

# MEATS

## Seasonings & Marinades

| MEAT                             | SEASONINGS                               |                                                 |                                                       |                                         |
|----------------------------------|------------------------------------------|-------------------------------------------------|-------------------------------------------------------|-----------------------------------------|
| <b>Beef</b>                      | rosemary<br>sage<br>garlic<br>dill       | mushrooms<br>dry mustard<br>shallots<br>paprika | chili peppers<br>peppercorns<br>berries<br>tomatoes   | beer<br>red wine<br>balsamic vinegar    |
| <b>Chicken<br/>or<br/>Turkey</b> | lemon<br>ginger<br>tarragon<br>sage      | thyme<br>oregano<br>dill<br>peppers             | garlic<br>apple cider<br>dry mustard<br>fruit juices  | paprika<br>red wine<br>white wine       |
| <b>Fish</b>                      | cilantro<br>bay leaf<br>basil<br>fennel  | lemon<br>lime<br>dill<br>saffron                | black pepper<br>garlic<br>sweet peppers<br>tarragon   | rosemary<br>herbed vinegar              |
| <b>Lamb</b>                      | garlic<br>curry<br>mint<br>lemon         | rosemary<br>thyme<br>sage<br>ginger             | saffron<br>mustard seed                               |                                         |
| <b>Pork</b>                      | apples<br>garlic<br>ginger<br>lemon      | cloves<br>rosemary<br>orange zest<br>lemon zest | coriander<br>dried fruits<br>unsweetened<br>preserves | Madiera wine<br>port wine               |
| <b>Veal</b>                      | ginger<br>oregano<br>mustard<br>marjoram | shallots<br>mushrooms<br>orange<br>lemon        | Marsala wine<br>garlic<br>thyme                       |                                         |
| <b>Vegetables</b>                | garlic<br>lemon<br>dill<br>vinegar       | nuts<br>parsley<br>mint<br>rosemary             | basil<br>allspice<br>sweet peppers<br>pepper flakes   | marjoram<br>chervil<br>chives<br>nutmeg |

## "Culinary Creations and Wonders"

The St. Lucie Council of Catholic Women, Port St. Lucie FL