

(pre)Pairing FOR SUCCESS

NOUVEAU RAW



When you are creating in the kitchen, every dish we make is inspired by flavor. When we truly understand the essence of our ingredients, and what comprises their function and flavor, the more successful our dishes will be.

PAIRING FOR SUCCESS: Knowing how to pair spices along with fresh, whole foods relies heavily on understanding their individual qualities, and freshness. Take produce as an example: knowing if something is ripe or not will greatly impact how you “season” a dish.

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

Flavor Profile

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

ANICE...

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, tomatoes

BEETS...

PAIRS 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: cinnamon, cumin, dried apples, dried cranberries, ginger, nutmeg, pears, rosemary, sage

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: 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...

PAIRS 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, lemon-grass, 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, 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 & 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: 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, 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, 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, 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, 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, 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

VANILLA...

PAIRS WELL WITH: allspice, almonds, apples, all berries, chocolate, cinnamon, chestnut, cherry, cloves, coconut, creams, figs, fruit, ginger, honey, ice creams, nutmeg, orange, peach, pumpkin, sweet potato

WALNUT...

PAIRS WELL WITH: apple, apricot, banana, caramel, chocolate, cinnamon, nectarine, peach, pear, plum, rum

NOTES:

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Eat like you love yourself - Amie Sue Oldfather