmeg, tropical fruits, vanilla, star anise**

- **Mango pairs well with: apple, banana, berries, caramel, citrus, coconut, melon, tropical fruits, vanilla, cinnamon**
- **Marjoram pairs well with: artichokes, basil, cinnamon, cumin, eggplant, fennel, garlic, mushrooms, onion, oregano, parsley, thyme**
- **Melon pairs well with: berries, citrus, lemongrass, lemon verbena**
- **Nutmeg pairs well with: allspice, asparagus, cabbage, cardamom, carrots, cinnamon, cloves, coffee, coriander, cranberries, cumin, ginger, mace, onion, peaches, pumpkin, thyme, vanilla**
- **Orange pairs well with: almonds, basil, berries, brandy, cherry, chocolate, cilantro, cinnamon, coffee, cranberry, fig, ginger, grape, hazelnut, mint, nutmeg, persimmon, pineapple, vanilla**
- **Oregano pairs well with: basil, cinnamon, cumin, eggplant, fennel, garlic, marjoram, mushrooms, onion, parsley, thyme, tomatoes**
- **Paprika pairs well with: allspice, caraway, cardamom, garlic, ginger, legumes, oregano, parsley, rosemary, saffron, thyme, turmeric, vegetables**
- **Papaya pairs well with: citrus, black pepper, lime, mango, tropical fruit**
- **Parsley pairs well with: basil, bay leaf, chives, dill, garlic, marjoram, mushrooms, grains, onion, oregano, thyme, tomatoes**
- **Peach pairs well with: cinnamon, orange, lemon, lime, cloves, dried apricots, dried cherries, ginger, both fresh and ground, maple syrup, nutmeg, nuts (pistachios, walnuts, hazelnuts, pecans, and almonds), star anise, vanilla**
- **Pear pairs well with: almond, apple, caramel, chestnut, chocolate, cinnamon, citrus, ginger, hazelnut, vanilla, walnut**
- **Peppermint pairs well with; basil, black pepper, grapefruit, juniper, lavender, lemon, marjoram, rosemary, chocolate**
- **Persimmon pairs well with: apple, black pepper, cinnamon, citrus, kumquat, pear**
- **Pineapple pairs well with: basil, caramel, cilantro, coconut, macadamia, rosemary, tropical fruit**
- **Plum pairs well with: almond, cinnamon, citrus, chestnut, black pepper, hazelnut, honey, vanilla**
- **Pomegranate pairs well with: apple, citrus, cucumber, mint, tropical fruit**
- **Prickly Pear pairs well with: citrus, lime, tomatillo, tropical fruit**
- **Pumpkin pairs well with: Allspice, anise, cinnamon, chili powder, clove, sage, rosemary ,mace, nutmeg, ginger, cumin, dried apples, fresh pear, orange juice and dried cranberries, vanilla.**

- Raspberry pairs well with: apricot, cinnamon, citrus, ginger, lemon, nectarine, other berries, peach, plum, rhubarb, thyme, vanilla
- Rose water pairs well with: saffron, cardamom, jasmine, almonds, pistachios and coconuts.
- Rosemary pairs well with: apples, asparagus, basil, citrus, cranberry, fennel, garlic, grains, mushrooms, marjoram, onion, oregano, parsley, thyme, tomatoes
- Rhubarb pairs well with: apple, apricot, berries, black pepper, citrus, ginger, nectarine, peach, plum, strawberry
- Saffron pairs well with: almond, apples, basil, some citrus fruits, cilantro, cinnamon, citrus, garlic, honey, pistachio, rose water, rosemary, thyme, tomatoes
- Sage pairs well with: apples, bay leaf, capers, caraway, celery, citrus, garlic, ginger, marjoram, onions, paprika, parsley, rosemary, thyme, tomatoes
- Sesame pairs well with: citrus, garlic, ginger, thyme
- Sorrel pairs well with: chives, beans, leafy greens, oregano, parsley, thyme, and squash
- Strawberry pairs well with: apple, black pepper, chocolate, citrus, coriander, mint, rhubarb, vanilla
- Sweet Potato pairs well with: Allspice, anise, cinnamon, chili powder, clove, sage, rosemary, mace, nutmeg, ginger, cumin, dried apples, fresh pear, orange juice and dried cranberries, vanilla.
- Thyme pairs well with: bananas, basil, bay leaf, beans, carrots, citrus, dill, garlic, mint, mushrooms, onion, oregano, parsley, sage
- Tomatillo pairs well with: berries, citrus, mango, prickly pear, tropical fruit
- Walnut pairs well with: apple, apricot, banana, caramel, chocolate, cinnamon, nectarine, peach, pear, plum, rum



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**A GUIDE TO FOOD SYNERGY**  
*or Other*

*How 2 Foods, Homeopathics or other Remedies can Work Together to Increase Nutritional or Healing Properties*

# Synergy

(sīn' ə-r-jē) *n.*

1. The effect of the sum of two or more agents combined is greater than the sum of the individual.