

# THE FLAVOR BIBLE

THE ESSENTIAL GUIDE TO CULINARY CREATIVITY, BASED  
ON THE WISDOM OF AMERICA'S MOST IMAGINATIVE CHEFS



**KAREN PAGE AND ANDREW DORNENBURG**

IACP Award-Winning Authors of *What to Drink with What You Eat*

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## *Becoming a Chef*

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*At times our own light goes out and is rekindled by a spark from another person.  
Each of us has cause to think with deep gratitude of those who have lighted the  
flame within us.*

— ALBERT SCHWEITZER

To Daniel Boulud, Patrick O’Connell, and Jean-Georges Vongerichten — the leading lights of culinary creativity of their generation — whose sparks always rekindle our flame

Gastronomy is the rational study of all related to man as he is eating. Its purpose is to keep humankind alive with the best possible food.

— JEAN-ANTHELME BRILLAT-SAVARIN (1755–1826)

In what art or science could improvements be made that would more powerfully contribute to increase the comforts and enjoyments of mankind?

— SIR BENJAMIN THOMPSON, COUNT RUMFORD (IN A 1794 ESSAY ON THE ART OF COOKERY)

## PREFACE

*“When we no longer have good cooking in the world, we will have no literature, nor high and sharp intelligence, nor friendly gatherings, nor social harmony.”*

— MARIE-ANTOINE CARÊME, CHEF (1784–1833)

*“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 BENOÎT, CHEF (1904–1987)

*“You have to love either what you are going to eat, or the person you are cooking for. Then you have to give yourself up to cooking. Cuisine is an act of love.”*

— ALAIN CHAPEL, CHEF (1937–1990)

The first quotation suggests why we do what we do, while the others suggest

how. We published our first book in 1995, and it is exciting as we approach the publication of *The Flavor Bible* in 2008 to witness the realm of good cooking as it reaches a new “tipping point.”

No longer content simply to replicate others’ recipes, today’s cooks — professionals and amateurs alike — increasingly seek to create their own dishes. In doing so, they celebrate the creative *process* of cooking as much as the finished *product*.

Cooking at its most basic level is a creative act, one of transforming food through the application of heat and the incorporation of other ingredients. But there are different orders of creativity, and merely following a recipe is a creative act of the most basic order, like painting by numbers.

When accomplished cooks grow restless, they start to analyze instructions before following them to see if they can improve upon the results, thus raising the act of cooking to a creative act of a higher order. As their experience grows, cooks are able to bring greater intuition and even inspiration to their cooking.

Traditional cookbooks are aimed at first-order cooks. Every cook owes a debt of gratitude to those who have brought progress to cuisine throughout history — those who famously codified classic cuisines through the painstaking chronicling of recipes, from Auguste Escoffier in France to others around the globe. Appreciation is also due to those who have elevated and expanded the range of available ingredients and techniques, the essential building blocks of cooking.

Over the years, cookbooks have come to dictate precise measurement of ingredients along with instructions for their preparation and assembly, which has done much to improve the general accessibility of recipes. However, they also have come to provide a false sense of security for which the unsuspecting cook pays a price. When a recipe is rigidly scripted and blindly followed, it negates the cook’s own creative instincts and good judgment — not to mention much of the pleasure of truly “being” in the moment.

*“Great cooks rarely bother to consult cookbooks.”*

— CHARLES SIMIC, U.S. POET LAUREATE

Those with the urge to innovate had long been on their own in the kitchen until many adopted our 1996 book, *Culinary Artistry*, as their muse. That book sought to break the mold of contemporary prescriptive cookbooks and to restore the creative instinct to chefs. Drawing on classic flavor combinations and preparations, it put the wisdom of history at cooks’ fingertips for the first time — and with the same ease with which writers consulted a thesaurus.

As time passed, it became clear that chefs were thinking of flavors and their

combination in new ways, beyond the classics chronicled in *Culinary Artistry*. Meanwhile, the gap between professionals and amateur cooks narrowed, as the latter installed Viking ranges at home to prepare a burgeoning array of new ingredients, with their TVs transformed into virtual twenty-four-hour cooking schools, given the advent of culinary programming.

*“Food without wine is a corpse; wine without food is a ghost. United and well matched, they are as body and soul: living partners.”*

— ANDRÉ SIMON, CHEF (1877–1970)

Since the year 2000 we have been studying the new ways in which flavors are being combined. It has been a privilege to interview many of the country’s most imaginative chefs and other food and drink experts (turning to an entirely different lineup from those we spoke to for *Culinary Artistry*). Some are well-established industry pioneers, while others have risen on the scene in recent years. All have wowed us with their savory cuisines and/or desserts, and often in spots less traveled, from Dallas to New Orleans to Hoboken. We’ve also combed the most recent culinary literature published in 2000 or later.

The first result was our 2006 book, *What to Drink with What You Eat*, which celebrated the harmonious combination of food and drink and, indeed, their inseparability, as suggested by the André Simon quotation.

The second result is *The Flavor Bible*, which, like *Culinary Artistry*, is not intended to be prescriptive; rather, it is an empowerment tool. *The Flavor Bible* is a comprehensive, easy-to-use single-volume reference of more than six hundred alphabetical entries listing modern-day compatible flavors, chronicling new flavor synergies in the new millennium.

Our books *Culinary Artistry* (classic flavor combinations before 1996), *The Flavor Bible* (modern flavor combinations since 2000), and *What to Drink with What You Eat* (classic and modern food and drink combinations) are essential to use in concert, as each covers different aspects of food and drink flavor harmony.

**Flavor Combinations**

**CULINARY ARTISTRY**

**THE FLAVOR BIBLE**

Classics

1996 2000 2006

2008

## **Food and Drink Combinations**

### **WHAT TO DRINK WITH WHAT YOU EAT**

Classics 1996

2000

2006 2008

We believe cooking will continue to evolve, and not only as a means of “doing” (i.e., putting dinner on the table, or “problem-solving” by “following a recipe”). Over time, we believe more people — including, perhaps, yourself — will have discovered it as a way of “being” in the world. We have learned enough over the past decade or two to question why cooking is done one way versus another. This thoughtful sensory engagement leads to a store of experiences that allow us to bring more intuition to the cooking process, synthesizing what we’ve done before into innovative approaches to creating a dish. Ultimately, cooking offers the opportunity to be immersed in one’s senses and in the moment like no other activity, uniting the inner and outer selves. At these times, cooking transcends drudgery and becomes a means of meditation and even healing.

It is little surprise to us, then, that when U.S. Poet Laureate Charles Simic was asked by the *New York Times Magazine*’s Deborah Solomon earlier this year, “What advice would you give to people who are looking to be happy?” his response was “For starters, learn how to cook.”

We hope this book makes you happy — literally.

— **KAREN PAGE AND ANDREW DORNENBURG**

New York City

April 2008

## Chapter 1



**FLAVOR = TASTE + MOUTHFEEL + AROMA + “THE X FACTOR”:  
LEARNING TO RECOGNIZE THE LANGUAGE OF FOOD**

*Magical dishes, magical words: A great cook is, when all is said and done, a great poet. . . . For was it not a visit from the Muses that inspired the person who first had the idea of marrying rice and chicken, grape and thrush, potatoes and*



*entrecôte, Parmesan and pasta, eggplant and tomato, Chambertin and cockerel, liqueur brandy and woodcock, onion and tripe?*

— MARCEL E. GRANCHER, *CINQUANTE ANS À TABLE* (1953) **FLAVOR = TASTE + MOUTHFEEL + AROMA + “THE X FACTOR”**

**Taste** = What is perceived by the taste buds **Mouthfeel** = What is perceived by the rest of the mouth **Aroma** = What is perceived by the nose **“The X Factor”** = What is perceived by the other senses — plus the heart, mind, and spirit Our taste buds can perceive only four basic tastes: sweet, salty, sour, and bitter. The essence of great cooking is to bring these four tastes into balanced harmony to create deliciousness. It’s that simple — and that difficult. After all, flavor is a function not only of taste, but also of smell, touch, sight, and sound. Because we’re human beings, other nonphysical factors come into play, including our emotions, thoughts, and spirits.

Learning to recognize as well as manipulate both the obvious and subtle components of flavor will make you a much better cook. This book will be your companion in the kitchen whenever you wish to create deliciousness.

Learning to cook like a great chef is within the realm of possibility. However, it is something that is rarely taught; it must be “caught.”

Everyone who cooks — or even merely seasons their food at the table before eating — can benefit from mastering the basic principles of making food taste great. This complex subject is simplified by one thing: while the universe may contain a vast number of ingredients and a virtually infinite number of ingredient combinations, the palate can register only the four basic tastes.

Great food balances these tastes beautifully. A great cook knows how to taste, to discern what is needed, and to make adjustments. Once you learn how to season and how to balance tastes, a whole new world opens up to you in cooking. Of course, several factors conspire against your ever doing so — not the least of which is a culture that sees the publication of thousands of new cookbooks annually featuring recipes that promise to dazzle you and your guests if you follow them to the letter. And yet you’re often left wondering why the results aren’t as delicious as promised. That’s because great cooking is never as simple as merely following a recipe. The best cooking requires a discerning palate to know when a dish needs a little something or other — and what to add or do to elevate its flavor.

## **WHAT IS PERCEIVED BY THE MOUTH**

## **Taste Buds**

Sweetness. Saltiness. Sourness. Bitterness. Every delicious bite you've ever tasted has been a result of these four tastes coming together on your taste buds. We taste them as individual notes, and in concert. Each taste affects the other. For example, bitterness suppresses sweetness. In addition, different tastes affect us in different ways. Saltiness stimulates the appetite, while sweetness satiates it. Take the time to explore the four basic tastes.

## **Sweetness**

It takes the greatest quantity of a substance that is sweet (versus salty, sour, or bitter) to register on our taste buds. However, we can appreciate the balance and “roundness” that even otherwise imperceptible sweetness adds to savory dishes. Sweetness can work with bitterness, sourness — even saltiness. Sweetness can also bring out the flavors of other ingredients, from fruits to mint.

## **Saltiness**

When we banished more than thirty of America's leading chefs to their own desert islands with only ten ingredients to cook with for the rest of their lives (*Culinary Artistry*, 1996), the number-one ingredient they chose was salt. Salt is nature's flavor enhancer. It is the single most important taste for making savory food delicious. (Sweetness, by the way, plays the same role in desserts.)

## **Sourness**

Sourness is second only to salt in savory food and sugar in sweet food in its importance as a flavor enhancer. Sour notes — whether a squeeze of lemon or a drizzle of vinegar — add sparkle and brightness to a dish. Balancing a dish's acidity with its other tastes is critical to the dish's ultimate success.

## **Bitterness**

Humans are most sensitive to bitterness, and our survival wiring allows us to recognize it in even relatively tiny amounts. Bitterness balances sweetness, and can also play a vital role in cutting richness in a dish. While bitterness is more important to certain people than to others, some chefs see it as an indispensable “cleansing” taste — one that makes you want to take the next bite, and the next.

***Umami (Savoriness)*** In addition to the four basic tastes, there is growing evidence of a fifth taste, *umami*, which we first wrote about in 1996 in *Culinary Artistry*. It is often described as the savory or meaty “mouth-filling” taste that is noticeable in such ingredients as anchovies, blue cheese, mushrooms, and green tea, and in such flavorings as monosodium glutamate (MSG), which is the primary component of branded seasonings such as Ac´cent.

## **Mouthfeel**

In addition to its sense of taste, the mouth has a sense of “touch” and can register other sensations, such as temperature and texture, that all play a role in flavor. These aspects of food, generally characterized as mouthfeel, help to bring food into alignment with our bodies, and bring some of a dish’s greatest interest and pleasure. The crunchiness and crispiness of a dish contribute sound as well as textural appeal.

## Temperature

*I always pay attention to temperature. I look at what I feel like eating now. If it is cold and rainy outside, I make sure that soup is on the menu. If it is hot outside, I make sure there are lots of salads on the menu.*

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

Temperature is one of the foremost among the other sensations that can be perceived by the mouth. The temperature of our food even affects our perception of its taste; for example, coldness suppresses sweetness. Boston pastry chef Rick Katz, with whom Andrew cooked at Lydia Shire’s restaurant Biba, first taught him the lesson of pulling out the ice cream a few minutes before serving so that the slight rise in temperature could maximize its flavor.

A food’s temperature can affect both the perception and enjoyment of a dish. A chilled carrot soup on a hot summer day — and hot roasted carrots on a cold winter day — could be said to be “healing” through their ability to bring our bodies into greater alignment with our environment.



## Texture

*I would never serve pike on a base of chowder, because balance and texture are so important when it comes to creating a dish. Is there a rich component, a lean component, a crunchy component, and a cleansing component? Are all the taste sensors activated so that you want to go back for a second bite? Cod works better over a richer preparation like chowder. I would also make sure to choose the right technique for the cod: I would not poach it, because if it is poached it would be silky on silky. If it is seared, it is crunchy on silky — which is more appealing because of the contrast.*

— SHARON HAGE, YORK STREET (DALLAS)

A food's texture is central to its ability to captivate and to please. We value pureed and/or creamy foods (such as soups and mashed potatoes) as “comfort” foods, and crunchiness and crispiness (such as nachos and caramel corn) as “fun” foods. We enjoy texture as it activates our other senses, including touch, sight, and sound.

While babies by necessity eat pureed foods, most adults enjoy a variety of textures, particularly crispiness and crunchiness, which break up the smoothness of texture — or even the simple monotony — of dishes.



## **Piquancy**

Our mouths can also sense what we often incorrectly refer to as “hotness,” meaning piquancy’s “sharpness” and/or “spiciness” — whether boldly as in chile peppers, or more subtly as in a sprinkle of cayenne pepper. Some people find the experience of these *picante* (as the Spanish refer to it, or *piccante* as the Italians do) tastes more pleasurable than others.

## **Astringency**

Our mouths “pucker” to register astringency. This is a drying sensation caused by the tannins in red wine or strong tea, and occasionally in foods such as walnuts, cranberries, and unripe persimmons.

## **WHAT IS PERCEIVED BY THE NOSE**

## **Aroma**

Aroma is thought to be responsible for as much as 80 percent or more of flavor. This helps to explain the popularity of aromatic ingredients, from fresh herbs and spices to grated lemon zest. Incorporating aromatic ingredients can enhance the aroma of your dish and, in turn, its flavor.

Some qualities are perceived through both the sense of taste and smell, such as: **Pungency**

Pungency refers to the taste and aroma of such ingredients as horseradish and mustard that are as irritating — albeit often pleasantly — to the nose as they are to the palate.

## Chemesthesis

Chemesthesis refers to other sensations that tickle (e.g., the tingle of carbonated beverages) or play tricks on (e.g., the false perception of “heat” from chile peppers, or “cold” from peppermint) our gustatory senses.

## Heightening Flavor with Dominique and Cindy Duby of Wild Sweets

*We believe that food preparation is 60 percent ingredients and 40 percent technique.*

— **DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)**  
Flavor is the combination of the taste you experience on your tongue and the aroma you experience through your nose. We believe that as much as 90 percent of what we perceive as taste is actually aroma. When you eat a pineapple, the flavor really comes through the nose. So, if your pineapple is not ripe, it won't have much aroma. It may taste sweet, but it won't taste like pineapple.

There are two ways to bring flavor to a dish, through aroma or through chemical reaction. We always say that cooking is no different from doing a lab experiment: The minute you add heat to a raw product, you are changing the status of that product. When you use the Maillard reaction — which is what happens when you sear a piece of meat — you are getting a reaction of caramelization from the carbohydrates and amino acids. This chemical reaction creates flavor.

To add aroma to a dish, think of a piece of fish cooked in broth with herbs or lemon. The problem is that the flavor escapes into the air. If you walk into a room and it smells great, that means there is not much flavor left in the dish. The aroma has escaped. So, if you want to add aroma to a dish, the best way is through *sous-vide* cooking [which cooks encased food at long, slow temperatures]. This method traps the aroma into what you are cooking without letting it escape.

The problem is that *sous vide* is not available for home cooks. What a home cook can do is “sealed cooking,” where you take a heavy-duty freezer zip lock bag, put in what you want to cook with the liquid, then cook it over a steady heat on your stove. Another method that works is putting the bag in a pot with a single-cup water heater that goes to about 140 degrees Fahrenheit and, from time to time, stirring the water. [Note: Care must be taken with this low-temperature method of cooking to avoid food poisoning.]

This is a way to put — and keep — a lot of flavor in whatever you are

cooking.

## **WHAT IS PERCEIVED BY THE HEART, MIND, AND SPIRIT**

### **“The X Factor”**

When we are present to what we are eating, food has the power to affect our entire selves. We experience food not only through our five physical senses — including our sense of sight, which we address first below — but also emotionally, mentally, and even spiritually.

### **Compatible Flavors**

An essential aspect of great cooking is harnessing compatible flavors — which involves knowing which herbs, spices, and other flavorings best accentuate particular ingredients.

A process of trial and error over centuries resulted in classic cuisines and dishes, some of which feature timeless combinations of beloved flavor pairings — for example, basil with tomatoes, rosemary with lamb, and tarragon with lobster.

However, today it’s possible to use scientific techniques to analyze similar molecular structures to come up with new, compatible pairing possibilities, as odd as some might sound — such as jasmine with pork liver, parsley with banana, or white chocolate with caviar.



## **The Visual**

The visual presentation of a dish can greatly enhance the pleasure we derive from it. Just a few decades ago, it was still possible to taste a dish with the eyes, but only those who'd spent time in world-class kitchens knew the tricks of such artistic plate presentation. Since the advent of *Art Culinaire* and the Web, it's become easier to reproduce a great dish's elaborate form than its exquisite flavor.

How a dish looks can also affect our perception of its flavor in more direct ways; for example, the deeper the color of a berry sorbet, the more berry flavor is perceived. The stronger the connection between a particular food and a particular color, the stronger the flavor impact — such as berries with red, lemon with yellow, and lime with green.

## The Emotional

*I say all the time that [my mother's Spanish potato and egg tortilla] is my favorite because it conveys a point: that sentimental value comes above all else.*

— **FERRAN ADRIA**, EL BULLI (SPAIN)

We taste with our hearts as much as with our tongues. What else could explain adult preferences for one's mother's dishes over those prepared by a great chef? This also helps to explain the lasting appeal of traditional dishes and cuisines of countries around the globe, which stem from our love for their cultures, their people, and the deeply rooted culinary traditions that have sustained them over centuries.



## **The Mental**

If we ate only for sustenance, we could probably survive on nutritive pills and water. But we also eat for pleasure. Because we typically eat three times a day, 365 days a year, we enjoy novelty, such as a twist on the traditional construct of a dish. Increasingly, since the 1980s and the advent of “tall” food, chefs have played with the presentation of their ingredients. Since the 1990s, the advent of avant-garde cuisine and so-called molecular gastronomy has seen chefs experiment more and more with both the chemical composition and presentation of dishes as well.



## **The Spiritual**

The preparation, cooking, and eating of food is a sacrament. Treating it as such has the potential to elevate the quality of our daily lives like nothing else. Several of the world's leading chefs have worked to perfect each aspect of the dining encounter — from the food and drink to the ambiance to the service — to raise the overall experience to a new level imbued not only with pleasure, comfort, and interest, but also with meaning.

## **Choosing a Cooking Technique with Michael Anthony of Gramercy Tavern in New York City**

When we look at an ingredient, we ask, “How can we maximize the inherent flavor or quality of what this is?” As in any other progressive modern kitchen, there is a fascination with examining all the new techniques we can get our hands on. We have used *sous vide* [i.e., cooking vacuum-packed ingredients at low temperatures for long periods of time], but we are far from letting any technique drive a dish.

Alice Waters described something cooked via *sous vide* as “dead” food. I can understand her opinion because she is all about inflecting that “fresh-cut crunch” feeling into her food. *Sous vide* is all about a long, slow cooking process — and those products calling for that [such as tougher cuts of meat] will be awesome.

Why we choose any specialized piece of equipment for a dish always gets back to good old-fashioned cooking principles: What is the best way of capturing flavors?

That is how choosing a technique fits into my cooking.

I'm excited to eat in restaurants that are pushing the boundaries of presentation and technique. Yet my personal take on food that is too technically driven is that technique comes first and taste comes second. I feel the meals that hit home are ones where the flavor is there and you are eating a meal in a distinct time and place. I love it when people look back on a meal, and the time of year is what made it special. The ingredients they tasted seemed naturally a part of that moment because that is what is available then.

Sometimes straightforward flavors are the ones people can latch on to, even though the ingredients can be very sophisticated behind the scenes. If, ultimately, the flavor combination is one that is simple and straightforward, with an impressive balance of acidity and bitterness, and you remember it, then you win as a diner. Sometimes the meals that hit home are not the ones that were the most complicated.

## FLAVOR FROM THE INSIDE OUT

America's foremost chefs reached the pinnacle of their profession through their painstaking attention to every aspect of their cuisine and the restaurant experience. Chefs bring their own unique approaches to their cuisines, which are arguably rooted in either the physical, emotional, mental, or spiritual — although they can span two, three, or even all of them.

Chefs whose focus celebrates the **physical** realm include **Alice Waters** of Chez Panisse in Berkeley, California, with her pathbreaking focus on the quality of ingredients sourced and served, and **Dan Barber** of Blue Hill at Stone Barns in Pocantico Hills, New York, whose on-premises greenhouse, gardens, and pastures grow and raise much of what the restaurant serves.

Celebrating the **emotional** realm are those chefs whose cuisines are closely tied to a specific culture, its people, and their traditions. It includes chefs such as **Rick Bayless**, whose Frontera Grill and Topolobampo in Chicago elevate Mexican cuisine, and **Vikram Vij** and **Meeru Dhalwala**, whose Vij's and Rangoli restaurants in Vancouver honor and celebrate the cooking of India and tap Indian women exclusively to staff their kitchens.

Easily identifiable as part of the **mental** realm are chefs whose efforts are reconceptualizing how food can be manipulated and presented, such as Chicago's **Grant Achatz** of Alinea (with signature dishes such as bacon on a clothesline) and **Homaro Cantu** of Moto (whose dishes include incorporating edible paper printed with soy-based inks, and a doughnut soup that looks like eggnog and tastes just like a doughnut).

Through the elevation not only of their cuisines but of the creation and orchestration of ambiance and service as well, chefs such as **Daniel Boulud** of New York's Restaurant Daniel and **Patrick O'Connell** of The Inn at Little Washington in Virginia transcend the prior three categories to bring the dining experience to another level in the **spiritual** realm.

In the pages that follow, we'll share chefs' reflections on working in the first three realms. (As for their thoughts on the fourth, we invite you to visit or revisit our book *Culinary Artistry*.) **The Physical Realm**

*My motto has always been: Find the best ingredients possible, and listen to what they tell you about how they want to be prepared. Mess with them as little as you can. Keep their integrity, but at the same time, focus their flavor, which is where creativity comes in.*

— **VITALY PALEY**, PALEY'S PLACE (PORTLAND, OREGON)

The best chefs work with the best ingredients available to them. The very best chefs don't settle for this, and seek out even better ingredients through working

with foragers, developing relationships with farmers and other purveyors, and even growing their own produce and raising their own animals.

### **Monica Pope of T'afia in Houston**

My cooking changed radically when we started hosting a farmers' market [located at T'afia]. I remember when I was cooking in California, and chefs would be waiting for an ingredient to come into season. When it arrived, their philosophy would be "Let's just slice it and not screw it up." I thought, "That is just not the way restaurants work." It's hard to believe that now I am saying the same thing that they used to say.

Since the advent of the farmers' market, when I get a product, it is phenomenal — because it was picked at the right time and has never even been refrigerated before it comes to my door. Sometimes I feel guilty because people will love something, and ask what I did to it. Often the answer is "Very little."

Our zucchini salad is a perfect example of celebrating what comes to our door. We get baby zucchini and we shave them raw. Then we add a flavored pecan oil, raw local pecan halves, shaved pecorino cheese, Mexican marigold, and a pinch of salt.

We also think a lot about the best way to present these ingredients. The salad has to be interesting the whole way through, and I want the customer to have the experience of interacting with it themselves. I want them to have the experience of lifting a shaved piece of cheese after their bite of crunchy yellow or light-green squash. They will see that the salad is dressed with oil, but then have to search and realize that it is pecan oil. Then they will take the next bite and get the herb that has a minty note to it. To achieve this, I will taste a dish night after night to make sure it is "eating" the way I want it to eat.

**Michael Anthony of Gramercy Tavern in New York City** You want to have an infatuation with the ingredients you cook with. You want to tap all the hopes and dreams that went into producing that ingredient. You need to think, "Is this ingredient not only up to par, but is it brilliant?" When it is cooked, you want whoever bites into what you made to think that the flavor is bright, interesting, and delicious.

I take a simple approach to my food, but simple food does not mean unmanipulated food. Sometimes simple food is simply boring.

When I cook, I am looking to pull myself back from a dish rather than add to a dish. I would rather a dish feel too simple than too fussy. So, sticking to my core principles, I never want to overload a dish with too many ingredients. But cooking is not always one-two-three. Sometimes you need some extra

ingredients as long as they work dynamically.

**Dan Barber of Blue Hill at Stone Barns in Pocantico Hills, New York** Our pork dish starts not at the table with the cut of pork on the plate, but in the field with what kind of pork we choose to raise for our restaurant. I make a lot of decisions to get the most “pigness” out of our pork dish. We raise Berkshire pigs, which have a great flavor. They are an older breed that has a flavor profile that newer breeds don’t have. The pig has a great intramuscular profile that allows it to develop a better flavor.



We feed our pigs organic grains and that makes a huge difference. We feed them a wide variety of grains and they forage as well. We are also careful of how much corn the pigs eat. I proved unequivocally this summer the difference feed makes. We had a problem getting organic grain for about eight weeks and had to

use conventional grain that has more corn in it because it is cheap to use in the feed. I tasted our pork that was raised exactly the same way side by side with the only change being the feed, and the flavor was as different as night and day. The flavor of the two was so different that a child could tell them apart.

We also make sure our pigs are slaughtered in a less stressful way. This makes for a calmer pig, and you can see a difference in the meat and taste the difference [in the texture] on the plate.

At Blue Hill when you order the pork at our restaurant, you don't know what cut you will be getting. We serve leg, shoulder, rack, loin, and belly; it is a mix on the plate. This makes for a more interesting experience, because you get a variety of flavors and textures. We keep the dish pretty straightforward. We will serve it with Brussels sprout leaves and chickpeas.

We don't want to do anything to hide the flavor. We make a pork stock, infuse it with more roasted scraps and bones to make a pork second [also known as a *remoulage*], then do one more pass with more pork and very little wine. This is water that has been infused with pork three times.

Depending on the season, I will make an infusion with herbs like a tea and add a little to the sauce if I want to add more flavor. The reason I do an infusion is to make sure the flavor is so light that you don't even know it is there.

## **The Emotional Realm**

*I have no professional cooking training. My starting point was, What do I know? I know Indian spices and flavors.*

— MEERU DHALWALA, VIJ'S (VANCOUVER)

There are many emotional connections to draw from when creating dishes — from the bounty of a particular country and its historic evolution into a national cuisine, to the classic dishes of that culture, and of the families and even individual cooks within it — as each might bring a unique twist to the standards.

**Maricel Presilla of Cucharamama and Zafra in Hoboken, New Jersey** I'm Cuban — but whether you are Cuban, Venezuelan, Chilean [or another nationality], there is an enormous pride in the flavors of your region and of your childhood. It is like mother's milk, your first compass. It doesn't matter how much you travel or how much you expand your palate: You always come back to this notion of basic flavors and ingredients, time and again.

For me, being a Cuban from eastern Cuba is my anchor. I am from Santiago, which has a very defined cuisine. It is more influenced by the neighboring islands such as Jamaica and Haiti, which both have European influences as well. The cooks from those islands brought flavors with them like allspice, which is not used in the rest of Cuba. My family uses allspice lavishly in our adobo and in other dishes. I use it a lot as well — and it is one of my favorite spices. Our cooking has more complexity than the food of Havana because of these influences.

We have the most interesting cuisine in the world — and I am not kidding. I have traveled throughout South America, cooking with chefs as well as elderly women, not to mention studying the history of our cuisine from pre-Columbian cooking through the influence of Spanish medieval cooking.

What is fascinating is that there is a lot of structure to our cooking and clearly defined rules to our seasoning.

I have learned how all these flavors work in their nationalities and regions, making Latin America my “backyard” of flavor. I am like a painter, and every painter has his or her own palette. I use this analogy because my father was a painter, and there are colors that he would never use that would not be on his palette.

When I want to be creative, I am comfortable reaching across topographical boundaries. However, I do so with an understanding of all the basic elements of flavor in South American cuisine because I have studied them, eaten them, and lived them!

**Vikram Vij of Vij's and Rangoli in Vancouver** The three secrets to my cooking? Number one, my wife, Meeru. Number two, treating the spices with integrity. And number three, using local produce as much as possible.

My own mother is from the northern part of India, so my style and flavors are a combination of different whole and ground spices. I love fenugreek and cinnamon and other aromatics. But one of my [signature dishes] is actually called Mother-in-Law's Pork Curry, because it is based on a recipe my mother-in-law gave me for stewed meat.

I wanted to make something new and was talking to Meeru, who told me her mother used to make a curry with lamb, cream, masala, and some other spices and that they loved it. I decided to try it with pork instead of lamb. It was vindaloo style with vinegar, and green onions added right at the end so that they stayed really fresh. There were too many spices in it to list on the menu so it just made sense to name the dish after her instead.

When I opened my first restaurant, I didn't have a liquor license and did not want to serve [soda] pop or anything with artificial ingredients or preservatives. I remembered growing up in India and having lemon water with a hint of salt and pepper as a homemade lemonade. [At Vij's,] we made some lemonade and added a little ginger, a pinch of salt, and sparkling water to give the refreshing effervescence of [soda] pop. We started out serving it with pepper as well, but customers couldn't get used to seeing black pepper in a drink.

It is wonderful at the beginning of the meal to refresh your palate.

**Meeru Dhalwala Vij of Vij's and Rangoli in Vancouver** While working in India for eleven months, I visited Gujarat. Having been raised in the United States, to me "Indian food" was what my mom cooked. I had no idea there were other kinds!

If you watch a Bollywood movie, you see that the Punjabis and the Gujaratis make a lot of fun of each other. The Gujaratis find us Punjabis very volatile and show-offy. They will say, "Just like your cuisine, you are all fiery and hot!" We Punjabis, on the other hand, think the Gujaratis are quiet and dull. Of course, for me, that has all changed — I love all Indians.

In Gujarat, at the end of cooking a curry, they would add a teaspoon of sugar and a half a lime. The first time I tasted this, it was awful — but then I found out that the cook of the house was a crappy cook! When I had it done correctly, it was delicious, and had a nice, mellow aftertaste. So, I incorporated lime into my cooking after eating Gujarati food in India.

My kitchen is staffed by Punjabi women, who had a hard time using lime because it was not part of their cooking in Punjab. When they tasted it, they

thought, “Yuck! What’s the point?” Since my Punjabi cooks don’t like lime, this led me to start using kaffir lime. I had more control over the recipes’ flavor because I could just say, “Add 15 leaves to the recipe.” And I learned that turmeric and lime leaf are wonderful together, by the way.



## **The Mental Realm**

*My menu may read as unusual, but everything is really just a slight flip on a traditional flavor profile. If I pull out one acid, I replace it with another. If I make a tagine traditionally, it will have preserved lemon. Then I'll ask, "Would it work with lime or orange juice?" It is still the same flavor profile in that it will still have a cutting acid — just maybe not the one that would be used traditionally.*

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

In modern architecture and design, form is said to follow function. In the cutting-edge world of avant-garde cuisine, which turns classic dishes inside out for the sake of argument or even simple amusement, form follows flavor.

## **Homaro Cantu of Moto in Chicago**

Moto is not meant to be an everyday experience. Neither is Charlie Trotter's [also in Chicago] or Daniel [in New York City]. Someone could say that these chefs are just cooking for themselves, and that is true to a certain extent. I am doing this style of [avant-garde] cooking because I am bored with other dishes. If I was all about the customer and just wanted to make people happy, I would cook paella, pizza, and burgers all day. Everyone would have smiles on their faces!

There is a little bit of selfishness, but there is also playfulness. We have to make sure guests are happy, and that our dishes are both inventive and seasonal. What is happening [in the world] right now is that we are expanding our repertoire of what good food is.



At Moto, when we start out with a concept, flavor is the most important thing but also the last thing we think about. Something might taste great, but who

cares? What are we going to do with it? As it pertains to us, we look at a concept. Then it evolves into something where we tweak the flavor a little bit to make it taste more like it “should.” For example, once we wanted to make a cookie with a really concentrated flavor. So, we threw cookies into the dehydrator, and turned them into powder. This created a new building block for flavor. [Instead of the flour you would normally use in your dough,] you weigh the powdered cookies out as your starch in your normal cookie recipe. But this starch is now a carrier of flavor for the end product — so the resulting cookie now tastes more like it “should” than it would have just using regular flour.

A lot of our food is rooted in classic combinations — and it has to be. Why? The process by which we go about creating is so foreign that we have to make something that you are familiar with eating. In a tapas restaurant, you have had generations of trial and error to create a dish through local ingredients and techniques that have evolved into something that tastes good. For example, olives marinated with garlic and parsley has been around for a hundred years. Now, there is nothing wrong with that. But, for us, the idea of marinating olives with garlic and parsley is not fun. So, we are going to make a dish where the olives are actually the parsley and the garlic is the olives and so on. But it tastes like something you’d want.

**What’s in a Pancake?** Yes, we do serve real food. We got some BLiS syrup [handcrafted aged maple syrup] in the kitchen which is used by other top chefs around the country. This stuff is liquid gold! This syrup is aged in small bourbon barrels in Canada and is \$20 for a small [375 ml] bottle. The maker even hand-stamps each bottle with wax and writes the label by hand. When we got it in, we knew we had to do something with it.

We decided to make a pancake dish. We started with the question “How can we make this dish taste more like pancakes than pancakes?” So, we pureed cooked pancakes, then adjusted the liquid with milk. The cool thing about making a pancake puree out of cooked pancakes is that you can alter the concentration levels. You can’t alter the concentration levels when you are making straight pancakes.

We wanted to trick the customer into thinking that they were going to eat a hot pancake topped with this syrup. Believability is so important in the process, so we even execute the dish in front of them [in the dining room]. We bring out a metal plate that looks hot [but is frozen and steaming from being immersed in nitrogen]. The pancake batter is then shot from a syringe. The batter freezes when it hits the metal. When we serve it, we top it with the BLiS syrup. Ninety-nine percent of the people who were served this dish swore they were getting a

hot flapjack, and it was only when they tasted it that they learned it was cold.

**Contrarian by Nature** People want to say that wine is natural and has been around a thousand years. But is it natural or unnatural? We don't know. You have people in a foreign country stepping all over these grapes, putting foot fungus in there, and then creating a fermented thing that is controlled. I don't think that wine is all that natural! Every time you turn on the blender and puree something, you are crossing the line of natural versus unnatural. Nature did not intend for an electric motor to spin a blade and turn a solid into a liquid.

If you think an unripe green tomato tastes better than a ripe heirloom red tomato picked off the vine in August, then by all means eat the green tomato. That is flavor preference. What if I feed you an unripe green tomato but alter its taste so it tastes *better* than a vine-ripened red tomato? When we pick it off the vine earlier, it has a different quality — it is sharper. So, we will pair something that maybe should not go with it, like Parmesan cheese pureed with butter. This will make it a little richer and compensate for the overtannic, overacidic qualities of the tomato. [If you enjoy it,] then you have succumbed to not following the seasons.

In the same manner, we'll serve a dish of unripe things that taste ripe because they are together! What do I prefer? Of course I prefer the vine-ripened tomato at the end of August. We would make the other dish just to ask the question.

**Creating New Flavors** I disagree with the notion that there are no new flavors. Maybe there are no new products, even though we don't know everything that exists in the sea. To create a new flavor, all you have to do is dissect an ingredient. For example, if I take an avocado and put it into a centrifuge, we would separate the fat and the water. The water will carry the avocado taste. If I take that water and create a snow with it or make it into a pill, it will have a much different taste than avocado, because avocado is thought of as something that is rich. But there would be no richness here; it is a completely different product. We just made up a new flavor.

So now if I want to mimic an avocado, I would have to serve something rich with it. I could serve something dairy with it, like brown butter. I now have something that would go with a classical turbot dish with brown butter and capers, whereas fresh avocado would not have paired up with that dish very well.

## **How to Lengthen Flavors**

*Think of something in its pure form like passion fruit puree: It is strong, vibrant,*

*and when it touches your tongue, you taste it [all at once]. I learned from Heston Blumenthal [chef of The Fat Duck, the Michelin three-star restaurant in England] that if you take that same passion fruit and make it into a gelée and cube it, then you will get the flavor little by little as the cube melts on your palate. The flavor release takes longer and lasts longer in your mouth.*

— **JOHNNY IUZZINI**, PASTRY CHEF, JEAN GEORGES (NEW YORK CITY)

*Sometimes we try to lengthen flavors, like you have with some wines [e.g., wines that are said to have “a long finish” that you taste long after swallowing]. I will think, “How long do I want a flavor to last? Do I want a blast, or do I want it to linger?”*

*We make a dish of a fried oyster with shiso and a wasabi, yuzu, and sancho pepper [also known as Szechuan pepper] sauce. That is a great way to experience length of flavor. The shiso wraps around the oyster like a taco shell. When you take a bite, you get the herbaceous punch from the shiso, then richness from the fried oyster that coats your tongue. Then you get the acid from the yuzu on the sides of your tongue. When you swallow the bite, the wasabi comes up the back of your nose. Then you get a small surprise because the pepper gives you a numbing effect across your palate. This is not a “two seconds of heaven” bite; we are talking about a twenty-second experience. We have orchestrated this not in a crazy chemical way, but just by playing with an oyster.*

*The cues come from the wine world: Sometimes you want bright and spritzy high-acid flavor, and other times you want something rich and long.*

— **BRAD FARMERIE**, Public (New York City)

### **Katsuya Fukushima of minibar in Washington, DC**

I like to work with classic, preexisting flavor combinations that people can recognize. They may not recognize anything from the textures I use, but they will find recognition in the flavors.

To make our “Philly Cheesesteak,” we start with the bread. We put pita dough through a pasta machine so that it gets really thin, but puffs way up when you cook it. For the cheese element, we use a Vermont and Wisconsin cheddar cheese mousse that we pipe into the pita. For the beef, we serve seared Kobe beef. For the onions, we spread on caramelized onion puree. We then top that with truffles. So you have bread, cheese, beef, and onion, just like a Philly cheesesteak. We add the truffles just to push it over the top.

## **CHEFS’ STRATEGIES FOR BALANCING FLAVORS**

*On every forkful — regardless of what’s on the fork — there has to be salt, acid,*

*and heat. . . . However, unless you are serving a pepper-crusting dish, or a lemon or vinegar dish, your seasoning should never be detected. Instead, your beans should taste like beans, and your rabbit should taste like rabbit. Diners don't need to know how much salt, acid, and heat are in the dish — and none should be obvious. You'll also have minor supporting players in a dish, such as the aromatic or picante levels that might come from your mirepoix or sofrito [a well-cooked sauce of tomatoes, garlic, onions, and herbs] or whatever else went in there. But when a diner tastes your dishes, all you want them to be thinking about is those beans, or that rabbit.*

— SHARON HAGE, YORK STREET (DALLAS)

Over the past fifteen years, we have interviewed many chefs in an effort to understand how some of America's best chefs approach creating great food. What we learned is that there are as many approaches as chefs themselves. While some strategies overlap, others are unique and display strong self-knowledge as to what makes their individual cuisines so original and compelling.

**Traci Des Jardins of Jardinière in San Francisco** The most important aspect of any dish is balance — between acid, fat, salt, and sweetness. It is the key to making food taste good.

The same is true in pastry. I am constantly working with my pastry chef when I taste desserts with her. I will taste something and say it is too sweet — that it is missing the acid balance, and needs some fat and a little salt. Using salt in pastry brings out the flavor, just as it does in savory food. When it comes to dessert, people think more in a “monochromatic” sweet fashion. But sweets need balance, too.

My favorite flavor is the harmony of these elements working together, whether it is sweet or savory.

**Marcel Desaulniers of The Trellis in Williamsburg, Virginia** My cooking philosophy has always been simple: Don't complicate things, and let the food speak for itself. I want the food to leave a clean taste in your mouth, and that goes for savory food as well as desserts.

We don't use a lot of spices because they can have an intensity of flavor that can overwhelm other flavors. People can't restrain themselves with certain ingredients — and, often, it's garlic. At The Trellis, we use garlic in only one recipe: a dressing that has been on the menu for twenty-six years. Herbs can be overused as well, too. Rosemary and basil, which I love, are constantly overused, which results in a bitter flavor.

I tell cooks, “When in doubt, don't use it.” The food you are starting with

already has its own intrinsic flavor, whether it is a scallop or a filet of beef. Whatever you do to embellish the flavor should be a very minor part of the relationship, rather than sharing the stage fifty-fifty.

I thought of myself as a saucier from my days in New York, yet when I opened this restaurant in Williamsburg, it was not the way I wanted to present the food. Rather than sauces, I wanted to use vegetables and fruits as the accompaniments. They provide moisture as a natural component and they work on the plate, but not as a fifty-fifty partner.

An example of where fruit works great as a component is on our pork dish: We serve pork loin medallions, grilled sausage, sweet potatoes, tender cooked string beans, and bourbon-glazed peaches. So this is a dish with no sauce, except the juice from the peaches.

### **Carrie Nahabedian of Naha in Chicago**

You should always season something right from the start, and not just at the end. If you just add salt and pepper at the end, you are not doing a soup justice. You want those flavors to blossom.

Take our butternut squash soup as an example. We start our soup with hefty pieces of slab bacon, so we are already starting off with a lot of flavor. From there, we add the mirepoix and make sure it gets nice and caramelized. Then we start adding our salt, fresh-cracked pepper, and thyme sprig.

Next, we add roasted squash. The reason we roast it before it goes in the soup is because you can taste what state the squash is in. It may need a little help because it needed to age a couple more weeks in the cellar before we got it, so we may add a garnet yam. Now, we taste the soup and decide what kind of sweetness to add. That could be honey, molasses, or maple sugar — not just [white] sugar.

Next, we puree the soup and pass it [through a fine-mesh strainer] to achieve its smooth texture.

To the soup base, we add the garnishes. We already have bacon, but some smoked duck will be good, too. We add spaghetti squash and fried parsnips for additional texture and, in the case of the parsnips, sweetness as well. For a last note, we add a drizzle of maple syrup or barrel-aged sherry. These things just seal the soup so that the flavors all escalate. It is important to not rush things so that your flavors come together.



**Andrew Carmellini of A Voce in New York City** Any kind of sauce boils down to acid, salt, sweetness, and two kinds of spice: savory spice, meaning cumin-or coriander-type spices, and heat spice, meaning chiles or pepper flakes. You can be making a vinaigrette or a Thai curry or a bouillabaisse, but its seasoning involves the same principles on the palate. As long as you can manipulate those things, you can get your palate excited.

If something is heavy or fatty on the tongue, add some vinegar or lemon or another type of acid. If you were making a Thai-style coconut curry that is too fatty and rich from the coconut milk, you would add some grated lime zest, lime juice, and a splash of fish sauce to cut the richness.

When you are adjusting the seasoning of a dish, you need to think about its origin. That is why traveling is so important. For example, you wouldn't use rice wine vinegar in a French bouillabaisse, but you might use a little bit of chili flakes. You must understand the historical context of a dish, which is why you wouldn't thicken an Indian curry with strawberries.

### **Sharon Hage of York Street in Dallas**

When I am building a dish, I use a tray we call “the four seasons,” which is *fleur de sel* [salt]; red pepper flakes, the ultimate marriage of heat and fruit; dry mustard, which I use all the time; and sumac, which is an acidic component.

When I make a dish, it starts with the dry ingredients first, and the salt is the first dry ingredient. Then I add the heat layer, such as a jalapeño or horseradish. Then I add acid: lemon juice, vinegar, *verjus*, or all three. Then, at the last

second, I add the fat component — the oil or butter — to the sauce, which brings it all together.

**Brad Farmerie of Public in New York City** When I come up with a new dish, I am looking at two things: The first is building up the richness, and the second is cutting that richness with acidity, spice, or herbaceousness.

I start by thinking, What is the rich component? How can I build richness? If it is a protein, we may cure the meat or fry the fish. If it is a vegetarian dish, I may start with eggplant, which is meaty, so I will build it up with miso or tahini, which will make it even richer and meatier. This is really important in a vegetarian dish, because I hate those flimsy veg plates of grilled vegetables and a lot of salad!

Texture is another way of building richness. If you add miso or tahini, that adds richness and texture. An emulsification also gives a sense of richness in your mind and across your palate. One way to add rich texture in a “fakey-jakey” way is to add palm sugar. It is [a less] sweet sugar, and we will shave it into a dish halfway through the cooking and temper it with tamarind. We use it so subtly that you don’t even know it is there.

Now that I have my richness, the question becomes, “How can we cut that richness so it is light on the palate and in the belly?” We use a tremendous amount of acid, but it is always in check with what is on the plate. Choosing the right acid or herb will leave a light feeling on the palate and cut a rich dish.

With any fried food, you need a big zap of acidity to get through it. With fried fish, we will use preserved lemon, yogurt, or yuzu with a white soy dipping sauce.

Cured meat is almost the epitome of richness. Cured meats have a salinity to them, and quite often there is sugar to balance the salt as well. You need some punchy flavors to cut the meat, or it will just be heavy on the palate. Traditionally, you would use capers or caper berries. Mustard fruits [known in Italy as *mostarda*, these are fruits preserved in mustard-flavored sweet syrup] are another traditional approach. I like them because you have the added element of spice. We make our own mustard fruits and bastardize them a little by using kumquats, baby apricots, and gooseberries, which are not traditional in Italy. These fruits simply have beautiful flavor and color. The other thing we do is use whole mustard seeds. Mustard fruits are typically [made through] a refined process in that they become like a clear jam. We leave ours a little rougher and fold in a little dry mustard in the end to make the colors of the citrus fruits really pop.

Another way we cut richness is by using sweet-and-sour poached vegetables



and fruit. We'll poach fennel or pearl onions in a sweet-sour liquid with licorice and star anise. The family of apples, pears, and quince also holds up very well, as do sour poached plums.

I like aromatic spices [for their ability to cut richness]. If I'm working on a dish inspired by India, my inspirations are the flavors of clove, cardamom, and coriander seed. They are aromatic spices that really cut the fat of a dish, so the dish is not big, fat, and flabby on the palate. Fresh turmeric gives you fruitiness and upfront flavor with a touch of acid that perks up a dish. If you add fresh turmeric to your curry, you will make a world of difference by adding this one small thing.

If I'm working on a dish inspired by Southeast Asia, I like galangal, lemongrass, and ginger. They all have natural acidity and zingy spice that will perk up anything. Even if you are not adding acid to coconut milk but just adding aromatics, it won't taste heavy.

**Emily Luchetti, pastry chef at Farallon in San Francisco** I want my flavors to be clean, crisp, accentuated, and distinguished. From there, I look at what I feel like making. If I have peaches, do I want to make a trifle or a napoleon or something else? What is the star of the plate? Is it one thing and everything else is going to be showing it off? Or are there two main flavors that are both going to have equal billing? I make a peach-blueberry trifle that has a mascarpone cream and is pretty intense. It is one of my favorite summer things to make. The peaches and blueberries are both the stars. If you make a pumpkin-cranberry upside-down cake, the pumpkin is the star and the cranberry is an accent.



You have to look at the ingredient and ask, "How am I going to bring out the best of its flavors? Do I cook it, or leave it alone? Does this piece of fruit need to be intensified because it wants to be the star, or is it not good enough on its

own?” When you are working with fresh or dried fruit, the most important thing is the balance of sugar, salt, and lemon. If I am mixing fresh fruit for a shortcake or crisp, I always add some lemon juice and salt, because — just like in savory cooking — it helps bring out the flavor. We are talking a half teaspoon to a teaspoon of lemon and a large pinch of kosher salt.

Whenever you are cooking fruit with sugar to serve with something, taste the fruit first. If it is the peak of summer, that fruit may not need sugar. If you added some anyway, it would dull the flavors and make it taste too sweet. So, taste your fruit — and trust your palate! People trust their palates for savory food all the time. They’ll taste a tomato sauce and know it needs some salt. You need to trust your palate for sugar as well. You know when something is too sugary or salty.

When you are working with fresh fruit, the fruit has to be the guide. If you eat a piece of fresh fruit by itself, it is a dessert. So you want the dessert, in the end, to taste better than the fruit itself. To do that, you need to add things that go naturally. Blueberries and peaches go well together. Vanilla goes with practically any fruit. Almonds go with most fruits because they are light nuts that have a lot of flavor but not a lot of fat. Just starting with things that naturally go together, you will have a greater rate of success.

People will read that I think three flavors work in a dessert — then they’ll say, “Well, you used *four*. . .” That is not the point — the point is knowing when to stop! Too many chefs start adding things that in the end all taste muddled, because nothing can stand out on its own. When you are more restrictive, each thing tastes good on its own — and the dessert becomes more than the sum of its parts. It is hard to know when to stop. Many chefs seem to think, “Oh, I’ll just add this dot of mango. . .” Well, the taste of that one acidic dot can set the whole dessert off.

Flavor is a “language” that anyone who loves the pleasures of the palate will find to be well worth mastering. Once you master the language of flavor, you can use it to communicate — and become a better cook.

## Chapter 2



**GREAT COOKING = MAXIMIZING FLAVOR + PLEASURE  
BY TAPPING BODY + HEART + MIND + SPIRIT:  
COMMUNICATING VIA THE LANGUAGE OF FOOD**

*Happy and successful cooking doesn't rely only on know-how. It comes from the heart, makes great demands on the palate, and needs enthusiasm and a deep*

*love of food to bring it to life.*

— GEORGES BLANC, MICHELIN THREE-STAR CHEF IN VONNAS, FRANCE

The defining trait of a great cook is more than a great palate, and more than great technique; it is sound judgment. It is not only knowing what to do with ingredients, but also when, where, why, and how to serve them. Cooking involves the thoughtful combination and manipulation of ingredients. Good cooking results in those ingredients tasting even better. Great cooking not only celebrates the ingredients, but also celebrates the moment.

Recipes evolved as a way to teach less experienced cooks how to prepare particular dishes, by providing specific proportions of compatible ingredients along with step-by-step instructions. However, anyone who believes that every recipe followed verbatim will always produce consistent results is kidding themselves, given the diversity within individual ingredients, whether the sweetness of fruit or the thickness of a fish fillet. Slavish followers of recipes, who treat them as gospel instead of guidelines, make the mistake of putting more faith in someone else's instructions than they do in themselves. Many people would do better in the kitchen if they *didn't* blindly follow recipes. In fact, following recipes may be holding *you* back from achieving your potential as a cook.

Take the time to learn and master some of the general principles of how to make food taste great — such as what to pair with various ingredients, and how to prepare them — which is the subject of this book. After all, more than a dozen years after the advent of the Food Network turned every TV set in this country into a virtual 24/7 cooking school, supplementing the burgeoning food programming on many of the other major channels, Americans are better-trained cooks than at any previous point in history. Most of us can now whip up a dish with our general knowledge of how to boil pasta, sauté an onion, or grill a steak. Today, long, detailed recipes are rarely needed for most cooking (with the exception of baking, whose chemistry requires precise measurements).

Training wheels can be useful when first learning to ride a bike, as can “painting by numbers” when first learning to paint. Likewise, following a recipe can be useful when first learning to cook — for understanding the order of completing certain steps, and internalizing their intrinsic logic. But great cooking should be more akin to meditation: you — and all of your senses — are in the moment, and fully awake and aware. You can taste the ingredients, and know what you need to do to make them taste their best. You know, as chef Judy Rodgers famously told us for our book *Becoming a Chef*, to “look out the

window and see what the weather is and decide what the soup wants to be.” Be fully grounded in the moment that is part of that second, that minute, that hour, that day, that month, that season, that year of your life — all at once.

To elevate your cooking to a whole new level, develop a better appreciation for the essence of ingredients, which provides insight into when and how to best use them. Celebrating the essence of ingredients allows you to work with them more intuitively and effectively. This book will help you decide what ingredients to reach for in the kitchen, and why, and what to do with them when you do.

## HOW TO MAKE FOOD TASTE GREAT

A great cook is able to make food taste great by doing two basic things:

1. Understanding the essence of the **moment**, which comprises everything from the meal’s driving force to the occasion, to the weather, to the available time, budget, and/or other resources (for example, ingredients, equipment, etc.).
2. Understanding the essence of the **ingredients**, which comprises their season, regionality, weight and volume, function, flavor, and/or flavor affinities.

The deeper your understanding of both, the greater your ability to bring them together into a dish that is the perfect expression of the ingredients and the moment.

**Understanding the Essence of the Moment** Why do you need or want to cook in the first place? In a day and age when more of the meals we consume are prepared *outside* the home than *at* home, cooking has become relatively infrequent. So, what’s driving *you*?

Always keep in mind your starting point in the kitchen, the reference point serving as the inspiration for your cooking — which can be virtually anything. Following its essence logically or intuitively will lead you to each subsequent step toward creating something delicious. Your starting point is your initial desire. It may be an ingredient, or a dish, or a country: you’re excited to prepare the first heirloom tomatoes of summer; you’re craving your grandmother’s cheesecake; or you want a dish that will take you to Italy to relive the flavors you enjoyed on your last vacation.

Other factors provide the parameters of how you’ll act on that desire. They might be time (“I want to spend the day cooking for pleasure” versus “I have only fifteen minutes to get something on the table”), budget (\$5/person versus

“money is no object, so bring on the truffles”), occasion (dinner on a Tuesday night, or someone’s birthday), availability of ingredients (your neighbors just gave you fresh vegetables from their garden), season (the arrival of the first asparagus of spring, or the last corn of Indian summer), weather (wanting a chilled lunch to help you cool off on a hot summer day), or something else.

Your starting point, whatever it is, has an essence: Your desire to host a barbecue to celebrate the beautiful summer weather will bring up associations that will in turn bring up other associations, until you have a long list of associations, for example:

- Desire to enjoy the 80-degree sunny summer day (starting point: season, weather)
  - Have a summer barbecue (craving)
  - Invite friends over to enjoy it, too
- Prefer to cool down (function)
  - Serve cold drinks
  - Serve at least some chilled dishes
- Serve corn bought at the market this morning (available resources)
  - Serve corn salsa on grilled chicken or fish
  - Serve corn on the cob
- Have best friends over for dinner (guests)
  - Everyone eats chicken
  - One of them is from New England and can bring lobster
- Avoid turning the oven on (temperature)
  - Cook outside ’ fire up the grill
  - Cook on the stovetop only ’ boil water

So, starting with your driving factor and its essence, you can follow these associations to their logical conclusion and come up with the perfect meal. For one person, it might be serving grilled chicken with a corn salsa in the backyard. For another, it might be hosting a lobster and corn boil in an air-conditioned dining room. It’s all about taking everything into consideration at once, and using sound judgment to determine how to proceed.

## Occasion

Even if it wasn't the driving force behind why you're cooking in the first place, you'll still want to consider the importance and significance of the meal. A quick dinner on a time-pressed weeknight will be different from a dinner made on the weekend when there is more time to enjoy the sensual process of cooking. Keep the occasion in mind when planning your meal, with the knowledge that any meal can be elevated to a special occasion — or simplified in a crunch. The elements of breakfast take on a different level of importance when they are used for a special brunch. A quick fried egg and a toasted English muffin on a Tuesday can morph into poached eggs with Canadian bacon with hollandaise sauce on an English muffin for a weekend brunch, or vice versa.

But a true special occasion — a birthday, anniversary, or holiday — definitely calls for something equally special to celebrate it. If lack of time is a factor, a birthday isn't the time to undertake making and decorating a cake from scratch. However, it might inspire you to pick up a half gallon of the birthday boy or girl's favorite ice cream, toast some pecans, and whip up some homemade chocolate sauce — which would take only minutes, as opposed to hours.



## Weather

While seasonality will drive your choice of ingredients, the weather will drive your decision as to how to prepare and serve them. On the coldest days, you'll want to warm your home as well as your body with slow-braised dishes, soups, and stews, and on warmer days, you'll want to keep your home (and yourself) cooler by doing more grilling or on the hottest days serving quick-cooked or even chilled dishes — no matter what season those days may fall in.

Some cooks believe you can serve anything at any time of the year. Our eyebrows have raised upon seeing heavy braised dishes on restaurant menus in August. However, chefs have defended them by arguing that once someone is seated in an air-conditioned dining room, they forget what it's like outside! Those chefs may be giving customers what they want while they are at the table . . . but what happens when those same customers leave the restaurant after finishing their braised short ribs and walk out into the heat and humidity? They might feel as out of sorts as they would wearing long wool overcoats on such a night! A lighter meal on a hot night won't sap your energy in the same way. Even in the middle of summer, there will be unseasonably cool days that might suggest a warm dish that would offend the sensibilities on the season's hottest, most sweltering day. Even during the dead of winter, the sun can break through and create an unseasonably warm day on which hot, slow-cooked braised dishes would not be appealing.

Considering the weather means taking into consideration the natural rhythms of nature. One of the easiest clues available to inform your cooking is to look out the window, and ask yourself what you feel like eating. If you look out the window on a sunny summer morning, are you more tempted by hot oatmeal — or by granola and yogurt? That afternoon, as the temperature rises, does your mouth water thinking of hot tomato soup — or chilled gazpacho? That night, does the temperature fall enough to make you want to turn on the oven to roast a chicken — or would you rather grill it on your stovetop?

On our first visit to a certain New York City restaurant on one of the hottest nights of summer, we were surprised to be sent an *amuse-bouche* from the kitchen that was a tall glass of hot yellow pepper soup. While the soup itself might have been made from seasonal ingredients and tasty in a vacuum, unfortunately what we remember even more vividly was how unappealing we found it, especially as our first taste after a sweltering taxi ride to the restaurant. If the same soup had been served to us cold, we expect it would have been more successful as the welcoming gesture it was intended to be.



**Understanding the Essence of the Ingredients** Once you're clear about "the problem" of what to cook, the right ingredients, well prepared, provide the ideal "solution." To prepare any ingredients well, it's vital to understand and respect their essence.

What do we mean when we talk about an ingredient's "essence"? Every ingredient has associations with it, and the sum total of those associations comprises its essence. An ingredient's essence is more than its flavor. Take two



sample ingredients, both salty:

- What comes to mind when you think of soy sauce? Common associations besides its saltiness might include Asia (region), rice (as a common flavoring for), and/or scallions (compatible ingredient).
- What comes to mind when you think of Parmesan cheese? Aside from saltiness (flavor), its common associations might include Italy (region), pasta or pizza (which it is a common flavoring for), and/or basil and tomatoes (compatible ingredients).

While certain other ingredients — such as chicken, garlic, and onions, which are all used around the world — may be neutral in their universality, many

ingredients are rooted in distinct associations.

Some of the primary aspects of any ingredient's essence include its **seasonality**, its **taste**, its **volume**, its **function**, its **regionality**, its **weight**, and its **flavor affinities**. While the importance of each factor varies, depending on the dish, the goal when cooking is to ensure that all of these factors are respected in the ingredient's use.

## Seasonality

*It is almost a cliché to talk about seasonality if you are a New American chef. You are cooking that way naturally. I had a customer complain that his favorite pea ravioli was not on the menu. I explained that peas were not very good at the time, so that we were featuring corn ravioli. I don't focus on making an ingredient that is not at its peak taste better; I simply take it off the menu. Chefs still pay more attention to seasonality than customers do. We still have diners who want berries in the middle of February!*

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

Cooking with ingredients at their seasonal peak is such a central tenet of good cooking that it bears constant repeating. In stores across the country, you can find almost any ingredient at almost any time of year. However, an ingredient's mere availability offers no assurances of its quality.

Each season suggests a different palette of ingredients, and different ways of preparing and serving them. Classic holiday dishes represent time-tested ways of celebrating the season: Picture a grilled hamburger followed by a red, white, and blue strawberry shortcake accented with blueberries and whipped cream served on the Fourth of July, or roasted turkey with stuffing, cranberry sauce, and pumpkin pie on Thanksgiving. (If you're not convinced of the perfection of each dish's expression of the season and occasion, just imagine eating each menu on the *other* holiday!) Each season also suggests its own beverages; for example, summer calls more often for lighter-bodied white and rosé wines, just as winter calls for fuller-bodied reds.

## **Taste**

Every ingredient has its *stereotypical* taste (bananas are sweet), plus its *actual* taste, which may be a function of its age or ripeness. For example, a banana may increase noticeably in sweetness as it ripens and its color changes from green to yellow to brown. That is why it's crucial to taste your ingredients when cooking. If you don't — and, as a result, don't end up making other adjustments (for example, slightly decreasing the amount of sugar used when using very ripe bananas) — you'll find your dishes to be out of balance. Even seemingly similar ingredients (such as regular versus aged balsamic vinegar, or Italian versus Thai basil) can vary dramatically.

## **York Street's Sharon Hage on Classic Flavor Pairings**

I try to eat a lot of different foods and read a lot of different types of books to try to break away from classic pairings. I have had a million pork dishes, and I keep thinking that there has to be something else besides pork with sage! I try all these different things then turn to another cook and say, "Got any sage?"

There is a reason for tomatoes with basil, and for lamb with mint. What I don't make is lamb with mint jelly — but there will likely be some mint someplace on the dish.

Roasted beets work with salty cheese, whether it is [Italian] ricotta salata, or [Mexican] queso fresco, or another country's version of salty cheese.

The fun part is to discover what the classic pairing is, then present it to people in a way that makes them think it is different, while still being true to you as a chef. It would be hard to imagine summer tomatoes without the basil component. We might add some chives or mint or sumac, but the dish will still have some basil as well.

## Weight

It was through our study of wine that we developed an appreciation for the critical role of understanding a wine's body, or weight — and, in turn, the relative weights of various foods. In fact, weight has eclipsed color as the key factor in pairing wine with food.

Weight and season often go hand in hand, as we crave lightness in summer and heavier dishes when temperatures fall. In summer, that craving for lightness could be satisfied with a salad of fresh greens topped with shrimp or chicken and tossed in a vinaigrette. Our winter cravings for more substance and warmth might lead us to a hearty stew made with red meat and root vegetables in their own thick sauce.

There is a spectrum of wine and ingredients that suggests itself for warmer versus cooler seasons or days, as well as for lighter versus heavier appetites:

<i>Light</i>	<i>Medium</i>	<i>Heavy</i>	
<i>White Wines</i>	Riesling	Sauvignon Blanc	Chardonnay
<i>Red Wines</i>	Pinot Noir	Merlot	Cabernet Sauvignon
<i>Vegetables</i>	Bibb lettuce	Carrots	Celery root
<i>Grains</i>	Couscous	Rice	Bulgur wheat
<i>Fruits</i>	Watermelon	Apples	Bananas
<i>Seafood</i>	Shrimp, sole	Salmon, tuna	
<i>White Meat</i>		Chicken, pork, veal	
<i>Red Meat</i>			Beef, lamb, venison
<i>Sauces</i>	Citrus/lemon Vinaigrette	Butter/cream Olive oil	Demi-glace Meat stock

## Volume

One important aspect of an ingredient's flavor essence is its "volume." Think of a stereo dial with "1" indicating a "quiet" seasoning of chopped parsley, and "10" suggesting a "loud" mound of freshly chopped habanero chile peppers. You'll use them very differently to create very different effects, while striving to achieve the same all-important balance in the final dish.

So, is the ingredient you're working with quiet, moderate, or loud? You need to be aware of an ingredient's volume whenever combining it with other ingredients. If a dish is overspiced to the point where you can't taste its essence,



it's wrong. Consider:

### ***Proteins***

Light and/or quiet: fish, shellfish, tofu

Medium and/or moderate: white meat (chicken, pork, veal)

Heavy and/or loud: red meat (beef, lamb, venison)

### ***Cooking Techniques***

Light and/or quiet: poaching, steaming

Medium and/or moderate: frying, sautéing

Heavy and/or loud: braising, stewing

## ***Herbs***

Light and/or quiet: chervil, parsley

Medium and/or moderate: dill, lemon thyme

Heavy and/or loud: rosemary, tarragon

## **Function**

Different tastes serve different functions. Saltiness stimulates thirst (think of all those free salty peanuts in bars!), while sourness quenches it (think lemonade). Saltiness heightens the appetite, making this flavor especially effective in appetizers. Bitterness also stimulates the appetite, and can promote the other tastes with which it is paired while adding a note of lightness to a dish. Sourness is refreshing, and adds a fresh note to any dish to which it is added. Sweetness is famously satiating, making it ideal (not to mention customary) to end a meal with a sweet dessert, or at least a sweet note (such as a cheese course with honey or sweet figs).

Certain foods, such as the spices cinnamon and nutmeg, are thought of as “warming” foods, so their addition to dishes is thought to add a warming quality that might be especially welcomed on a cold day. There are also “cooling” foods (such as cucumber and mint) that can be used just as judiciously.

Keeping an ingredient’s function in mind will help you use it most wisely, and avoid unfortunate mismatches of flavor and function. We still remember an otherwise delicious beet salad we were once served as an appetizer in New Orleans that was so sweet it killed our appetite for the rest of our meal.



## **Region**

Determining the region that will serve as the reference point for whatever you're cooking is one of the easiest ways to create successful flavor marriages in the kitchen. Thinking regionally is as important to good pairing as thinking seasonally is to good cooking. Many people are familiar with the maxim "If it grows together, it goes together," and this is still the best place to start as a guide. Knowing what country you want to draw on will narrow your list of ingredient choices, often for the better! For example, as chicken is the world traveler of ingredients, if you're making a chicken dish, you'll especially need to decide on a region of inspiration. Are you going to root your dish in Mexico by topping it with salsa, or take it to France by finishing it with a mustard cream sauce? The accompaniments you choose will reinforce the dish's sense of place. Would rice and beans, or boiled new potatoes, be most appealing served alongside it?

## Flavor Affinities

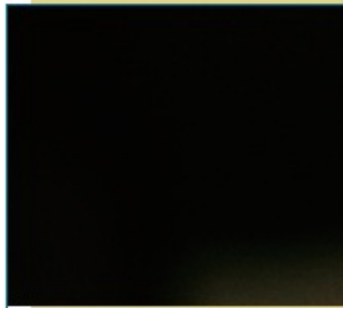
A perfect ingredient served plainly can be an extraordinary thing, whether a perfectly ripe and sweet piece of fruit, or a silky slice of raw fish as sashimi. But in the real world, perfect ingredients are all too rare — and there are few ingredients whose flavors can't be helped along by a pinch of this or a splash of that. A sprinkle of sugar will bring out the flavor of strawberries. A squeeze of lime will bring out a melon's sweetness. A drizzle of vinegar will provide a tasty counterpoint for salty French fries.

Understanding what herbs, spices, and other seasonings will best bring out the flavor of whatever it is you're cooking is some of the most important knowledge any cook can master. The pages that follow emphasize modern-day flavor affinities that have been proved in some of the best-respected kitchens in this country in this millennium.

Studying the language and syntax of ingredients in these pages will allow you access to the collective wisdom — and impeccably sound judgment — of some of America's most imaginative chefs.



## Chapter 3



### **FLAVOR MATCHMAKING: THE CHARTS**

*Good cooking does not depend on whether the dish is large or small, expensive or economical. If one has the art, then a piece of celery or salted cabbage can be made into a marvelous delicacy; whereas if one has not the art, all the greatest delicacies and rarities of land, sea or sky are of no avail.*

—YUAN MEI, EIGHTEENTH-CENTURY CHINESE POET

When you're creating in the kitchen, the starting point for a dish or a menu can be literally anything. It can begin with the seasonal availability of a particular ingredient — vegetable, fruit, meat, or seafood — or even a cooking style, such as grilling in the summer or braising in the winter. It can begin with a craving for the flavors of a particular country or region: the garlic and herbs of Provence, or the garlic and ginger of Asia. Or it can begin with simple curiosity, the urge to experiment with a new ingredient or technique.

Recognizing this, we've provided a similarly broad range of starting points in the A-to-Z (achiote seeds to zucchini blossoms) lists that follow: the seasons (with listings for autumn, spring, summer, and winter); an extensive variety of vegetables, fruits, meat, seafood, and other ingredients; dozens of world cuisines; and a broad array of flavorings and seasonings (from avocado oil to fennel pollen to Kaffir lime), including dozens of different salts, peppers, herbs, spices, oils, and vinegars.

Below each, we've distilled and summarized key aspects of an ingredient's essence: its season, taste, weight, volume, and primary function. You'll also find its most recommended cooking techniques and some useful tips to keep in mind when working with it. After all, some ingredients lend themselves to being prepared in a particular manner: While chicken is versatile enough to be cooked in a number of ways, delicate fish beg to be served lightly cooked or even raw, while tougher cuts of meat beg to be braised or stewed.

When perusing the listings of compatible flavors, readers of our book *What to Drink with What You Eat* will recognize our ranking system to let you know which pairings are truly stellar. Those ingredients that appear in **BOLD CAPS** with an asterisk (\*) are ethereal, time-honored classics: these “marriages made in heaven” comprise the top 1 or 2 percent of pairings. Next we have very highly recommended pairings in **BOLD CAPS**. **Bold**, noncapitalized listings are frequently recommended pairings; and plain text pairings are recommended pairings. But remember: Even when just a single top expert recommends a flavor combination, it's very high praise indeed.

In some cases, we've also noted flavor pairings to **AVOID** or steer clear of, to prevent overpowering or clashing with your star ingredient.

For many listings, we've also indicated “flavor trios” and other “flavor cliques” to get you started on compound flavor combinations. In other cases, you'll find some of America's most creative chefs' signature dishes, so you can gain inspiration from some of the most celebrated restaurant kitchens across the country.

Throughout these pages, you'll also find several insightful sidebars on cooking with herbs, mushrooms, pastas, steaks, and more. They'll serve to help

you learn not only the “whats” of combining flavors, but also the “whys” and “hows.”

Keep an eye out for the distinctions being made among ingredients. After all, not even all salts are created equal. As you hone your selections, you’ll hone the quality of the flavors you’re able to create.

Since the turn of the new millennium, we have traveled throughout the United States and Canada, spending thousands of hours interviewing dozens of the most creative chefs and other experts on their most recommended flavor pairings. We’ve scoured these experts’ memories — along with their post-1999 restaurant menus, Web sites, cookbooks, and other highly recommended books — for pairing insights. Then we synthesized their advice into the comprehensive, easy-to-use listings that follow. These listings represent a treasure trove of pairing ideas for you to put to work in your own kitchen.

Armed with the extensive information that follows, you’ll learn how to better show off virtually any ingredient, or to recreate the flavors of any world cuisine, you can think of. From here on out, you’ll have the expert advice of some of America’s most imaginative culinarians at your disposal when you want to inspire your own creativity. Whether you’re exploring a new-to-you ingredient or looking for additional ideas for working with an ingredient you’ve cooked a thousand times, you’ll find insightful tips and a plethora of pairings here.

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## MATCHING FLAVORS

**KEY:** Flavors mentioned in regular type are pairings suggested by one or more experts.

Those in **bold** were recommended by a number of experts.

Those in **BOLD CAPS** were very highly recommended by an even greater number of experts.

Those in **\*BOLD CAPS** with an asterisk (\*) are “Holy Grail” pairings that are the most highly recommended by the greatest number of experts.

**SEASON:** The ingredient’s seasonal peak(s) **TASTE:** The ingredient’s primary taste(s), e.g., bitter, salty, sour, sweet

**FUNCTION:** The ingredient’s intrinsic property, e.g., cooling vs. warming **WEIGHT:** The ingredient’s relative density, e.g., from light to heavy

**VOLUME:** The ingredient’s relative flavor “loudness,” e.g., from quiet to loud **TECHNIQUES:** The most commonly used techniques to prepare the ingredient **TIPS:** Suggestions for using the ingredient

**FLAVOR AFFINITIES:** Compatible flavor groups **AVOID:** Incompatible flavors

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## **ACHIOTE SEEDS**

beef  
chicken  
chiles  
citrus (e.g., sour orange)  
fish  
game birds (e.g., duck, quail)  
garlic  
**Mexican cuisine**, esp. Yucatán oil  
**pork**  
shellfish, e.g., lobster, shrimp  
shrimp

**Flavor Affinities**  
achiote + pork + sour orange

## **ACIDITY (See Sourness)**

### **AFGHAN CUISINE**

almonds  
barley  
**bread**s  
cardamom  
chile pepper  
cinnamon  
cloves  
coriander  
cucumber  
cumin  
dill  
fennel  
fruits, esp. dried  
ginger  
grapes  
kebabs  
lamb  
mint  
mushrooms  
nuts, e.g., almonds

**pasta**

**rice**, basmati

sesame

tomatoes and tomato sauce

turmeric

**yogurt**

**Flavor Affinities**

almonds + cardamom + sugar

cucumber + mint + yogurt

## **AFRICAN CUISINE (See also Ethiopian and Moroccan Cuisines)**

**bananas**

bell peppers

braised dishes

**chicken**

chile peppers, esp. West African

coconuts

corn

fish, esp. coastal

fruits, esp. tropical

garlic

goat

greens, esp. steamed or stewed

mangoes

melons

**okra**

onions

papayas

**peanuts**

peas, esp. black-eyed

plantains

soups

**stews, esp. meat or vegetable**

sweet potatoes

tomatoes

watermelon

**yams, esp. West African**

## **AFRICAN CUISINE (NORTH) (See also Moroccan Cuisine)**

bell peppers  
braised dishes  
chicken  
chickpeas  
couscous  
cucumbers  
cumin  
eggplant  
fish  
garlic  
lamb  
mint  
parsley  
rice  
stewed dishes  
tomatoes  
wheat

### **Flavor Affinities**

cumin + garlic + mint, esp. Northeast Africa

## **AFRICAN CUISINE (SOUTH)**

beans  
carrots  
chile peppers  
cinnamon  
cloves  
fenugreek  
garlic  
ginger  
lamb  
onions  
peas  
pumpkin  
stews  
tomatoes  
turmeric



**Flavor Affinities**

lamb + chile peppers + garlic + onions

**AFRICAN CUISINE (WEST)**

bananas

bell peppers

braised dishes

chicken

chile peppers

corn

goat

mangoes

okra

papayas

peanuts

plantains

rice

soups

stewed dishes

sweet potatoes

tomatoes

wheat

yams

**Flavor Affinities**

chile peppers + peanuts + tomatoes

**ALLSPICE**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium

**Volume:** loud

**Tips:** Add early in cooking.

apples

baked goods

beans

**BEEF**, esp. braised, corned, grilled, ground, raw, roasted, or stewed

beets  
breads, esp. breakfast  
cabbage  
cakes  
Caribbean cuisine  
carrots  
**chicken (e.g., Jamaican style)**  
chickpeas  
chile peppers  
cinnamon  
cloves  
cookies  
coriander  
currants, esp. black  
**curries and curry powder**  
Eastern Mediterranean cuisine  
eggplant  
English cuisine  
fish, esp. grilled  
**fruits, fruit compotes, and jams**  
game and game birds (e.g., quail)  
garlic  
**ginger**  
goat  
grains  
ham  
herring, pickled  
Indian cuisine  
**JAMAICAN CUISINE (e.g., jerk dishes)**  
ketchup  
lamb  
mace  
**MEATS, red, esp. braised, grilled, or roasted**

In Jamaica, **allspice** is their pepper. It's fruitier than black peppercorns. I think it's especially nice with braised and roasted meats.

— **BRADFORD THOMPSON**, Mary Elaine's at The Phoenician (Scottsdale, Arizona)

Mexican cuisine  
Middle Eastern cuisine

mushrooms  
mustard  
North American cuisine  
nutmeg  
nuts  
onions  
pepper, black  
pies  
pineapple  
pork  
**PUMPKIN**  
rabbit  
rice  
rosemary  
salsas and sauces  
sauerkraut  
sausages  
soups  
spiced cakes  
spinach  
**squash, winter**  
stews  
stocks and broths, chicken  
sweet potatoes  
thyme  
tomatoes  
turnips  
vegetables, esp. root  
West Indies cuisine

**Flavor Affinities**

allspice + beef + onions

allspice + garlic + pork

**ALMOND OIL (See Oil, Almond)**

**ALMONDS**

**Taste:** sweet

**Botanical relatives:** peaches

**Function:** warming

**Weight:** medium

**Volume:** quiet

amaretto

anise, esp. green

apples

**apricots**

beans

blackberries

brandy

**BUTTER, UNSALTED**

butterscotch

**caramel**

cardamom

cayenne

cheese: goat, manchego, ricotta

cherries, esp. sour

chicken

**CHOCOLATE: DARK, MILK**

chocolate, white

cinnamon

**coconut**

**coffee**

cornmeal

corn syrup

crab

cranberries

**CREAM**

cream cheese

crème fraîche

crust: pastry, pie

currants

**figs**

fish

French pastries

fruits, most

garlic

grapes

Greek cuisine

greens, salad

**hazelnuts**

**HONEY**

ice cream

Indian cuisine

Italian sauces

lamb

lavender

**lemon: juice, zest**

liqueurs, fruit (including orange)

mascarpone

Mediterranean cuisine

Mexican beverages and mole sauces

milk, sweetened condensed

molasses

Moroccan cuisine

nectarines

oats

**olive oil**

olives

**orange: juice, zest**

paprika

passion fruit

peaches

pears

pecans

pepper, ground

pine nuts

plums

praline

prunes

quince

raisins, esp. white

raspberries

rhubarb

rice

rosemary

rum

**salt: kosher, sea**

shellfish

sherry  
Spanish cuisine, esp. sauces  
strawberries  
**sugar: brown, white**  
tea  
Turkish cuisine  
**VANILLA**  
walnuts

**Almonds** are fairly versatile in that their flavor is not very specific. When they are manufactured, then they have a distinct flavor: think of Frangelico, almond oil, or marzipan in dessert. In these cases, the almond has a very distinct flavor.  
— **MARCEL DESAULNIERS**, THE TRELIS (WILLIAMSBURG, VIRGINIA)

If you have some beautiful **almonds**, there are so many things you can do. You can grind them and make a frangipane and put it in puff pastry. You can put them into biscotti, a cake, or almond ice cream.  
— **EMILY LUCHETTI**, Farallon (San Francisco)

**Flavor Affinities**

almonds + chocolate + coconut  
almonds + coffee + orange  
almonds + green anise + figs  
almonds + honey + orange zest + raisins

**AMARETTO (sweet almond liqueur)**

almonds  
apricots  
butter  
cherries  
chocolate  
coffee  
cream  
hazelnuts  
Italian cuisine  
peaches  
pork  
sugar

**ANCHOVIES**

**Taste:** salty

**Weight:** light

**Volume:** loud

**almonds**

basil

beans, green

bell peppers, esp. roasted

**capers**

carrots

cauliflower

celery

**cheese:** manchego, mozzarella, **Parmesan**

chives

**eggs, hard-boiled**

fennel

**GARLIC**

**lemon, juice**

lobster

**mayonnaise**

Mediterranean cuisine

mustard (e.g., Dijon)

nectarines

**OLIVE OIL**

**olives (e.g., black, green, niçoise)**

onions

orange, zest

**parsley, flat-leaf**

**pasta**

**pepper: black, white**

No country in the world has **anchovies** like Spain. They are sophisticated, and the ones from the north of Spain are best because they are bigger. Spanish anchovies are not salty, either. Once you eat one, your life changes forever! I pay a lot for my anchovies — up to seventy-five cents per fillet — and will have to charge \$9 for a plate. My customers will say that is too much to pay, and I agree — but if you don't pay, you don't taste. Lately, I have been combining anchovies with nectarines, which I love. I will make a vinaigrette with Pedro Ximénez [i.e., PX sherry], sherry vinegar, and olive oil and it is the perfect dressing — and unique.

— JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)



peppers, piquillo  
pizza  
potatoes  
puttanesca sauce (key ingredient)  
red pepper flakes  
romaine lettuce  
rosemary  
salads, esp. Caesar (key ingredient)  
salmon  
**salt: kosher, sea**  
shallots  
sherry, PX  
tapenade (key ingredient)  
thyme  
tomatoes  
tuna  
**vinegar: champagne, red wine, sherry**

### **Flavor Affinities**

anchovies + lemon + olive oil + rosemary

## **ANGELICA**

**Taste:** bitter, sweet

**Volume:** loud

**Tips:** Add late in cooking; use in baking.

Use to balance high-acid fruit, to reduce the need for sweeteners.

**almonds**



anise  
**apricots**  
candy  
**cream and ice cream**  
custards  
**desserts**  
fish  
fruits  
**ginger: fresh, candied**  
hazelnuts  
juniper berries  
**lavender**  
lemon balm  
liqueurs  
mushrooms

**Angelica** pairs well with fresh or candied ginger. And angelica with rhubarb really intensifies the flavor of the rhubarb.

— **JERRY TRAUNFELD**, *The Herbfarm* (Woodinville, Washington)

nutmeg  
**oranges**  
pepper, black  
**plums**  
**\*RHUBARB**  
salads  
shellfish  
**strawberries**

#### **Flavor Affinities**

angelica + cream + rhubarb

### **ANISE (See also Anise, Star, and Fennel)**

**Function:** warming

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Add early in cooking.

allspice  
almonds

apples  
baked goods, esp. cakes, cookies  
beets  
**bread, esp. rye**  
cabbage  
**cakes**  
cardamom  
carrots  
cauliflower  
cheese, esp. goat and ricotta  
chestnuts  
Chinese cuisine  
cinnamon  
cloves  
coffee  
**cookies**  
crab  
cream  
cumin  
dates  
desserts  
duck  
fennel seeds  
figs  
**FISH**  
fruit  
garlic  
ginger  
hazelnuts  
lemon  
lentils  
mayonnaise  
Mediterranean cuisine  
melon  
**Middle Eastern cuisine**  
mole sauce  
Moroccan cuisine  
mussels  
nutmeg

nuts  
orange  
parsnips  
peaches  
pears  
pepper  
pickles  
pineapple  
plums  
pork  
Portuguese cuisine  
Provençal cuisine (French)  
prunes  
pumpkin  
quince  
raisins  
rhubarb  
salumi

**Anise** seeds and fennel are used for braising our pork belly. Fennel and pork is a natural, just like in Italian sausage.

— **CARRIE NAHABEDIAN**, Naha (Chicago)

sauerkraut  
Scandinavian cuisine  
shellfish  
soups, esp. fish  
star anise  
**STEWES, ESP. FISH**  
strawberries  
sugar  
sweet potatoes  
tea  
vanilla  
vegetables, root  
Vietnamese cuisine  
walnuts

**ANISE HYSSOP**

**Season:** late spring–summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

apricots

basil

beans, green

beets

**berries, esp. blueberries**

**beverages**

**carrots**

cherries

chervil

chicken

cream and ice cream

currants

custards

desserts

fennel bulb

fish

**FRUITS, ESP. SUMMER**

**honey**

lavender

lemon

lychees

marjoram

**melons**

mint

nectarines

oranges

parsley

parsnips

**peaches**

pears

plums

pork

**raspberries**

rice

**salads: fruit, green**  
shellfish (e.g., shrimp)  
shrimp  
spinach  
squash, winter  
stone fruits (e.g., peaches)  
sweet potatoes  
tarragon  
**teas**  
tomatoes  
vegetables, root  
watermelon  
zucchini

## **ANISE, STAR**

**Taste:** sweet, bitter

**Weight:** medium

**Volume:** moderate–loud

**Tips:** Add at the beginning of the cooking process. Use in stir-fries.

allspice  
baked goods (e.g., breads, pastries)  
beef  
beverages  
cardamom  
chestnuts  
chicken  
chile peppers  
chili powder

## **CHINESE CUISINE**

**chocolate, esp. milk**

**cinnamon**

citrus zest

cloves

coriander

cumin

curry powder (ingredient)

**duck**

eggs

fennel seeds

figs

**fish**

**FIVE-SPICE POWDER**

fruits, esp. tropical

garlic

**ginger**

Indian cuisine

kumquats

leeks

lemongrass

lime, zest

liqueurs

mace

Malaysian cuisine

mangoes

maple syrup

meats, esp. fatty

nutmeg

orange, zest

oxtails

**pears**, esp. poached

As a kid, I hated black jelly beans. But I have grown to like all the various forms of anise, and **star anise** is one of my favorites. My favorite application is when it is infused with milk chocolate. It then has an almost malty-caramely quality to it. It adds that little something that people can't quite identify. I also love pears with anise, which works well with roasted or poached pears.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

I love using **star anise** in dishes from meats to desserts. I love how it can be kind of meaty in a stew, or kind of sweet, adding bright, warm notes to a pumpkin dessert.

— **TONY LIU**, August (New York City)

pepper: black, Szechuan

pineapple

plums, esp. poached

**pork**

poultry  
pumpkin  
raspberries  
root vegetables  
salmon  
sauces  
scallions  
scallops  
shellfish  
shrimp  
**soups**  
soy sauce  
stews  
**stocks: beef, chicken**  
sweet potatoes  
tamarind  
teas  
tuna  
turmeric  
vanilla  
vegetables, esp. root  
**Vietnamese cuisine (e.g., pho)**  
wine, rice

### **Flavor Affinities**

star anise + cream + maple  
star anise + milk + milk chocolate + orange zest + sugar  
star anise + pork + soy sauce + sugar

## **APPETIZERS**

**Tips:** Saltiness stimulates appetite.

Serve small portions so as not to satiate the appetite too early in a meal.  
Accompany appetizers with light-bodied wines.

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## **Dishes**

**Insalata A Voce: Green Apple, Marcona Almonds, Watercress, Pecorino** —  
Andrew Carmellini, A Voce (New York City)

**Apple and Eggplant Croûte with Apple Butter, Cranberry Compote, and Lemon-Poached Apples** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Apple Softcake with Dark Chocolate and Cinnamon Soup** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Sautéed Apples, Olive Oil Sponge, Maple–Brown Butter Ice Cream** — Johnny Iuzzini, pastry chef, Jean Georges (New York City) **Poached Granny Smith Apples, Wildflower Honey, and Belgian Endive Leaves** — Thomas Keller, The French Laundry (Yountville, California) **Apple-Lychee Sorbet** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) **Caramelized Apple Sundae with Butter Pecan Ice Cream** — Emily Luchetti, Farallon (San Francisco)

**Warm Granny Smith Apple Tart with Buttermilk Ice Cream** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **APPLES**

**Season:** autumn

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, caramelize, deep-fry (e.g., as fritters), grill, poach, raw, sauté, stew



allspice

almonds

The combination of **apple** and celery works. A tart green apple sorbet is not going to knock your socks off, because you are programmed to know it. When you add the flavor of celery, you get something new. I also love the flavors of apple and fennel together, especially in sorbet.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)



I make an **apple** confit of thinly sliced apples with cinnamon caramel powder layered between the apples and baked slowly. When the dish is served, next to the apples is a small pile of dates poached in syrup with vanilla. The other flavors on the plate are lemon confit, quince, raw apple with apple cider gelée, and *ras el hanout* (a Moroccan spice blend).

For this dish you need a contrast for the sweetness, so the role of the lemon confit is to cleanse and refresh. If the confit was not there, you would have a bite of the sweet date and be done. The date and lemon is like a salad. The line drawing this together is the quince and dates that come from the Middle East and that was the line to *ras el hanout*.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

If you cook **apples** on top of the stove, some varieties will have a lot of juice while others will have none at all. Fuji, Gala, and Golden Delicious apples tend to be juicy, while Granny Smith apples are often drier. With different types of apples, you often don't know exactly what they will do. So if I'm going to serve apples with gingerbread, I will sauté them in a little sugar and see what happens. If they are letting out a bunch of juice, I won't add much sugar. If they are dry, I'll add some apple juice or Calvados.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

When I make an **apple** pie, I won't use any fewer than three different kinds of apples for their different textures and sweetnesses, which ensures that every single bite is interesting. I'll use Galas or Golden Delicious apples for their sweetness in the middle of the pie, and soft Jonathans or McIntoshes on top for their ability to melt into the others, and Braeburns or Granny Smiths on the bottom for their ability to stay firm. . . . I can't imagine an apple pie without cinnamon, a splash of lemon juice, and a pinch of salt.

— SHARON HAGE, YORK STREET (DALLAS)

**Apples** and caramel are a wonderful combination and depending on what nut you add it will take the combination in very different directions. If you add pecans, it would make the combination a heavier winter dessert, versus adding almonds, which would keep it lighter. Both work; you just need to decide how heavy you want the dish.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**apple cider or juice**

**applejack**

**apricots:** dried, jam, puree

Armagnac

bacon

bay leaf  
beef  
blackberries  
bourbon  
**brandy, esp. apple**  
brioche  
**BUTTER, UNSALTED**  
butterscotch  
cabbage, red  
**CALVADOS**  
**CARAMEL**  
cardamom  
celery  
celery root  
**cheese: Camembert**, cheddar, goat, Gruyère  
cherries: dried, fresh  
chestnuts  
chicken  
chives  
cider  
**\*CINNAMON**  
**cloves**  
**cognac**  
Cointreau  
coriander  
cranberries  
**CREAM AND ICE CREAM**  
crème anglaise (sauce)  
crème fraîche  
crust: pastry, pie  
cumin  
currants, esp. black, and currant jelly  
curry powder  
**custards**  
dates  
duck  
eggplant  
fennel  
French cuisine, esp. from Normandy

frisée  
**ginger**

**Apple** and shiso work well together. I especially like them together in a sorbet. I will use a Granny Smith apple that has a nice tartness combined with a little sugar, lemon, and then the shiso. The shiso has a cumin and cinnamon flavor that is a natural with apple.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

If you stay in the boundaries of what people think a dessert should be it gets very hard to do something new. We explain that they already eat carrot cake. We think parsnip will work instead of carrot and that kabocha squash will work instead of pumpkin in a pie.

When people see eggplant in a dessert they automatically think it will not work. You have to hide the unusual element and play up what people know already. The boundaries are limitless when you think of all the crossovers between sweet and savory. Duck à l'orange is a fruit and meat combined, so why not use bacon in a dessert? A pancake with maple syrup and bacon on the plate is really sweet and savory. So people already eat these combinations unconsciously.

For our apple-eggplant dessert, we start with a *choux* dough piecrust. Then we layer an almond cream-like custard. Then we alternate **apple** and eggplant slices side by side. We use baby eggplant because it has a spongy texture and sucks up moisture from the cream that can otherwise make the crust soggy and absorb the juice and flavor from the apples that would normally just evaporate. So when you eat the eggplant and apples, the eggplant tastes like apples.

— **DOMINIQUE AND CINDY DUBY**, WILD SWEETS (VANCOUVER)

I have always been very fond of chef Frédy Girardet [who earned three Michelin stars at his restaurant in Switzerland before retiring in 1996]. When I was young, I cooked almost every recipe from his book and visited his restaurant. One of his most interesting desserts was an **apple** dessert made of apples in the shape of little balls. The dessert broke away from cooking apples whole in the traditional way, which alone inspired me. He cooked them over a very high heat for two minutes and put them into a red wine reduction that had cinnamon, orange peel, and sugar. This was put onto a sheet tray that needed to be shaken for an hour so the apples would not dry out. The apples would absorb these flavors like a sponge and would then be served with vanilla ice cream.

In that spirit, we transformed this dessert. We transformed the wine by “espherication” so that it creates a bubble of liquid that explodes in your mouth. We cut apples with a melon baller, then vacuum-packed the apples with the wine

but cooked it in such a way that the apples stayed hard and absorbed the wine flavor.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

We serve a dish of smoked oysters with **apples**. We smoke the oysters over applewood, and so it seemed logical to add apple to the dish. We serve it with a puree of apple with juniper that just plays beautifully off the oyster.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

goose

hazelnuts

**honey**, esp. chestnut, wildflower

horseradish

ice cream

**Kirsch**

lavender

**LEMON: JUICE, ZEST**

lemon thyme

lychees

**Madeira**

maple syrup

mayonnaise

meringue

molasses

mustard

**nutmeg**

nuts

oatmeal and oats

oil: canola, hazelnut, walnut

olive oil

onions, esp. green, red

orange: juice, zest

parsley

peanuts and peanut butter

pears

**pecans**

pepper, black

pies

pineapple

**pine nuts**

pistachios

plums

pomegranates

**pork**

poultry

prunes

puff pastry

**pumpkin**

quince

**raisins**, esp. seedless, white

rhubarb

rice and rice pudding

rosemary

**RUM: DARK, LIGHT**

salads: fruit, green

salt, kosher

sauerkraut

**sherry**

soups

sour cream

star anise

**SUGAR: BROWN, WHITE**

**sweet potatoes**

tarragon

tarts

thyme

**vanilla**

*verjus*

**vermouth**

vinegar: apple cider, raspberry

**WALNUTS**

wine: red, dry white

yogurt

**Flavor Affinities**

apples + almonds + caramel

apples + almonds + Armagnac + crème fraîche + raisins

apples + apricots + pine nuts + rosemary

apples + brown sugar + cream + walnuts

apples + Calvados + cranberries + maple syrup  
apples + caramel + cinnamon  
apples + caramel + cinnamon + dates + lemon confit + quince + *ras el hanout* + vanilla  
apples + caramel + peanuts  
apples + caramel + pecans  
apples + caramel + pistachios + vanilla  
apples + celery + walnuts  
apples + cinnamon + cranberries  
apples + cinnamon + dark chocolate + yams  
apples + cream + ginger  
apples + ginger + hazelnuts  
apples + ginger + lemon + quince + sugar  
apples + honey + lemon thyme  
apples + raisins + rum  
apples + red cabbage + cinnamon

## APRICOTS — IN GENERAL

**Season:** summer

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, grill, poach, raw, stew

allspice

### ALMONDS

amaretto

anise

### apples

apricot brandy

bananas

blackberries

blueberries

brandy

butter, unsalted

caramel

### cardamom

cayenne

cheese (e.g., Brie, Reblochon, ricotta)

cheesecake  
**cherries**  
chicken  
chocolate, white  
**cinnamon**  
coconut  
coffee and espresso  
cognac  
coriander  
**cranberries**  
**CREAM AND ICE CREAM**  
crème anglaise  
**custards (e.g., crème brûlée)**  
duck  
foie gras  
game  
garlic  
**ginger**  
hazelnuts  
honey  
ice cream, esp. vanilla  
**Kirsch**  
lamb  
**LEMON:** juice, zest  
lemon verbena  
liqueurs: apricot, nut  
maple syrup  
mascarpone  
Mediterranean cuisine  
meringue  
Middle Eastern stews  
mint (garnish)  
Moroccan cuisine  
nectarines  
nutmeg  
nuts  
oats and oatmeal  
onions, esp. yellow  
**orange: juice, zest**

orange liqueur  
peaches  
**pepper, black**  
pineapple  
pine nuts  
**pistachios**  
plums  
pork  
poultry  
praline  
prunes  
raisins  
raspberries  
rice pudding  
rosemary  
rum  
saffron  
salads, esp. fruit, green  
Sauternes  
sour cream  
strawberries  
**SUGAR:** brown, white  
tea: apple, apricot, Earl Grey  
**\*VANILLA**  
vinegar, red wine  
walnuts  
wine: sweet, white  
yogurt

### **Flavor Affinities**

apricots + almonds + cream + sugar  
apricots + almonds + meringue + Moscato d'Asti  
apricots + apples + pine nuts + rosemary  
apricots + cranberries + white chocolate  
apricots + oranges + sugar + vanilla + walnuts

**Apricots** are much better cooked than raw. It is rare that you find a fruit that reaches its full potential as cooked rather than raw, but an apricot is one. A so-so apricot poached will turn into heaven. They are great with either chamomile or lavender.



— GINA DEPALMA, BABBO (NEW YORK CITY)

**Apricot** is a fruit you need to cook to help unleash its flavors. A bite of raw apricot is kind of bland and doesn't excite very much. If you throw that same apricot into the oven and heat it up a bit, it turns into a whole different fruit. Apricot with vanilla is a match made in heaven.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## **APRICOTS, DRIED**

**Techniques:** poach, stew

allspice

cherries, dried

cinnamon

currants

custard

French toast

ginger

hazelnuts

honey

ice cream

lemon: juice, zest

Madeira

Moroccan cuisine

**orange: juice, zest**

pancakes/crepes

pistachios

pork

prunes

pumpkin seeds

raisins

rice pudding

sugar

tamarind paste

vanilla

wine, sweet white (e.g., Muscat)

**Flavor Affinities**

dried apricots + dried cherries + ginger + orange + pistachios

## **ARGENTINIAN CUISINE (See also Latin American Cuisine)**

beef  
corn  
peaches  
pumpkin  
sweet potatoes

## AROMA

When looking to make a big impact with aroma, turn to:

chocolate  
cinnamon  
herbs  
pineapple  
*sous-vide* cooking  
spices  
star anise  
truffles  
vanilla

We believe as much as 90 percent of flavor is due to **aroma** as opposed to taste.  
— DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

## ARTICHOKES

**Season:** spring–early autumn

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** bake, boil, braise, broil, deep-fry, grill, raw, roast, sauté, steam, stew

aioli

**anchovies**

arugula

bacon

basil

**bay leaf**

beans, fava

beets

bell peppers, esp. roasted

**bread crumbs**

**butter**

capers  
carrots

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## Dishes

**Fettuccine with House-Made Pancetta, Artichokes, Lemon, and Hot Chiles**  
— Mario Batali, Babbo (New York City)

**Spring Artichoke Fritto with Yogurt, Mint, and Lemon Aioli** — Andrew Carmellini, A Voce (New York City)

My mom made **artichokes** that we dipped in mayonnaise, so I tweaked that idea for the stuffed artichoke we serve here. *Panko* bread crumbs are mixed with chopped mint, salted, and stuffed into the artichoke cavity. The homemade mayonnaise I serve is made with eggs and just a little olive oil but mostly melted butter, which makes it richer and more flavorful — which is based on how it is made for the Chinese dish of shrimp and walnuts. The mayonnaise is then seasoned with anchovies, red pepper flakes, and onion confit.

— TONY LIU, AUGUST (NEW YORK CITY)

cashews  
celery  
**cheese: Emmental, goat, Gruyère, Parmesan**  
chervil  
chicken  
chives  
coriander  
cream  
crème fraîche  
eggs: yolk, hard-boiled  
French cuisine  
**GARLIC**  
grapefruit  
ham (e.g., Serrano)  
hazelnuts  
hollandaise sauce  
Italian cuisine  
leeks  
**LEMON:** confit, juice, zest  
lobster  
**mayonnaise**

Mediterranean cuisine

**MINT**

Moroccan cuisine

mushrooms

mustard, Dijon

nuts: cashews, hazelnuts, walnuts

oil: hazelnut, peanut

**OLIVE OIL**

olives: black, niçoise

**ONIONS, ESP. SWEET AND YELLOW**

orange

pancetta

**PARSLEY, FLAT-LEAF**

**PEPPER: BLACK, WHITE**

pesto

piquillo peppers

potatoes

prosciutto

radicchio

red pepper flakes

rice

risotto

rosemary

saffron

sage

salads

**SALT, KOSHER**

savory

shallots

shellfish (e.g., crab)

sherry, dry

shrimp

soy sauce

Spanish cuisine

spinach

stock, chicken

sugar (pinch)

tapenade

tarragon, fresh

## **THYME, FRESH**

### **TOMATOES**

truffles, black

tuna

vinaigrette

vinegar: balsamic, rice, sherry, white wine

walnuts

### **WINE, DRY WHITE**

yogurt

#### **Flavor Affinities**

artichokes + butter + garlic + lemon + parsley

artichokes + cream + Parmesan cheese + thyme

artichokes + garlic + lemon

artichokes + garlic + lemon + mint

artichokes + garlic + lemon + olive oil

artichokes + garlic + lemon + olive oil + thyme

artichokes + garlic + mint

artichokes + garlic + Parmesan cheese + thyme

artichokes + garlic + sage

artichokes + lemon + mint + yogurt

artichokes + lemon + onions

artichokes + mushrooms + onions + sausage

artichokes + olive oil + Parmesan cheese + white truffles

## **ARTICHOKES, JERUSALEM**

**Season:** autumn–spring

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, blanche, cream, fry, roast, sauté

anise

bacon

bay leaf

**butter**

celery

cheese, goat

chervil

chives

coriander  
**cream**  
cumin  
dill  
fennel leaves  
fennel seeds  
**garlic**  
ginger  
hazelnuts  
leeks  
**lemon, juice**  
mace  
meats, esp. roasted  
morels  
**nutmeg**  
**oil: nut, sunflower seed**  
**olive oil**  
onions  
**parsley, flat-leaf**  
**pepper, black**  
potatoes  
rosemary  
sage  
salmon  
**salt, sea**

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## **Dishes**

**Jerusalem Artichoke Soup, Sweet Garlic Flan, “Sockeye” Salmon Tartare, Poached Quail Egg, and Crisp Sunchokes** — Carrie Nahabedian, Naha (Chicago)

**Arugula Risotto with Roquefort and Pignoli Nuts** — Gabriel Kreuther, The Modern (New York City)

**Arugula Salad with Cucumber, Mt. Vikos Feta, Mint, Coriander Vinaigrette, and Niçoise Olives** — Judy Rodgers, Zuni Café (San Francisco)

**Sautéed Arugula with Paneer Cheese and Roasted Cashews** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

shallots  
stock, chicken  
tarragon  
thyme  
vinegar  
wine, dry white

**Flavor Affinities**

Jerusalem artichoke + goat cheese + hazelnuts  
Jerusalem artichoke + lemon + morels

**ARUGULA (See also Lettuces — Bitter Greens and Chicories)**

**Season:** spring–summer

**Taste:** bitter

**Weight:** light–medium

**Volume:** moderate–loud

**Techniques:** braise, raw (salads), sauté, soups, wilt

almonds

basil

beans, white

bell peppers, esp. red

**cheese:** Cabrales, feta, **goat**, mozzarella, **Parmesan**

chicken

cilantro

clams

corn

cucumbers

dill

eggs, esp. hard-boiled

**endive**

fennel

fish (e.g., salmon, tuna)

**garlic**

grapes

Italian cuisine

**lemon juice**

lettuces

lovage

Mediterranean cuisine

mesclun salad greens (key ingredient)

mint

mushrooms

mussels

nuts

**olive oil**

olives, black

oranges, esp. blood

pancetta

parsley

pasta

pears

pesto

pine nuts

potatoes

prosciutto

**radicchio**

radishes

risotto

**salads** and salad greens

salt, esp. sea

shallots

shellfish (e.g., shrimp)

**tomatoes**

tuna

vinaigrettes

**vinegar: balsamic**, champagne,

red wine, sherry, white wine

watercress

**Flavor Affinities**

arugula + balsamic vinegar + lemon + olive oil + Parmesan cheese

arugula + Cabrales cheese + endive + grapes

arugula + cucumber + feta cheese + mint

arugula + endive + radicchio

arugula + fennel + pears

arugula + pears + prosciutto



**ASIAN CUISINE (See Chinese, Japanese, Vietnamese, etc. Cuisines)**

**ASPARAGUS**

**Season:** spring

**Weight:** light–medium

**Volume:** moderate

**Techniques:** blanch, boil, deep-fry, grill, pan roast, simmer, steam, stir-fry

almonds

anchovies

artichokes

basil

bay leaf

beets

bread crumbs

butter, brown

**BUTTER, UNSALTED**

capers

caraway seeds

carrots

cayenne

**CHEESE:** chèvre, Fontina, goat, Muenster, PARMESAN, PECORINO, ricotta, Romano

**chervil**

chives

crab

**cream, heavy**

crème fraîche

**dill**

**EGGS AND EGG DISHES** (e.g., coddled, hard-boiled omelets)

fava beans

French cuisine

**garlic**

ginger

ham

**hollandaise sauce**

Italian cuisine

**leeks**

**LEMON: JUICE, ZEST**

lemon thyme

lime, juice

lobster

Marsala wine

mascarpone

mayonnaise

**mushrooms**, esp. cremini, **morels**, shiitakes**mustard, Dijon**

oil: hazelnut, peanut, sesame, truffle

**OLIVE OIL**

onions, esp. spring, yellow

orange

oysters

pancetta

**parsley, flat-leaf**

pasta

peas

**PEPPER: BLACK, WHITE**

peppers, piquillo

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**Dishes**

**Ricotta Gnocchi with Asparagus, Morels, and Pine Nuts** — Dan Barber, Blue Hill at Stone Barns (Pocantico Hills, New York) **Asparagus and Ricotta “Mezzalune” with Spring Onion Butter** — Mario Batali, Babbo (New York City)

**Salad of Sacramento Delta Green Asparagus, Spring Garlic, Marinated Sweet Peppers, with Young Arugula and Yellow Pepper Gastrique** — Thomas Keller, The French Laundry (Yountville, California) **Warm Salad of Sacramento Delta Green Asparagus, Melted Cipollini Onion Rings, Soft-Boiled Hen Egg, and Country Bread Croutons** — Thomas Keller, The French Laundry (Yountville, California) **Green Asparagus Soup with Gyromitre Mushrooms and Soft-Poached Farm Egg** — Gabriel Kreuther, The Modern (New York City)

**Warm Salad of Grilled Asparagus and Prawns with a Sherry Vinaigrette** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Vegetarian Sushi: Asparagus and Roasted Bell Pepper Roll** — Kaz Okochi,

Kaz Sushi Bistro (Washington, DC)

**Asparagus and Morel Mushroom Salad: Pancetta, Fiddlehead Ferns, Vermont Shepherd Cheese, and a Mushroom Reduction** — Alfred Portale, Gotham Bar and Grill (New York City)

**Terrine of Green and White Asparagus, Roasted Beet Root Salad, Asparagus Juices** — Rick Tramonto, Tru (Chicago)

pistachios

potatoes

prosciutto

ramps

rice and risotto

saffron

sage

salmon

**SALT: KOSHER, SEA**

sauce: béchamel, brown butter, Mornay

savory

scallions

sesame seeds

**shallots**

shrimp

soups

sour cream

soy sauce

spinach

**stocks: chicken, vegetable**

**tarragon**

thyme, fresh

tomatoes

turnips

vermouth

**vinaigrette: mustard, sherry**

**vinegar: champagne, red wine, sherry, white wine**

wine, dry white (e.g., Muscat)

yogurt

**Flavor Affinities**

asparagus + capers + ham + shrimp

asparagus + cayenne + lime  
asparagus + chervil + chives + garlic + morel mushrooms + shallots  
asparagus + crab + morel mushrooms + ramps  
asparagus + garlic + ginger + sesame  
asparagus + garlic + leeks + onions + potatoes  
asparagus + goat cheese + mascarpone + thyme  
asparagus + ham + morel mushrooms + Parmesan cheese  
asparagus + lemon + olive oil + black pepper  
asparagus + morel mushrooms + ramps  
asparagus + Parmesan cheese + eggs  
asparagus + Parmesan cheese + pancetta + vinaigrette  
asparagus + prosciutto + goat cheese + chervil

## **ASPARAGUS, WHITE**

**Season:** spring

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** blanch, boil, sauté, steam

**Tips:** Covered to deprive it of sunlight while growing, white asparagus is lighter in flavor and texture than green asparagus.

butter

cheese, Parmesan

chicken

crab

eggs: whole, yolks

ham

hazelnuts

lemon

**mushrooms (e.g., ceps, morels, porcini)**

mustard

**oil, truffle**

olive oil

parsley

pepper, black

salt, sea

sauces: hollandaise, mayonnaise, romesco

shallots

shrimp  
stock, chicken  
sugar (pinch)  
tarragon  
vinaigrette  
vinegar: champagne, white  
wine, Riesling

## **Daniel Humm of New York's Eleven Madison Park on Making Asparagus Soup**

Making and seasoning soup is one of the best ways to learn about flavor. Let's make asparagus soup:

- You need a lot of asparagus flavor.
- You need acidity.
- You need sweetness that will come from the asparagus.
- You need the right amount of salt.
- You need just the right amount of spice, so that it doesn't actually taste spicy. We use a lot of cayenne, but you would never know it is there; it is just an accent.
- You need fresh lime juice to finish.

Soup is a play of balance when you have a lot of flavor. You can add a lot of salt and it won't taste salty. You can add a lot of acid and it won't taste acidic. But you still have a bold-flavored soup. It's like winemaking; at some point, there is a balance of all the flavors.

The first thing you need to do is get all the asparagus flavor into the soup at the start. We save our asparagus liquid from all the asparagus we cook to use for asparagus stock.

Making the soup: We sweat the asparagus [that is, cook it over low heat in a little fat, generally in a covered pot or pan] very slowly. When we add wine, we do it multiple times, adding a little at a time and reducing it, then repeating the process. What this does is concentrate the flavor at each step. It makes a big difference [before adding the asparagus liquid].

Finishing the soup: A soup may taste seasoned, but it still needs to be "woken up." You taste the asparagus, but maybe it doesn't blow you away at first. To do that, you need acid and cayenne. We season the soup with lime because it is a stronger acid and yet has less flavor than lemon. If I use lemon to get as much acid as I need for the soup, I will need to use so much that the soup will taste

lemony instead.

**Flavor Affinities**

white asparagus + hazelnuts + Parmesan cheese + truffle oil

white asparagus + lemon + ceps mushrooms + parsley

white asparagus + mustard + olive oil + vinegar

## ASTRINGENCY

**Taste:** astringent

**Function:** cooling

apples (astringent-sweet)

artichokes

asparagus

bananas, unripe (astringent-sweet)

basil

beans

berries

broccoli

buckwheat

cashews

cauliflower

coffee

cranberries

figs (astringent-sweet)

fruits: dried, raw, unripe

grapes (astringent-sour-sweet)

hazelnuts

herbs

honey

legumes

lentils

lettuce

mace

marjoram

okra

parsley

peaches (astringent-sweet)

pears (astringent-sweet)

persimmons

plums (astringent-sweet)

pomegranates (astringent-sour-sweet)

quinoa

rhubarb

rye

saffron

sprouts

tea  
turmeric  
turnips  
vegetables, raw  
walnuts

## AUSTRALIAN CUISINE

barbecued foods  
beef  
cheese  
fish  
fruits, fresh  
lamb  
nuts, macadamia  
seafood  
shellfish, esp. shrimp  
vegetables, fresh  
wines  
yabbies

*NOTE: Akin to the “New American” cuisine that incorporates ingredients and techniques from around the world, “Mod Oz” (modern Australian) cuisine combines its British heritage with influences from other parts of Europe as well as Asia.*

## AUSTRIAN CUISINE

beer  
cinnamon  
**coffee**  
cream  
desserts  
dumplings  
goulash  
marjoram  
meat, esp. beef or pork  
**paprika**  
parsley  
**pastries**



potatoes  
schnitzel  
soups, esp. with dumplings or noodles  
stews  
strudel  
wine

## AUTUMN

**Weather:** typically cool  
**Techniques:** braise, glaze, roast  
almonds (peak: October)  
**apples** (peak: September–November)  
artichokes (peak: September–October)  
basil (peak: September)  
beans (peak: September)  
**bell peppers** (peak: September)  
**broccoli**  
broccoli rabe (peak: July–December)  
Brussels sprouts (peak: November–February)  
cakes, esp. served warm  
cantaloupe (peak: June–September)  
caramel  
cardoons (peak: October)  
**cauliflower**  
celery root (peak: October–November)  
chard (peak: June–December)

The earthy flavors of **autumn** come together in our chanterelle mushroom and lentil soup with sautéed foie gras.

— **HIRO SONE AND LISSA DOUMANI**, TERRA (ST. HELENA, CALIFORNIA)

In the **autumn**, I use walnut vinegar, which is red wine vinegar with macerated walnuts in it. It is great on a dish of sweetbreads and hazelnuts.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

When I think of **autumn**, I think of apples, pears, quince — which is so underrated — figs, and pumpkins.

I work with apples and pears, which you can start using in September, especially with the early apples like Gravenstein in the Bay Area. I try not to use pumpkin until close to Halloween, because no matter what you do with it, it will

still taste like pumpkin. It's not like berries or apples that you can do a thousand things with. As a pastry chef, if I serve pumpkin too soon, people will get sick of it — and if I take it off the menu, there is nothing to replace it with. So I try to wait so I don't peak too early.

Figs are great for fall. The problem with figs is that there are not that many fig lovers out there. There are a lot more peach, chocolate, and apple lovers than there are fig lovers. When I make a fig dessert, I'll pair it with a raspberry or late summer fruit so it's more likely to meet with customer acceptance.

In the fall, I'll make more cakes. Fall also turns into caramel season, and fall fruits work so well with caramel. I keep a lighter hand with caramel in the fall because it is being combined with fruit versus chocolate.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

chestnuts (peak: October–November)

chile peppers

coconut (peak: October–November)

corn (peak: September)

cranberries (peak: September–December)

cucumbers (peak: September)

dates

duck

**eggplant** (peak: August–November)

fennel

**figs** (peak: September–October)

foie gras

garlic (peak: September)

gooseberries (peak: June–September)

grains

grapes (peak: September)

heavier dishes

**huckleberries** (peak: August–September)

kale (peak: November–January)

kohlrabi (peak: September–November)

lentils

lovey (peak: September–October)

lychee nuts (peak: September–November)

**mushrooms:** chanterelles (peak: April–October), porcini (peak: September–October)

nectarines (peak: July–September)

nuts

**okra** (peak: July–September)

oranges, blood (peak: November–February)

oysters (peak: September–April)

partridge (peak: November–December)

passion fruit (peak: November–February)

**pears** (peak: July–October)

peas (peak: June–September)

**persimmons** (peak: October–January)

pheasant (peak: October–December)

pistachios (peak: September)

plums (peak: July–October)

polenta

**pomegranates** (peak: October–December)

pumpkins (peak: September–December)

**quinces** (peak: October–December)

salsify (peak: November–January)

scallops

seeds, sunflower

spices, warming (e.g., black peppercorns, cayenne, cinnamon, chili powder, clove, cumin, mustard, etc.)

**squash, winter** (peak: October–December)

stuffing

sweetbreads

sweet potatoes (peak: November–January)

tomatoes (peak: September)

turkey

vinegar, red wine

walnuts

watermelon (peak: July–September)

yams (peak: November)

zucchini (peak: June–October)

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## Dishes

**Avocado and Grapefruit with Poppy Seed Dressing** — Ann Cashion, Cashion's Eat Place (Washington, DC)

**Creamy Avocado Pudding with Pink Grapefruit Reduction and Candied Zest** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

## **AVOCADO OIL (See Oil, Avocado)**

### **AVOCADOS**

**Season:** spring–summer

**Botanical relatives:** allspice, bay leaf

**Weight:** medium–heavy

**Volume:** quiet

**Techniques:** raw

**Tips:** Use to add richness to a dish.

arugula

bacon

basil and Thai basil

beans, black

bell peppers, esp. red

butter, unsalted

Central American cuisine

chayote

chervil

chicken

**chile peppers: chipotle, jalapeño, serrano**

chives

**cilantro**

corn and masa

crab

cream, heavy

crème fraîche

cucumbers

cumin

dashi

**endive, esp. Belgian**

fennel

fish

**frisée**

fruits, esp. tropical

garlic

**grapefruit**

**guacamole** (key ingredient)

jicama

**lemon: juice, zest**

**LIME, JUICE**

**lobster**

mangoes

mayonnaise

Mexican cuisine

**oil, canola**

olive oil

**ONIONS, ESP. RED, spring, white**

orange

parsley, flat-leaf

**pepper: black, white**

radishes

rocket

sake

salads, esp. green, seafood

salsa

**SALT: KOSHER, SEA**

sandwiches

scallions

shellfish (e.g., shrimp)

shrimp

smoked fish (e.g., trout)

soups

**sour cream**

Southwestern cuisine

soy sauce

spinach

stocks: chicken, vegetable

Tabasco sauce

tarragon

tequila

tomatillos

**tomatoes**

**vinaigrette**

**VINEGAR:** balsamic, cider, tarragon, white wine

walnuts, oil

yogurt

## **Flavor Affinities**

avocado + bacon + scallions + tomatoes

avocado + basil + red onions + tomatoes + balsamic vinegar

avocado + chiles + cilantro + lime + black pepper + salt + scallions

avocado + cilantro + lime juice

avocado + crab + grapefruit + tomato

avocado + crème fraîche + grapefruit

avocado + endive + frisée + lemon juice + sea salt

avocado + jalapeño chiles + cilantro + cumin + garlic + lime + onion

avocado + lemon + smoked trout

## BACON

**Taste:** salty

**Weight:** medium

**Volume:** moderate

**Techniques:** broil, roast, sauté

aioli

avocados

beans (e.g., black, fava, green)

breakfast

butter, unsalted

**Avocados** are so rich that we always season them with a lot of *fleur de sel* and lemon juice, and toss them with frisée and endive. Avocados need something bitter for balance.

— SHARON HAGE, YORK STREET (DALLAS)

celery

chervil

chicken

**eggs**

French cuisine

frisée

greens (e.g., arugula)

Italian cuisine

lentils

**lettuce**

maple syrup

mayonnaise

mushrooms, esp. chanterelles

olive oil

**onions**

parsnips

peas

pepper, black

potatoes

risotto

salads

salmon  
salt  
scallops  
shallots  
spinach  
squash, winter  
stews  
stock, chicken  
**tomatoes**  
**vinegar**

### **Flavor Affinities**

bacon + arugula + egg + pork belly  
bacon + chanterelle mushrooms + chicken + potatoes  
bacon + chanterelle mushrooms + salmon + shallots  
bacon + hard-boiled eggs + spinach + balsamic vinegar  
bacon + lettuce + tomatoes  
bacon + onions + vinegar  
bacon + shallots + vinegar  
bacon + spinach + winter squash

**Bacon** can be salt, fat, and/or smoke, depending on the bacon you choose. You can also play with its texture, depending on whether you are using pork belly or crispy bacon. It is wonderful with vegetables. The fat is delicious, so if you are braising onions in bacon fat, reduce that down, and add a little onion *jus* and vinegar, you have a great sauce. Bacon just brings another layer of flavor to the vegetables. My dish of Berkshire pork chop with scarlet turnips, roasted rhubarb, and smoked bacon with cherry-almond salsa seca represents the relationship between fat, salt, sugar, and acid; they are all there. The bacon brings complexity to the pork; the cherry brings acid balance; and the almond brings a different kind of fat with crunch. The almonds in the dish are marcona, and every tenth one is extremely bitter, which adds another layer of complexity.

— **TRACI DES JARDINS**, JARDINIÈRE (SAN FRANCISCO)

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## **Dishes**

**Braised Bacon with Spring Vegetables and White Horseradish Broth** — Dan Barber, Blue Hill at Stone Barns (Pocantico Hills, New York) **Smoked Bacon and Egg Ice Cream with Pain Perdu, Tea Jelly** — Heston Blumenthal, The Fat Duck (England)



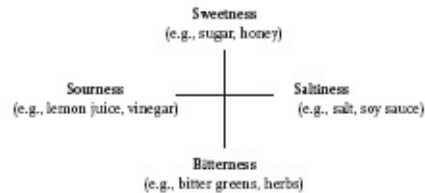
## **Berkshire Pork Chop with Scarlet Turnips, Roasted Rhubarb, and Smoked Bacon with Cherry-Almond Salsa Seca — Traci Des Jardins, Jardinière (San Francisco)**

### **BALANCE**

**Tips:** Seek balance in every dish you make:

- tastes (e.g., sourness vs. saltiness; sweetness vs. bitterness)
- richness (e.g., fat) vs. relief (e.g., acidity, bitterness)
- temperatures (e.g., hot vs. cold)
- textures (e.g., creamy vs. crunchy)

Balance taste by adding its opposite or its complement.



### **BALSAMIC VINEGAR (See Vinegar, Balsamic)**

### **BANANAS**

**Season:** winter

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** medium

**Volume:** quiet

**Techniques:** bake, broil, caramelize, deep-fry, grill, poach, raw, sauté

**Tips:** Sugar enhances the flavor of bananas.

allspice

almonds

apricots

**Armagnac**

baked goods (e.g., muffins, quick breads)

banana liqueur

blackberries

**blueberries**

brandy  
breakfast  
**butter, unsalted**  
buttermilk  
butterscotch  
cakes  
**Calvados**  
**CARAMEL**  
cardamom  
cashews  
cherries  
chile peppers: habanero, jalapeño, serrano  
**CHOCOLATE:** dark, white  
cinnamon  
cloves  
**COCONUT AND COCONUT MILK**  
coffee  
**cognac**  
**CREAM AND ICE CREAM**  
cream cheese  
crème anglaise

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## **Dishes**

**Chocolate-Banana Flan, Exotic Fruit Jelly, Spiced Fritters, Faux Foie Gras Emulsion, and Cumin Gel** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Sticky Toffee Pudding with Bananas, Medjool Dates, Oatmeal Ice Cream, Root Beer Reduction** — Gale Gand, pastry chef, Tru (Chicago)

**Banana-Coconut Split with Vanilla Ice Cream, Candied Coconut, Dulce de Leche, Fudge Sauce** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Caramelized Banana Tart with Coconut Ice Cream** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Banana Tempura with Black Raspberry Ice Cream** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Macadamia Nut Tart with Banana-Rum Ice Cream** — Hiro Sone and Lissa Doumani, Terra (St. Helena, California) **Banana-Toffee Tart**

— Sandy D’Amato, Sanford (Milwaukee)

**Banana Tempura with Mango Ice Cream**

— Sushi-Ko (Washington, DC)

**Banana Crème Brûlée, Citrus-Pistachio Biscuit, Beurre Noisette Ice Cream, Peanut Caramel** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) **Caramelized Banana, Smoked Chocolate Ice Cream, Stout** — Sam Mason, wd-50 (New York City)

**Dover Sole with “Mostly Traditional Flavors” and Sliced Banana** — Grant Achatz, Alinea (Chicago)

crème fraîche  
curries  
custard  
dates  
desserts  
figs, dried  
**ginger**  
guava  
hazelnuts  
**honey**  
**Kirsch**  
**LEMON, JUICE**  
lemongrass  
**lime, juice**  
**macadamia**  
**mangoes: green, ripe**  
**maple syrup**  
meringue  
nutmeg  
oats and oatmeal  
oil, vegetable  
**orange**  
pancakes  
**papaya**  
parsley  
passion fruit

A **banana** in a dessert is an instant sell. Everyone loves caramelized bananas!

— GINA DEPALMA, BABBO (NEW YORK CITY)

I hate overripe **bananas**. We'll actually freeze whole, unpeeled bananas, which will continue to ripen in the freezer and turn black. When we want bananas to use as a puree, we'll pull them out and let them thaw before pureeing, and then add them to a cake or mousse. The flavor is much better this way.

— **DOMINIQUE DUBY**, WILD SWEETS (VANCOUVER)

I serve a **banana** crème brûlée that is not made in ramekins (the usual individual serving cups) but cut out of a sheet pan and caramelized. I serve this set up in a grid with two squares of crème brûlée, one topped with a little citrus, the other with caramelized bananas — alternated with citrus biscuit, one topped with a brown butter ice cream, and the other with caramelized banana. So I have these three flavors — banana, citrus, and brown butter — tied together with a salted peanut–caramel sauce.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

A **banana's** ripeness will determine what you do with it. I like my bananas yellow and firm. If you are going to make a bananas Foster and your bananas are very yellow, you can cook them longer and they won't fall apart or turn to mush. If you start with a banana that is pretty brown, the second you add heat, it falls apart. A brown banana gives me shivers!

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

peanuts and peanut butter

pecans

pepper, black

**pineapple**

pistachios

pomegranate

puddings

raisins

raspberries: red, black

rice

**RUM**

salads, fruit

sesame seeds

smoothies and shakes

sour cream

strawberries

**SUGAR: BROWN, WHITE**

sweet potatoes

Tabasco sauce

**vanilla**

vinegar, white

**walnuts**

yogurt

**Flavor Affinities**

banana + blackberries + cream

banana + brown butter + caramel + citrus + peanuts

banana + caramel + chocolate

banana + caramel + crème fraîche + lemongrass

banana + coconut + cream

banana + cream + honey + macadamia nuts + vanilla

banana + cream + mango

banana + dates + oatmeal

banana + honey + sesame seeds

banana + macadamia nuts + rum

banana + oats + pecans

**BARLEY**

**Taste:** sweet, astringent

**Function:** cooling

**Techniques:** simmer

**beef**

butter

garlic

lemon thyme

mirepoix (carrots, celery, onions)

**mushrooms:** cultivated, wild (e.g., shiitakes)

olive oil

onions

oregano

parsley, flat-leaf

pepper, white

sage

salt, kosher

savory

scallions

soups

stocks: chicken, vegetable  
thyme  
tomatoes  
vinegar, sherry

## **BASIL (See also Basil, Thai, and Lemon Basil)**

**Season:** summer  
**Taste:** sweet  
**Weight:** light, soft-leaved  
**Volume:** mild–moderate  
**Tips:** Add just before serving.

Use to add a note of freshness to a dish.

apricots  
Asian cuisine  
beans: green, white  
**bell peppers, esp. red, roasted**  
berries  
blueberries  
breads  
broccoli  
Cambodian cuisine  
capers  
carrots  
**CHEESE: feta, goat, MOZZARELLA, PARMESAN, PECORINO, RICOTTA**  
**chicken**  
chile peppers  
chives  
chocolate, white  
cilantro  
cinnamon  
coconut milk  
corn  
crab  
cream and ice cream  
cucumber

custards

duck

**eggplant**

**EGGS AND EGG DISHES** (e.g., omelets)

fennel

**fish, esp. grilled or poached**

French cuisine

**\*GARLIC**

ginger, fresh

honey

**ITALIAN CUISINE**

**lamb**

**lemon, juice**

lemon verbena

lime, juice

liver

marjoram

**meats**

**Mediterranean cuisine**

**mint**

mussels

mustard: powder, seeds

nectarines

**OLIVE OIL**

olives

onions

orange

**oregano**

Parmesan cheese

parsley, flat-leaf

**PASTA DISHES AND SAUCES**

peaches

peas

pepper: black, white

**PESTO** (key ingredient)

pineapple

pine nuts

**pizza**

pork

potatoes  
poultry  
rabbit  
raspberries  
rice  
rosemary  
**salads and salad dressings**  
**salmon**  
**salt: kosher, sea**  
sauces  
scallops

I use **basil** a lot. I will add it at the very end of cooking a dish, and it will totally change where the dish is going. Added at the last second, it gives a minty freshness that was not there before. Basil says “fresh” and “alive” to me. And although you can get it year-round, I associate it with summer.

I think particularly of fish and shellfish with basil. I cook a lobster with a sauce of sweet Muscat or Sauternes, curry, and lime. This is a dish that has been played with. The shells have been chopped up, added to mirepoix, and turned into sauce. Then there’s wine. So when the basil hits, you have this whole new thing going on. It opens up the dish and makes it light. It goes against the “worked-on” aspect of the dish.

In Thai cooking, you will find coconut milk–based curry that will have whole leaves of basil in it. Basil becomes something of a vegetable served this way.  
— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

I love **basil** in syrups. It works with strawberries and any citrus fruit. The trio I use the most for summer fruits like berries is basil, lemon, and vanilla. I have even macerated cherry tomatoes in this combination and made them into a fruit crisp.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

I love **basil**. It is more familiar than cilantro, and more people like it. I use it in ceviche instead of cilantro because it is not as pungent. I combine hamachi tuna with tomato, watermelon, yuzu, and sesame seeds with fresh basil and basil oil.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

sea bass  
**shellfish**  
shrimp  
**soups, esp. Asian, bean, chowder, vegetable**



soy sauce

spinach

squash, summer

summer vegetables

**Thai cuisine (e.g., green curries)**

thyme

**\*TOMATOES and tomato sauces**

tuna

vanilla

veal

**vegetables, esp. summer**

Vietnamese cuisine

vinaigrettes

**vinegar: balsamic, sherry**

**watermelon**

**ZUCCHINI**

**AVOID**

tarragon

**Flavor Affinities**

basil + coconut + curry

basil + garlic + olive oil + salt

basil + garlic + olive oil + Parmesan cheese + pine nuts

basil + hamachi tuna + tomatoes + watermelon

basil + lemon + vanilla

basil + mozzarella cheese + tomatoes

basil + olive oil + Parmesan cheese

**BASIL, LEMON (See Lemon Basil)**

**BASIL, THAI**

**Taste:** anise-or licorice-like

Asian cuisines

beef

coconut milk

curries

I use this in lots of vegetarian dishes because it gives them some oomph. It also works well with meat dishes, from beef to carpaccio to venison. I make a **Thai**

**basil** pesto but make a few adjustments to the recipe or else it can look bruised and take on a funky color. We will add a little pumpkin seed oil to keep it a deep, rich green.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

ginger  
lemongrass  
noodles and noodle dishes  
oils, esp. pumpkin seed  
salads  
seafood  
soups, esp. Asian  
**Thai cuisine**  
vegetarian dishes  
venison

**Flavor Affinities**

Thai basil + beef + pumpkin seed oil  
Thai basil + coconut milk + ginger

**BASS (See also Bass, Sea, and Bass, Striped)**

**Weight:** light

**Volume:** quiet

**Techniques:** bake, broil, deep-fry, poach, roast, sauté, steam

artichoke  
bay leaf  
carrots  
cayenne  
celery  
chervil  
**fennel**  
garlic  
lemon  
olive oil  
onions  
**orange: juice, zest**  
**parsley, flat-leaf**  
**pepper: black, white**

saffron  
salmon  
salt, sea  
shallots  
**sole**  
star anise  
stock, fish  
**tarragon**  
tomatoes and tomato paste  
vanilla  
wine, white

## **BASS, BLACK**

**Weight:** medium  
**Volume:** quiet  
asparagus  
basil  
beets  
butter  
cabbage, savoy  
carrots  
celery  
chestnuts  
chile peppers, jalapeño  
chives  
chutney  
cilantro  
coriander  
duck, Peking

**Black bass** is a fish that can go with the most exotic flavors. We serve black bass with Peking duck, green papaya salad, and a very light, thin chutney sauce. I love Peking duck and find the flavor very soft and not “duck-y” or aggressive.  
— **ERIC RIPERT**, LE BERNARDIN (NEW YORK CITY)

In my **black sea bass** in a tamarind-ginger sauce with minted baby onions dish, the tamarind is acidic, and ginger is a nice flavor bridge. I put mint in the onions to cut their sweetness.  
— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

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## Dishes

**Paupiette of Black Sea Bass in a Crisp Potato Shell, with Tender Leeks and Syrah Sauce** — Daniel Boulud, Daniel (New York City)

**Sesame-Crusted Chilean Sea Bass with Baby Shrimp, Clams, and Artichokes** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Black Bass with Porcini Mushrooms, Braised Parsnips, and Chestnuts** — David Pasternak, Esca (New York City)

**Grilled Pacific Sea Bass for Two with Marinated Blood Orange and Lime** — David Pasternak, Esca (New York City) **Crisp Black Sea Bass with Olive-Caper Emulsion** — Alfred Portale, Gotham Bar and Grill (New York City)

**Spice-Crusted Black Sea Bass in Sweet and Sour Jus** — Jean-Georges Vongerichten, Jean Georges (New York City)

endive

fennel

**garlic**

ginger

ham

honey

leeks

**lemon**

lemon, preserved

lime

marjoram

mint

mushrooms, porcini

mustard

**olive oil**

onions

orange, juice

oregano

papaya

**parsley, flat-leaf**

parsnips

peas

pepper, white

raisins

saffron  
salt, sea  
**scallions**  
scallops  
shallots  
shrimp  
**squash: hubbard, yellow**  
**stock, chicken**  
tarragon  
thyme  
tomatoes  
**tuna**  
turnips  
**vinegar: champagne, red wine**  
**wine: red, white**  
zucchini

### **Flavor Affinities**

black bass + chutney + papaya  
black bass + new potatoes + shrimp

## **BASS, SEA**

**Season:** winter–spring

**Weight:** medium

**Volume:** quiet

**Techniques:** bake, broil, ceviche, deep-fry, grill, pan roast, poach, roast, sauté, steam

almonds

anchovies

artichokes

**bacon**

basil

**bay leaf**

beans, esp. green or white

beets

**bell peppers: red, green**

bread crumbs

**BUTTER:** clarified, salted, unsalted

capers  
cardamom  
**carrots**  
cayenne  
celery  
**chervil**  
chives  
**cilantro**  
citrus  
**coriander**  
corn  
cream  
crème fraîche  
**fennel**  
**garlic, fresh**  
ginger, fresh  
hazelnuts  
honey  
**leeks**  
**lemon: juice, zest**  
lemon, preserved  
lentils  
**lime, juice**  
**marjoram**  
mayonnaise  
**mint**  
mirepoix (carrots, celery, onions)  
mirin  
**MUSHROOMS**, esp. button, porcini, or shiitake  
mustard, Dijon  
new potatoes  
**oil: canola, peanut, sesame**  
olive oil  
olives, black  
**onions: pearl, yellow**  
oregano  
**parsley, flat-leaf**  
**PEPPER: black, white**  
**potatoes**, esp. as a crust, mashed

radishes  
rhubarb  
saffron  
sake  
salmon roe  
**SALT, KOSHER**

sauces: beurre blanc, brown butter  
scallops

**sesame seeds**

**shallots**

shiso

**shrimp**

**soy sauce**

spearmint

**spinach, esp. baby**

star anise

**stocks: chicken, fish, vegetable**

sugar

tamarind

tarragon

**thyme, fresh**

**TOMATOES:** cherry, grape, juice, roasted

vanilla

**vermouth**

**VINEGAR:** champagne, red wine, rice, **sherry**, white wine

**wine, dry white**

yuzu juice

zucchini

### **Flavor Affinities**

sea bass + artichokes + basil + chives + green beans + lemon + new potatoes

sea bass + bacon + corn + fava beans

sea bass + mushrooms + sesame seeds + shrimp

**Striped bass** is a hearty fish and is one of my favorites. I love roasting it with the skin on to a crisp, and finishing it with butter, garlic, and thyme. It's a fish that pairs well with meat, whether bacon, sweetbreads, or braised pork.

— **BRADFORD THOMPSON**, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

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## Dishes

**Wild Carolina Coast Striped Bass “Riviera” with a Salad of Shaved Fennel, Arugula, and Babaganoush, Cured Tomatoes, Spanish Olives, and Yellow Pepper Broth** — Carrie Nahabedian, Naha (Chicago)

**Roasted Local Wild Striped Bass with Hubbard Squash, Caramelized Apple, and Wild Mushrooms** — David Pasternak, Esca (New York City)

**Poached Atlantic Striped Bass, Pasilla Chili, Cocoa, Duck Consommé** — Rick Tramonto, Tru (Chicago)

## **BASS, STRIPED Weight: medium**

**Volume:** quiet

**Techniques:** bake, braise, broil, deep-fry, grill, pan roast, poach, raw, roast, sauté, sear, steam

artichokes

bacon

bay leaf

beets

bell peppers: red, yellow

bok choy

**butter: clarified, unsalted**

buttermilk

calamari

carrots

cauliflower

cayenne

celery

chanterelles

chervil

chile peppers: dried, fresh (e.g., jalapeño)

chives

cilantro

clams

corn

cream

cucumber

curries and curry powder



dill  
fava beans  
fennel  
fish sauce  
**garlic**  
ginger  
hollandaise sauce  
horseradish  
leeks  
**lemon: juice, zest**  
lemon verbena  
lime, juice  
mint  
monkfish  
mushrooms, shiitake  
mustard, Dijon  
**OIL: canola, peanut, sesame, vegetable**  
olive oil  
olives, picholine  
**onions: pearl, red**  
orange  
paprika, sweet  
**parsley, flat-leaf**  
**PEPPER: BLACK, GREEN, WHITE**  
**potatoes**  
prosciutto  
rosemary  
sage  
**SALT: KOSHER, SEA**  
sauerkraut  
**scallions**  
sesame seeds  
**shallots**  
sour cream  
soy sauce  
squid  
squid ink  
stocks: fish, shellfish  
Tabasco sauce

**thyme, fresh**

**tomatoes**

truffles, black

**VINEGAR:** champagne, red wine, sherry, white wine

walnuts

**wine: port, dry white, Riesling**

zucchini

**Flavor Affinities**

striped bass + bacon + sauerkraut

striped bass + bok choy + fish sauce

striped bass + clam broth + marjoram + spinach

striped bass + curry + sour cream

striped bass + fennel + olives + tomatoes

striped bass + garlic + lemon + thyme

striped bass + leeks + lemon juice + Dijon mustard

striped bass + leeks + shiitake mushrooms

**BAY LEAF**

**Taste:** sweet, bitter

**Weight:** light, tough-leaved

**Volume:** quiet–loud, depending on quantity used

**Techniques:** can stand up to cooking (e.g., simmer, stew)

allspice

apples

**beans: dried, white**

beef

braised dishes

caramel

cauliflower

celery leaf

cheese dishes

chestnuts

chicken

corn

cream and ice cream

custards

dates

desserts  
duck  
figs  
**fish**  
French cuisine  
game  
game birds

I am a little too fond of **bay leaf**. I use it a lot. I probably have a fondness for it because I associate it with so many childhood flavors, like pot roast. It has a hearty quality to it and I associate it with stocks and big flavors. I will use fresh or dried bay leaf. Fresh bay leaf has fresher flavor and is surprisingly more intense than dried bay leaf, but it's still not as dramatic a difference as you can find with other herbs when it comes to fresh versus dried.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

Inexperienced cooks will throw a handful of **bay leaves** into 40 gallons of veal stock. What happens next is they go to make a sauce and can't figure out what to do about the medicinal taste. It's the bay leaf! I'll explain they only need two or three at the most.

— **CARRIE NAHABEDIAN**, NAHA (CHICAGO)

garlic  
grains  
juniper berries  
lamb  
lemon, juice  
lentils  
marinades  
marjoram  
**meats**  
Mediterranean cuisine  
mole sauce  
Moroccan cuisine  
onions  
**parsley**  
pâté  
pears  
pepper, black  
polenta

pork  
pot roast  
**potatoes**  
poultry  
prunes  
pumpkin  
quail  
**rice (e.g., rice pudding) and risotto**  
rosemary  
sage  
salmon  
sauces  
sausage  
savory  
shellfish, shrimp  
**SOUPS**  
spinach  
squash: summer, winter  
**STEWES**  
**STOCKS AND BROTHS**  
strawberries  
swordfish  
**thyme**  
**tomatoes and tomato sauces**  
tuna  
turkey  
Turkish cuisine  
vanilla  
veal  
venison  
vinegar

## **BEANS — IN GENERAL (See also specific beans below)**

carrots  
celery  
garlic  
**lemon**  
marjoram

mint  
onions  
**PARSLEY**  
rosemary  
sage  
salt  
**\*SAVORY**  
thyme  
vinegar

## **BEANS, BLACK**

**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** simmer  
allspice  
apples  
**avocado**  
**bacon**  
**bay leaf**  
beer  
bell peppers: green, red  
butter

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## **Dishes**

**Black Bean Soup Flavored with Grilled Wild Ramps, Avocado Leaf, and Cilantro, Studded with Sweet Roasted Chayote and Corn, Topped with Green Chile Salsa and Crispy Tortilla Strips** — Rick Bayless, Frontera Grill (Chicago)

**Black Bean Tamales Filled with Homemade Goat Cheese in “Guisado” of Wild and Woodland Mushrooms, Organic Roasted Tomatoes, Green Chile, and Mint; Watercress Salad** — Rick Bayless, Frontera Grill (Chicago)

**Black Beans Fried with Garlic, Onion, and Epazote, Topped with Mexican Fresh Cheese** — Rick Bayless, Frontera Grill (Chicago)

Carribbean cuisine  
**carrots**  
cayenne

**celery**

celery root

Central American cuisine

cheese: cheddar, dry feta, farmer's, Parmesan, queso fresco, smoked

**CHILE PEPPERS: ancho, cachuca, chipotle, jalapeño**

chili powder, ancho

chives

**CILANTRO**

cream

crème fraîche

**CUMIN**

duck

egg, esp. hard-boiled

epazote

fennel seeds

**GARLIC**

ginger

ham and ham hocks

lemon

**lime, juice**

maple syrup

**Mexican cuisine, esp. in the South**

**OIL:** canola, **olive**, peanut, safflower, vegetable

olive oil

**ONIONS: red, white, yellow**

orange: fruit, juice, zest

oregano, dried

**PARSLEY, FLAT-LEAF**

**pepper: black, white**

red pepper flakes

rice

rosemary

salsa

**SALT, ESP. KOSHER**

salt pork

sausage

**SAVORY**

**scallions**

shallots

sherry

shrimp

soups

**SOUR CREAM**

South American cuisine

Southwestern cuisine

spinach

**STOCKS: BEEF, CHICKEN, VEGETABLE**

sugar: brown, white

Tabasco sauce

**thyme**

**tomatoes and tomato paste**

**vinegar:** cider, red wine, sherry, white wine

wine: Madeira, sherry

yogurt

**Flavor Affinities**

black beans + cumin + green bell peppers + oregano

black beans + lemon + sherry

**BEANS, BROAD (See Beans, Fava)**

**BEANS, BUTTER (See Beans, Lima)**

**BEANS, CANNELLINI (See also Beans, White)**

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** braise, puree, simmer

bacon

**carrots**

celery

clams

garlic

Italian cuisine

lamb

lemon

olive oil

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## Dishes

### **Cannellini Bean Soup with Smoked Trout Croquette and Pumpkin Seed Oil**

— Gabriel Kreuther, The Modern (New York City)



**onions, esp. Spanish**

paprika, sweet

**PARSLEY, FLAT-LEAF**

pepper, black

saffron

salads

**salt, kosher**

sausages (e.g., chorizo)

**SAVORY**

soups

stock, chicken

tarragon

thyme

tomatoes, esp. plum

## **BEANS, FAVA (aka Broad Beans or Horse Beans)**

**Season:** spring–summer

**Taste:** bitter

**Weight:** light–medium

**Volume:** moderate

**Techniques:** boil, puree, simmer

Asian cuisine

bacon

**basil**

**butter, unsalted**



**CHEESE:** dry feta, manchego, Parmesan, pecorino, ricotta, sheep's milk

chile peppers

chives, fresh

cilantro

corn

cream

cumin

curry

dill

**duck**

falafel (key ingredient)

fennel

**fish** (e.g., salmon)

**garlic**

gnocchi

greens, bitter

ham

herbs

Italian cuisine

**lamb**

leeks

**lemon, juice**

lentils

lobster

**Mediterranean cuisine**

Mexican cuisine

**Middle Eastern cuisine**

**mint** (e.g., Italian cuisine)

Moroccan cuisine

**OIL, walnut**

**OLIVE OIL**

**onions, esp. spring**

orange, zest

oregano

**PARSLEY, FLAT-LEAF**

pasta

peas

pepper, black

poultry (e.g., turkey)

prosciutto  
rabbit  
radishes

**Fava beans** have a great flavor. Cooks in the past would blanch them, and the flavor would be left in the water. Today, what I like to do with favas and other vegetables is to put them in a pan with a little water, olive oil, or butter, and to cover them while they cook. That way, all the flavor stays in the vegetables. If I could cook for my customers the way I like to cook and eat at home, I would sweat some spring onions in a pan with butter or oil, covered, to keep in the flavor. Then I'd add the shucked fava beans and let them cook with a little water. At the last second, I'd toss in some chopped parsley or basil, and there's your sauce. This would be great under some fish. If you added some thyme and maybe a little lamb *jus*, it would also work with lamb.

— **TRACI DES JARDINS**, JARDINIÈRE (SAN FRANCISCO)

**Fava beans** have a very delicate flavor, I like them raw and tender by themselves — or combined with sheep's milk cheese and olive oil. However, I wouldn't use an olive oil that's too peppery or spicy, because it would overwhelm them.

— **TONY LIU**, AUGUST (NEW YORK CITY)

rice and risotto  
**rosemary**  
**sage, fresh**  
salads  
**salt: kosher, sea**  
**SAVORY** (e.g., as in French cuisine)  
shellfish (e.g., lobster)  
shallots  
soups  
spinach  
steak  
stir-fries  
stock, chicken  
**thyme**  
tomatoes  
vinaigrette  
vinegar, cider  
walnuts

yogurt

**Flavor Affinities**

fava beans + basil + spring onions

fava beans + garlic + olive oil + rosemary

fava beans + lamb + thyme

fava beans + olive oil + pecorino cheese + prosciutto

fava beans + olive oil + thyme

fava beans + sheep's milk cheese + olive oil

**BEANS, FLAGEOLET**

**Weight:** light–medium

**Volume:** quiet

**Techniques:** simmer

apples

arugula

basil

bay leaf

butter

carrots

cassoulet

celery

cheese, esp. manchego or pecorino

chicken

cream

fines herbes

fish (e.g., cod)

French cuisine, esp. Provençal

**garlic**

**\*LAMB**

lemon, juice

lime

marjoram

olive oil

**onions, esp. red, sweet, yellow**

orange

**PARSLEY**

pasta

pepper, black  
pork, esp. roasted  
poultry  
salads  
salt

## **SAVORY**

**shallots**

**soups**

stocks: chicken, vegetable

tarragon

**thyme**

**tomatoes and tomato sauces**

vinegar, red wine

wine, dry white

**Flavor Affinities**

flageolet beans + garlic + thyme

## **BEANS, GARBANZO (See Chickpeas)**

## **BEANS, GREEN**

**Season:** summer–autumn

**Weight:** light–medium

**Volume:** moderate

**Techniques:** boil, grill, sauté, steam, stir-fry

**almonds**

anchovies

**bacon**

**BASIL**

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## **Dishes**

**Pasta with Basil Pesto, Green Beans, and Potatoes** — Lidia Bastianich, Felidia (New York City)

bay leaf

beans, shell

bell pepper, red

bread crumbs

**butter, unsalted**

capers

carrots

cayenne

**CHEESE:** Asiago, blue, feta, goat, **PARMESAN**

chervil

chickpeas

chile peppers

chives

cilantro

coconut

corn

cream

crème fraîche

**cumin**

curry leaves

**dill**

**eggs, esp. hard-boiled**

fennel

French cuisine

**garlic**

**ginger, fresh**

**ham (e.g., Serrano)**

**lemon, juice**

lemon balm

lime, juice

lovage

**marjoram**

Mediterranean cuisine

mint

mushrooms

mustard, Dijon

mustard seeds, black

nuts

**OIL: peanut, sesame**

**OLIVE OIL**

**olives: black, niçoise**

**ONIONS, esp. green, pearl, or red**

oregano

pancetta  
paprika: smoked, sweet

**PARSLEY**

peanuts  
pepper: black, white  
Pernod

pork

**potatoes**

prosciutto  
red pepper flakes  
rosemary

sage

**salt, kosher**

**SAVORY, SUMMER**

**shallots**

shrimp

soy sauce

stock, chicken

sugar

tamari

**tarragon**

**thyme**

**TOMATOES**

vinaigrettes

**VINEGAR:** red wine, rice wine, sherry, tarragon, white wine

walnuts

yogurt

**Flavor Affinities**

green beans + anchovies + garlic + Parmesan cheese + walnuts

green beans + mustard + prosciutto + vinaigrette + walnuts

**BEANS, KIDNEY**

**Taste:** sweet-astringent

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, simmer

bacon  
**bay leaf**  
bell pepper, esp. red  
cardamom  
carrots  
cayenne  
chile peppers: dried red, fresh green  
chili  
chorizo  
cinnamon  
cloves  
coriander  
cumin  
curry leaves  
garam masala  
**garlic**  
ginger  
Indian cuisine  
Italian cuisine, esp. Tuscan  
olive oil  
**onions, esp. red, sweet, white**  
**PARSLEY**  
pepper, black  
pork  
potatoes  
saffron  
salt  
sauerkraut  
**SAVORY**  
thyme  
tomatoes  
turmeric  
wine, red

## **BEANS, LIMA**

**Season:** summer  
**Taste:** bitter  
**Weight:** medium

**Volume:** moderate

**Techniques:** simmer, steam

bacon

bay leaf

**butter**

Central American cuisine

chile peppers

**cilantro**

cream

cumin

curries

dill

fish

**garlic**

greens, bitter

ham and ham hocks

**herbs**

leeks

**lemon, juice**

mint

New England cuisine (e.g., succotash)

olive oil

onions

oregano

**PARSLEY, FLAT-LEAF**

pepper, ground

poultry, esp. chicken

rosemary

**sage**

salt, kosher

savory

shallots

shellfish (e.g., shrimp)

sorrel

soul food cuisine

Southern cuisine (American)

spinach

steak



succotash (key ingredient)  
thyme  
tomatoes and tomato sauce  
tuna  
vinegar

## **BEANS, NAVY**

**Weight:** medium  
**Volume:** moderate  
**Techniques:** simmer

**bacon**  
baked beans  
basil  
bay leaf  
cayenne  
cheese: Parmesan, ricotta  
chili powder  
garlic  
**ketchup**  
**molasses**  
**mustard:** Dijon, yellow  
olive oil  
**ONIONS, ESP. YELLOW**  
**PARSLEY**  
pasta  
pepper  
salads  
**salt, kosher**  
**SAVORY**  
soups  
**sugar, brown**  
thyme  
tomatoes  
vinegar, red wine

## **BEANS, PINTO**

**Season:** winter

**Weight:** medium  
**Volume:** moderate  
**Techniques:** refry, simmer

bacon  
cheese: feta, queso fresco  
**chile peppers: chipotle, jalapeño, poblano, serrano**  
chili  
**cilantro**  
cumin  
epazote  
garlic  
**Mexican cuisine, esp. northern**  
mint  
oil: safflower, vegetable  
**onions, white**  
oregano, dried  
paprika  
**PARSLEY**  
pork  
refried beans (key ingredient)  
**SALT**  
**SAVORY**  
scallions  
sour cream  
**Southwestern cuisine**  
tequila  
tomatoes

**Flavor Affinities**  
pinto beans + bacon + poblano chiles + tomatoes

## **BEANS, RED**

**Weight:** medium  
**Volume:** moderate  
**Techniques:** simmer

bell peppers, esp. green  
chile peppers

chili (key ingredient)  
chorizo  
garlic  
Mexican cuisine  
olive oil  
onions  
**PARSLEY**  
pork  
sausage  
**SAVORY**  
Southwestern cuisine  
stews

## **BEANS, WHITE (e.g., Cannellini, Navy)**

**Season:** winter  
**Weight:** medium  
**Volume:** moderate

ale or beer, dark  
ancho chili powder  
apricots, dried  
arugula  
bacon  
basil  
**bay leaf**  
bouquet garni  
bourbon  
broccoli rabe

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## **Dishes**

**A Latin Cassoulet of White Beans, Sausages, Smoked Bacon, and Kale Braised Slowly in the Wood-Burning Oven, with Spicy Sauce and Rice —** Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Soup: White Bean Puree with Rosemary Oil —** Judy Rodgers, Zuni Café (San Francisco)

butter, unsalted  
carrots

celery  
cheese: manchego, **Parmesan**, Pecorino Romano  
chile peppers, dried  
chives  
cloves  
cream  
fennel  
**GARLIC**  
ginger, ground  
**Italian cuisine**  
ham  
lamb  
lemon, juice  
maple syrup  
mirepoix (carrots, celery, onions)  
molasses  
mushrooms, wild  
mustard, dry  
**OIL**, peanut  
**OLIVE OIL**  
**ONIONS** (e.g., cipollini, red, sweet)  
**PARSLEY, FLAT-LEAF**  
pasta  
**PEPPER**: black, white  
pork  
prosciutto  
red pepper flakes  
**rosemary**  
rum, dark  
sage  
**SALT: KOSHER, SEA**  
**SAVORY**  
shallots  
soups  
squash, winter  
stocks: chicken, vegetable  
sugar, brown  
tarragon  
**thyme**

tomatoes and tomato paste

truffles

**vinegar:** balsamic, cider, red wine

wine, dry white

**Flavor Affinities**

white beans + olive oil + pecorino cheese

white beans + olive oil + rosemary + balsamic vinegar

white beans + broccoli rabe + wild mushrooms

**BEEF — IN GENERAL**

**Taste:** sweet

**Function:** heating

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** See also individual cuts of beef.

**Tips:** Clove adds richness to beef.

allspice

bacon

basil

bay leaf

beans, green

béarnaise sauce

beer

bouquet garni

brandy

butter, unsalted

capers

carrots

cayenne

celery

cheese, blue (e.g., Cabrales)

chiles, esp. dried and pasilla

chives

chocolate and cocoa powder

cilantro

cinnamon

**cloves**

coffee and espresso  
cognac  
**coriander**  
corn  
cornichons  
cream  
cumin  
curry  
fat: chicken, goose  
foie gras  
**GARLIC**  
ginger  
herbs  
horseradish  
hyssop  
leeks  
marrow, beef  
mint  
miso, red  
**mushrooms**, esp. porcini or shiitake  
mustard, Dijon

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## Dishes

**“Brasato al Barolo” Braised Beef with Porcini Mushrooms** — Mario Batali, Babbo (New York City)

**Mochomos: Crispy, Crunchy Shredded Montana Natural Beef with Crispy White Onion Strings, Guacamole, Spicy Chile Salsa, and Warm Tortillas for Making Soft Tacos** — Rick Bayless, Topolobampo (Chicago)

**Balsamic-Caramel Beef Cubes with Sticky Rice and Toasted Coconut** — Monica Pope, T’afia (Houston)

**Chateaubriand, Wild Mushrooms, Porcini-Flavored Diced Yukon Gold Potatoes, Syrah Sauce** — Michel Richard, Citronelle (Washington, DC)

**Ground Beef with Cream and Fenugreek on Yucca** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

I love blue cheese with **beef**. We make a dish with blue cheese sauce that has chicken stock, Dijon mustard, truffle juice, and fresh truffle. This is a sauce that

has many layers of flavor. The mustard is barely there but adds much more flavor to the sauce than vinegar or lemon would. The sauce is served on a [beef] filet that has been poached in spiced red wine. The poaching liquid is made with Cabernet Sauvignon that has been reduced for 25 minutes to concentrate its flavor, juniper berries, pepper, star anise, fennel seeds, and cloves. The cooked tannin in the wine really brings up the meaty flavor of the beef.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

All cuts of **beef** have a different flavor profile: There is the big beefy flavor of the strip steak, the luxurious tenderness of filet mignon, and the juicy, fatty mouthfeel of a great rib eye. Skirt steak is a juicy cut that is great served as an open-faced sandwich. Hanger steak has an offal quality to it and is different from all the others. Braised short ribs pick up all of the flavors of what they are cooked with, developing layers of deep, dark beef flavor after being cooked on the bone for hours.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

We make a wood-grilled 18-ounce “prime” rib eye of **beef** with a gratin of macaroni and goat cheese, glazed shallots, oxtail red wine sauce, and *fleur de sel*. This dish is meat on meat on meat! We have the steak, oxtail sauce, and shallots braised in veal stock. This dish has so much flavor. You have the richness and fattiness of the rib eye, and we grill it over a wood fire that takes it to a whole other place. Top it with a drizzle of olive oil, the *fleur de sel*, cracked pepper, and then add rich oxtail sauce to it. People go crazy for it.

— **CARRIE NAHABEDIAN**, NAHA (CHICAGO)

**oil:** canola, sesame

olive oil

**ONIONS:** green, red, Spanish, yellow

orange

oregano

parsley, flat-leaf

**PEPPER:** BLACK, white

**potatoes**

red pepper flakes

rosemary

saffron

**salt:** *fleur de sel*, kosher

shallots

soy sauce

spinach (accompaniment)

stocks: beef, chicken, veal  
sugar (pinch)  
tarragon  
thyme  
**tomatoes and tomato paste**  
truffles  
turnips

You can braise **brisket** for hours, and it still tastes like brisket, making it ideal to prepare for large parties. Nothing is better than what the Texans do with brisket, and that is barbecue. I also noticed that Texans get the fattiest brisket I have ever seen, so the fat just melts away and the meat is self-basting. My favorite barbecued brisket is from Mueller's outside of Austin. He cooks it about twenty hours and then wraps it in brown butcher paper to let it rest — which I think is the key to his barbecue.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

vinaigrette  
vinegar: cider, red wine, rice wine, sherry, tarragon  
**wine: red** (e.g., Cabernet Sauvignon, Merlot), Madeira  
zucchini

### **Flavor Affinities**

beef + beer + onions  
beef + garlic + ginger  
beef + garlic + tomatoes  
beef + mushrooms + potatoes  
beef + mushrooms + red wine  
beef + porcini mushrooms + red wine

## **BEEF — BRISKET**

**Techniques:** barbecue, braise, corn, roast, simmer, smoke

barbecue rub  
**barbecue sauce**  
bay leaf  
beer  
**cabbage**, with corned beef brisket  
chili powder  
cinnamon



cumin  
fennel seeds  
**garlic**  
horseradish  
maple syrup  
mirepoix  
mustard  
olive oil  
**onions**  
pasilla peppers  
pepper, black  
**potatoes**  
rosemary  
salt  
soups  
star anise  
stews  
**stock, beef**  
**sugar, brown**  
**thyme**  
**tomatoes and tomato paste**  
**vinegar:** sherry, wine  
**wine, red**

## **BEEF — CHEEKS**

**Techniques:** braise

apples  
bay leaf  
butter, unsalted  
carrots  
celery  
**celery root**  
chives  
cinnamon  
cloves  
**garlic**  
**horseradish**

leeks  
mustard  
oil, peanut  
onions  
pasta (e.g., gnocchi, ravioli)  
pepper, black  
potatoes, esp. mashed and/or new  
risotto  
rosemary  
salt, kosher  
stock, chicken  
tarragon  
**thyme, fresh**  
tomatoes  
vegetables, root  
vinegar, balsamic  
**wine, red** (e.g., Burgundy)

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## **Dishes**

**Kobe Beef, Sautéed Foie Gras, Shaved Black Truffle, Madeira Sauce on an Onion Bun** — Hubert Keller, Burger Bar (Las Vegas)

**Kobe Beef Carpaccio, Shaved Parmesan, Arugula, and Horseradish Sauce** — Frank Stitt, Highlands Bar and Grill (Birmingham, Alabama) **BEEF** — **KOBE**

arugula  
cheese, Parmesan  
chives  
garlic  
ginger  
horseradish  
Japanese cuisine  
Madeira  
mushrooms  
oil, sesame  
olive oil  
onions  
pepper, black

salt, sea  
sesame seeds  
soy sauce  
truffles, black  
yuzu juice

## **BEEF — LOIN (aka shell, sirloin, tenderloin)**

**Techniques:** pan roast, roast

butter, unsalted  
five-spice powder  
ginger  
oil, peanut  
paprika  
**pepper: black, white**  
rosemary, fresh  
salt: kosher, sea  
sauces  
soy sauce  
thyme, fresh  
wasabi

## **BEEF — OXTAILS**

**Techniques:** braise, stew

allspice  
anise  
basil  
bay leaf  
beans, esp. white  
beer  
bell peppers  
cheese: Asiago, pecorino  
garlic  
ginger  
gnocchi  
leeks  
Madeira

**mushrooms**

mustard

olive oil

**ONIONS**

orange

parsley, flat-leaf

parsnips

pasta (e.g., ravioli, tortellini)

pepper, black

potatoes, esp. mashed

risotto

salt

scallops

shallots

soups

stews

stocks: beef, chicken

**thyme**

**tomatoes and tomato sauce**

**WINE, RED**

**wine, white**

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## **Dishes**

**Cream of Sweet Onion, Braised Beef Oxtail, Aged Parmesan Tuile** — Jean Joho, Everest (Chicago)

### **Flavor Affinities**

oxtails + parsnips + red wine

oxtails + red wine + thyme + tomatoes

## **BEEF — RIBS**

**Techniques:** barbecue, braise, (dry) roast

barbecue sauce

spice rub

## **BEEF — ROAST**

**Techniques:** roast

brandy  
chocolate  
coffee  
garlic  
horseradish  
mushrooms, wild  
rosemary  
sauces: béarnaise, red wine (esp. Madeira or port)  
soy sauce  
thyme  
wine, red

## **BEEF — ROUND**

**Techniques:** grill, sauté, stir-fry

bell peppers: red, green  
chili powder  
cilantro  
cumin  
garlic  
lime, juice  
olive oil  
onions, red  
parsley  
radishes  
Tabasco sauce

## **BEEF — SHANK**

**Techniques:** braise

garlic  
ginger  
lemon  
onions, green  
paprika  
pepper, black  
sesame oil  
soy sauce

sugar

## BEEF — SHORT LOIN

This is the T-bone steak. When it is cut double cut [that is, twice as thick], that is when it is a porterhouse. The story goes that it was first served in Lower Manhattan in 1815 at a porter house. The owner ran out of his usual cut of meat, and when a customer asked for something to go with his porter [beer], the owner cut him this huge piece of meat. It became known as a “porterhouse” steak. The porterhouse steak is part filet mignon and part strip steak. It is the perfect grilling steak. You get the tenderness of the filet, and the big beefy chewiness of the strip steak.

— MICHAEL LOMONACO, PORTER HOUSE NEW YORK (NEW YORK CITY)

## BEEF — SHORT RIBS

**Techniques:** barbecue, braise, stew

bacon

basil

**bay leaf**

beer or ale

butter, unsalted

**carrots**

**celery:** stalk, leaves

celery root

chervil

chile peppers, esp. hot cherry

chives

cilantro

cinnamon

coriander

garam masala (Indian cuisine)

**GARLIC**

ginger

gremolata

grits

horseradish

leeks

lemon: juice, zest

lime

mirepoix

**mushrooms: porcini, wild**

mustard: Dijon, Meaux

molasses

**OIL:** canola, corn, grapeseed, hazelnut, peanut, sesame, vegetable, walnut

olive oil

**ONIONS,** esp. green, pearl, white, or yellow

orange: juice, zest

oregano

**parsley, flat-leaf**

parsnips

peas

### **Vikram Vij of Vancouver's Vij's on Beef Short Ribs in Cinnamon**

For braising, I prefer to use cinnamon bark. Cinnamon stick is pretty, but it is steamed and rolled and a little too manipulated. In this dish, cinnamon bark is big and intense and not needed for presentation. At the end of the braise, you pull it out and throw it away. This dish is cooked for four hours and the cinnamon flavor does not cook out. In the end, the cinnamon imparts a delicate, sweet, aromatic flavor. It adds contrast to the chile flavor from the curry. If this dish ever has too much cinnamon flavor, you can counterbalance it with rice or yogurt that has a little salt and pepper in it.

— **VIKRAM VIJ, VIJ'S (VANCOUVER)**

**PEPPER: black, Szechuan, white**

**potatoes,** esp. mashed

prosciutto

rosemary

sage

**salt, kosher**

savory

shallots

sherry, dry

soy sauce

star anise

**STOCK: BEEF, CHICKEN, VEAL**

sugar: brown, white (pinch)

tamarind

tarragon

## **THYME, FRESH**

tomatoes, tomato paste, and tomato sauce

turnips (accompaniment)

**vinegar: balsamic, sherry**

**WINE, DRY RED** (e.g., Barolo, Cabernet Sauvignon, Merlot, Zinfandel)

**wine, white, esp. fruity**

Worcestershire sauce

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## **Dishes**

**Short Ribs with Braised Boston Lettuce, Peppered Shallot Confit** — Daniel Boulud, Daniel (New York City)

**Braised Short Ribs with Parsnip Puree, Porcini Mushrooms, and Barolo** — Scott Bryan, Veritas (New York City)

**Slow-Roasted Short Ribs with Stone-Ground Grits** — Cesare Casella, Maremma (New York City)

**Garlic Braised Short Ribs with Parsnip Puree, Baby Round Carrots in Carrot Butter, Haricots Verts, and Cabernet Sauce** — Bob Kinkead, Colvin Run (Vienna, Virginia)

**Braised Short Ribs of Beef with Soft Grits and Meaux Mustard Sauce** — Gray Kunz, Café Gray (New York City)

**Braised Short Ribs of Beef, Wild Boar Bacon, and Cauliflower Puree with Roasted Winter Root Vegetables and Cipollini Onions, Smoked “Manuka” Sea Salt, and Herb Salad** — Carrie Nahabedian, Naha (Chicago)

**Short Ribs Braised and Then Caramelized on the Grill with Ginger and Soy** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Braised Short Ribs in Red Wine Sauce, Brown Loaf Sugar and Mustard Crust, Stir-Fried Quinoa and Swiss Chard** — Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Beef Short Ribs in Cinnamon and Red Wine Curry** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)





**Short ribs** are a luxurious cut of meat, because they are braised for three to three and a half hours. We don't braise our ribs in red wine, but in Yuengling Porter, which has ethereal chocolate notes in the aroma. In the sauce with the beer is mirepoix, a sachet of herbs, lots of peppercorns, and chiles. I went to a charity event where they served short ribs for six hundred guests, and one reason it worked is because it is a cut that allows for a great margin of error. You cook it until it is well done and falling-off-the-bone tender. Falling-off-the-bone tender is one of the appeals of a braised dish. It is sensual. Get yourself a glass of good spicy Syrah with that short rib dish and think great thoughts!

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

### **Flavor Affinities**

short ribs + bay leaf + beer + mushrooms + mustard

short ribs + beer + garlic + horseradish + onions + potatoes + tomatoes

short ribs + carrots + mushrooms + parsnips

short ribs + celery root + horseradish

short ribs + cinnamon + tomatoes + red wine

short ribs + horseradish + lemon + parsley

short ribs + onions + potatoes + red wine

short ribs + potatoes + root vegetables

## **BEEF — STEAK: IN GENERAL**

**Techniques:** broil, grill, sauté

*aligot* (French garlic-cheesy pureed potatoes)

allspice

arugula

basil

bay leaf

béarnaise sauce

brandy

**butter, unsalted**

capers

cayenne

celery root

chard

cheese, Parmesan

chile peppers

**chives**

cilantro

cloves

cognac

coriander

cream

cumin

five-spice powder

fish sauce, Thai

**GARLIC**

I like to keep it simple and serve **steak** au poivre with a peppercorn crust and deglazed with bourbon or even good ole American rye, which has more flavor. I also like steak with a margarita sauce, which is a good, zingy sauce made with tequila, orange, and lemon zest, and finished with roasted chile peppers.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

**ginger, fresh**

herbs, esp. *herbes de Provence*

honey

horseradish

juniper berries

lemon: juice, zest

lemongrass

lime, juice

marrow

**mushrooms** (e.g., chanterelles, cremini, shiitake)

**mustard, Dijon**

**oil: canola, grapeseed, sesame, vegetable**

olive oil

onions: red, white

**parsley, flat-leaf**

**PEPPER:** black, green, pink, Szechuan, white

port

**potatoes**, French fries

red pepper flakes

rice

rosemary

salt, kosher

scallions

**shallots**

sherry, dry

soy sauce

stocks: beef, veal

sugar (pinch)

tamarind

tarragon

thyme

**vinegar**: balsamic, champagne, Chinese black, cider, red wine, rice wine, sherry, white wine

watercress

**WINE, DRY RED** (e.g., Beaujolais, Chianti)

### **Flavor Affinities**

steak + arugula + Parmesan cheese + balsamic vinegar

steak + bacon + potatoes + red wine

steak + Chianti + lemon + salt

steak + cremini mushrooms + watercress

steak + horseradish + mustard + potatoes

steak + shallots + red wine

## **BEEF — STEAK: CHUCK**

**Techniques:** braise, grill, stew

This cut is really beefy, flavorful, and fatty, but tough. **Chuck steak** can be grilled, but it also works well for braising. A chuck also makes a good cut for stew because it has nice fat. When I was growing up, a “steak Episole” was chuck steak that had good fat, was seared well, and then cooked slowly with tomatoes, onions, and fresh oregano. You may not see chuck steak a lot on menus, but you see it a lot in burgers. In fact, this is my favorite meat for a burger. I like my mix to be 75 to 80 percent lean and 20 to 25 percent fat.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

## **BEEF — STEAK: FILET MIGNON (aka Beef Tenderloin)**

**Techniques:** broil, grill, sauté

bacon

**butter, unsalted**

cognac

cream

foie gras

garlic

leeks

**mushrooms, esp. morels, porcini**

oil, peanut

olive oil

onions

**pepper: black, green**

port

potatoes

rosemary

salt

**shallots**

sherry

**stocks: beef, mushroom, veal**

thyme

vinegar, balsamic

wine: dry red, Madeira

## **BEEF — STEAK: FLANK**

**Techniques:** broil, grill, sauté, stir-fry

**chile peppers, esp. chipotle or jalapeño**

cilantro

**cumin**

**garlic**

hoisin sauce

honey

lime, juice

molasses

mustard, brown

oil: peanut, sesame  
olive oil  
**oregano**  
**salsa, esp. tomato**  
salt  
**soy sauce**

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## Dishes

**Seared Rib Eye, Caramelized Yukon Gold Potatoes, and Chanterelles** — Daniel Boulud, Daniel (New York City)

**Strip Loin Poached in Butter and Roasted with Sea Salt, Short Ribs Stuffed in Cremini Mushrooms with Potato Boulangère, Spinach Puree, and Foie Gras Hollandaise** — Jeffrey Bubben, Vidalia (Washington, DC)

**Dry-Aged New York Steak with Slow-Cooked Broccoli, Garlic, and Lemon, Fingerling Potatoes, Niçoise Olive Jus** — Traci Des Jardins, Jardinière (San Francisco)

**Skirt Steak Marinated in Seville Oranges and Lime Juice** — Maricel Presilla, Zafra (Hoboken, New Jersey)

**Strawberry Mountain New York Strip, Grilled Lettuce, Olive Oil–Poached Tomato, and Lemon Cream** — Cory Schreiber, Wildwood (Portland, Oregon)

**Cast Iron–Seared Porcini-Crusted New York Sirloin Steak, Roasted Garlic Mash Potatoes, Black Trumpet Ragout, Braised Kale, Rum au Poivre** — Allen Susser, Chef Allen’s (Aventura, Florida)

**Filet mignon** gets no respect from many chefs because it doesn’t have much beef flavor, but it is still the most popular cut in restaurants. I like to sear it and pan roast it with a little olive oil or an olive oil and butter combination. It is not a well-used muscle on the inside of the short loin, so filet is always tender. On the other side of the bone from the more worked side of the strip steak is the tail end of the filet. Béarnaise sauce [i.e., vinegar, shallots, egg yolks, butter, etc.] is a classic accompaniment to filet mignon.

— MICHAEL LOMONACO, PORTER HOUSE NEW YORK (NEW YORK CITY)

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## Dishes

**Grilled Filet Mignon, Crisp Potatoes, Spinach, and Roasted Garlic Custard** — Alfred Portale, Gotham Bar and Grill (New York City)

**Tournedos of Beef Tenderloin Worthy of a Splurge: Twin Filets of Beef Tenderloin Set on Brioche Toast, Slathered with Foie Gras Butter, and Served with Truffle Sauce, Port-Braised Cipollini Onions, Fingerling Potatoes, Spring Mushrooms, and Leek Puree** — Janos Wilder, Janos (Tucson)

sugar  
thyme  
vinegar, balsamic

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## **Dishes**

**Flank Steak with Marinated Mushrooms, Artichokes, Tomatoes, Summer Squash, Whipple Farm Greens, Yellow Taxi Tomato Vinaigrette, and Basil-Garlic Aioli** — Jeffrey Buben, Vidalia (Washington, DC)

**Green Peppercorn Marinated Flank Steak with Balsamic Roasted Onions, Tomatoes, and Thai Barbecue Sauce** — Charlie Trotter, Trotter's to Go (Chicago)

Miso-marinated grilled **steak** will help to release the flavors of everything else you pair with it. Use red miso alone, or in combination with garlic, ginger, mirin [sweet rice wine], sesame oil, soy sauce, and/or sugar.

— **HIRO SONE**, Terra (St. Helena, California)

## **BEEF — STEAK: HANGER**

**Techniques:** broil, grill, sauté

bell peppers  
brandy  
celery root  
ginger  
mushrooms  
mustard  
onions  
parsnips  
pepper, black  
*salsa verde*  
scallions  
soy sauce  
thyme

wine, red

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## Dishes

**Hanger Steak Pizzaiola with Local Peppers, Salsa Verde, Natural Juices** —  
Andrew Carmellini, A Voce (New York City)

### **BEEF — STEAK: RIB EYE**

**Techniques:** broil, grill, sauté, stir-fry  
garlic  
mushrooms, porcini (dried)  
olive oil  
oregano  
pepper, black  
red pepper flakes  
rosemary  
vinegar: balsamic, red wine

### **BEEF — STEAK: SKIRT**

**Techniques:** broil, grill, sauté  
allspice  
anchovies

**Skirt steak** comes in a long strip and looks like a belt — it's about two feet long and a couple of inches wide. This is an incredibly flavorful cut and delicious. It is very reasonably priced as well. It is very popular in the Latin community, especially with Argentinians. You often see it flattened with a mallet to tenderize it [by breaking the meat fibers] and used in fajitas. This, along with the hanger steak, is the beefiest flavored cut of beef. We serve it in a chimichurri sauce, which is a classic Argentinian sauce made of chopped garlic, onion, and parsley, plus white [we use champagne] vinegar, red pepper flakes, and a little olive oil. It grills really well.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

butter  
capers  
chile peppers, ancho  
cinnamon  
cumin

endive, Belgian  
**garlic**  
lime: juice, zest  
mustard  
oil, canola  
olive oil  
onions, red  
oregano  
paprika  
parsley, flat-leaf  
red pepper flakes  
rosemary  
salt: kosher, sea  
scallions  
soy sauce  
thyme  
vinegar, balsamic

## BEEF — STEAK TARTARE

We make **tartare** from filet mignon and hand-chop it to order, which I like so that I don't feel like I'm just eating ground beef. I season our tartare with mustard, capers, and anchovies, which I am not shy about. You want the texture of the beef to be a counterpoint.

— MICHAEL LOMONACO, PORTER HOUSE NEW YORK (NEW YORK CITY)

## Michael Lomonaco of Porter House New York on Cooking Steak

**Aging:** Aging is important because it tenderizes the steak. The aging process breaks down the fibers and dehydrates the steak, concentrating its flavor. A dry-aged steak has a more mineral and sharp edge to it, versus fresh meat that tastes sweeter. It is critical to the flavor and adds to the cost because it takes four weeks of aging to achieve it.

**Seasoning:** All our steaks are seasoned with coarse kosher salt and freshly ground black pepper just prior to cooking, which draws out the flavor while they cook. A squeeze of lemon makes a good Tuscan steak taste even better. If you are in Italy and eating “bistecca Fiorentina,” what you are having is an Italian porterhouse. The steak is grilled over dried grape vines and served with a drizzle of green olive oil from the first pressing of the new harvest and lemons on the side.

**Cooking:** A steak should be cooked rare to medium rare. “Rare” is a little



cool inside and hot on the exterior. “Medium rare” is just a shade past, and only warm in the middle. Cooking a steak beyond that point, it starts to toughen up and the fat oozes out, making it increasingly dry and tough.

**Saucing:** Part of looking forward is looking back. Sauces provide the connection to historical French and Italian cooking. In the gastronomic world, the saucier was the top cook in the kitchen. It is all about building layer upon layer of complexity in a sauce. It is most often sweet and sour, to cut through the richness of the fat of the steak. Red wine sauce has the acidity to cut richness, with sweetness from caramelized shallots, and it enhances the beef flavor. We also make a homemade barbecue sauce as our steak sauce, which is sweet from light brown sugar and molasses, tart from red wine vinegar, and smoky from chipotle peppers.

**Hanger steak** is known as an *onglet* in French and is found on bistro menus. It is also a great value, which is why you see it on menus in smaller restaurants. A hanger steak is incredibly flavorful. There is only one per carcass, and it comes from the area close to the kidneys, so it has almost an offal flavor to the beef. It has become popular because it is different and not a typical-tasting steak. I like a hanger steak grilled and served rare to medium rare. Slicing is also important, because you have to cut it on the bias so that it is tender. I like a hanger steak served with a traditional sauce, such as a caramelized shallot and red wine sauce or a bourbon peppercorn sauce. It is important to caramelize the shallots so they get sweet and offset the gaminess of the steak. I use bourbon instead of cognac because it has more punch to it, and I’ll use four different peppercorns — white, black, pink, and green — with the last two modulating the flavor. Green peppercorns have the sharpness to cut through the richness.

— MICHAEL LOMONACO, PORTER HOUSE NEW YORK (NEW YORK CITY)

**Rib steak** is the most popular cut next to filet mignon. The cut comes from the rib roast, where one end meets the chuck at the fattier end and the other meets the short loin at the leaner end. The rib steak that meets the chuck end is the most popular and can even have a big knot of fat in it. This is one of my favorite steaks. A big, fatty, juicy rib steak can’t be beat on the grill. I cook these bone-on because it gives more beef flavor. We do a Brandt Ranch cut that comes from California just north of Mexico. That area has lots of flavor influences, so I choose to do a chili rub on the steak. The cut is Holstein, which has a sweeter edge to its meat. We grill it so that fat melts away and bastes it as it cooks. At the end, we brush it with a blend of ancho chili, light brown sugar, toasted ground cumin seeds, chipotle chile, and a pinch of cayenne. Then we char it one more time, so that is like reseasoning the meat.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

The **sirloin** is a good, beefy-flavored high-quality cut. It is a cut toward the back of the animal that gets more work, so it is a little chewy, but it is a good-quality steak for barbecuing. If this cut is quickly cooked over high heat on a grill, not overcooked, and sliced correctly on the bias, you are going to get the most out of it.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

When you see rare roast beef, it is **top round**. It is a little tough, and that is why you see roast beef always sliced so thin. Nothing beats top round for a good old-fashioned roast beef sandwich because it doesn't have any gristle or fat — just good, beefy flavor.

— **MICHAEL LOMONACO**, PORTER HOUSE NEW YORK (NEW YORK CITY)

When I was in Ireland, I swilled Guinness [stout] and ate bangers and mash, which was essentially sausage with caramelized onions on top. It was so good that when I came back to the U.S., I started experimenting with Guinness. That's how I came up with a dish of braised short ribs that had been marinated in Guinness. The problem you often have cooking with **beer** is that sometimes the dish gets bitter. So, to counteract that naturally without using sugar, I choose to use onions. I marinate the ribs in the **beer**, then braise them, and finish the dish with a puree of roasted onions for balance.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

## **BEER**

**Taste:** varies, from bitter to sweet

**Weight:** medium–heavy

**Volume:** quiet–loud

beef

cheese, cheddar

ham

marinades

meats

onions

pork

sauces

sauerkraut

sausages

shrimp

stews

## **BEETS**

**Season:** year-round

**Taste:** sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, boil, carpaccio, chips, roast, soup, steam

**apples**

arugula

avocado

**basil**

beans, green

beef

beet greens

**BUTTER, UNSALTED**

cabbage

capers

**caraway seeds**

carrots

caviar

celery

**CHEESE:** blue, cambozola, cheddar, **GOAT, PARMESAN,**

**ROQUEFORT, SALTY**

**chervil**

chicory

chiles

**chives**

cilantro

citrus

coriander

cream

crème fraîche

cumin

curry

**dill**

eggs, hard-boiled

endive

escarole

fennel  
fennel seeds  
fish  
French cuisine  
frisée  
**garlic**  
ginger  
herbs  
**honey**  
herring  
**horseradish**  
leeks  
**LEMON:** juice, zest  
lemon balm  
lemon thyme  
lemon verbena  
lime  
maple syrup  
milk  
**mint**  
mushrooms (e.g., shiitake)  
**MUSTARD, DIJON**  
mustard oil  
nutmeg  
**oil:** canola, peanut, vegetable, **walnut**  
**OLIVE OIL**  
olives, esp. niçoise  
**onions: red, white, yellow**  
**ORANGE: JUICE, ZEST**  
**parsley, flat-leaf**  
pasta  
pears  
**PEPPER: BLACK, WHITE**  
**pistachios**  
potatoes  
radishes  
rosemary  
Russian cuisine  
salads, esp. green

**SALT:** kosher, sea  
scallions

**SHALLOTS**

sherry

soups, esp. borscht

**sour cream**

spinach

stocks: chicken, veal, vegetable

**sugar: brown, white**

**TARRAGON**

thyme

vinaigrette, mustard

**VINEGAR:** balsamic, champagne, **cider**, raspberry, red wine, sherry,  
tarragon, white wine

vodka

**WALNUTS AND WALNUT OIL**

wine, white

**yogurt**

**Flavor Affinities**

beets + chives + orange + tarragon

beets + citrus + goat cheese + olive oil + shallots

beets + crème fraîche + orange + tarragon

beets + dill + sour cream

beets + endive + goat cheese + pistachios

beets + endive + orange + walnuts

beets + goat cheese + walnuts

beets + Gorgonzola cheese + hazelnuts + vinegar

beets + honey + tarragon

beets + mint + yogurt

beets + olive oil + Parmesan cheese + balsamic vinegar

beets + orange + walnuts

beets + potatoes + balsamic vinegar

beets + shallots + vinegar + walnuts

**Beets** are especially delicious when accented by a salty cheese, whether queso fresco or ricotta salata.

— **SHARON HAGE**, YORK STREET (DALLAS)

People love fresh **beets**. Now I won't lay claim to inventing beet salad with Gorgonzola and hazelnuts, but how our version is different from many others is

that we marinate the beets. Overnight, we'll marinate peeled beets in Barolo vinegar, shallots, olive oil, salt, and pepper. Using Russian and Polish cooking principles, marinating the beets ensures that the vinegar is able to penetrate them so that they are sure to be tangy.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

I wanted to take **beets** that are associated with winter and make them into something summery, so I used them for a ceviche. We roasted and pureed them with lime and froze them into a sorbet. We served the beet sorbet flat in a bowl so it looked like soup. From there, we layered thinly sliced raw bay scallops with segments of lime, cilantro, and red onion oil. The dish is very fresh tasting. The other key to this dish was that we had all the flavors of ceviche but did not marinate the scallops in the acid, which makes them rubbery. The scallops treated this way are more delicate, like sushi.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)



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## Dishes

**Roasted Beet Tartare with Chianti Vinegar and Ricotta Salata** — Mario Batali, Babbo (New York City)

**Roasted Beet Salad: Cabrales Blue Cheese, Endive, and Walnuts** — Daniel

Boulud/Bertrand Chemel, Café Boulud (New York City) **Roasted Beet Salad with Hazelnut, Gorgonzola, Barolo Vinegar** — Andrew Carmellini, A Voce (New York City)

**Squab Borscht with Root Vegetable Pierogi** — Sandy D’Amato, Sanford (Milwaukee)

**Roasted Beet Salad with a Warm Farm Egg, Caciocavallo Cheese, and Pickled Spring Onions** — Traci Des Jardins, Jardinière (San Francisco)

**Roasted Beet Salad with Shaved Fennel and Chèvre** — Leslie Mackie, Macrina Bakery & Café (Seattle)

**Salad of Organic Beets and Gala Apples, “Beauty Heart” Radishes and Upland Cress, Cracked Hazelnuts, Great Hill Blue Cheese, and Quince “Must” Syrup** — Carrie Nahabedian, Naha (Chicago)

**Tartare of Yellow Beets with Sturgeon Caviar, and Dashi** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Beets, Frisée, Cambazola, Candied Walnuts, Orange Sauce** — Monica Pope, T’afia (Houston)

**Beet, Apple, and Goat Cheese Tartlet with a Hazelnut-Champagne Dressing** — Thierry Rautureau, Rover’s (Seattle)

We serve a salad that showcases the classic combination of **beets**, walnuts, and orange. We boil our beets, then slice them thinly on the plate. We add frisée to the salad and, since it is bitter, we mix in Cambozola cheese and candied walnuts. We dress the salad with a sherry-walnut-tarragon vinaigrette, and a mandarin orange sauce. People are surprised when they eat the dish — first, because they find out they like beets, and second, because the frisée is not bitter after being softened by the sweet touches.

— **MONICA POPE, T’AFIA (HOUSTON)**

I like to intensify the flavor of **beets** by serving them prepared in different ways on the same dish, such as accenting roasted beets with crunchy beet chips and a spiced beet coulis. And I love anything anise-flavored with beets, whether fennel or anise itself.

— **BRAD THOMPSON, MARY ELAINE’S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)**

## **BELGIAN CUISINE**

almonds

beef

beer  
Brussels sprouts  
charcuterie  
chocolate  
endive, Belgian  
game  
meats  
mussels, steamed  
mustard  
**POTATOES: FRIED**, mashed  
shallots  
soups  
stews  
vinegar  
waffles

### **Flavor Affinities**

beef + bay leaf + beer + thyme + vinegar  
endive + béchamel sauce + nutmeg  
endive + goat cheese + herbs  
mussels + butter + garlic + parsley + shallots

## **BELL PEPPERS**

**Season:** summer–autumn

**Taste:** bitter to sweet, from unripe (green) to ripe (yellow to red)

**Weight:** light–medium

**Volume:** moderate–loud

**Techniques:** bake, broil, grill, roast, sauté, steam, stew, stir-fry, stuff

anchovies

anise

arugula

bacon

**BASIL**

bay leaf

beef

bell peppers

butter

The sweetness of red **bell peppers** and the acidity of sherry vinegar make for a



perfect combination.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

A lot of people find the skin a turnoff on green **bell peppers**, so I'll peel them and cook them, which releases their juice. They're great cooked down with chorizo, garlic, and onions, which you can serve with shrimp over rice.

— **TONY LIU**, AUGUST (NEW YORK CITY)

I'll cook red **bell peppers** with onion and garlic on the stove over a low heat for six hours or more, so that they become caramelized and intense. The bell peppers eventually turn into a concentrated red pepper paste. If you have a dish where something is missing, add a little of this and it will fix it! It is superb. I add it to all sorts of things — even pasta.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

Green **bell peppers** are used for the equivalent of Spanish mirepoix. In Spain you don't see much celery — but you'll see green pepper, onion, garlic, and leeks.

— **ALEXANDRA RAIJ**, TÍA POL (NEW YORK CITY)

capers, esp. with roasted peppers

cardamom

carrots

cayenne

**CHEESE**, esp. feta, Fontina, **goat, mozzarella, Parmesan**

**chile peppers** (e.g., fresh green or poblano)

chives

cilantro

coriander

cream

cumin

curry

**eggplant**

fennel

fennel seeds

French cuisine

game

game birds

**GARLIC**

ginger, fresh

goulash

hazelnuts

honey  
Indian cuisine  
Italian cuisine  
lamb  
**lemon, juice**  
lemongrass  
lime, juice  
lovage  
marjoram  
Mexican cuisine  
mint  
mirepoix  
mushrooms (e.g., shiitake)  
mustard  
**OIL, CANOLA**  
**OLIVE OIL**  
olives (e.g., green)  
**ONIONS, ESP. RED OR YELLOW**  
**oregano**  
paprika, smoked  
**parsley, flat-leaf**  
pasta  
peas  
**pepper, black**  
peppers, piquillo  
pine nuts  
pizza  
polenta  
pork  
**potatoes (e.g., red)**  
quail  
red pepper flakes  
**rice**  
rosemary  
saffron  
salads  
**salt: kosher, sea**  
sausages (e.g., chorizo, Italian)  
savory

scallions  
sea bass  
sesame oil  
shallots  
squash, esp. summer  
stews  
stir-fried dishes  
stocks: chicken, vegetable  
sugar (pinch)  
swordfish  
Tabasco sauce

### **THYME**

### **TOMATOES**

tuna

**VINEGAR:** balsamic, champagne, cider, red wine, sherry, white wine

watercress

wine: dry white, sweet sherry

### **zucchini**

### **Flavor Affinities**

bell peppers + basil + currants + garlic + pine nuts + sherry vinegar

bell peppers + garlic + olive oil + onion + thyme + zucchini

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## **Dishes**

### **Berry Crème Fraîche Poppy Seed Cake**

— Emily Luchetti, pastry chef, Farallon (San Francisco)

**Fresh Fruit: Black Garnet Cherries, Strawberries, Pistachios, Marshall Farms Honey, Straus Organic Whole Milk Yogurt** — Emily Luchetti, pastry chef, Farallon (San Francisco)

### **Red Berry–White Chocolate Trifles**

— Emily Luchetti, pastry chef, Farallon (San Francisco)

## **BERRIES — IN GENERAL (See also Raspberries, Strawberries, etc.)**

**Season:** spring–summer

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** poach, raw  
cheese, ricotta  
**chocolate:** dark, milk, white  
cream  
crème de cassis  
crème de menthe  
**crème fraîche**  
elderflower syrup  
game  
honey, wildflower  
lemon: juice, zest  
lime, juice  
mint  
**pepper, black**  
poppy seeds  
salads, fruit  
**sour cream**  
**sugar:** brown, white  
yogurt

## **BITTER DISHES (e.g., greens, barbecue food)**

**Tips:** Salt suppresses bitterness.

## **BITTERNESS**

**Taste:** bitter

**Function:** cooling; stimulates appetite; promotes other tastes

**Tips:** Bitterness relieves thirst.

When a bitter component is added to a dish, it creates a sense of lightness.  
The hotter the food or drink, the less the perception of bitterness.

arugula  
baking powder  
baking soda  
beans, lima  
beer, esp. hoppy (e.g., bitter ales)  
bell peppers, green  
bitters  
broccoli rabe

Brussels sprouts  
cabbage, green  
caffeine (e.g., as in coffee, tea)  
chard (e.g., Swiss chard)  
chicory  
chocolate, dark  
cocoa  
coffee  
cranberries  
eggplant  
endive  
escarole  
fenugreek  
frisée  
grapefruit (bitter-sour)  
greens: bitter, dark leafy (e.g., beet, dandelion, mustard, turnip)  
herbs, many  
horseradish  
kale  
lettuce, romaine

So many Western cultures don't incorporate **bitterness** into their food. In India and Asia, it is a component of a balanced dish. If you give most of America rice with lime pickle, they will not be thrilled. It will be too sour, bitter, and spicy. To introduce the bitter flavor of lime pickle, we will puree it with yogurt and use it for a marinade for whole prawns. That way, it isn't overwhelming.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

I used to love dishes that were rich on rich — but the older I get, the more I look forward to that **bitterness**, the cleansing bite that makes you want to go back for your next forkful of a dish. Almost every dish in our kitchen is finished with some kind of bitter leaf to serve as a balancing component. That's why I serve cress or watercress with a steak and potato dish, and arugula with our seared bluefin tuna on braised veal cheeks, and a bed of bitter greens like watercress, frisée, arugula, and shaved endive as the base for our foie gras dish — to cut the richness.

— **SHARON HAGE**, York Street (Dallas)

liver, calf's  
melon, bitter

olives (bitter-salty)  
radicchio  
rhubarb  
spices, many  
spinach  
tea  
tonic water  
turmeric  
walnuts, esp. black  
watercress  
wine, red, esp. tannic  
zest: lemon, orange, *etc.*  
zucchini

## **BLACKBERRIES**

**Season:** summer  
**Taste:** sour  
**Weight:** light–medium  
**Volume:** moderate  
**Techniques:** cooked, raw

almonds  
apples  
apricots  
bananas  
blueberries  
brandy  
butter, unsalted  
buttermilk  
caramel  
cheese, goat  
chocolate: dark, white  
**cinnamon**  
cloves  
cobblers  
Cointreau  
cornmeal

## **CREAM AND ICE CREAM**

cream cheese  
crème de cassis  
crème fraîche  
custard  
ginger  
Grand Marnier  
hazelnuts

**honey**

Kirsch

**LEMON, JUICE**

lime: juice, zest

liqueurs, berry

mango

mascarpone

melons

**mint**

nectarines

oats

oranges

**peaches**

pies

pork

**raspberries**

salads, fruit

salt (pinch)

sour cream

strawberries

**SUGAR: BROWN, WHITE**

**vanilla**

watermelon

wine (e.g., Merlot)

**yogurt**

**Flavor Affinities**

blackberries + crème de cassis + sugar

blackberries + ginger + peaches

blackberries + honey + vanilla + yogurt

**Blackberries** are only okay raw, but they are really great *cooked*.

— GINA DEPALMA, BABBO (NEW YORK CITY)

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## Dishes

**Blackberry-Almond Tart with Pineapple Carpaccio, Asian Pear, Ginger-Lime Caramel, and Beurre Noisette Ice Cream** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) **Candied Ginger Shortbread Stacks with Peach-Blackberry Compote** — Emily Luchetti, pastry chef, Farallon (San Francisco)

### **Blackberry Sorbet-Filled Peaches**

— Emily Luchetti, pastry chef, Farallon (San Francisco)

## **BLACK-EYED PEAS**

**Weight:** light-medium

**Volume:** moderate-loud

**Techniques:** simmer

African cuisine

bay leaf

cardamom

carrots

cayenne

celery

chile peppers, dried red

cinnamon

cloves

coriander

cumin

garam masala

garlic

ginger, fresh

**GREENS (e.g., collard)**

**HAM HOCKS**

Indian cuisine

oil, peanut

**onions: red, yellow**

**pepper, black**

pork

red pepper flakes

rice



salt

savory

**Southern cuisine (American)**

tomatoes

turmeric

vinegar, white wine

yogurt

**Flavor Affinities**

black-eyed peas + collard greens + ham hocks

black-eyed peas + rice + savory

## **BLACK PEPPER (See Pepper, Black)**

## **BLUEBERRIES**

**Season:** spring–summer

**Taste:** sour–sweet

**Botanical relatives:** huckleberries

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** cooked, raw

**Tips:** Can substitute huckleberries.

allspice

almonds

apples

apricots

bananas

blackberries

butter, unsalted

buttermilk

chocolate, white

**CINNAMON**

cinnamon basil

cloves

cognac

cornmeal

**cream and ice cream**

**cream cheese**

crème fraîche  
custard  
**ginger**  
**honey**  
jams  
Kirsch  
**LEMON: juice, zest**  
lemon thyme  
**lime: juice, zest**  
liqueurs: berry, orange  
mace  
mangoes  
**MAPLE SYRUP**  
**MASCARPONE**  
melon  
mint  
molasses  
muffins  
nectarines  
**nutmeg**  
oats and oatmeal  
orange  
**PEACHES**  
pears  
pecans

Cinnamon with **blueberries** really intensifies the flavor of the blueberries.  
— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

If I make a blueberry cobbler, I will macerate the **blueberries** first with maple and lemon zest.  
— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

Blueberries and lemon go really well together. **Blueberries** are a thick fruit with a lot of pectin in them, and intensely flavored. You need some lemon to cut through that.  
— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

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## Dishes

**Risotto Fritters with Gingered Blueberries** — Jimmy Bradley, The Red Cat (New York City)

**Warm Blueberry Crostata with Crème Fraîche and Cinnamon** — Gina DePalma, pastry chef, Babbo (New York City)

**Blueberry-Apple-Lavender Faux Gelato and Anise Tuile** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

pepper, black

pies

pineapple

pine nuts

port

**raspberries**

rhubarb

ricotta cheese

rum

salads, fruit

**sour cream**

**strawberries**

**SUGAR: BROWN, WHITE**

tarts

Triple Sec

**vanilla**

walnuts

watermelon

yogurt

### **Flavor Affinities**

blueberries + cinnamon + cream + sugar

blueberries + cream + lemon zest + mascarpone + sugar

blueberries + honey + port + vanilla

blueberries + lemon + lemon thyme

blueberries + lemon zest + maple syrup

blueberries + mascarpone + peaches

## **BLUEFISH**

**Season:** spring–early autumn

**Weight:** medium

**Volume:** loud

**Techniques:** bake, blacken, braise, broil, grill, pan roast, poach, sauté

chile peppers, chipotle  
cilantro  
lemon  
lime, juice  
marjoram  
mustard, brown  
olive oil  
onions, red  
rosemary  
sugar  
thyme  
tomatoes  
vinegar, cider  
wine

## **BOK CHOY**

**Season:** year-round  
**Taste:** bitter  
**Weight:** light–medium  
**Volume:** quiet  
**Techniques:** boil, braise, raw, stir-fry

asparagus  
beef  
broccoli  
butter  
carrots  
cashews  
celery  
chicken  
chile peppers  
chili powder  
cilantro  
coconut milk  
coriander  
duck  
fennel  
fish

garlic  
**ginger**  
hot sauce  
lemon, juice  
meats  
mirin  
mushrooms, esp. shiitake  
noodles, rice  
oil: peanut, sesame, vegetable  
peanuts  
pork  
**rice**  
rosemary  
salads  
salmon  
scallions  
**sesame: oil, seeds**  
shallots  
shellfish  
snow peas  
**soy sauce**  
tamari  
tarragon  
tofu  
vinegar, esp. rice  
water chestnuts  
zucchini

## **BONITO FLAKES, DRIED (See also Tuna)**

**Taste:** salty

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Use large flakes to make fish stock and small flakes to season dishes.

anchovies

capers

garlic

Japanese cuisine

oil, vegetable  
scallions  
stock, fish  
vinegar

## **BOUQUET GARNI**

**Tips:** Bundle of herbs is removed after cooking.

### **French cuisine**

soups  
stews  
stocks

### **Flavor Affinities**

bay leaf + parsley + thyme

## **BOURBON (See also Whiskey)**

**Weight:** heavy

**Volume:** loud

apple juice  
apricot brandy  
barbecue

### **bitters**

butter

butterscotch

### **cream**

desserts

ginger

grapefruit juice

grenadine

honey

ice cream

### **LEMON JUICE**

mint

orange juice

peaches

pecans

pineapple juice  
**Southern cuisine (American)**  
**SUGAR: BROWN, WHITE**  
**vermouth: dry, sweet**

**Flavor Affinities**

bourbon + grapefruit + honey  
bourbon + lemon + peaches  
bourbon + lemon + sugar  
bourbon + pineapple + sugar

## **BOYSENBERRIES**

**Season:** summer  
**Taste:** sour–sweet  
**Weight:** light–medium  
**Volume:** quiet–moderate

cream  
Kirsch  
lemon, juice  
nectarines  
peaches  
sugar  
vanilla  
wine, esp. dry red

## **BRAISED DISHES**

**Season:** winter  
**Tips:** Check here for ideas of meats or vegetables to add to a braised dish.

artichokes  
beans  
beef: brisket, shanks, short ribs, shoulder  
cabbage  
carrots  
celery  
chicken: legs, thighs, wings  
chili  
cod

corned beef and cabbage  
duck, legs  
endive  
fennel  
ham hocks  
lamb: shanks, shoulder  
monkfish  
octopus  
onions  
oxtails  
pork: belly, butt, chops, loin, ribs, shank, shoulder  
potatoes  
pot roast  
rabbit  
ratatouille  
short ribs  
skate  
stews  
tripe  
turkey, legs  
turnips  
veal: breast, rump, shank, shoulder, sirloin, sweetbreads  
vegetables, root  
venison, shoulder

## **BRAZILIAN CUISINE (See also Latin American Cuisine)**

beans, black  
cardamom  
chile peppers  
cilantro  
cloves  
coconut milk  
garlic  
ginger  
greens: collard, kale  
grilled dishes  
meats  
nutmeg



onions  
orange  
parsley  
pepper, black  
peppers  
pork  
pumpkin  
rice  
saffron  
sausages  
thyme

**Flavor Affinities**

cream + egg yolks + sugar  
pork + beans + greens + onions + oranges

**BRINED DISHES**

**Taste:** salty

**Tips:** Brining meats (i.e., in salt water) before cooking increases their moistness, juiciness, and flavor.

chicken  
game birds  
pork  
poultry  
turkey

I don't **brine** automatically. If I have a chicken that I know will cook up on the dry side, then I will brine it first. If it is a great chicken that will cook up naturally juicy and doesn't need help, then I won't. You can make a pretty strong brine for squab or even chicken — for instance, with thyme or even chile pepper — and the meat will pick up some flavors, but it's still very subtle.

— **TRACI DES JARDINS**, JARDINIÈRE (SAN FRANCISCO)

**BROCCOLI**

**Season:** autumn–winter

**Botanical relatives:** Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, deep-fry, sauté, steam, stir-fry

almonds

anchovies

basil

bread crumbs

**butter, unsalted**

caraway seeds

carrots

**cauliflower**

**CHEESE:** cheddar, feta, goat, mozzarella, Parmesan, Swiss

chicken

**chile peppers (esp. green)**

cilantro

coriander

cream

curry and curry leaf

eggs

**garlic**

ginger, esp. fresh

hollandaise sauce

**lemon, juice**

lemon balm

mint

**mustard and mustard seeds**

oil: peanut, sesame

olive oil

olives

onions, esp. green

oregano

parsley

pasta

pepper, ground

red pepper flakes

rice, basmati

salt

scallions

Our winter *pistou* features **broccoli**, and we're able to make the broccoli flavor very intense. We use not only broccoli stock, but also broccoli florets and even add broccoli puree. There's both clarity and lightness of flavor that we're able to achieve without butter or cream this way.

— **DAN BARBER**, BLUE HILL AT STONE BARNS (POCANTICO HILLS, NEW YORK)

shallots  
tarragon  
thyme  
vinaigrette  
vinegar: balsamic, red wine  
wine

### **Flavor Affinities**

broccoli + anchovies + capers + red pepper flakes + garlic + olives  
broccoli + anchovies + lemon  
broccoli + garlic + lemon juice + olive oil  
broccoli + garlic + tarragon

## **BROCCOLINI**

**Season:** year-round  
**Weight:** light–medium  
**Volume:** quiet–moderate  
**Techniques:** blanch, raw, sauté, steam, stir-fry  
almonds  
basil  
cheese: feta, Parmesan  
garlic  
lemon, juice  
olive oil  
parsley, flat-leaf  
pasta  
red pepper flakes  
salads  
sesame oil  
soups  
tomatoes

## **BROCCOLI RABE**

**Season:** late fall–spring

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, sauté, steam, stir-fry

almonds

anchovies

basil

beans, white

butter, unsalted

**cheese, Parmesan**

chicken

chickpeas

**chiles**

chives

cream

fish

**GARLIC**

Italian cuisine

lemon, juice

meats

**OLIVE OIL**

**oregano**

parsley, flat-leaf

**pasta, esp. orecchiette**

pepper: white, black

piquillo peppers

poultry

prosciutto

red pepper flakes

salt

**sausage**

stock, chicken

tomatoes

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## Dishes

**Orecchiette with Rapini and Sweet Sausage** — Mario Batali, Babbo (New

York City)

**Broccoli Rabe with Garlic and Oregano**

— Andrew Carmellini, *A Voce* (New York City)

vinegar: balsamic, red wine

**Flavor Affinities**

broccoli rabe + anchovies + red pepper flakes + garlic + olive oil

broccoli rabe + garlic + oregano

broccoli rabe + red pepper flakes + oregano

## BRUNCH

Customers are picky at **brunch**. They have all cooked what they think they like, they think they can do it slightly better than we can, and they want it twice as fast. So, we take the classics like pancakes or French toast, use them as building blocks, and push them a little further.

We will offer seasonal pancakes. In the winter, we'll make buckwheat pancakes with cinnamon and glazed oranges. Bridging spring into summer, we'll offer corn and saffron pancakes with a spicy poached pear and fresh ricotta. Saffron and corn work really well together because of the floral nature of the saffron and sweetness of the corn. We will use poached pears on the pancakes until switching to blueberries for the summer, which give a real pop. The pears are poached in a red wine syrup with *aleppo* chile that is a sun-dried chile with a rich, round, sweet spice to it. The chile is not noticeable, but it acts like an acid by lightening, plus cutting the sugar and richness of, the pancake.

When people eat pancakes, they naturally reach for butter. I don't serve butter with my pancakes and instead serve fresh ricotta. We use ricotta from Anne Saxelby, who supplies us with a fresh, rich, velvety ricotta, and this gives a richness to the dish.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

## BRUSSELS SPROUTS

**Season:** autumn–winter

**Taste:** bitter

**Botanical relatives:** broccoli, cabbage, cauliflower, collard greens, kale, kohlrabi

**Weight:** moderate–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, sauté, simmer, steam, stew, stir-fry

almonds

apple cider

apples and apple juice or cider

artichokes, Jerusalem

**BACON**

basil

bay leaf

bread crumbs

**BUTTER, unsalted**

celery

celery root

**CHEESE:** blue, cheddar, goat, Parmesan, provolone, ricotta, Swiss

**chestnuts**

chives

coriander

**cream**

crème fraîche

dill

eggs, hard-boiled

fennel seeds

**garlic**

hazelnuts

juniper berries

**lemon, juice**

marjoram

mustard, Dijon

nutmeg

oil, mustard

**olive oil**

onions

**pancetta**

paprika

**parsley, flat-leaf**

**pepper: black, white**

potatoes, esp. mashed

**salt: kosher, sea**

sauces, béchamel

shallots

stock, chicken

sugar

**thyme, fresh**

turnips

vermouth

vinaigrette

**VINEGAR: cider, white wine**

water chestnuts

wine, dry white

### **Flavor Affinities**

Brussels sprouts + bacon + garlic + cider vinegar

Brussels sprouts + bacon + onions

Brussels sprouts + cream + nutmeg

Brussels sprouts + lemon juice + thyme

Brussels sprouts + pancetta + thyme

## **BULGUR WHEAT**

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** steam

butter

chicken

chickpeas

dill

fish (e.g., branzino, pike, striped bass)

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## **Dishes**

**Brussels Sprouts, Cranberry Polenta, and Braised Fennel with a Moroccan Olive Relish** — Thierry Rautureau, Rover's (Seattle)

I love **bulgur** [wheat] salad. In the summer, I'll serve it with greens and tomatoes, while in the fall it's paired with tangerines and pomegranates. I feel the same about it whether it is under branzino or pike or striped bass; it always makes sense.

— SHARON HAGE, YORK STREET (DALLAS)

greens

lamb

lentils

meats

Middle Eastern cuisine

oils, walnut

olive oil

orange

parsley

pilaf (key ingredient)

pine nuts



pomegranates  
rice  
salads  
soups  
tabbouleh (key ingredient)  
tangerine  
tarragon  
tomatoes  
vegetables  
walnuts

## **BUTTER, BROWN (aka Beurre Noisette)**

bananas  
fish, esp. white: halibut, skate  
fruits, esp. richer ones  
nuts  
pears  
scallops  
soft-shell crabs  
vinegar, esp. balsamic

### **Flavor Affinities**

brown butter + balsamic vinegar + fish  
brown butter + banana + nuts

## **BUTTERMILK**

**Taste:** sour

**Weight:** medium

**Volume:** moderate–loud

bananas  
blackberries  
blueberries  
cherries  
cinnamon  
dates  
ginger  
herbs  
honey

lemon  
lime  
maple syrup  
mayonnaise  
mint  
nectarines  
nutmeg  
oats  
orange  
peaches  
plums  
raisins  
raspberries  
rhubarb  
sour cream  
strawberries  
sugar, brown  
walnuts

## **BUTTERSCOTCH**

almonds  
chocolate  
coffee  
lemon  
praline  
rum  
vanilla

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### **Dishes**

#### **Butterscotch-Praline Ice Cream Parfait**

— Rebecca Charles, Pearl Oyster Bar (New York City)

One of my favorite flavors in the world is **brown butter**. A *financier* cake made with brown butter is one of the best things ever. I have been making a brown butter vinaigrette for a jillion years! It is a super-easy pan sauce that I love as a warm sauce: I just brown my butter in a pan until it gets the *noisette* [brown] color, then add some balsamic vinegar. It doesn't even need to be expensive balsamic. You make an emulsification in the pan, and add a little salt and pepper

and it's done. The flavor of brown butter, salt, and acid is one of my favorites. It works well on different fish like scallops or halibut or soft-shell crabs.

— TRACI DES JARDINS, JARDINIÈRE (SAN FRANCISCO)

**Brown butter** is one of my favorite flavors, and it pairs well with anything nutty, as well as richer fruits like bananas. A classic French *financier* is hands-down one of my favorite French pastries [a cookie made with brown butter, egg whites, flour, and powdered sugar].

Butter tastes great on its own, and in making brown butter you are not adding anything to it — just transforming it, so that it becomes more. The process is simple but a little tricky, as it keeps cooking even after it is off the stove. Something you can do to improve it is — halfway through the cooking process — start whisking the butter, because it intensifies the flavor if you keep the particles suspended.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

## **CABBAGE — IN GENERAL**

**Season:** autumn–winter

**Botanical relatives:** broccoli, Brussels sprouts, cauliflower, collard greens, kale, kohlrabi

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, braise, raw, sauté, steam, stir-fry

### **apples and apple cider**

#### **BACON**

bay leaf

beef

bell peppers, red

**butter, unsalted**

#### **CARAWAY SEEDS**

#### **carrots**

celery: leaves, salt, seeds

Champagne

cheese: cheddar, feta, goat, Parmesan, Swiss, Taleggio, Teleme

chestnuts

chicken

chili sauce

chile peppers: dried red, fresh green (e.g., jalapeño)

cilantro

clove

coconut

coleslaw (key ingredient)

coriander

corned beef

#### **cream**

cumin

curry leaves

dill

duck

fat: rendered chicken, duck

fennel

fennel seeds  
game birds  
**garlic**  
**ginger**

**Cabbage** often has the connotation of being heavy, but in the fall, we'll make a fine chiffonade of cabbage that's very light. I like to cut cabbage thin and roast it in a pan so that the edges just get brown because that tastes really good. We figured that out by mistake by putting cabbage into too hot a pan. After the chef raised his voice about how that is the wrong way to cook cabbage, we tasted it, and it was good! We now serve a green cabbage dish cooked this way with caraway seeds and walnuts, then deglazed with Calvados. We also add a little cider vinegar and olive oil to finish. It is a nice, easy marriage. It is not an unpredictable marriage; these things just all work together. We pair this with braised pork belly, but it would also work with a roasted breast of squab with its leg done in a confit.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

ham  
horseradish  
jicama  
**juniper berries**  
lemon, juice  
lime, juice  
marjoram  
**mayonnaise**  
meats  
mushrooms  
**mustard, esp. Dijon, dry**  
mustard oil  
mustard seeds, black  
oil: peanut, sesame  
olive oil  
olives  
**ONIONS, ESP. RED**  
paprika  
parsley  
pasta  
pecans  
**pepper: black, white**

poppy seeds

**pork**

**potatoes**

poultry

prosciutto

red pepper flakes

**rice**

salmon

**salt: kosher, sea**

savory

shallots

**sour cream**

soy sauce

spinach

stock, chicken

**sugar**

tarragon

**thyme**

tomatoes

vinaigrettes

**VINEGAR:** champagne, cider, red wine, sherry, white wine  
wine, white (e.g., Riesling)

## **CABBAGE, NAPA (aka Chinese cabbage)**

**Season:** year-round

**Weight:** light

**Volume:** quiet

**Techniques:** bake, braise, grill, marinate (e.g., kimchee), raw, sauté, stew,  
stir-fry

carrots

cashews

chicken

I like coming up with spins using Asian ingredients — such as soaking **napa cabbage** in ice water to crisp it and serving it with a blue cheese dressing as if it were iceberg lettuce.

— **TONY LIU**, AUGUST (NEW YORK CITY)



chile peppers, jalapeño  
Chinese cuisine  
cilantro  
coleslaw, Asian-style  
cucumber  
duck  
fish, salmon  
garlic  
ginger  
mint  
mushrooms (e.g., shiitakes)  
oil, sesame  
orange, juice  
pork  
scallions  
seafood  
sesame seeds  
scallops  
shellfish: shrimp  
soups  
soy sauce  
stews  
stir-fries  
Thai basil  
tofu

vinegar, rice  
wine, rice

## **CABBAGE, RED**

**Season:** autumn–winter

**Techniques:** braise, marinate, raw

**APPLES:** Golden Delicious, Rome, tart  
bacon

**bay leaf**

butter, unsalted

caraway seeds

cheese: blue, goat, Gorgonzola, ricotta salata

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### **Dishes**

**Pommery Grain Mustard Ice Cream, Red Cabbage Gazpacho** — Heston Blumenthal, The Fat Duck (England)

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### **Dishes**

**Sautéed Strawberries in Black Pepper–Cabernet Sauvignon Sauce with Vanilla Bean Ice Cream and Sacristan Cookie** — Lissa Doumani and Hiro Sone, Terra (St. Helena, California)

**chestnuts**

cider, apple

cilantro

cream

cumin

fat: duck, goose

**fruit, tart**

game: rabbit, venison

game birds, pheasant

garlic

honey

**lemon, juice**

**lime, juice**

meats

mustard



nutmeg

oil, peanut

olive oil

**onions: red, white**

pancetta

parsley, flat-leaf

**pepper, black**

poultry

red pepper flakes

**salt, kosher**

scallions

stock, chicken

**SUGAR: BROWN, WHITE**

**VINEGAR: balsamic, cider, red wine, rice wine, sherry, white wine**

**wine, dry red**

**Flavor Affinities**

red cabbage + apples + cider vinegar

red cabbage + bacon + blue cheese + walnuts

red cabbage + balsamic vinegar + brown sugar

red cabbage + chestnuts + pork

red cabbage + duck fat + goat cheese + red wine vinegar

red cabbage + pancetta + ricotta salata cheese

## **CABBAGE, SAVOY**

**Season:** autumn–winter

**Techniques:** boil, braise, raw, roast, steam

apples

bacon

butter, unsalted

carrots

cream

crème fraîche

**garlic**

leeks

lemon, juice

**oil, peanut**

**olive oil**

onions  
parsley, flat-leaf  
parsnips  
**pepper, black**  
potatoes  
raisins, golden  
**salt, kosher**  
stock  
thyme  
turnips  
vinegar, cider  
walnuts

## **CABERNET SAUVIGNON**

**Weight:** heavy red wine  
**Volume:** loud  
beef  
cheese, esp. aged, blue, and/or stinky  
game  
game birds  
**lamb**  
meat, red  
pepper, black  
steak  
strawberries

## **CAJUN CUISINE**

**cayenne**  
celery  
chiles  
crayfish  
gumbo  
jambalaya  
onions  
peppers  
rice  
**seafood**  
tomatoes

## **CALAMARI (See Squid)**

## **CALF'S LIVER (See Liver, Calf's)**

## **CALVADOS**

**Season:** winter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Tips:** Generally an after-dinner drink.

### **apples**

bitters, orange

French cuisine

gin

lemon, juice

orange, juice

pears

rum

sugar

vermouth, sweet

## **CANADIAN CUISINE**

bacon, back (aka Canadian bacon)

beer

berries, esp. wild

cheese

duck

fiddlehead ferns

foie gras

game

game birds

**maple syrup**

meats, esp. smoked

mushrooms, wild

oysters

rabbit

salmon

seafood

wild rice  
wine: ice wine, Riesling

## CANTALOUPE

**Season:** summer  
**Taste:** sweet  
**Weight:** light–medium  
**Volume:** moderate

basil  
cilantro  
curry powder  
ginger  
grapefruit  
**lemon, juice**  
lemongrass  
**lime, juice**  
melon: honeydew, watermelon

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## Dishes

**Cantaloupe “Sashimi,” Raspberry Gel, and Star Anise Dust** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

mint  
pepper: black, white  
port  
**raspberries**  
star anise  
tarragon  
wine, esp. sweet  
wine, Pinot Blanc (to accompany)  
yogurt

## CANTONESE CUISINE (See Chinese Cuisine)

## CAPERS

**Taste:** salty, sour, pungent  
**Weight:** light

**Volume:** loud

almonds

anchovies

artichokes

arugula

basil

beans, green

butter sauces

celery

chicken

eggplant

eggs

**fish**

French cuisine, esp. southern

garlic

Italian cuisine, esp. southern

lamb

**lemon, juice**

lime

marjoram

meats, esp. richer ones, e.g., rib eye steaks

Mediterranean cuisine

mustard

olives

onions

oregano

parsley, flat-leaf

pasta

pork

potatoes

poultry

rabbit

salads

salmon

sauces, esp. Italian cuisine

shellfish, e.g., scallops, shrimp

tapenade (key ingredient)

tarragon

**tomatoes**

vinaigrettes

vinegar

**Flavor Affinities**

capers + lemon + marjoram

## **CARAMEL**

**Taste:** sweet

almonds

**APPLES**

apricots

bananas

bourbon

cherries

**chocolate**

cinnamon

coffee and espresso

**CREAM AND ICE CREAM**

cream cheese

cumin

custard

fruits, tropical

lemon, juice

lime, juice

macadamia nuts

mangoes

nutmeg

**passion fruit**

peaches

peanuts

pears

pecans

plums

raisins

rhubarb

rum

sesame seeds

## VANILLA

## CARAWAY SEEDS

**Taste:** sweet, sour

**Weight:** light

**Volume:** medium–loud

**Tips:** Add late in the cooking process.

apples

Austrian cuisine

beef stew

**BREADS, esp. pumpernickel, rye**

British cuisine

cabbage

cakes

carrots

**cheese** (e.g., Liptauer, Muenster)

coleslaw

cookies

coriander

corned beef

cumin

desserts

duck

Eastern European cuisine

fruit

garlic

**German cuisine**

goose

goulash

Hungarian cuisine

juniper berries

lavender (can substitute for caraway)

marinades

meats

Moroccan cuisine

noodles

onions

parsley, flat-leaf  
**pork**  
**potatoes**  
**sauerkraut**  
sausages  
soups  
stews  
thyme  
tomatoes  
turnips  
vegetables, esp. root

## CARDAMOM

**Taste:** sweet, pungent  
**Function:** heating  
**Weight:** medium  
**Volume:** loud  
**Tips:** Add early when cooking.

anise  
apples  
apricots  
Asian cuisine  
baked goods (e.g., breads, cakes, cookies)  
bananas  
beef  
beverages, esp. hot  
caraway  
carrots  
**chicken**, esp. stewed  
chickpeas  
chile peppers  
chocolate  
**cinnamon**  
citrus  
cloves  
**coffee**  
**coriander**



cream and ice cream

crème anglaise

cumin

**curries**

custards

**dates**

**desserts**, esp. Indian

duck, esp. roasted

fish, e.g., salmon

garam masala, Indian (key ingredient)

**ginger**

gingerbread

grapefruit

honey

**Indian cuisine**

Indonesian cuisine

**lamb**

legumes

lemon: juice, zest

lentils

lime

meats

North African cuisine

**orange: juice, zest**

paprika

parsnips

pastries

pears

peas

pepper

pistachios

pork

**rice and rice dishes**

saffron

salmon

Scandinavian cuisine

squash

stews

sugar

sweet potatoes  
**tea**  
vanilla  
vegetables, root  
walnuts  
wine (e.g., mulled)  
yogurt

## **CARIBBEAN CUISINES**

allspice  
bay leaf  
chicken  
chile peppers  
cilantro  
cinnamon  
cloves  
coconut milk  
curry  
dill  
fish  
fruits, tropical  
garlic  
ginger  
hot sauce  
jerked dishes  
lime, juice



molasses  
nutmeg  
onions  
orange  
oregano  
parsley  
pineapple  
plantains  
rum, esp. dark  
shellfish  
sugar, brown  
tamarind

thyme

**Flavor Affinities**

cilantro + garlic + onions (aka *sofrito*)

fish + allspice + oil + onions + vinegar (aka *escabèche*)

## CARROTS

**Season:** autumn–spring

**Botanical relatives:** celery, chervil, dill, fennel, parsley, parsnips

**Function:** cooling

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** boil, braise, grill, raw, **roast**, sauté, simmer, steam, stir-fry

allspice

almonds

anise hyssop

apple juice

bacon

basil

bay leaf

beef

brandy

butter, brown

**BUTTER**, unsalted

carrot juice

celery

**chervil**

chicken

**chile peppers:** dried red, fresh green (e.g., jalapeño)

Thumbelina **carrots** are something I missed when I moved from working in the country [i.e., Pocantico Hills, New York, where Blue Hill at Stone Barns is located] into Manhattan. Luckily, I recently found these short, fat carrots at the green market. We sauté these carrots over an open fire so that they get a little smoky. When they are cooked, they become soft and creamy. Once cooked, we turn them into a puree with a shot of carrot juice at the last second. We pair this with farro that has been cooked like risotto, then add some pine nuts and more Thumbelina carrots that have been quartered. I don't know what is more seductive: the smooth carrot farro with its light carrot flavor or the carrots

themselves that are totally creamy. The dish has no butter or cream but that is not because we are trying to be healthy. The dish just doesn't need it.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

Juices are a great way to freshen up a dish. If you cook a **carrot**, you lose the “carrotiness” of it. If you make a carrot soup with cooked carrots, it doesn't become bright. So now we do a carrot base with cooked organic carrots with tops, onions, garlic, and maybe some ginger and lemongrass. With that base we make a really thick soup and then add carrot juice to it. In the end you have fresh and cooked carrots for a better flavor profile.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

I had a salad at a restaurant with grated **carrots** and tarragon leaves with pistachios — and I knew the minute I tasted it that I could adapt this salad to be my own. Instead of grating the carrots, I cut them on the bias and roasted them with a little ginger and *juca* [an African mix made of almonds, pistachios, hazelnuts, and spices]. To finish the salad, I added the whole tarragon leaves, great pistachio oil, and a raita of yogurt and golden raisins. The dish has wonderful colors and texture and those beautiful whole leaves of tarragon which I had never thought to do myself.

— **MONICA POPE**, T'AFIA (HOUSTON)

**Carrots** — which pair well with allspice, cinnamon, cloves, and cumin — are one of the few vegetables that shine in desserts. When I first came to the U.S. I discovered carrot cake and that you could use carrots for dessert. I have since made carrot ice cream, cookies, and fruit paste. The problem is that most people trust carrot cake but little else. When I am using carrots for dessert, I like to cook them with orange.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

**Carrots** and parsnips are similar, and I like the depth of flavor that comes from combining them.

— **BRAD THOMPSON**, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

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## Dishes

**Carrot Cake with Peach-Ginger Cream and Saskatoon Berry Compote** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Carrot Cake with Vanilla Chantilly, Pecan Praline** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Roasted Carrots and Minted Pea Puree, and Moscato Vinegar** — Cory Schreiber, Wildwood (Portland, Oregon)

chives  
cilantro  
**cinnamon**  
cloves  
cod  
**coriander**  
crayfish  
**cream**  
crème fraîche  
**cumin** (e.g., Indian cuisine)  
curry  
curry leaves  
**dill**  
fennel  
fennel seeds  
fish  
garlic  
**GINGER**  
hazelnuts  
**honey**  
lamb  
leeks  
**LEMON, juice**  
lemon balm  
lemon verbena  
**lime, juice** (e.g., Indian cuisine)  
lovage  
mace  
**MAPLE SYRUP**  
**mint: spearmint**, peppermint  
mirepoix (key ingredient)  
mustard  
mustard seeds, black  
nutmeg  
oil: peanut, sesame  
**olive oil**  
onions, esp. green  
**ORANGE, juice**  
**PARSLEY, FLAT-LEAF**

**parsnips**

peas

pecans

pepper: black, white

pistachios

potatoes

raisins: black, white

meats, roasted

rosemary

rum

sage

salsify

**salt: fleur de sel, kosher**

savory

scallops

shallots

spinach

stocks: chicken, vegetable

**SUGAR:** brown, white (pinch)

tamarind

**tarragon**

**thyme**

turnips

veal

vegetables, root

vinaigrette

walnuts

wine, white

yogurt

**Flavor Affinities**

carrots + celery + onions (aka mirepoix)

carrots + cilantro + lime

carrots + cinnamon + raisins + sugar + walnuts

carrots + cumin + orange

carrots + dill + orange

carrots + lemon juice + olive oil + parsley

carrots + maple syrup + orange

carrots + olive oil + turnips

carrots + pistachios + tarragon  
carrots + raisins + yogurt

## CASHEWS

**Taste:** sweet, rich

**Function:** warming

**Weight:** medium–heavy

**Volume:** loud

almonds

apricots

bananas

caramel

cheese

**chicken** (e.g., Indian cuisine)

chocolate, esp. white

cinnamon

coconut (e.g., Indian cuisine)

coffee / espresso

curries

dates

ginger

grapefruit

guava

honey

Indian cuisine

kiwi fruit

lemon

macadamia nuts

mango

mint

nutmeg

oil, vegetable

papaya

passion fruit

persimmon

pineapple

rice

rum



salads  
salt  
sauces  
**sugar: brown, white**  
vanilla  
vegetables, esp. Indian

## **CATFISH**

**Weight:** medium  
**Volume:** quiet  
**Techniques:** broil, deep-fry, grill, poach, sauté, steam, stir-fry  
avocados  
bacon  
basil  
butter, unsalted  
cabbage (e.g., coleslaw)  
capers  
cayenne  
chile peppers, chipotle  
cilantro  
cucumbers  
garlic  
greens, collard  
ham  
hush puppies  
**lemon, juice**  
**oil: peanut, vegetable**  
**olive oil**  
olives, esp. niçoise  
parsley, flat-leaf  
**pepper: black, Szechuan**  
pine nuts  
potatoes  
**salt, kosher**  
Southern cuisine (American)  
soy sauce  
stock, chicken  
sugar

tomatillos  
**tomatoes**  
vinaigrette  
vinegar, cider  
wine, dry white

## **CAULIFLOWER**

**Season:** autumn–winter

**Taste:** astringent

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, collard greens, kale, kohlrabi

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, braise, deep-fry, gratin, puree, raw, roast, sauté, simmer, steam

**anchovies**

apples

bay leaf

bell peppers, esp. green (e.g., Indian cuisine)

**bread crumbs**

broccoli

brown butter

**butter, unsalted**

capers

cardamom

caviar

celery seeds

**CHEESE:** blue, cheddar, Comté, Emmental, goat, Gruyère, Parmesan, pecorino

chervil

chile peppers, dried red

**chili sauce**

chives



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## **Dishes**

**Variation of Cauliflower with Raisins, Grenobloise Butter, and Fried Pantelleria Capers** — Daniel Boulud, Daniel (New York City)

**Cauliflower Panna Cotta Topped with American Paddlefish Caviar and Cockle Emulsion** — Gabriel Kreuther, The Modern (New York City)

## **Cauliflower Rice Pilaf with Raita**

— Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

The first time I had the combination of **cauliflower** and curry was when I worked with Daniel Boulud, and he used them together in a soup. I didn't grow up liking cauliflower, but I do now when it's well roasted or pureed. It has good water content, which makes for a very smooth puree, and it has a subtle yet distinct flavor. Apple combines well with both, as it adds acidity and crunch while cutting the stronger flavors.

— **BRADFORD THOMPSON**, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

Our dish of spicy roasted **cauliflower** with pine nuts and lime is cauliflower with lime supremes [skinless lime sections]. I love lime because it has more character than lemon.

— **HOLLY SMITH**, Café Juanita (Seattle)

chocolate and cocoa, when cauliflower is caramelized

cilantro

coriander

**CREAM AND MILK**

cumin

currants, dried

**curry powder**

**dill**

Eastern Mediterranean cuisine

egg, hard-boiled, esp. yolk

French cuisine

garam masala

**GARLIC**

ginger

greens

hollandaise sauce

Indian cuisine

leeks

**lemon: juice, zest**

lime

Mediterranean cuisine

**mint**

mussels

mustard, esp. Dijon

mustard: oil, seeds

nutmeg

**OIL:** canola, grapeseed, vegetable

olive oil

olives: black, green

**ONIONS:** green, red

orange: juice, zest

paprika

parsley, flat-leaf

pasta

**PEPPER: BLACK, WHITE**

pine nuts

poppy seeds

**potatoes, red** (e.g., Indian cuisine)

raisins

red pepper flakes

saffron

**SALT: KOSHER, SEA**

**sauces:** béchamel, brown butter, cheese, cream, hollandaise, Mornay

scallions

scallops

shallots

soups

stock, chicken

tarragon

thyme

tomatoes (e.g., Indian cuisine)

truffles, white

turmeric

vinegar: red, white wine

watercress

yogurt (e.g., Indian cuisine)

### **Flavor Affinities**

cauliflower + anchovies + red pepper flakes + garlic + olive oil

cauliflower + bread crumbs + brown butter + parsley

cauliflower + cilantro + cloves + cumin + turmeric

cauliflower + cream + sorrel

cauliflower + curry + apple

cauliflower + curry + vinegar  
cauliflower + garlic + mint + pasta  
cauliflower + pine nuts + lime

## CAVIAR

**Season:** winter  
**Taste:** salty  
**Weight:** very light  
**Volume:** quiet–loud  
**blini**, esp. whole wheat  
**bread**, esp. toast points  
chives  
crème fraîche  
eggs  
French cuisine  
lemon  
onion, esp. raw  
pepper: black, white  
potatoes  
Russian cuisine  
salt  
shallots  
sour cream  
**vodka**  
white chocolate  
**wine, Champagne**

There is an obvious reason why you could argue that white chocolate and **caviar** go together and that is because of the fact that you are pairing fat and salt. The combination, however, runs a lot deeper than that. The amine [organic chemical compounds] levels in caviar and white chocolate are such that the two ingredients almost “melt” together.

— HESTON BLUMENTHAL, THE FAT DUCK (ENGLAND)

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## Dishes

**Yellowtail Tuna with Spinach Puree, Potato Salad, and Osetra Caviar and Vodka Sauce** — David Bouley, Danube (New York City)

**Scrambled Egg with Lime Crème Fraîche and Sturgeon Caviar** — Thierry

Rautureau, Rover's (Seattle)

**Royal Osetra Caviar Served with Warm Crepes, Toast, and Crème Fraîche**  
— Eric Ripert, Le Bernardin (New York City)

**Caviar-Pasta: Osetra on a Nest of Tagliolini, Quail Egg, and Bacon Carbonara Sauce** — Eric Ripert, Le Bernardin (New York City)

## **CAYENNE, GROUND**

**Taste:** piquant

**Function:** warming

**Weight:** light

**Volume:** loud

**Tips:** Cayenne tastes hotter the more it cooks.

basil

beans

**bell peppers**

**Cajun cuisine**

cheese and cheese sauces

chili

cilantro

coriander

corn

crab

Creole cuisine

cumin

eggplant

**fish**

garlic

Indian cuisine

Italian cuisine

lemon

lobster

meat

Mexican cuisine

oil

onions

potatoes

rice

sardines  
sauces  
shellfish  
soups  
stews  
**tomatoes**  
**AVOID**  
caviar  
delicate flavors  
truffles

Using a pinch of **cayenne** is like having a turbo versus a regular engine in your car. The cayenne goes into you so fast it is like creating an engine for your flavors. It will create a certain heat and speedy access to your flavors. I use cayenne in everything. However, it has to be done carefully. It has to be just a pinch at the last minute. If you are using basil, it will make the flavor even stronger.

— **ERIC RIPERT**, LE BERNARDIN (NEW YORK CITY)

### **Flavor Affinities**

cayenne + coriander + cumin + garlic

## **CELERY**

**Season:** year-round

**Taste:** astringent

**Botanical relatives:** carrots

**Function:** cooling

**Weight:** light

**Volume:** moderate–loud

**Techniques:** boil, braise, cream, gratiné, raw, sauté, steam, stir-fry

basil

bay leaf

beets

**butter**

capers

carrots

cheese, esp. **blue**, feta, goat, Gruyère, Parmesan, Roquefort

chervil

chicken and other poultry

chickpeas and hummus



chives  
cream  
cream cheese  
curry  
dill  
eggs, hard-boiled  
fish  
garlic  
legumes  
lemon, juice  
lovage  
mirepoix (key ingredient)  
mushrooms, wild  
mustard, esp. Dijon

Of all vegetables, **celery** has one of the strongest flavors. To me, it is almost like a truffle. In a mirepoix, you need all the vegetables — but if I could have only one, it would be celery. I love its earthy flavor. Celery and black truffles are my favorite combination. They work in part because they come out of the ground at the same time of year. Any root vegetable also works with celery. I enjoy celery root and celery separately as well as together.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

olive oil  
onions, esp. red  
paprika  
parsley  
peanuts and peanut butter  
pepper, white  
potatoes  
rice  
salads: chicken, potato, shrimp, tuna  
salt  
scallions  
shallots  
shellfish  
stir-fried dishes  
**stocks: chicken, vegetable**  
stuffings  
tarragon

thyme  
tomatoes and tomato juice  
truffles, black  
turnips  
vinegar: tarragon, wine

**Flavor Affinities**

celery + carrots + onions (aka mirepoix)  
celery + tarragon + vinegar

## **CELERY ROOT**

**Season:** autumn–spring  
**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** boil, deep-fry, raw, roast, steam  
**Tips:** Always peel before using.

allspice  
**apples**  
basil  
bay leaf  
beef  
beets  
brown butter  
**butter**  
**capers**  
carrots  
celery  
celery leaves  
cheese: Gruyère, Parmesan, Swiss  
**chervil**  
chicken  
**chives**  
coriander  
**cream**  
crème fraîche  
dill  
fennel leaves  
fennel seeds

**garlic**  
leeks  
**LEMON, JUICE**  
lovage  
game birds  
garlic  
hazelnuts  
marjoram  
**MAYONNAISE**  
mushrooms  
**MUSTARD, DIJON**  
nutmeg  
oil: peanut, sesame, walnut  
olive oil  
olives

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## **Dishes**

**Celery Root Soup with Spiced Pumpernickel Bread, Confit Shallot, and Parsley Emulsion** — Charlie Trotter, Charlie Trotter's (Chicago)

onions  
oregano  
paprika  
**parsley**  
parsnips  
pecans  
pepper, black  
**POTATOES, ESP. MASHED**  
rice  
rutabagas  
sage  
salads, esp. green, tuna  
**salt, kosher**  
seafood  
soups  
stews  
stocks: chicken, vegetable  
**tarragon**  
thyme

**truffles, esp. black**

turnips

veal

vegetables, root

vinaigrette

**vinegar: cider, wine**

watercress

wild rice

**Flavor Affinities**

celery root + cream + potatoes + vinegar

celery root + lemon + mayonnaise + mustard

**CELERY SALT**

Bloody Marys

eggs, hard-boiled

Tabasco sauce

**CELERY SEED**

**Taste:** bitter, pungent

**Function:** heating

**Weight:** light

**Volume:** moderate

allspice

bay leaf

beef

breads

Cajun/Creole cuisines

cheese, e.g., blue

chervil

chicken

coriander

crab

dill

eggplant

eggs

fennel seeds

fish

German cuisine  
ginger  
Italian cuisine  
mayonnaise  
mushrooms  
mustard  
onions  
paprika  
peas  
pepper  
potatoes  
Russian cuisine  
salads and salad dressings  
sauces  
shellfish  
**soups**  
stews  
stuffing  
thyme  
tomatoes  
**vegetables and vegetable juices**  
Worcestershire sauce

## **CHAMOMILE**

**Taste:** sweet  
Asian cuisine  
chicken  
chocolate, white  
desserts  
fish (e.g., halibut)  
honey  
lemon  
rice  
tea  
veal

## **CHAMPAGNE**

**Weight:** light–medium

**Volume:** quiet–moderate

blackberries

**caviar**

cherries

cranberries

lemon

lime

melon

mint

raspberries

**strawberries**

## **CHARD (aka Swiss chard)**

**Season:** year-round

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, parboil, sauté, steam, stir-fry

anchovies

bacon

basil

bay leaf

bread crumbs

**butter, unsalted**

capers

cheese: Fontina, Gruyère, Parmesan

chickpeas

chile peppers

cilantro

cumin

cured meats

egg dishes

eggs, hard-boiled

**\*GARLIC**

Italian cuisine, esp. pasta

lamb, esp. chops

leeks

lemon: juice, zest

mushrooms, chanterelle  
**oil, peanut**  
olive oil  
olives  
**onions**, esp. spring or yellow  
orange, zest  
oregano  
pasta (including using to color green pasta)  
pepper: black, white  
pine nuts  
polenta  
potatoes  
raisins  
red pepper flakes  
saffron  
**salt, kosher**  
shallots  
spinach  
stews  
stocks: chicken, vegetable  
thyme  
tomatoes  
**vinegar: balsamic, red wine**

### **Flavor Affinities**

chard + bell peppers + pecorino cheese + eggplant  
chard + red pepper flakes + lemon juice

## **CHARDONNAY**

**Weight:** medium–heavy

**Volume:** quiet–loud

butter and butter sauces

chicken

crab

cream and cream sauces

fish

lobster

salmon

scallops

shellfish  
veal



## **CHEESE — IN GENERAL (See also specific cheeses)**

**Taste:** sweet–sour

**Function:** cooling

apples  
breads, esp. neutral-flavored  
celery, esp. with cheese sauces and dishes  
cherries, esp. with soft cheeses  
cured meats, esp. ham  
dates, esp. Medjool  
dried fruits, esp. dates, figs  
grapes  
nuts, esp. hazelnuts, walnuts  
pears

## **CHEESE, ASIAGO**

almonds  
bacon  
figs

Since **cheese** is a near-perfect food, I sometimes look for the few nutrients missing in cheese that can be found in other foods. The two essential nutrients



that cheese does not provide are vitamin C and fiber. This recommends fruits especially — and makes a great start to the day: cheese, some high-fiber vitamin C-rich fruit, some whole grain organic bread, and coffee. The breads I prefer with cheese are usually neutral flavored, though I fully appreciate the nutty or herbed or fruity breads as natural partners for cheeses. The main reason I prefer neutral flavors in my breads is because I don't want to meddle with the flavors in the cheeses themselves. I'm kind of a purist on that! Usually, the softer the cheese, the harder the bread — to an extent. And high-pectin, high-fiber fruits [e.g., apples, pears, apricots, plums, nectarines, peaches, figs] make natural accompaniments for many, many cheeses.

Which cheeses? My faves with my espresso to which I add a little unfiltered raw honey would be the pressed sheep milk cheeses: Ossau Iraty, Roncal, Zamorano, Berkswell, Spenwood, Trade Lake Cedar, Vermont Shepherd, manchego, or Pecorino Foglie Noce. But I'm happy with whatever is looking good, and preferably the harder aged cheeses: sheep, goat, or cow.

— **MAX McCALMAN**, ARTISANAL CHEESE CENTER (NEW YORK CITY)

With aged or strong **cheese**, you need something fruity or sweet to contrast with the strong flavor. Pecorino is very strong, so you need something sweet with it. With an aged or hard cheese, I like to serve some chestnut honey, a fruit jam, or watermelon confiture. If I have some aged goat cheese, I like a *mostarda* [Italian mustard fruit]. With sharper cheese, I also like a nice sweet wine, especially an Italian Passito. With fresh young cheese, I simply like some good bread. Chestnut honey, while good with aged cheese, does not work with a young cheese.

— **ODETTE FADA**, SAN DOMENICO (NEW YORK CITY)

Honey, jam, and *mostarda* go great with **cheese**. Most honey works best with younger cheeses and soft-ripened cheeses, especially if they have a chalky quality to them. I love mountain Gorgonzola with chestnut honey; it is crazy! In Italy, we call jam a *confitura* or *marmalata*. I like it with saltier cheeses like Parmesan, or with more assertive cheeses. *Mostarda* is made of fruits cooked in a white wine mustard syrup until they are candied. So, you have a sweet candy effect with the spicy mustard. It goes with any savory firm cheese, and particularly well with pecorino and Taleggio.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

grapes  
Italian cuisine  
pasta

potatoes  
salads

## **CHEESE, AZEITAO**

foie gras

## **CHEESE, BLUE (See also Gorgonzola, Roquefort, Stilton, etc.)**

almonds  
**apples**  
beef  
bread, esp. with nuts and/or raisins  
**celery**  
chestnuts, roasted  
cream cheese  
dill  
figs, esp. with Gorgonzola  
garlic  
hazelnuts  
**HONEY**, esp. chestnut or tupelo  
mustard, Dijon  
pasta  
**PEARS**, esp. with Stilton  
port  
potatoes  
salt, kosher  
sour cream  
steaks  
vinegar, white wine  
**walnut bread**  
walnuts, esp. with Stilton  
walnuts, candied  
watercress

## **CHEESE, BRIE**

almonds  
apples  
bread, esp. French

cherries  
chicken

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## Dishes

**Baked Blue Cheesecake Mousse with Rhubarb Compote and Celery Confit**  
— Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Bruschetta with Burrata Cheese, Caponata, and Fava Bean Puree** — Hiro Sone, Terra (St. Helena, California)

A wonderful combination I discovered recently that surprised me was **Azeitao cheese** with foie gras.

— MAX McCALMAN, ARTISANAL CHEESE CENTER (NEW YORK CITY)

I like **blue cheese**, either Roquefort or Stilton, served simply with a walnut bread and a glass of port.

— GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

In general, the more intense a **blue cheese** is in its own right, the lighter and more delicate the honey you'll want to pair it with. I like Colorado star thistle honey [which is creamy, with cinnamon notes].

— ADRIAN MURCIA, CHANTERELLE (NEW YORK CITY)

crudités (e.g., raw carrots, celery)

dates

fennel

figs

French cuisine

nuts

melon

onions

pears

pistachios

strawberries

white wine

## CHEESE, BURRATA

beans, fava

bread

garlic

Italian cuisine

olive oil  
peaches  
pesto  
plums  
salt, esp. sea  
tomatoes  
vincotto (cooked wine)

## **CHEESE, CABRALES**

**figs**  
**grapes, esp. red**  
ham, Serrano  
honey  
pears  
salads  
steak

## **CHEESE, CAMEMBERT**

arugula  
fruit, fresh  
grapes  
lettuces (e.g., baby greens)  
melon  
nuts  
olive oil  
pears  
pecans  
plums  
salads  
strawberries  
vinegar: balsamic, sherry

## **CHEESE, CHEDDAR**

**APPLES**  
bacon  
brandy, apple, e.g., Calvados  
**bread, esp. French, pumpernickel, or whole wheat**

butter, unsalted  
cayenne  
chutney, Indian  
**cider**  
cream  
dates  
egg dishes  
fennel  
garlic  
grapes  
hamburgers  
honey, esp. fruit (e.g., blueberry, raspberry)  
mirepoix, esp. for soup  
*mostarda* (mustard fruits)  
nuts  
oil, vegetable  
paprika  
pasta, esp. macaroni  
pears and pear paste  
pecans  
pepper, black  
potatoes  
quince paste  
stock, chicken  
thyme  
walnuts

## **CHEESE, COLBY**

apples  
bacon  
beer  
bread, rye  
cider, apple  
onions  
pears  
potatoes

## **CHEESE, COMTÉ**

ham  
hazelnut oil  
greens, salad

Cheddar is a particularly friendly **cheese** to food pairing partners.

— **ADRIAN MURCIA**, CHANTERELLE (NEW YORK CITY)

## **CHEESE, COW'S MILK — IN GENERAL**

cherries  
fruits, stone (e.g., apricots, cherries, nectarines, peaches, plums, etc.)  
melons

## **CHEESE, CREAM (See Cream Cheese)**

## **CHEESE, EMMENTAL**

bacon  
bread, rye, esp. lighter  
potatoes

## **CHEESE, ÉPOISSES**

cherries  
marmalade, citrus  
pears

## **CHEESE, EXPLORATEUR**

pomegranate

## **CHEESE, FETA**

bell peppers, red  
**bread: olive, pita**  
cheese, ricotta  
chickpeas  
dill  
Eastern Mediterranean cuisine  
eggplant  
figs  
garlic

grapes  
Greek cuisine  
honey  
lamb  
lemon  
meats, grilled  
**mint**  
olive oil  
**olives: black, Greek**  
onions, red  
pasta  
pepper, black  
sage  
salads  
sauces  
shrimp  
spinach  
thyme  
vinegar, red wine  
walnuts  
watermelon  
zucchini

**Flavor Affinities**

feta cheese + chicken + mint  
feta cheese + roasted red bell peppers + mint  
feta cheese + salad greens + mint

**CHEESE, FONTINA**

chutney  
endive  
fondue  
fruit, fresh  
grapes  
*mostarda* (mustard fruits)  
pears  
plums  
salads  
sandwiches

walnuts

## **CHEESE, FROMAGE BLANC**

cranberries, sweetened  
figs

## **CHEESE, GARROTXA**

figs

## **CHEESE, GOAT'S MILK — IN GENERAL**

almonds  
honey  
nuts  
oil, walnut  
olive oil  
olives  
pepper, black  
pomegranate  
thyme

I enjoy the combination of cherries with Lancashire [a premier English cow's milk **cheese**].

— MAX McCALMAN, Artisanal Cheese Center (New York City)

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## **Dishes**

**Goat Cheese Tortelloni with Dried Orange and Wild Fennel Pollen** — Mario Batali, Babbo (New York City)

**Rich Goat's Milk Cheesecake with Blossom Honey Ice Cream, Fuyu Persimmons, and Huckleberries** — Elizabeth Dahl, pastry chef, Naha (Chicago)

**Mixed Green Salad with Coach Farm's Triple Crème Goat Cheese, Toasted Pumpkin Seeds, and Apple Cider Vinegar** — Gabriel Kreuther, The Modern (New York City)

**Goat Cheese Salad: Braised Fennel, Toasted Hazelnuts, Orange, and Extra-Virgin Olive Oil** — Alfred Portale, Gotham Bar and Grill (New York City)



## **CHEESE, GOAT — FRESH (e.g., chèvre)**

### **almonds**

apples, esp. green

apricots, esp. dried

### **basil**

beets

**bell peppers:** green, esp. **red**

blackberries

**bread,** esp. French or with nuts, olives, and/or raisins, whole wheat

broccoli

butter

cauliflower

cheese: Parmesan, ricotta

**cherries,** sour or sweet

chervil

### **chives**

cinnamon

cranberries, esp. dried

### **cream**

dates

eggs

### **fennel**

### **fennel seeds**

### **figs**

### **garlic**

grapes

greens, salad, esp. arugula

herbs

### **honey**

I enjoy pomegranate with my Ibores [a Spanish goat's milk **cheese**].

— MAX McCALMAN, ARTISANAL CHEESE CENTER (NEW YORK CITY)

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## **Dishes**

### **Almond-Infused Goat's Milk Cheesecake**

— Carrie Nahabedian, Naha (Chicago)

### **Mediterranean “Greek Salad” of Mt. Vikos Feta, Kalamata Olives, Plum Tomatoes, Cucumbers, Torn Mint and Oregano, Warm Feta Cheese**

## “Turnover”

— Carrie Nahabedian, Naha (Chicago)

I will pair thyme with **goat cheese** and cherries.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

If you are going to make a dessert with cheese, you want it to be a softer cheese.

I make a **goat cheese** cake with berries and for that I use a milder goat cheese.

Goat cheese and lemon work really well together, because the acidity of the lemon juice cuts the fat of the goat cheese.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

I like strawberries with my Loire Valley **chèvres**.

— MAX McCALMAN, ARTISANAL CHEESE CENTER (NEW YORK CITY)

### **LEMON, juice**

milk

**mint**

nutmeg

nuts

oil, sesame

**olive oil**

**olives**

onions, esp. green, Spanish, or Vidalia

**orange: juice, zest**

parsley, flat-leaf

pasta

pears: dried, fresh

pecans

**pepper: black, white**

pesto

pine nuts

pistachios

port

potatoes

raspberries

red pepper flakes

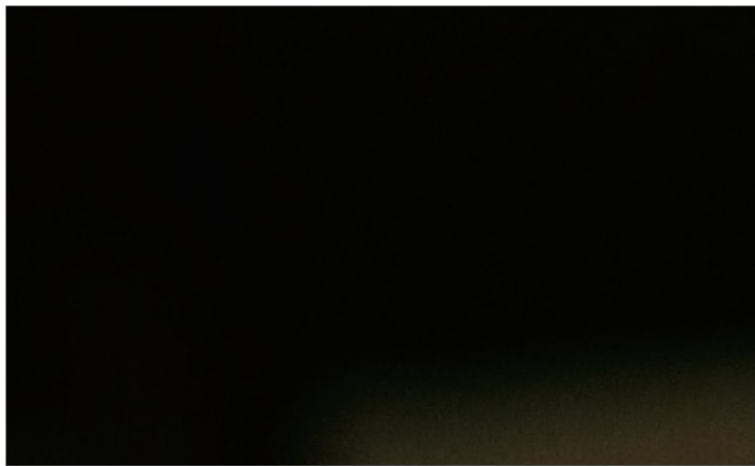
rosemary

rum, esp. light

sage

salami

salt, sea  
shallots  
sour cream  
star anise  
**strawberries**  
sugar: brown, white  
thyme  
vegetables, raw  
vinegar, cider  
tarragon  
thyme  
tomatoes and tomato jam  
vanilla  
**vinegar: balsamic, sherry**  
**walnuts**



### **Flavor Affinities**

goat cheese + almonds + honey + pears  
goat cheese + cherries + thyme  
goat cheese + fennel seeds + orange zest + pasta  
goat cheese + honey + persimmons  
goat cheese + pancetta + shallots

Some enjoy the combination of chocolate and cheese. If the idea intrigues you, I recommend trying a good dark chocolate with an aged Alpine cheese [a style native to the French and Swiss Alps, of which **Gruyère** is one of the most famous], such as Hoch Ybrig, Appenzeller, or Prattigauer.

— **MAX McCALMAN**, ARTISANAL CHEESE CENTER (NEW YORK CITY)

Swiss mountain cheeses [e.g., Appenzeller, Comté, **Gruyère**] are a cheese

snob's Holy Grail of cheeses. Their "cooked milk" character makes them great with dark, cooked fruit preserves such as fig preserves. They also go well with oloroso sherry, which has its own dark, cooked fruit flavors.

— **ADRIAN MURCIA**, CHANTERELLE (NEW YORK CITY)

## **CHEESE, GORGONZOLA**

**apples**

brandy

**cherries: sour, sweet**

cognac

corn

cream

*dulce de leche*

**figs**

grapes

**honey, esp. chestnut**

Italian cuisine

mint

nuts

olive oil

pasta

**PEARS**

pistachios

pomegranate

prosciutto

salads (e.g., spinach)

sugar

thyme

**WALNUTS**

wine, sweet

**Flavor Affinities**

Gorgonzola + mint + walnuts

## **CHEESE, GOUDA**

**apples**, esp. with aged and/or smoked cheese

apricots

cherries, esp. with young cheese

melon

mushrooms  
peaches, esp. with young cheese  
pears, esp. with aged or smoked cheese  
spinach

## **CHEESE, GRUYÈRE**

**apples**  
arugula  
bread  
cherries  
chicken  
chocolate, dark, esp. with aged Gruyère  
fondues  
**garlic**  
ham  
hazelnuts  
onions  
soufflés  
soups, esp. onion  
spinach

I enjoy raspberries with my **Hoja Santa**, with a little mint thrown in.  
— **MAX McCALMAN**, ARTISANAL CHEESE CENTER (NEW YORK CITY)

Swiss cuisine  
thyme  
walnuts

## **CHEESE, HOJA SANTA**

mint  
raspberries

## **CHEESE, JACK**

almonds  
figs  
pears  
pecans  
prunes

quince paste  
walnuts

## **CHEESE, MAHON (aged Spanish cheese)**

quince paste

## **CHEESE, MANCHEGO**

**ALMONDS**, esp. roasted Spanish

**anchovies**

bell peppers, roasted

**bread, esp. crusty and fig or other fruit bread**

figs and fig cake

**ham, Serrano**

olive oil

**olives, green or black Spanish**

onions, esp. caramelized

parsley

peppers, piquillo

plum paste

**\*QUINCE PASTE**

salads

Spanish cuisine

tomatoes

**Flavor Affinities**

manchego cheese + almonds + quince paste

## **CHEESE, MASCARPONE (See Mascarpone)**

## **CHEESE, MONTEREY JACK**

chicken

enchiladas

fresh fruit

## **CHEESE, MOZZARELLA**

anchovies

**BASIL**

bell peppers, roasted  
**garlic**  
Italian cuisine  
meats, cured (e.g., salami)  
**olive oil**

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## **Dishes**

**Mozzarella di Bufala, Eggplant Agrodolce, Artichoke con Pesto** — Andrew Carmellini, A Voce (New York City)

**olives**  
oregano  
pancetta  
pasta  
**pepper, black**  
pizza  
**prosciutto**  
radicchio  
rosemary  
sage  
**salt: kosher, sea**  
sopressata  
spinach  
**\*TOMATOES**  
tomatoes, sun-dried  
truffles, black  
vinegar: balsamic, red wine

### **Flavor Affinities**

mozzarella cheese + basil + olive oil + tomatoes  
mozzarella cheese + olives + prosciutto



## **CHEESE, MUENSTER**

apples  
bread, crusty  
caraway seeds  
cherries  
fennel  
**grapes**

## **CHEESE, PARMESAN**

basil  
beans, fava  
carpaccio  
**dates**  
fennel  
**figs**  
fruits, stone  
garlic  
grapes  
honey, esp. chestnut  
**ITALIAN CUISINE**  
melon  
mushrooms  
**olive oil**  
**PASTA**



pears  
pizza  
**prosciutto**  
**risottos**  
thyme  
**vinegar, balsamic**, esp. aged  
**walnuts**

## **CHEESE, PECORINO**

bacon  
bell peppers, roasted  
duck confit  
grapes  
greens, salad  
**honey, chestnut**  
lemon, juice  
*mostarda* (mustard fruits)  
olive oil  
pasta  
**pears**  
pepper, white  
**prosciutto**  
ricotta cheese  
sopressata  
**vinegar, balsamic**, esp. aged  
walnuts

## **CHEESE, PIAVE**

cured meats

## **CHEESE, PROVOLONE**

**figs**  
grapes  
Italian cuisine

**Piave cheese** works with an array of different cured meats.

— MAX McCALMAN, ARTISANAL CHEESE CENTER (NEW YORK CITY)

If you open my refrigerator at home, you will always find a piece of cheese! I

love many cheeses, but there will definitely be a piece of **Parmigiano-Reggiano**. It never goes bad and is so versatile. I can cut a piece off to go with a glass of Prosecco as an apéritif, serve it after dinner with red wine, slice a piece for a sandwich, or grate it over some pasta.

— **ODETTE FADA**, SAN DOMENICO (NEW YORK CITY)

I was in Parma, Italy, in a restaurant and out came my glass of Prosecco followed by the server cutting off hunks of **Parmigiano-Reggiano** to serve me. I thought it was a beautiful way to begin! It is a way to leave your world behind, and begin your meal.

— **HOLLY SMITH**, CAFÉ JUANITA (SEATTLE)

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## Dishes

**Parmesan Broth with Prosciutto and Peas, Scallion Parmesan Flan** — Sanford D'Amato, Sanford (Milwaukee)

### Gina DePalma of New York's Babbo on Babbo's Cheese Plate

At Babbo, I oversee the cheese selection, which has seven choices. The biggest challenge with Italian cheese is that there are so many “superstars” that you just can't *not* offer them. So, in the seven slots we have many standard choices but they are amazing: • **Parmigiano-Reggiano**: This is the “undisputed king of all cheeses” according to Mario [Batali]!

- **Taleggio**: This washed-rind cheese is very wet, has the distinctive orange color, and is gooey. The interior is sweet and the rind is assertive.
- **Gorgonzola Piccante**: This is firmer, bluer, nutty, and just amazing!
- **Coach Farm Goat**: Though it is not from Italy, it is the goat cheese we choose. [Mario Batali's wife's family owns the Coach Farm Dairy.]
- **Robiola**: This is a soft-ripened cheese from Piedmont.
- **Pecorino**: This is a sheep's milk cheese that is nothing like the Pecorino-Romano that you get in your deli to grate over pasta. This is made in many areas around Italy. We may use one from the south or Tuscany or one that is rubbed with tomato or aged underground from another part of the country.
- **The Seventh Cheese**: I play around with the seventh cheese and change it often but a recent favorite is a **Piave**, which is like an English Cheddar. It is from the Veneto along the Piave River.

lime, juice  
olive oil

olives  
pasta (e.g., lasagna)  
pears  
pizza  
prosciutto

## **CHEESE, REBLOCHON**

fennel  
*panforte* (Italian fruit and nut cake)  
pistachios

## **CHEESE, RICOTTA**

almonds  
apricots  
bacon  
basil  
beans, fava  
**berries**  
blueberries  
bread  
**cheese: mozzarella, Parmesan, pecorino**  
cheesecake  
chestnuts  
chives  
chocolate, dark  
cinnamon  
coffee / espresso  
cream  
dates  
egg dishes (e.g., frittatas, omelets)  
figs, esp. dried  
fruits, dried  
garlic  
hazelnuts  
herbs  
**HONEY**, esp. chestnut, eucalyptus, or lavender  
Italian cuisine  
**lemon, esp. juice, zest**

mace  
mascarpone  
nutmeg  
**olive oil**  
orange, esp. juice, zest  
**parsley, flat-leaf**  
pasta  
**pepper, black**  
pine nuts  
prosciutto  
Prosecco  
prunes  
raisins  
**raspberries**  
rum, esp. dark  
**salt, kosher**  
sorrel  
spinach  
strawberries  
**sugar**  
tapenade  
tarragon  
tomatoes  
vanilla  
vinegar, balsamic  
**walnuts, esp. candied or toasted**  
wine, red, sweet

### **Flavor Affinities**

ricotta + bread + honey + Prosecco

On our brunch menu with our corn and saffron pancakes, we serve fresh **ricotta** to be used instead of butter.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

## **CHEESE, ROQUEFORT**

butter, unsalted  
cognac  
cream  
figs

honey  
leeks  
oil, walnut  
**pears**  
pepper  
potatoes, creamer  
salt  
vinaigrette  
**walnuts**  
wine: red, SAUTERNES

**Flavor Affinities**

Roquefort cheese + figs + pears

**CHEESE, SHEEP'S MILK — IN GENERAL**

**almonds**  
apricots  
bread, esp. olive  
ham, esp. Serrano  
honey  
nuts  
**olive oil**  
**olives**  
*panforte*  
pepper, black  
quince paste

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**Dishes**

**Bruschetta with Favas and New York State Ricotta** — Mario Batali, Babbo (New York City)

**Sheep's Milk Ricotta Ravioli with Heirloom Tomato, Arugula, Vin Cotto** — Andrew Carmellini, A Voce (New York City)

**Ricotta and Robiola Cheesecake with Figs and Raspberries** — Gina DePalma, pastry chef, Babbo (New York City)

**Corn and Saffron Pancakes with a Spicy Poached Pear and Fresh Ricotta** — Brad Farmerie, Public (New York City)

**Bellwether Farms Ricotta Fritters with Cara Cara and Blood Orange**

**Compote, Vanilla Crème Anglaise** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Ricotta Gnocchi with Fava Beans, Sage, and Lemon Oil** — Judy Rodgers, Zuni Café (San Francisco)

I'm a fan of apricot with Berkswell [an English **sheep's milk cheese**].  
— MAX McCALMAN, Artisanal Cheese Center (New York City)

## **CHEESE, SPANISH (See Cheese: Cabrales, Manchego)**

### **CHEESE, STILTON**

apples  
dates  
honey  
pears  
pecans  
**port**  
salads  
sauces  
**walnuts**

### **CHEESE, SWISS**

asparagus  
bread, esp. pumpernickel  
grapes  
ham  
pears

### **CHEESE, TALEGGIO**

hazelnuts  
*mostarda* (mustard fruits)  
pears

### **CHEESE, TRIPLE CRÈME**

cherries  
figs  
hazelnuts

herbs  
honey  
*mOstarda* (mustard fruits)  
nut bread  
olives  
pears  
vegetables, roasted  
walnuts

## **CHEESE, VACHERIN**

cherries  
hazelnuts

## **CHEESE, VALDEON**

meats: cured, smoked  
steak

## **CHEESE, VERMONT SHEPHERD**

almonds  
apples  
fennel

## **CHERRIES — IN GENERAL**

**Season:** late spring–late summer  
**Taste:** sweet  
**Weight:** light–medium  
**Volume:** moderate  
**Techniques:** flambé, poach, raw, stew  
allspice  
**ALMONDS**  
amaretto  
**apricots**  
**Armagnac**  
bourbon  
**brandy**  
butter, unsalted  
buttermilk

cake  
**caramel**  
cassis  
**cheese: Brie, goat, ricotta**  
cherries, dried  
**CHOCOLATE, ESP. DARK, WHITE**  
**cinnamon**  
cloves  
**coconut**  
coffee / espresso  
**cognac**  
coriander  
**CREAM AND ICE CREAM**  
cream cheese  
**crème fraîche**  
crust: pastry, pie  
currants, red  
**custards** (e.g., crème caramel, flan, etc.)  
**duck**  
fennel  
figs  
game birds  
garlic  
ginger  
goose  
**Grand Marnier**  
hazelnuts  
honey  
ice cream, vanilla  
**\*KIRSCH**  
**LEMON: juice, zest**  
lime, juice  
liqueur: almond, orange  
mascarpone  
meats, fatty, esp. roasted  
melon  
meringue  
nectarines  
nuts



oats  
orange: juice, zest  
pâté  
peaches  
pecans  
pepper: black, green  
pistachios  
plums  
pork  
port, esp. ruby  
poultry, fatty, esp. roasted  
quince  
raspberries  
rice pudding  
rose hips  
rum  
sage, esp. with tart cherries  
salads  
salt  
sour cream  
stocks: chicken, duck, veal

**SUGAR**

**VANILLA**

vermouth, sweet  
**vinegar:** balsamic, ice wine, red wine  
vodka  
walnuts

**WINE: dry red (e.g., Bordeaux, Merlot), sparkling wine/Champagne**  
yogurt

**Flavor Affinities**

cherries + almonds + cream + kirsch + vanilla  
cherries + chocolate + walnuts  
cherries + coconut + custard  
cherries + coffee + cream  
cherries + goat cheese + ice wine vinegar + black pepper + thyme  
cherries + honey + pistachios + yogurt  
cherries + mint + vanilla  
cherries + orange + sugar + dry red wine

cherries + sweet vermouth + vanilla

Cherries can stand up to a lot of flavors. They have more juice to them as well as complexity. Almonds go with cherries. Dark chocolate actually goes better with cherries than it does raspberries, and white chocolate works with cherries as well.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)



If you have perfect ingredients in the summertime, you don't have to do much to them. With our perfect **cherries** [Michigan, while at Tribute restaurant], we halved them, sprinkled them with sugar, and heated them with a blowtorch so that they were just warmed through. The slightly caramelized sugar made a huge difference in the flavor. I used a goat cream cheese worked to a texture similar to mascarpone cheese, which I shaped into quenelles. Served alongside were some ice wine vinegar caramel sauce and a crispy crepe. Before serving, I added individual thyme leaves and a crack of black pepper. These are all really classic flavors, especially the cheese with black pepper and cherries.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

I was reading an old Fannie Farmer cookbook from the late 1800s about making **cherry** jam. In the recipe, they would take the cherry pits and crush them. I thought it was crazy but tried it. When you take cherry pits and crush them, it gives you an almond flavor. I made some pickled sour cherries with the crushed pits in cheesecloth with the pickling liquid and I got this great almondy flavor that went deep inside the cherries.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

I like to let them shine on their own. But I do really like **cherries** and grappa.

Mario [Batali] has a home in Michigan and he brought me back a case of cherries. They were so perfect I just macerated them in grappa and torn mint leaves. I served them in a bowl with a dollop of mascarpone. Cherries also work well with mint.

— GINA DEPALMA, BABBO (NEW YORK CITY)

I loved **cherries** so much growing up that I would climb up our cherry tree and eat as many as I could. Then I would realize I didn't know how to get back down and would cry until the neighbors would get me down. I still love cherries and especially in cherry pie or a *clafoutis*. Cherries work well with vanilla or poached in red wine, but I like to keep them as simple as possible.

— GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

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## Dishes

**Cherry-Almond Blancmange over Frangipane and Crème Fraîche Soup** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Warm Black Garnet Cherry–Rhubarb Pie with Almond Butter Crunch Ice Cream** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Black Garnet Cherries, Strawberries, Pistachios, Marshall Farms Honey, Straus Organic Whole Milk Yogurt** — Emily Luchetti, pastry chef, Farallon (San Francisco)

## CHERVIL

**Season:** spring–autumn

**Weight:** delicate, soft-leaved

**Volume:** very quiet

**Tips:** Always use chervil fresh, not cooked.

### **asparagus**

basil

beans, esp. fava, green

beets

bouquet garni (key ingredient)

### **carrots**

cheese, ricotta

chicken

### **chives**

crab

cream

cream cheese

dill

**eggs and egg dishes**

fennel

fines herbes (key ingredient, along with chives, parsley, tarragon)

**fish**

French cuisine

game birds

halibut

*herbes de Provence* (typical ingredient, along with basil, fennel, marjoram, rosemary, sage, summer savory, and thyme)

leeks

lemon, juice

lemon thyme

lettuce

lobster

marjoram

mint

mushrooms

mustard

**parsley**

**peas**

potatoes

poultry

One thing chervil has going for it is its looks. **Chervil** is so cute, it is adorable! You can very carefully make little tiny brushes of them and put them around the plate. Not only does it taste good, but it says to the people eating the dish that you are taking care of them.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

Provençal cuisine

**salads**, esp. potato, and salad dressings

sauces, esp. creamy

scallops

shallots

**shellfish**

sole

**soups, esp. creamy**

spinach  
squash  
**tarragon**  
thyme  
**tomatoes and tomato sauces**  
veal  
vegetables  
venison  
vinaigrettes  
vinegar  
watercress

### **Flavor Affinities**

chervil + chives + fish + parsley  
chervil + chives + parsley + tarragon (fines herbes)

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## **Dishes**

**Chestnut Spice Cake with Mascarpone Cream** — Gina DePalma, pastry chef, Babbo (New York City)

### **Chestnut Sugar Tart, Crème Fraîche**

— Johnny Iuzzini, pastry chef, Jean Georges (New York City) I like to take one ingredient and see how much I can do with it. I made a frozen chestnut semifreddo with bits of candied **chestnuts**. This was then set on an orange-soaked chestnut sponge cake, next to a chestnut wafer and chestnut paste. I needed a complementary flavor, and I have always liked the combination of pear and chestnut. They both have a richness but depending on how the pear is handled, it can add freshness and acidity. I roasted the pear in sugar, butter, and ice wine vinegar and finished it in the oven until soft. The pear was then diced tartare-like and had orange confit added. The juices from the pear were the only sauce.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

**Chestnuts** have a bursty flavor and they work with chocolate and pears. You have to combine them with earthy flavors. If you paired chestnuts with berries, they would just get lost.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## **CHESTNUTS**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** quiet–moderate

**Techniques:** boil, candy, grill, puree, raw, roast

**APPLES: CIDER, FRUIT, JUICE**

Armagnac

bacon

bay leaf

brandy

**Brussels sprouts**

**butter, unsalted**

caramel

cardamom

**celery**

celery root

celery seeds

cheese, ricotta

chicken (accompaniment)

**chocolate**, esp. dark or white

cinnamon

cloves

coffee

cognac

**CREAM OR MILK**

crème fraîche

desserts

duck

**fennel**

**fennel seeds**

figs

game (accompaniment)

ginger

ham

**honey, esp. chestnut**

Italian cuisine, esp. Tuscan

**lemon, juice**

lentils

maple syrup

mascarpone

meats

**mushrooms: cepes/porcini**

nutmeg

olive oil

**onions**

orange

pasta

pears

**pepper: black, white**

plums

pork (accompaniment)

poultry (e.g., chicken, turkey)

prosciutto

prunes

raisins

raspberries

risotto

**rum**

sage

**salt, sea**

sauces

sausages

shallots

sherry

stews

**STOCK, CHICKEN**

**stuffing (e.g., for poultry)**

**sugar: brown, white**

sweet potatoes

thyme

**vanilla**

wine, esp. sweet Marsala or sherry

**AVOID**

berries

**Flavor Affinities**

chestnuts + apples + cream

chestnuts + bacon + fennel

chestnuts + crème fraîche + sugar

chestnuts + orange + pear

## CHICKEN

**Function:** heating

**Weight:** medium

**Volume:** quiet

**Techniques:** bake, braise, broil, deep-fry, grill, poach, roast, sauté, steam, stew, stir-fry

allspice

almonds

anise

apples

apricots, dried

artichokes

avocadoes

**bacon**

bananas

**BASIL:** regular, cinnamon

**BAY LEAF**

beans: red, white

beer

bell peppers: red, green, yellow

bouquet garni

brandy, esp. apple (in sauce)

bread crumbs or *panko*

**BUTTER, UNSALTED**

buttermilk

Calvados

capers

cardamom

**CARROTS**

cashews (e.g., Indian cuisine, etc.)

cauliflower

cayenne

celery

celery root

celery seeds

chard



**cheese:** Asiago, blue, Comté, Emmental, Fontina, Parmesan  
chervil  
chicken livers  
chickpeas  
**chile peppers:** dried red (e.g., chipotle), fresh green (e.g., jalapeño)  
chives  
cider  
**cilantro**  
**CINNAMON**  
cloves  
coconut milk (e.g., Indian cuisine, etc.)  
coriander  
corn  
cranberries: dried  
**cream** (e.g., French, Indian cuisine, etc.)  
**crème fraîche**  
cumin  
currants  
curry leaves (e.g., Indian cuisine)  
**curry powder**  
curry sauce  
daikon  
dates  
dill  
dumplings  
endive  
escarole  
fenugreek  
figs  
fines herbes (i.e., chervil, chives, parsley, tarragon)  
fish sauce, Thai  
five-spice powder  
galangal  
garam masala (e.g., Indian cuisine)  
**GARLIC**  
**GINGER:** fresh, ground  
Grand Marnier  
grapefruit, juice  
grapes and grape juice

greens  
guava  
ham  
hazelnuts  
hoisin sauce

Red beans and rice with andouille sausage is my favorite! When we opened up after the hurricane [Katrina] and were serving on paper plates, I made a roasted Tabasco **chicken** served with dirty rice, with the sausage stuffed in a bell pepper alongside red bean puree. For another dish, I was inspired by a diner down the street from us that had chicken and waffles on the menu, which is an old Southern dish. My take is to make a savory waffle and to add Boursin cheese with lots of herbs. Then I pair it with chicken thighs braised in a *coq au vin blanc* and serve it with spinach. The dish is simple, but I just love the flavors.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)



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## **Dishes**

**Taquitos de Pollo: Crispy Taquitos Filled with Chicken and Poblanos, with Homemade Sour Cream, Salsa Verde, Añejo Cheese, and Guacamole — Rick Bayless, Frontera Grill (Chicago)**

**Chicken Braised in Black Pepper Gravy with Summer Root Vegetables, Hen o' Woods Mushrooms, and Rosemary Cream Biscuits — Jeffrey Bubben, Vidalia (Washington, DC)**

**Hoffman Ranch Breast of Chicken with Chanterelles and Thyme Jus — Traci Des Jardins, Jardinière (San Francisco)**

**Chicken Tagine with Olives, Preserved Lemons, and Green Peas — Lahsen**

Ksiyer, Casaville (New York City)

**Half a Chicken Cut in Pieces and Braised in a Tequila–White Vinegar Sauce with Green Olives, Golden Raisins, and Almonds** — Zarela Martinez, Zarela (New York City)

**“Southern Fried” Chicken Salad, Roasted Sweet Corn, Candied Pecans, Shaved Red Onions, and Buttermilk Ranch Dressing** — Carrie Nahabedian, Naha (Chicago)

**Balsamic-Caramel Chicken with Broccoli and Walnuts** — Monica Pope, T’afia (Houston)

**Roast Chicken Breast with Wild Mushrooms, Creamy Polenta, and White Truffle Oil** — Alfred Portale, Gotham Bar and Grill (New York City)

**Boneless Chicken Breast in Peruvian Adobo Roasted in Our Wood-Burning Oven, Pumpkin and Mango Sauce, Ripe Plantain, and Eggplant Puree** — Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Apricot Curry Chicken Salad with Fennel, Cilantro, and Dried Fruit** — Charlie Trotter, Trotter’s to Go (Chicago)

**Lemon-Ghee Marinated and Grilled Specialty Chicken Breast with Roasted Garlic and Cashews** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

**Roasted Chicken with Green Olive, Coriander, and Ginger Sauce** — Jean-Georges Vongerichten, Jojo (New York City)

**honey**

kale

**leeks**

**LEMON:** juice, zest

lemongrass

lime, juice

mangoes

maple syrup

marjoram

**mayonnaise**

mint

mirepoix

molasses

**MUSHROOMS:** cultivated or wild (e.g., cepes, chanterelles, morels, portobello, shiitake, white)

**mustard:** Dijon, dry, yellow

mustard seeds

nutmeg

nuts: cashews, peanuts

**OIL:** canola, grapeseed, hazelnut, **peanut**, safflower, sesame, vegetable

**OLIVE OIL**

**OLIVES:** black, green, kalamata, niçoise

**ONIONS:** cipollini, pearl, red, Spanish, spring, sweet

orange: juice, zest

oregano

pancetta

**paprika**

**PARSLEY, FLAT-LEAF** (garnish)

parsnips

peaches

peanuts

pears

peas: black-eyed, green

**PEPPER: BLACK, PINK, WHITE**

pesto

pine nuts

polenta (accompaniment)

pomegranates and pomegranate molasses

poppy seeds

**potatoes** (accompaniment)

prosciutto

prunes

raisins

red pepper flakes

rice

**ROSEMARY**, fresh

saffron

sage

**SALT:** *fleur de sel*, kosher, sea

sauces, Mornay

sausages, esp. spicy (e.g., andouille)

savory

scallions

sesame seeds

**shallots**

sherry, dry (e.g., manzanilla)

sour cream

soy sauce

spinach

star anise

**STOCKS:** chicken, veal

sugar: brown, white (pinch)

sweet potatoes

Tabasco sauce

**TARRAGON**

**THYME, FRESH**

**TOMATOES AND TOMATO PASTE**

truffles

turmeric

turnips

vanilla

vermouth

**VINEGAR:** balsamic, Chinese black, cider, red wine, sherry, tarragon,

white wine

waffles

whiskey

**WINE:** dry to off-dry white (e.g., Riesling), dry red, rice, sweet wine,

vermouth

yogurt

**Andrew Carmellini of New York's A Voce on Cooking Chicken as a Two-Part Process — and Applying It to Chicken Cacciatore**

1. *Brining:* Sometimes the older techniques inspire me for deeper flavors. Many of these techniques are overlooked. Take brining, for instance. Brining has been done forever with pork chops and chicken, and for the last five years you have heard about it with turkey. The success of brining is more about the salt and it getting in there and softening the protein strands. It is less about all the other flavoring agents.

If you want to get started in your kitchen, start with a skin-and bone-on chicken breast. Grab some kosher salt, sugar, or honey as I do, some water, and brine the breast for 30 minutes. When you pull it out of the brine, rinse it, dry it, and let it sit in the refrigerator for a couple of hours so the moisture comes out.

You will notice the difference in the texture. The marinated chicken — even if you overcook it — will not be dry. It is the best.

2. *Marinating*: The chicken on my menu right now is brined and then marinated for 24 hours. It is crazy how good the chicken becomes. The marinade is made up of roasted garlic, Sicilian oregano, red pepper flakes, lots of lemon, thyme, and olive oil. We joke that it tastes like Zesty Italian Wish-Bone Dressing. It is so delicious.

The finished dish is served with poached and sautéed artichoke, roasted pepper grilled over wood, fennel, and roasted spring onions. These vegetables are all tossed with pesto, and the dish is finished with a tomato sauce made with foamy tomato water and thyme.

## **Chicken Cacciatore**

We opened up A Voce with chicken cacciatore on our menu and when people heard the name of the dish, they'd just yawn. A lot of times, this dish is just chicken scaloppine with peppers and tomatoes. Ours is a whole different dish: the chicken is on the bone, and brined first, which makes it nice and moist. With it, we serve a homemade peperonata with roasted peppers, onions, garlic, red pepper flakes, rosemary, fresh bay leaf, fresh thyme, and *piment d'Espelette* [a pepper from France with a smoky flavor]. Here is a place where technique plays a role in the flavor: When you roast peppers, the best way to get the skin off is to put them in a bowl covered with plastic wrap and let them steam. When they are done, you are left with the pepper liquid. What we do is cook with that liquid.

To finish this dish, we put a big scoop of the pepper mixture, tomato sauce, garlic puree, onion, red wine vinegar, and fresh bay leaf on the chicken and put it in the oven to roast. The chicken cooks in its own juice then is served with roasted potatoes. It is delicious.

What we are doing is layering the flavors. You have the technique of brining the chicken, elevating the flavor profile of the peppers with the sweetness of the onions and herbs, adding a little heat from the *piment d'Espelette*, and giving body to the sauce from the pepper juice, which is distilled pepper brandy.

### **Flavor Affinities**

chicken + andouille sausage + red beans + rice

chicken + apples + endive + walnuts

chicken + asparagus + ginger

chicken + avocado + bacon + garlic + mayonnaise + tarragon

chicken + basil + cinnamon

chicken + chanterelle mushrooms + rosemary

chicken + cloves + rosemary + yogurt  
chicken + coconut + galangal + shiitake mushrooms  
chicken + coriander + cumin + garlic  
chicken + cream + grapefruit + pink peppercorns  
chicken + cream + morels  
chicken + cumin + garlic + lemon  
chicken + figs + honey + thyme + dry white wine  
chicken + fines herbes + mushrooms + spring onions  
chicken + garlic + lemon  
chicken + garlic + pancetta + sage + thyme  
chicken + mustard + thyme

## **CHICKEN LIVERS (See Liver, Chicken)**

## **CHICKPEAS (aka garbanzo beans)**

**Season:** summer

**Function:** cooling

**Techniques:** simmer

apple cider or juice

basil

bay leaf

bell peppers, esp. red

bread

butter, unsalted

cardamom

**carrots**

**cayenne**

cheese, feta

chicken

chile peppers: dried red, fresh green (e.g., jalapeño)

chives

**cilantro**

cinnamon

cloves

**coriander**

couscous

**cumin, esp. toasted** (e.g., Indian cuisine, etc.)

curry leaves



curry powder  
fennel  
fennel seeds  
garam masala (e.g., Indian cuisine)

**GARLIC**

**ginger**

greens (e.g., chard, spinach)  
ham, Serrano  
hummus (key ingredient)  
Indian cuisine  
Italian cuisine (as garbanzo beans)

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**Dishes**

**Preserved Lemon Hummus; Roasted Red Pepper and Walnut Puree —**  
Monica Pope, T'afia (Houston)

leeks

**LEMON: juice, zest**

lemon, preserved

lemon thyme

Mediterranean cuisine

Mexican cuisine

Middle Eastern cuisine

mint

**OLIVE OIL**

olives, black

**ONIONS: RED, YELLOW**

**paprika, esp. smoked or sweet**

**parsley, flat-leaf**

pasta

**pepper: black, white**

pork

potatoes

prosciutto

raisins

red pepper flakes

rice, esp. basmati (accompaniment)

**rosemary**

saffron

sage  
salads  
**SALT, KOSHER**  
scallions  
sesame seeds  
**shrimp**  
soups  
**spinach**  
squash, winter  
stews  
stocks: chicken, vegetable  
tabbouleh (key ingredient)  
**tahini**  
tamarind  
thyme  
**tomatoes**  
turmeric  
**vinegar, esp. balsamic, red wine, sherry**  
walnuts and walnut oil  
**yogurt (e.g., Indian cuisine)**

**Flavor Affinities**

chickpeas + cayenne + garlic + lemon juice + olive oil + salt + tahini  
chickpeas + cilantro + cumin  
chickpeas + garlic + lemon juice + olive oil + thyme  
chickpeas + garlic + mint  
chickpeas + garlic + olive oil + parsley

**CHICORY (See also Endive; Lettuces — Bitter Greens and Chicories; and Radicchio)**

**Season:** autumn–spring  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** grill, raw  
apples  
bacon  
capers  
**cheese**, esp. Gruyère and/or fresh  
cilantro

crème fraîche  
cumin  
figs  
fish, smoked  
garlic  
ham, Serrano  
lemon  
lettuces  
meats and poultry, richer  
nuts  
olive oil  
paprika, smoked  
parsley  
**prosciutto**  
salads  
salmon, smoked  
watercress

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## **Dishes**

**Chicory Salad with Fall Root Vegetables, Shaved Pear, and Rapeseed-Mustard Vinaigrette** — Daniel Boulud, Daniel (New York City)

## **CHILE PEPPERS — IN GENERAL**

**Season:** summer

**Taste:** hot

**Weight:** light–medium (from fresh to dried)

**Volume:** moderate–very loud (from dried to fresh)

**Techniques:** raw, roast, sauté

**Tips:** Add at the end of the cooking process. The spiciness of chile peppers suggests “false heat.”

Asian cuisine

avocado

bananas

basil

bay leaf

**BEANS, ESP. BLACK, PINTO**

Cajun cuisine

Caribbean cuisine  
cayenne  
cheese: Fontina, goat, mozzarella, Parmesan  
Chinese cuisine  
chocolate  
**CILANTRO**, esp. in Latin American cuisine  
cinnamon  
**coconut and coconut milk**, esp. in Asian cuisine  
coriander  
**corn**  
cumin  
**CURRIES** (key ingredient)  
eggplant  
fennel  
**fish sauce**, esp. in Asian cuisine  
fruit, esp. citrus  
**GARLIC**  
**GINGER**, esp. in Asian cuisine  
**Indian cuisine**  
ketchup  
Latin American cuisine  
lemon, juice  
**lemongrass**  
lentils  
**LIME, JUICE**  
mangoes  
marjoram  
**\*MEXICAN CUISINE**  
mole sauces  
mushrooms  
mustard  
olive oil  
olives  
**onions**  
oregano  
Pakistani cuisine  
parsley, flat-leaf  
peanuts, esp. in Asian cuisine  
pineapple

**rice**

rosemary

saffron

salads, esp. bean

salsas and other sauces

seafood

sesame and sesame oil, esp. in Asian cuisine

shallots

Southwestern American cuisine

soy sauce

stews

sweet vegetables (e.g., beets, carrots, corn)

**\*THAI CUISINE**

thyme

**tomatoes and tomato sauces**

verbena

**vinegar: balsamic, red wine, sherry**

yogurt

**Flavor Affinities**

chile peppers + cilantro + lime



**CHILE PEPPERS, ANAHEIM**

**Taste:** hot, sweet

**Weight:** medium

**Volume:** very quiet–loud

salads

salsas

stuffed peppers

**CHILE PEPPERS, ANCHO (dried poblanos)**

**Taste:** hot, sweet  
**Weight:** medium  
**Volume:** quiet–loud  
cashews  
chili  
**saucés, esp. mole**  
soups  
turkey

## **CHILE PEPPERS, CHIPOTLE (dried, smoked jalapeño peppers)**

**Taste:** very hot, smoky  
**Weight:** medium  
**Volume:** moderate–very loud  
avocado  
beans  
Central American cuisine  
**chicken**  
**chili**  
chocolate  
**cilantro**  
game  
garlic  
lemon, juice  
lime, juice  
mayonnaise  
**Mexican cuisine**  
molasses  
olive oil  
onions  
orange, juice  
**paprika**  
pork  
rice  
**salsas and saucés**  
salt, esp. kosher  
**soups**  
**stews**  
sugar

Tex-Mex cuisine  
**tomatoes**  
**vinegar, white**

## CHILE PEPPERS, GUAJILLO

**Taste:** hot  
**Weight:** medium  
**Volume:** moderate–loud  
eggs  
jicama  
lime  
pork  
sauces  
soups  
stews  
tomatoes

## CHILE PEPPERS, HABANERO

**Taste:** very hot, sweet  
**Weight:** medium  
**Volume:** very loud+  
fish (e.g., snapper)  
lemon, juice  
onions  
pork  
salsas and sauces  
sugar

## CHILE PEPPERS, JALAPEÑO

**Taste:** very hot  
**Weight:** medium  
**Volume:** very loud

I have made a red-hot apple gelée that was a garnish to a *panna cotta*, taking apple cider and infusing it with cinnamon and **jalapeño chile** — which ended up tasting like red-hot candy. I like using fresh jalapeños in an infusion, or an *espelette* as a finishing note. I also love the idea of chipotle chile paired with chocolate ice cream.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

cheese  
cinnamon  
lemon, juice  
olive oil  
onions, white  
**salsas and sauces**  
salt, sea  
**soups**

## **CHILE PEPPERS, PASILLA (dried chilacas)**

**Taste:** hot  
**Weight:** medium  
**Volume:** quiet–loud  
**mole**  
sauces

## **CHILE PEPPERS, PIMENTS D'ESPELETTE**

**Taste:** hot  
**Weight:** medium  
**Volume:** quiet–moderate  
cheese, French or Spanish  
French Basque cuisine  
olive oil  
Spanish Basque cuisine

## **CHILE PEPPERS, POBLANO**

**Taste:** hot  
**Weight:** medium  
**Volume:** quiet–moderate  
**chile peppers, chipotle**  
**chiles rellenos**  
cilantro  
**corn**  
garlic  
onions  
salads



salsas  
tomatoes  
vegetables, roasted

## **CHILE PEPPERS, SERRANO**

**Taste:** very hot

**Weight:** medium

**Volume:** very loud+

Bloody Marys

chili powder

cilantro

coriander

cumin

garlic

molasses

oil, vegetable

olive oil

onions, yellow

orange, juice

salsas

stock, chicken

vinegar, white

## **CHILEAN CUISINE (See also Latin American Cuisines)**

chile peppers

corn

cumin

garlic

meats

olives

oregano

paprika

pepper, black

raisins

## **CHILI PASTE**

**Taste:** hot

**Weight:** medium–heavy

**Volume:** loud

Asian cuisine

beef

marinades

pork

sauces

## **CHILI POWDER**

**Taste:** hot

**Weight:** light

**Volume:** quiet–loud

cumin

Tabasco sauce

tequila

## **CHINESE CUISINE (See also Szechuan Cuisine)**

**Techniques:** fry, stir-fry

cabbage

chicken

chile peppers

cinnamon

duck

fish

garlic

ginger

hoisin sauce

peanuts

pork

**RICE**

scallions

seafood

sesame: oil, seeds

shrimp: fresh, dried

snow peas

**SOY SAUCE**

star anise

steaming

stock, chicken  
sugar  
tofu  
vegetables  
vinegar, rice wine  
wheat (e.g., noodles), esp. in northern China  
wine, rice

In **Chinese cooking** they have a technique called “red cooking” that is a dish braised or steamed with star anise, dark soy sauce, cinnamon, and rock sugar. I cook the oxtail for my timbale of oxtail and foie gras that way, and then clarify the broth and turn it into the aspic that holds the dish together. The foie gras is cooked separately and made into a terrine. The dish is then served with gingery pickled vegetables. It is not a Chinese dish in that it is not a dish that you would find in a Chinese restaurant, but it has Chinese influences. The idea of clarifying the broth is typically French. The use of foie gras is not very Chinese. The pickled vegetables are like something you might find in Chinese cooking, but they are done in perfect dice and served as a relish.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)



### **Flavor Affinities**

cabbage + chicken stock  
garlic + ginger + pork  
ginger + rice wine + soy sauce  
soy sauce + sugar

## **CHINESE FIVE-SPICE POWDER (See Five-Spice Powder)**

### **CHIVES**

**Season:** spring–autumn

**Botanical relatives:** garlic, leeks, onions, shallots

**Weight:** light, soft-leaved

**Volume:** quiet–moderate

**Tips:** Always use fresh, not cooked. Use in stir-fries.

avocados  
basil  
beans, green  
butter  
**CHEESE**, esp. cheddar, ricotta, and cheese sauces  
chervil  
chicken  
Chinese cuisine  
cilantro  
cream and cream sauces  
cream cheese  
crème fraîche  
dill

### **EGGS, EGG DISHES, AND OMELETS**

fennel  
fines herbes (ingredient, along with chervil, parsley, tarragon)  
fish

You can't cook without onions, and **chives** are a delicate way to get that flavor into a dish. They are good in a soup or a sauce. A chive oil is great drizzled around a plate for flavor as well as appearance.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

garlic  
herbs, most other  
marjoram  
onions, esp. green  
paprika  
**parsley**  
pasta  
**pork**  
**POTATOES**  
**salads and salad dressings**  
**sauces, esp. cheese and cream based**  
shellfish  
smoked salmon  
sole  
sorrel  
**SOUPS**, esp. cream based and cold (e.g., vichyssoise)  
**sour cream**

**tarragon**

thyme

**vegetables and root vegetables**

vinaigrettes

zucchini

## **CHOCOLATE / COCOA — IN GENERAL**

**Taste:** bitter–sweet (depending on sugar content)

achiote

allspice

**ALMONDS**

anise seeds

apricots

Armagnac

**BANANAS**

basil

**beverages**

boar

bourbon

brandy

brioche or challah

**butter, unsalted**

butterscotch

**CARAMEL**, esp. with dark chocolate

cardamom

cashews

cheese, ricotta

My chocolate-corn dessert [of soft chocolate ganache and sweet corn in three textures: crunchy corn and hazelnut corn sorbet, and corn tuile] was inspired by freeze-dried corn. [The kernels] are whole with a vibrant sweetness. Corn dates back to the Aztecs, who also loved **chocolate**, so it's funny when people ask, "Where'd you get the inspiration?" This starts with a layer of milk chocolate hazelnut praline paste, then the corn, and then crushed wafers that give it that Kit Kat candy bar texture; on top of that is some chocolate ganache, then a layer of chocolate. To play off those flavors I serve some *espelette* [pepper] to give a little heat and some smoked salt from Wales. This dish is about the interplay of the chocolate and the corn. The *espelette* gives a heat that reminds me of roasted corn salsa. This is an ode to the origin of the inspiration.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

It is hard to think of a fruit or nut that is not improved by combining it with **chocolate**.

— MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I love **chocolate** with fruit or nuts or both. My favorite candy bar in the world is a Cadbury Fruit and Nut bar. On my menu I have a chocolate, hazelnut, and orange dessert, which is essentially a Cadbury!

— GINA DEPALMA, BABBO (NEW YORK CITY)



When it comes to **chocolate**, keep it simple. That's always good advice! For simplicity at its best, only two ingredients are necessary: heavy cream and chopped chocolate. Bring the cream to a boil, pour it over the chocolate, and it turns into ganache. Serve it warm with just a spoon. How can you do any better? In my new book, I feature a recipe called Cup O' Dark Chocolate, and essentially it is ganache poured into a cup. Then you grab a cookie, and have at it!

If you want to dip fruit into chocolate, dried fruits such as figs, pear, and pineapple all work really well. People always ask what they can serve to impress their sweetheart on Valentine's Day, and fresh strawberries are really nice in February. Just make a warm ganache, grab the strawberries, and start dipping. Fresh grapes are fantastic with chocolate. Dip them into the melted chocolate, pop them in the freezer, and when they are frozen, put them into a two-quart container. That way, you will always have a little treat in the freezer. Be careful though — they are not M&Ms, so they *will* melt in your hands!

— MARCEL DESAULNIERS, THE TRELIS (WILLIAMSBURG, VIRGINIA)

**cherries:** regular, sour, dried  
chicken

chile peppers  
chili powder  
chocolate, white  
**CINNAMON**  
cloves  
cocoa powder  
coconut  
**\*COFFEE / ESPRESSO**, esp. with dark chocolate  
cognac  
Cointreau  
corn syrup, light  
**CREAM**  
cream cheese  
crème anglaise  
crème fraîche  
crust: pastry, pie  
currants  
custard  
dates  
**DESSERTS**  
duck  
*espelette*  
figs, dried  
fruit: dried, fresh

Everybody is on the **chocolate** bandwagon now, and we are not far away from the proverbial “man on the street” knowing the difference between a 72 percent and a 66 percent chocolate. The boutique chocolate makers are now coming up with estate and varietal and vintage chocolates. I love that, but honestly, once you add enough sugar and cream to chocolate, those nuances are all gone.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

People always ask why I use bittersweet versus semisweet **chocolate**. Semisweet is chocolate that needs salt. When you add salt to it, it brings up the bitter flavor and makes it taste bittersweet. Semisweet chocolate to me tastes kind of flat. Milk chocolate can taste flat as well. Now that there is Scharffen Berger and El Rey on the market, I find both those chocolates to be really, really great, with both flavor and kick to them. But if you want a killer chocolate dessert, don't use milk chocolate.

When I write a dessert menu, there will be a couple of chocolate desserts, with

one being a killer chocolate and the other a lighter option, like chocolate with bananas. If you don't have something intensely chocolate, chocolate lovers are very, very unhappy. Banana soufflé with chocolate is not considered a chocolate dessert. You have to be careful with a killer chocolate dessert — you can't just put chocolate, chocolate, and chocolate together. There has to be balance so the dessert is not too rich. To achieve balance, turn to coffee or caramel because they pair so well and help to intensify the chocolate flavor.

For some desserts, I like to combine white and dark chocolate, or milk and dark chocolate, to give balance and cut intensity. It sounds crazy, but you can use one chocolate to mellow the flavor of another.

I'm not a fan of herbs with dessert, with the possible exception of chocolate. I love the combination of chocolate with mint.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

I don't have a big sweet tooth but I do like all kinds of **chocolate**, from dark to white. Each one is completely different. I like the bitterness and clean flavor of dark chocolate. I like milk chocolate with a piece of bread like when I was a kid. You have to select your white chocolate carefully because not all of it is good. White chocolate works well in a mousse; it has a more neutral flavor and does not dictate. Dark chocolate is all about being the star, versus white, that is better to play with.

— GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

**Dark chocolate** goes really well with coffee or caramel, but if I could only pick one it would be the caramel! Caramel and chocolate play so well together despite both being strong flavors.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**game** (e.g., rabbit, venison)

**game birds**

**ginger**

graham crackers

Grand Marnier

**HAZELNUTS**

honey

Kirsch

lavender

lemon

liqueurs: berry, coffee (e.g., Kahlúa), nut (e.g., Frangelico), orange

macadamia nuts

malt (malted milk)



maple syrup  
marshmallows  
mascarpone  
meats  
**Mexican cuisine** (e.g., mole sauces)  
**MILK**  
**MINT**  
nutmeg, esp. on hot chocolate  
**NUTS**  
oats  
orange: juice, zest  
orange blossom water  
passion fruit  
peanuts/peanut butter  
**pears**  
pecans  
pepper: black, pink (pinch)  
poultry  
praline  
prunes  
raisins  
**RASPBERRIES**, esp. with milk chocolate  
Rice Krispies  
**RUM: DARK, LIGHT**  
salt  
sauces: savory (e.g., mole), sweet (e.g., chocolate)  
sour cream  
strawberries  
**SUGAR**: brown, confectioners', white  
tea, esp. green or Earl Grey  
turkey  
**VANILLA**  
Vin Santo  
walnuts

**Flavor Affinities**  
chocolate + almonds + cinnamon + sugar  
chocolate + almonds + cream  
chocolate + banana + butterscotch + macadamia nuts

chocolate + banana + caramel + cream + vanilla  
chocolate + butterscotch + caramel + coffee  
chocolate + caramel + coffee + malt  
chocolate + caramel + coffee + praline  
chocolate + caramel + cream + hazelnuts + vanilla  
chocolate + cherries + mint  
chocolate + cinnamon + chiles + nuts + seeds  
chocolate + coffee + hazelnuts  
chocolate + coffee + walnuts  
chocolate + cream + raspberries  
chocolate + custard + pistachios  
chocolate + ginger + orange  
chocolate + graham crackers + marshmallows  
chocolate + hazelnuts + orange  
chocolate + lavender + vanilla  
chocolate + rum + vanilla

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## **Dishes**

**Hot Valrhona Chocolate Soufflé, Vermont Maple Ice Cream, Vanilla Ice Cream, and Chocolate Sorbet** — David Bouley, Bouley (New York City)

**Austrian Chocolate-Hazelnut Soufflé with Italian Plum Ragoût and Caramel Balsamic Ice Cream** — David Bouley, Danube (New York City)

**Chocolate-Hazelnut Cake with Orange Sauce and Hazelnut Gelato** — Gina DePalma, pastry chef, Babbo (New York City)

**Almond and Chocolate Torte with Raspberries** — Jim Dodge, at the 2005 James Beard Awards gala reception

**Crunchy Chocolate-Hazelnut Spring Roll with Mint and Mango Salad** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Milk Chocolate and Orange Parfait with Steamed Meringues and Orange and Black Truffle Brown Butter** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Chocolate-Hazelnut Mousse, Orange Sherbet, and Cardamom-Scented Oranges** — Gale Gand, pastry chef, Tru (Chicago)

**Chocolate-Port Semifreddo with Chocolate-Port Bisque, Dark Chocolate Sponge Cake, and Orange-Cinnamon Truffle** — Gale Gand, pastry chef, Tru

(Chicago)

**Dark Chocolate, Cashew, and Caramel Tart, with Red Wine Reduction, Banana, and Malted Rum-Milk Chocolate Ice Cream** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) **Flourless Chocolate Cake, Dark Chocolate Ganache, Toasted Bread, Maldon Sea Salt, Extra-Virgin Olive Oil** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) **Warm El Rey Chocolate Pudding Cake with Salted Peanut Ice Cream and Peanut Brittle** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Bittersweet Chocolate Pot de Crème with Coffee-Caramel Cream, Butterscotch, and Chocolate Toffee** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Chocolate-Peanut Butter Crème Caramel with Strauss Family Farms Ice Milk** — Ellie Nelson, pastry chef, Jardinière (San Francisco)

**Our Marjolaine Cake: A Classic Chocolate-Hazelnut Meringue Layer Cake with Raspberries** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Our Perennially Popular, Molten-Centered Chocolate Cake with Roasted Banana Ice Cream** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Chocolate Biscuit Soufflé with Dark Chocolate Mousse and Milk Chocolate–Ginger Parfait** — François Payard, Payard Patisserie and Bistro (New York City) **Milk Chocolate Mousse, Yuzu Citrus Cream, and Sacher Biscuit** — François Payard, Payard Patisserie and Bistro (New York City) **Trio of Desserts: Creamy Chocolate-Cheese Flan with Hibiscus Caramel, Chocolate Bread Pudding with Warm Café con Leche Sauce, Mayan Mediterranean Chocolate Rice Pudding with Cinnamon and Cacao Nib Dust** — Maricel Presilla, Zafra (Hoboken, New Jersey)

**Trio of Dark, White, and Gianduja Chocolate Mousses with an Espresso Sauce** — Thierry Rautureau, Rover’s (Seattle)

**Dark Chocolate–Jalapeño Ice Cream Sundae** — Janos Wilder, Janos (Tucson)

I make a cake with dark **cocoa**, which makes for a bitter chocolate flavor, and then in the middle a milk chocolate cream. Many people don’t realize how great the chocolate flavor of cocoa is. It adds bitterness and intensity without adding richness. That is invaluable because so many chocolate desserts are so rich. Often when I make a chocolate ice cream, I will combine melted chocolate and cocoa.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

My dessert of **milk chocolate** pot de crème, caramel foam, maple syrup, and Maldon sea salt served in an emptied-out eggshell symbolizes that a few ingredients can come together in a way that is greater than the sum of their parts. The key ingredient which ties it together is the Maldon sea salt. This combination elevates all the ingredients.

Starting with chocolate, caramel was the logical next step. At the time, I played with *fleur de sel*, red salt from Hawaii, and others, before ending up with the Maldon. I like the concept of using sugar as a seasoning, beyond its natural necessity in dessert. I also like natural sweetness from things and maple sugar brings a lot of flavor beyond sweetness. Once I hit upon this combination, I have never changed it.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

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## Dishes

**Creamy White Chocolate and Cranberry Risotto with Roasted Apricots** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**White Chocolate and Rice Milk Flan with Pistachio Emulsion** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

Valrhona and El Rey are both good. When you are looking for a **white chocolate**, you want one that has some smoothness to it. It is not going to have the acidity that dark chocolate has. When you are making a dessert with white chocolate, it is going to be a softer, smoother dessert. I don't like dark chocolate and raspberries together, but I believe I am one of the few chefs who feel this way. What I don't like is that when you take a bite of the chocolate with the berry, the acidity of the two don't blend. The acids are too similar, so it doesn't feel like a single dessert in your mouth. Instead, it is a clash with both of them bouncing into each other in your mouth. They don't bridge, and even whipped cream doesn't bring them together. But if you use white chocolate, its softness works much better with berries. The white chocolate complements the berries and brings out their flavors. Citrus, especially anything in the orange family, also works well with white chocolate. Nuts, such as almonds, work well with white chocolate. Spices also work well with white chocolate.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

## CHOCOLATE, WHITE

almonds  
apricots

bananas

basil

**BERRIES:** blackberries, blueberries, cranberries

caramel

cashews

cassis

cherries

**chocolate, esp. dark**

citrus

coconut

**cream**

dates

figs

ginger

grapes

hazelnuts

**lemon: juice, zest**

lime

liqueurs: berry, crème de cacao

macadamia nuts

mango

**mint**

**orange**

papaya

passion fruit

persimmons

pistachios

pomegranate

prunes

**\*RASPBERRIES**

rum

strawberries

sugar

sweet potatoes

**vanilla**

yogurt

**Flavor Affinities**

white chocolate + basil + strawberries

white chocolate + cream + lemon + orange  
white chocolate + dark chocolate + pistachios  
white chocolate + ginger + pistachios + rice

## **CHORIZO (See also Sausages)**

**Taste:** salty; spicy

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** sauté, stew

apples

bay leaf

beans

bell peppers, roasted

chicken

chili

clams

garlic

hard cider

herbs

kale

monkfish

olive oil

onions

paprika

potatoes

red pepper flakes

**Spanish cuisine**

stews

stock, chicken

sweet potatoes

thyme

tomatoes

**AVOID**

delicate fish (e.g., halibut, scallops)

oily fish (e.g., sardines)

**Flavor Affinities**

chorizo + clam broth + herbs + monkfish

## CHRISTMAS

baked goods, esp. cookies  
cinnamon  
cloves  
eggnog  
fruitcake  
ginger  
peppermint

## CILANTRO

**Season:** spring–summer

**Taste:** sweet, sour

**Weight:** light, soft-leaved

**Volume:** loud

**Tips:** Always use fresh, not cooked — or, if you must, add at the very last minute.

Use cilantro to provide a cooling note to chile pepper–spiced dishes.

After a visit to Spain, I created a **chorizo** broth to go with monkfish. I love chorizo, with its paprika flavors and the fattiness of the pork. So I had to figure out how to make a sauce out of a dried piece of sausage. We melted the chorizo in a pan for a long time, and ended up with a flavorful grease that was not that appealing. However, we emulsified it in an herb-infused clam broth, and it became velvety. It wasn't greasy, and gave the sauce a little kick. I chose this sauce to go with monkfish because it is a meaty fish and can stand up to spice and to strong flavors really well. Chorizo would not destroy the soul of the fish.

— ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

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## Dishes

**Pan-roasted Monkfish with Confit Peppers and Fiery “Patatas Bravas” with Chorizo-Albarino Emulsion** — Eric Ripert, Le Bernardin (New York City)

**Asian cuisines**

**avocados**

basil

beans

bell peppers

boar, wild

braised dishes  
butter  
cardamom  
Caribbean cuisine  
carrots  
**chicken**  
**CHILE PEPPERS**  
chives  
chutneys  
**coconut and coconut milk** (e.g., Indian cuisine)  
corn  
cream and ice cream  
cucumbers  
**cumin**  
**curries, esp. Indian**  
dill  
dips  
figs  
**fish, white** (e.g., cod, halibut)  
garam masala (e.g., Indian cuisine)  
**garlic**  
**ginger**  
greens  
**INDIAN CUISINE**  
lamb  
Latin American cuisines  
legumes  
**lemon, juice**  
**lemongrass**  
lemon verbena  
lentils  
**lime, juice**  
mayonnaise  
meats, esp. white  
Mediterranean cuisine  
**MEXICAN CUISINE**  
Middle Eastern cuisine  
**mint** (e.g., Indian cuisine)  
North African cuisine



onions, red

I like the anise-seed quality to **cilantro**, which is really good with figs.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

I really like using **cilantro** for its lemony and floral qualities, even though it's very non-European. I'll put cilantro stems [not the leaves] in the cavity when I'm roasting a chicken, and I find it lifts the flavor. Cilantro stems are also wonderful in Spanish-themed stews when there's a lot of depth of flavor from ingredients like chorizo, chickpeas, oxtails, or tripe, and it needs a high note.

— **TONY LIU**, AUGUST (NEW YORK CITY)

Love it or hate it, **cilantro** is in a lot of my dishes! I love its citrus flavor. Cilantro has long legs; we use it to make cilantro oil as well as purees. It lends itself well to white meats but I have even put it on hanger steak and wild boar. I also like it with coconut milk.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

orange, juice

parsley

pork

Portuguese cuisine

potatoes

**rice, esp. Indian**

**salads, esp. Asian**

**SALSAS, MEXICAN**

sauces

scallions

shellfish

soups

Southeast Asian cuisine

soy sauce

stews

stir-fried dishes

tamarind

Tex-Mex cuisine

**Thai cuisine**

**tomatoes**

vegetables, esp. root

Vietnamese cuisine

vinaigrettes, esp. red wine

vinegar, red wine

**yogurt**

**AVOID**

Japanese cuisine (say some)

**Flavor Affinities**

cilantro + chile peppers + coconut milk

cilantro + dill + mint

cilantro + garlic + ginger

## **CINNAMON**

**Season:** autumn–winter

**Taste:** sweet, bitter, pungent

**Function:** heating

**Weight:** light–medium

**Volume:** loud

**Tips:** Add early in cooking.

allspice

**APPLES: CIDER, FRUIT, JUICE**

apricots

**baked dishes and goods**

**bananas**

beef, esp. braised, raw, stewed

bell peppers

berries

**beverages, esp. hot**

**blueberries**

breads, sweet (e.g., gingerbread)

**breakfast / brunch**

butter

caramel

Calvados

cardamom

cherries

**chicken**

chile peppers

chili powder

Chinese cuisine

## **CHOCOLATE / COCOA**

chutneys

cloves

**coffee / espresso**

**cloves** (compatible spice)

cookies

coriander

couscous

cream and ice cream

cream cheese

cumin

**curries, esp. Indian**

**CUSTARDS**

**DESSERTS**

eggplant

fennel

five-spice powder (key ingredient)

French toast

**fruits:** fruit compotes, fruit desserts

game birds

**garam masala, Indian** (key ingredient)

garlic

**ginger**

holiday cooking

honey

Indian cuisine

Indonesian cuisine

**lamb, esp. braised**

**lemon, juice**

mace

malt

maple syrup

meats, red

Mediterranean cuisine

**Mexican cuisine**

**Middle Eastern cuisine**

mole sauces

**Moroccan cuisine**

**nutmeg**

nuts

I use Saigon **cinnamon** that is the most amazing cinnamon you will ever try. It comes in a chip [as opposed to a stick] and is like the cinnamon used to make red-hots [candy]. I use it in a ganache.

— **JOHNNY IUZZINI**, JEAN GEORGES (NEW YORK CITY)

onions

**orange: juice, zest**

pancakes

pastries

**pears**

**pecans**

pies

plums

**pork**

poultry

pumpkin

quail

*quatre épices* (key ingredient)

raisins

*ras el hanout* (key ingredient)

**rice**

saffron

sauces (e.g., barbecue)

South American cuisine

Southeast Asian cuisine (as cassia)

Spanish cuisine

squash, esp. winter

star anise

stews

stocks and broths

**sugar: brown, white**

*tagines*

tamarind

**tea**

tomatoes

turmeric

**vanilla**

veal

vegetables, esp. sweet  
waffles  
walnuts  
**wine, red, esp. mulled**  
yogurt  
zucchini

**Flavor Affinities**

cinnamon + almonds + raisins  
cinnamon + cardamom + cloves + coriander + black pepper (garam masala)  
cinnamon + cardamom + rice  
cinnamon + cloves + mace + nutmeg

**CITRUS — IN GENERAL (See also Lemons, Limes, Oranges, etc.)**

**Season:** winter  
**Taste:** sour  
**Weight:** light–medium  
**Volume:** medium–loud  
fish  
Greek cuisine  
lemongrass  
Mediterranean cuisine  
salads: green, fruit  
shellfish

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**Dishes**

**Lemongrass Sorbet, Dehydrated Grapefruit, Crispy Tangerine, Lime Curd**  
— Johnny Iuzzini, pastry chef, Jean Georges (New York City) **CLAMS**

**Season:** summer  
**Taste:** salty  
**Weight:** light  
**Volume:** quiet–moderate  
**Techniques:** bake, broil, deep-fry, grill, roast, sauté, steam, stew  
aioli  
allspice  
anchovy

artichokes  
asparagus  
**BACON**  
**basil**  
**bay leaf**  
beans, white  
bell peppers, esp. red  
bread, esp. French  
bread crumbs  
**BUTTER, UNSALTED**  
cabbage, esp. napa  
capers  
carrots  
cauliflower  
caviar  
cayenne  
**celery**  
chervil  
**CHILE PEPPERS**, esp. dried and red (e.g., habanero, jalapeño)  
chili powder  
chives  
chorizo  
cilantro  
clam juice  
cocktail sauce  
cod

Orange is the leading lady of **citrus** — it brings a sunny, citric flavor to dishes. Lemon and lime are the men of citrus — very strong, so use them carefully!  
— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

I love candied **citrus** for savory dishes. I love candied kumquats, orange, or lemon. They are great with sweet or savory dishes, and amazing with cheese, such as a soft, non-ashed goat cheese.  
— **CARRIE NAHABEDIAN**, NAHA (CHICAGO)

corn  
**cream**  
cumin  
fennel

fermented black beans  
fish, esp. striped bass  
**GARLIC**  
ginger, fresh  
gingko nuts  
ham, Serrano  
hominy  
horseradish  
Italian cuisine  
Japanese cuisine  
Korean cuisine  
leeks  
**lemon, juice**  
lemongrass  
lime, juice  
marjoram  
Mediterranean cuisine  
milk  
mint, esp. spearmint  
mirepoix  
mushrooms  
mussels  
mustard greens  
New England cuisine  
oil, vegetable  
**OLIVE OIL**  
**onions, esp. red or Spanish**  
oregano  
**oysters**  
pancetta  
**PARSLEY, FLAT-LEAF**  
pasta

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## **Dishes**

**Linguine with Clams, Pancetta, and Hot Chiles** — Mario Batali, Babbo (New York City)

## **Clam Chowder with Smoked Bacon**

— Rebecca Charles, Pearl Oyster Bar (New York City)

## **New New England Clam Chowder Served with Cream of Bacon, Onion Jam, and Chive Oil**

— Katsuya Fukushima, Café Atlántico / minibar (Washington, DC)

## **PEPPER: BLACK, WHITE**

Pernod

pork

**POTATOES**, esp. Idaho, red

prosciutto

red pepper flakes

rice, esp. Arborio or bomba

romesco sauce

rosemary

saffron

sake

**salt, kosher**

sausage, esp. spicy (e.g., chorizo)

scallions

scallops (compatible seafood)

**shallots**

sherry, dry (e.g., fino)

shiso leaf

shrimp (compatible seafood)

soy sauce

spinach

squid (compatible seafood)

**stocks: chicken, clam, fish**

Tabasco sauce

tapenade

tarragon

Thai basil

**THYME**

**TOMATOES**, esp. plum, roasted, sauce

vermouth

**WINE, DRY WHITE** (e.g., Champagne, Pinot Gris, Tocai Friulano,



Sauvignon Blanc)  
yuzu juice

**Flavor Affinities**

clams + aioli + capers + tarragon  
clams + bacon + lemon + scallions  
clams + basil + garlic + tomatoes  
clams + butter + lemon + shallots  
clams + cream + curry + fennel  
clams + garlic + mussels + onion + thyme + white wine  
clams + oysters + potatoes + thyme

**CLOVES**

**Taste:** sweet, pungent

**Function:** heating

**Weight:** medium

**Volume:** loud

**Techniques:** Add early in cooking.

allspice

almonds

**apples: cider, fruit, juice**

baked goods (e.g., breads, cakes, pastries, pies)

bay leaf

beef

beets

beverages

*biryani*

cabbage, esp. red

cardamom

carrots

chicken

chile peppers

Chinese cuisine

**chocolate**

cider, hot (i.e., mulled)

**cinnamon**

cookies

coriander

cumin

curries (e.g., Asian, Indian)  
desserts  
duck  
English cuisine  
fennel seeds  
fruits, esp. cooked  
game  
**garam masala** (key ingredient)  
garlic  
German cuisine  
**ginger**  
**ham, baked**  
honey  
Indian cuisine, esp. northern  
ketchup  
kumquats  
lamb  
**lemon**  
mace  
meats  
Mexican cuisine  
nutmeg  
onions  
**orange**  
**pork**  
pumpkin  
salad dressings  
sausage  
spice cakes  
squash  
Sri Lankan cuisine  
star anise  
stews  
stock, esp. beef  
stuffing  
sweet potatoes  
Szechuan pepper  
tamarind  
tea

tomatoes  
turmeric  
vegetables, sweet  
walnuts  
**wine, red**, hot (i.e., mulled)  
Worcestershire sauce

**Flavor Affinities**

cloves + cardamom + cinnamon + tea  
cloves + cinnamon + ginger + nutmeg  
cloves + ginger + honey

## COCONUT AND COCONUT MILK

**Season:** autumn–spring

**Taste:** sweet

**Function:** cooling

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** stir-fry

allspice

**almonds**

apricots

Asian cuisine

**bananas**

basil

beans, green (e.g., Indian cuisine)

beef

blackberries

Brazilian cuisine

candies

caramel

cardamom (e.g., Indian cuisine)

Caribbean cuisine

cashews (e.g., Indian cuisine)

cauliflower (e.g., Indian cuisine)

cherries, fresh or dried

**chicken** (e.g., Indian cuisine, etc.)

chile peppers, green or red

chili powder

**chocolate, esp. dark or white**

**cilantro** (e.g., Indian cuisine, etc.)

cinnamon

cloves

coriander

**CREAM AND ICE CREAM**

**crème fraîche**

cucumber

cumin

**curries (e.g., Indian cuisine)**

**custard**

dates

**desserts**

eggs

figs, dried

**fish**

fruit, esp. tropical

ginger

grapefruit

guava

**honey**

My **coconut** rice pudding strudel was the result of Takashi's influence. [Takashi Yagihashi was his chef at Detroit's Tribute restaurant.] Dessert has to make sense in the context of the rest of the meal. Being a pastry chef is exciting because you have a lot of autonomy, but you are still working within the chef's framework. Takashi's food was very Asian-influenced. This dish was meant to bring in Asian ingredients in a new way yet be something familiar.

So we have rice pudding flavored with coconut, lemongrass, ginger, and vanilla, and diced apricot for texture. At the time I was introduced to *frie de brique*, which is a Moroccan dough that is like a cross between phyllo and a wonton wrapper. I would wrap these ingredients in this dough and then sauté them in clarified butter and slice them like a spring roll. Alongside I served green tea ice cream. This covered a lot of bases for me: the warm and cold temperatures, the Asian influence, and doing something with boring old rice pudding.

The coolest compliment I ever got was from Andrew Carmellini [chef of New York's A Voce] who was sitting down with us and asked about my background. When I said I used to be a line cook, he said, "I knew it — a pastry chef would

never come up with that!” It was the combination of techniques and flavors as well as sautéing something to order.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

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## **Dishes**

**Ice Wine–Lychee Gelée with Coconut Milk Sabayon and Pumpkin Seed Croquant** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Coconut Crème Brûlée with Lychee Sorbet and Sesame Tuile** — Brad Farmerie, Public (New York City)

## **Lemongrass and Coconut Panna Cotta**

— Nora Pouillon, Asia Nora (Washington, DC)

Indian cuisine

Indonesian cuisine

kiwi

kumquats

lamb (e.g., Indian cuisine)

lemon

lemongrass

lentils (e.g., Indian cuisine)

**lime, juice**

**lychee**

macadamia nuts

Malaysian cuisine

**mangoes**

maple

mascarpone

milk

**mint** (e.g., Indian cuisine, etc.)

nutmeg

oats

orange, juice

papaya

**passion fruit**

peanuts

**pepper, black**

**pineapple**

pistachios

**rice**

rose water

**rum, esp. dark**

**salads, fruit**

salmon (e.g., Indian cuisine)

salt, kosher

**sesame seeds**

**shellfish:** shrimp, lobster

soups

sour cream

Southeast Asian cuisine  
stews

**SUGAR:** brown, white

sweet potatoes

tea, green

Thai cuisine

tropical fruits

**VANILLA**

Vietnamese cuisine

vinegar, white wine

**Flavor Affinities**

coconut + apricot + ginger + green tea + lemongrass + rice + vanilla

coconut + honey + lime

coconut + lemongrass + vanilla

coconut + orange + vanilla

coconut milk + beef + ginger

**COD**

**Weight:** medium

**Volume:** quiet

**Techniques:** bake, boil, broil, cakes, deep-fry, fry, grill, poach, roast, sauté,  
steam

**anchovies**

bacon

**basil**

**bay leaf**

**beans:** cannellini, green, navy, white

bell peppers: red, green, yellow

bouquet garni

brandade

brandy

bread crumbs

**BUTTER,** unsalted

cabbage, savoy

capers

caraway seeds

**carrots**

**cayenne**

**celery**

cheese: Emmental, Gruyère, Swiss

chervil

**chives**

cilantro

coriander

**cream**

currants

daikon

eggplant, esp. Japanese

eggs, hard-boiled

endive

English cuisine, esp. fish and chips

fennel

French cuisine, esp. Provençal

**garlic**

ginger

ham: cured, Serrano

leeks

**lemon, juice**

mayonnaise

milk

miso

**mushrooms**, esp. ceps, portobello, shiitake

mustard, Dijon

New England cuisine

oils: canola, corn, grapeseed, peanut

**olive oil**

olives: black, green

**onions**

orange: juice, zest

paprika, sweet

**PARSLEY, FLAT-LEAF**

peas

**pepper: black, white**

pine nuts

**POTATOES**, esp. red, red bliss

prosciutto

radishes



## Dishes

**Ceviche Fronterizo: Lime-Marinated Alaskan True Cod with Vine-Ripe Tomatoes, Olives, Cilantro, and Green Chile, Served on Crispy Tostaditas** — Rick Bayless, Frontera Grill (Chicago)

**Alaskan True Cod and Fresh-Shucked Oysters in Tamazula-Sparked Homemade Cocktail Sauce with Lime, Avocado, White Onion, and Cilantro** — Rick Bayless, Frontera Grill (Chicago)

**Chatham Bay Codfish: Chanterelle Mushrooms, Sweet Peas, and Tarragon Sauce** — David Bouley, Upstairs (New York City)

**Atlantic Cod “au Naturel” with Littleneck Clams; Roasted Artichokes, Swiss Chard, and Lemon Marmalade** — Daniel Boulud, Daniel (New York City)

**Roast Cod on Edamame Risotto with Salt and Pepper Sepia and Carrot-Yuzu Sauce** — Brad Farmerie, Public (New York City)

**Brioche-Crusted Cod with Baby Artichokes, Oven-Dried Tomatoes, Garlic Mashed Potatoes, and Artichoke Puree** — Bob Kinkead, Kinkead’s (Washington, DC)

**Cod Baked in a Salt Crust Stuffed with Baby Artichokes, Romesco, Red Wine, Olive, and Preserved Tomato Stew** — Eric Ripert, Le Bernardin (New York City)

**Cod** is an undervalued fish. It’s light, flaky, and delicate, and I especially like it served with broths or chowders. It’s also great baked for ten minutes on salt on a sheet tray. Cod pairs well with clams and shellfish, and I love the combination of fresh cod with salted cod in a dish.

— **BRADFORD THOMPSON, MARY ELAINE’S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)**

rosemary

**saffron**

sage

**salt: fleur de sel, kosher, sea**

sauces: hollandaise, tartar, tomato

sausage, chorizo

scallions

shallots  
shellfish: clams, shrimp  
stocks: chicken, fish, mussels, veal, vegetable  
sugar  
tarragon  
**thyme**  
**tomatoes**  
truffles, black  
**VINEGAR:** balsamic, champagne, red wine, sherry, tarragon, white wine  
**wine:** dry white, red  
yuzu juice

**Flavor Affinities**  
cod + capers + chives + lentils + potatoes  
cod + cepes (mushrooms) + garlic + lemon + potatoes

## **COD, BLACK**

bell peppers, red  
chile peppers, esp. red  
chives  
garlic  
ginger  
leeks  
miso  
onions  
shiso  
shrimp  
soy sauce  
sugar, brown

## **COD, SALT**

**Taste:** salty  
**Weight:** medium  
**Volume:** moderate–loud  
artichoke hearts  
bay leaf  
beans, white  
bell peppers: green, red

bread crumbs  
capers  
chile peppers  
cilantro  
cream  
French cuisine, esp. Provençal  
**GARLIC**  
greens, salad  
lemon, juice  
marjoram  
mint

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## **Dishes**

## **Black Cod with Miso Sauce**

— Nobu Matsuhisa, Nobu (New York City)

## **Broiled Sake-Marinated Alaskan Black Cod and Shrimp Dumplings in Shiso Broth** — Hiro Sone, Terra (St. Helena, California)

## **Warm Salad of Poached Salt Cod, Porcini Mushrooms, and Yukon Golds** — David Pasternak, Esca (New York City)

Old Bay seasoning

**OIL**, canola

olive oil

olives, esp. black or kalamata

onions

paprika: hot, sweet

**parsley, flat-leaf**

pasta

**pepper**: black, white

**potatoes**

saffron

**salt**: kosher, sea

scallions

shallots

shrimp

sour cream

stock, fish

sugar

Tabasco sauce

thyme

tomatoes

vinegar: red wine, white wine

wine, dry

Worcestershire sauce

### **Flavor Affinities**

salt cod + bay leaf + thyme + white wine vinegar

## **COFFEE AND ESPRESSO**

**Taste**: bitter

**Weight**: medium

**Volume:** moderate–loud

**almonds**

amaretto

anise

bananas

barbecue sauce

**beverages**

bourbon

**brandy**

**caramel**

cardamom

cheese, ricotta

cherries

chicken

chicory

**CHOCOLATE, ESP. DARK, white**

**cinnamon**

cloves

**COCOA**

coconut

cognac

**CREAM**

curry

**custards**

dates

fennel seeds

figs

game birds

gravy

ham (e.g., with red-eye gravy)

**hazelnuts**

honey

**ice cream, vanilla**

Irish whiskey

lamb

**lemon**

lime

liqueurs, coffee (e.g., Kahlúa, Tía Maria)

macadamia nuts

maple syrup  
**milk, including sweetened, condensed**

nutmeg

**NUTS**

oats

orange

pears

pecans

persimmons

pork

prunes

raisins

rum

star anise

**SUGAR:** brown, white

**VANILLA**

vinegar, balsamic

**AVOID**

lavender

**Flavor Affinities**

coffee + bourbon + cream

coffee + caramel + chocolate

coffee + cinnamon + cloves + orange

coffee + cinnamon + cream + lemon + sugar

coffee + mascarpone + rum + sugar + vanilla

## **COGNAC**

**apples** and apple cider

beef (e.g., filet mignon)

chicken

chocolate

cream

foie gras

mushrooms

mustard, esp. Dijon

pepper: black, green

pork

**prunes**

raisins  
turkey  
vanilla  
vinegar, cider

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## **Dishes**

**Espresso Cupcakes Filled with Milk Chocolate Ganache and White Chocolate Frosting** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Bourbon Ice Cream on Coffee-Flavored Tapioca in a Martini Glass** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

In addition to seasonality, I always pay attention to temperature. I look at what I feel like eating now given that day's weather. If it is **cold** and raining, I make sure soup is on the menu.

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## **COLDNESS (of indoor or outdoor temperature; See also Winter)**

braised dishes  
butter and butter-based sauces and dishes  
cheese and cheese dishes  
cream and cream-based sauces and dishes  
grains, heavy  
hot dishes and beverages  
meats, esp. red  
polenta  
risotto  
soups, hot and hearty  
spices, warming  
stews and stewed dishes

## **COLLARD GREENS (See Greens, Collard)**

## **COOLING**

**Function:** Ingredients believed to have cooling properties; useful in hot weather.

asparagus  
avocados

berries  
buttermilk  
cucumbers  
figs, fresh  
fruits, esp. sweet (e.g., cherries, grapes)  
herbs, cooling (e.g., cilantro, honeysuckle, lavender, lemon balm, mint,  
peppermint)  
lettuce  
melon  
salads  
spices, cooling (e.g., cardamom, coriander, fennel)  
water  
watercress  
watermelon  
yogurt  
zucchini

**Flavor Affinities**

cucumbers + mint + yogurt

**CORIANDER**

**Taste:** sour, pungent, astringent

**Function:** cooling

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Add near the end of cooking.

Toast coriander seeds to release their flavor.

allspice

anise

apples

baked goods (e.g., cakes, cookies, pies)

basil

beans

beef

cardamom

carrots

cayenne

**chicken**



chickpeas  
**chile peppers** (e.g., fresh green)  
chili  
chutneys  
cilantro  
cinnamon  
**citrus and citrus zest**  
cloves  
coconut and coconut milk  
corn  
**crab, esp. boiled**  
**cumin**  
**curries (e.g., Indian cuisine)**  
curry powder  
desserts  
eggs  
fennel  
fennel seeds  
**fish**  
fruits, esp. autumn and dried  
garam masala (key ingredient)  
**garlic**  
ginger  
gingerbread  
grapefruit  
ham  
harissa (key ingredient)  
hot dogs  
Indian cuisine  
lamb  
Latin American cuisine  
**lentils**  
mace  
meats  
Mediterranean cuisine  
Mexican cuisine  
Middle Eastern cuisine  
mint  
Moroccan cuisine

mushrooms

My personal preference for the ratio of **coriander** to cumin is three-quarters of a portion of coriander to one portion of cumin.

— **MEERA DHALWALA**, VIJ'S (VANCOUVER)

I'll use **coriander** with peppercorns in a sachet for soups, with the pepper providing the heat and the coriander more of a fruity note.

— **BRADFORD THOMPSON**, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

North African cuisine

North American cuisine

nutmeg

nuts

olive oil

onions

orange: juice, zest

pastries

pears

**pepper, black**

pickles

plums

**pork**

potatoes

poultry

quince

rice (e.g., as pudding)

saffron

salmon

sausages

sesame seeds

shellfish

soups, esp. cream-based

Southeast Asian cuisine

Southwestern cuisine

spinach

stews (e.g., chicken)

stocks (e.g., fish)

stuffing

sugar

tomatoes and tomato sauces  
turkey  
turmeric  
Vietnamese cuisine

### **Flavor Affinities**

coriander + cardamom + cinnamon + clove  
coriander + cayenne + cumin + garlic  
coriander + chile peppers + mustard + black pepper  
coriander + cumin + curry  
coriander + fish + garlic + olive oil + tomatoes

## **CORN**

**Season:** summer

**Taste:** sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, grill, roast, sauté, steam

**bacon**

**BASIL:** sweet, lemon

bay leaf

beans, esp. lima

béchamel sauce

beef

**BELL PEPPERS:** red, green

**BUTTER, UNSALTED**

buttermilk

caraway seed

carrots

**cayenne**

**celery**

cheese: **cheddar**, Colby, Cotija, feta, Monterey Jack

chervil

**CHILE PEPPERS:** chipotle, jalapeño, serrano

chili powder

chili sauce

Chinese cuisine

**chives**

**cilantro**

clams

corn

cornmeal

**crab**

**CREAM**, esp. heavy

crème fraîche

cumin

curry powder

**dill**

eggs

fava beans

fennel

fish, salmon

**GARLIC**

ginger, fresh

ham

leeks

lemon, juice

lemon thyme

**lime, juice**

lobster

lovage

maple syrup

marjoram

mascarpone

Mexican cuisine

milk

mirepoix

**MUSHROOMS**, esp. chanterelle, oyster, shiitake, other wild

mustard

New England cuisine

nutmeg

**OIL**: canola, peanut, vegetable

**OLIVE OIL**

**ONIONS**: red, Spanish, yellow

oregano

pancetta

paprika

parsley  
pasta  
**PEPPER: BLACK, WHITE**  
pesto  
polenta  
**potatoes**  
poultry  
risottos  
rosemary  
saffron  
sage  
salads, green  
salmon  
salsas  
**SALT: kosher, sea**  
scallions  
scallops  
shallots  
sherry, dry  
shiso  
Southern cuisine  
Southwestern cuisine  
squash, esp. summer  
star anise  
**STOCKS: chicken, vegetable**  
**sugar**  
tarragon  
**thyme**  
**tomatoes**  
tortillas, corn  
vermouth  
vinaigrette  
**vinegar: cider, white wine**  
wine, dry white

We participate in an event called “Plate and Pitchfork” that is held on a farm with the food from the farm. The guests sit in the field among the **corn** and tomatoes, and we cook a meal for them on a couple of grills. I made a corn soup for this event. We removed the husks, then cut the kernels off the cob. Then we

used the husks, which produce a juice, to make a stock for the soup. If you were to use cobs, you wouldn't get the same flavor. It is important to keep the corn flavor pure. Most cooks would throw in a bunch of vegetables in the stock, and what you'd get then is a vegetable stock with corn. I want to have a corny flavor in the end. We made a stock using the corn husks cooked with a little onion, water, and salt, and let it cook for about 45 minutes. What came out was the most amazing sweet broth. We added the corn, pureed it, and served it chilled. It was so sweet and full of corn flavor you would have sworn there were cream and sugar in it.

We now make a corn husk broth to add to a corn, chanterelle, and Dungeness crab risotto with a touch of pesto. Basil pesto and corn really speaks to me. It is a wonderful combination.

— VITALY PALEY, PALEY'S PLACE (PORTLAND, OREGON)

To intensify the flavor of **corn** in a dish, add [corn] juice. I'll make a corn ravioli with pureed corn and cooked corn. I add corn juice to the filling to add a fresh corn flavor to the ravioli.

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)



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## Dishes

**Homemade Corn and Leek Ravioli with Maine Lobster and Silver Queen Local Corn** — Lidia Bastianich, Felidia (New York City)

**Baby Corn on the Cob, Brown Butter Powder, Cilantro Emulsion** — Brad Farmerie, Public (New York City)

**Arepas de Choclo: Corn Cakes Topped with Crème Fraîche and Salmon Roe** — Maricel Presilla, Zafra (Hoboken, New Jersey)

**Red Bliss Potato and Corn Pizza, Parsley Pesto, and Smoked Cow's Milk**

**Cheese** — Cory Schreiber, Wildwood (Portland, Oregon)

**Flavor Affinities**

corn + bell pepper + jalapeño chile + cilantro + tarragon

corn + butter + salt

corn + cayenne + lime + salt

corn + cilantro + shrimp

**CORNED BEEF (See Beef — Brisket)**

**CORNISH GAME HENS**

cardamom

cayenne

cinnamon

cloves

cumin, esp. toasted

garam masala

garlic

ginger

lemon

oil, canola

onions

paprika

pepper, black

salt

tomatoes and tomato paste

turmeric

yogurt

**COUSCOUS**

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** steep

African (North) cuisine

apricots, dried

basil

bell peppers, esp. red

butter

cabbage  
carrots  
cayenne  
chervil  
chicken  
chickpeas  
**cilantro**  
**cumin**  
fish (e.g., snapper)  
ginger  
**lemon:** juice, preserved, zest  
Middle Eastern cuisine  
**mint**  
Moroccan cuisine  
**olive oil**  
olives  
onions  
parsley, flat-leaf  
pepper, black  
raisins  
saffron  
salt: kosher, sea  
sausage, *merguez*  
scallions  
**stocks:** chicken, fish, vegetable,  
**tomatoes and tomato juice**  
turnips  
zucchini

## **COUSCOUS, ISRAELI**

**Weight:** medium–heavy  
**Volume:** light–moderate  
olive oil  
pepper, white  
pesto  
shallots  
stock, chicken



## CRAB

**Season:** summer

**Taste:** sweet

**Weight:** light

**Volume:** quiet

**Techniques:** bake, boil, broil, grill, steam

aioli

apples

artichokes

asparagus

**\*AVOCADOS**

bacon

**basil**

bay leaf

**bell peppers**, esp. green, red, yellow

bread crumbs / panko

**butter, unsalted**

carrots and carrot juice

cauliflower

caviar

**cayenne**

celery

celery root

celery salt

chervil

**chile peppers:** jalapeño, Scotch bonnet pepper, Thai

chili sauce

Chinese cuisine

**CHIVES**

**cilantro**

coconut and coconut milk

coriander

corn

crab roe

**cream**

crème fraîche

cucumber

## Dishes

**Jumbo Lump Crab Salad with Asparagus, Mustard Seed Dressing** — Daniel Boulud/Olivier Muller, DB Bistro (New York City)

**Crab Salad with White Asparagus, Ginger, Lime, Pistachio Oil** — Daniel Boulud/Bertrand Chemel, Café Boulud (New York City) **Marinated Jumbo Lump Crabmeat with Horseradish, Coriander, Tomato, Seaweed Salad, and Ginger Vinaigrette** — Jeffrey Bubben, Vidalia (Washington, DC)

**Red and Yellow Tomato Gazpacho with Avocado Puree and Lump Crabmeat, with Microgreen Salad** — Bob Iacovone, Cuvée (New Orleans)

**A Mélange of Jumbo Lump Crab, Mango, and Avocado in a Tropical Fruit Coulis** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Signature Sushi: Blue Crab with Celery and Red Bell Pepper** — Kaz Okoshi, Kaz Sushi Bistro (Washington, DC)

**Potato Gnocchi with Oregon Dungeness Crab and Preserved Lemon** — Vitaly Paley, Paley’s Place (Portland, Oregon)

**Spicy Crab and Peanut Soup with Okra**  
— Monica Pope, T’afia (Houston)

**Crab Cake with Saffron-Sherry Aioli**  
— Monica Pope, T’afia (Houston)

**Dungeness Crab and Potato Cakes, Green Beans, Cucumbers, Almonds, and Shaved Fennel** — Cory Schreiber, Wildwood (Portland, Oregon)

**Michael Dean’s Squash Blossom, Crabmeat, and Squash with Green Tomato Relish** — Frank Stitt, Highlands Bar and Grill (Birmingham, Alabama)  
I’ll never forget tasting the combination of **crab**, avocado, and almonds at chef Pascal Barbot’s Paris restaurant L’Astrance.  
— MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

**Crab** is something that you typically see steamed and served with butter. King crab is intensely flavorful, meaty, and salty. When it is caught at sea, it is cooked on the boat with heavily salted water. The first thing I did was soak the crab multiple times in ice water to draw out all the salt. I saw and created a vision of this red crabmeat within a *barigoule* with perfectly cut vegetables, artichokes, French green beans, Valencia oranges, sweet garlic, and finished with olive oil.

— CARRIE NAHABEDIAN, Naha (Chicago)

When making **crab** cakes, I'll use whole shrimp — the meat in the cakes, and the shrimp heads in the sauce — to intensify the shellfish flavor.

— MICHEL RICHARD, Citronelle (Washington, DC)

curry

custard

dill

eggplant

eggs

endive, Belgian

fennel

fish: pike, sole

fish sauce, Thai

**garlic**

**ginger**

**grapefruit**

honey

**LEMON:** juice, zest

**lemongrass**

lemon thyme

**lime: juice, zest**

lobster

mango

mascarpone

**MAYONNAISE**

melon: cantaloupe, honeydew

mint

mushrooms (e.g., button, cremini, shiitakes)

**mustard, Dijon**

mustard powder

nutmeg

**OIL:** canola, grapeseed, peanut, sesame, vegetable

**olive oil**

**Old Bay seasoning**

**ONIONS:** green, red, spring, sweet, white

orange: juice, zest

paprika, esp. sweet

**PARSLEY, FLAT-LEAF**

peas, green

**PEPPER: black, white**

pineapple

pine nuts

ponzu sauce

potatoes

radishes

saffron

**SALT:** kosher, sea

scallions

sesame seeds

**shallots**

sherry, dry

shiso

**SHRIMP**

snow peas

sour cream

soy sauce

spinach

stocks: chicken, vegetable

sugar (pinch)

**Tabasco sauce**

tamarind

**tarragon**

tartar sauce

thyme

**TOMATOES:** fresh, sun-dried

vinaigrette, esp. citrus

**vinegar:** balsamic, champagne, red wine, sherry

watercress

yogurt

**Flavor Affinities**

crab + aioli + cilantro + jalapeño chile

crab + almonds + avocado

crab + avocado + cilantro + mango

crab + avocado + grapefruit

crab + corn + green tomatoes

crab + cucumber + lime + mint

crab + ginger + lime

crab + lime + mint  
crab + mango + raspberry vinegar  
crab + black pepper + snow peas  
crab + saffron + shallots

## **CRAB, SOFT-SHELL**

**Season:** spring–summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** deep-fry, grill, pan roast, sauté, tempura

### **almonds**

arrowroot

arugula

asparagus

avocado

bacon

### **basil**

bell peppers, red

broccoli rabe

brown butter sauce

**butter: clarified, unsalted**

### **capers**

cayenne

chervil

chile peppers, jalapeño

chili powder

### **chives**

coleslaw

couscous, Israeli

cream

crème fraîche

cucumbers

daikon

dill

fennel

### **garlic**

ginger (e.g., pickled)

grapefruit  
leeks  
**LEMON, JUICE**  
lime: juice, zest  
mayonnaise  
mushrooms (e.g., shiitakes)  
mustard, Dijon  
nori  
**OIL:** canola, peanut, vegetable  
olive oil  
**onions, red**  
orange, juice  
paprika  
parsley, flat-leaf  
peas, sugar  
**PEPPER:** black, white  
pesto  
potatoes, esp. new  
rémoulade sauce  
sake  
**SALT:** kosher, sea  
scallions  
scallops  
shallots  
shiso leaf  
shrimp  
sorrel  
soy sauce  
stock, fish  
Tabasco sauce

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## Dishes

**Black and White Fettuccini with Oven-Dried Tomatoes, Almond Pesto, Calamari, and Crisp Soft-Shell Crab** — Lidia Bastianich, Felidia (New York City)

**Crispy Thai-Style Soft-Shell Crab with Green Papaya Salad and Lime Dipping Sauce** — Bob Kinkead, Kinkead's (Washington, DC)

**Pecan-Crusted Soft-Shell Crab Tempura with Italian Mustard Fruit** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Soft-Shell Crab: Sweet Corn, Potatoes, Leeks, Spring Onions, Caper–White Wine Emulsion** — Alfred Portale, Gotham Bar and Grill (New York City)

**Chesapeake Bay Soft-Shell Crabs with Young Ginger and Chinese Chive Coulis** — David Waltuck, Chanterelle (New York City)

**tarragon, fresh**

tartar sauce

**thyme**

**tomatoes**

vinaigrette

**vinegar:** balsamic, champagne, white wine

**wine,** dry white

zucchini

### **Flavor Affinities**

soft-shell crab + arugula + tartar sauce

soft-shell crab + asparagus + capers + garlic + lemon + potatoes

soft-shell crab + broccoli rabe + brown butter

soft-shell crab + cabbage + mustard

soft-shell crab + lemon + parsley

soft-shell crab + orange + parsley

## **CRANBERRIES**

**Season:** autumn–midwinter

**Taste:** sour

**Weight:** light–medium

**Volume:** loud

**Techniques:** boil

allspice

almonds

**apples**

apricots

baked goods

cheese, goat

chicken

chile peppers, jalapeño

chocolate: dark, white

**cinnamon**

**cloves**

cognac

cream

cream cheese

currants

**ginger**

hazelnuts

**honey**

**LEMON: JUICE, ZEST**

lime, zest

liqueur, orange (e.g., Grand Marnier)

**maple syrup**

nuts

oats

**ORANGE:** juice, zest

peaches

pears

pepper

pistachios

pork

poultry

pumpkin

raisins

quince

salt

star anise

**SUGAR:** brown, white

sweet potatoes

tangerines

thyme

turkey

**vanilla**

**walnuts**

wine, white

## **CRAYFISH (aka crawfish)**

**Season:** spring



**Weight:** light–medium

**Volume:** moderate

**Techniques:** boil, broil, steam

asparagus

avocados

bacon

basil

bay leaf

butter

Cajun cuisine

carrots and carrot juice

cayenne

celery

chervil

chives

cloves

coriander

cream / milk

Creole cuisine

dill

egg yolks

endive

fennel seeds

**garlic**

hazelnuts

leeks

mango

mayonnaise

mirepoix

mushrooms, morels

mustard

**oil, grapeseed**

**olive oil**

onions

orange, juice

**parsley, flat-leaf**

pepper, black

radishes

rice

rosemary  
salt  
shallots  
sorrel  
Tabasco sauce  
**tarragon**  
**thyme**  
tomatoes  
vinegar: tarragon, white wine  
**wine, dry white** (e.g., white Burgundy)  
zucchini

**Flavor Affinities**  
crayfish + asparagus + morel mushrooms  
crayfish + carrot juice + orange juice

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## Dishes

**Crayfish, Beet, Leek, and Bacon Salad with Mustard Vinaigrette** — Daniel Boulud, at the 2003 James Beard Awards gala reception CREAM

When you eat a piece of pumpkin pie, the whipped **cream** is the first thing you go for! You can take this for granted in desserts, or you can dig deeper: You can think of cream as its own flavor. When I was in Japan, the cream was miles better than here in the U.S. You also need to think about your dairy choice in relation to the country. In India, everything is centered around reduced milk. The counterpart would be *dolce de leche* in Latin cuisine. I love yogurt because it is simple and complex; it can be in the forefront or in the background.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

## CREAM CHEESE

**Taste:** sour  
**Weight:** heavy  
**Volume:** loud  
berries  
**blueberries**  
bread, esp. fruit  
breakfast / brunch  
**cheese: fresh goat, ricotta**  
cherries

cloves  
cream  
crème fraîche  
desserts  
eggs  
fruit, dried  
ginger  
graham cracker crumbs  
honey  
kiwi fruit  
**LEMON: JUICE, ZEST**  
liqueur, orange (e.g., Grand Marnier)  
maple syrup  
mascarpone  
**nutmeg**  
orange, juice  
quince paste  
raisins  
raspberries  
rum  
salt (pinch)  
**sour cream**  
strawberries  
sugar  
**vanilla**  
yogurt

**Flavor Affinities**

cream cheese + crème fraîche + orange + sugar + vanilla  
cream cheese + maple syrup + mascarpone

**CREAM, SOUR (See Sour Cream)**

**CRÈME FRAÎCHE**

**Taste:** sour

**Weight:** medium–heavy

**Volume:** loud

apples

caramel  
French cuisine  
fruit, fresh  
potatoes  
raspberries  
sauces  
strawberries  
sugar, brown

## **CREOLE CUISINE**

bouillabaisse  
cayenne  
crawfish  
okra  
onions  
oysters  
paprika  
pepper: black, white  
salt  
seafood  
shrimp rémoulade

## **CRESS (See Watercress)**

## **CUBAN CUISINE**

allspice  
avocado  
bay leaf  
beans  
beef  
bell peppers  
chicken  
chocolate  
citrus (e.g., lime, orange)  
cumin  
garlic  
lime  
olive oil

onions, esp. white  
orange, juice  
oregano  
pineapple  
plantains  
pork  
rice  
seafood (crab, fish, lobster, shrimp)  
sugar, white  
watercress

### **Flavor Affinities**

allspice + cumin + garlic + orange juice + pork  
avocado + onions + pineapple + watercress  
bay leaf + green bell peppers + garlic + onions + oregano (aka *safrito*)  
chocolate + garlic + olive oil  
citrus juice + garlic + olive oil (aka *adobo*)

Your choice of sugar suggests a country of origin. For example, **Cuban cuisine** relies on white sugar, while Mexican cuisine relies on brown sugar.

— MARICEL PRESILLA, *Zafra* (Hoboken, New Jersey)

## **CUCUMBERS**

**Season:** spring–summer

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** light

**Volume:** quiet

**Techniques:** pickle, raw, salads, sauté, soups

allspice  
bell peppers, esp. green  
basil  
butter  
buttermilk  
caraway seeds  
cayenne  
celery and celery seeds  
cheese: blue, feta  
chervil

**chile peppers:** fresh green, jalapeño

chives

**cilantro**

coconut milk

coriander

cream

cream cheese

crème fraîche

cumin

**DILL**

fish

fish sauce, Thai or other Asian

frisée

garam masala

**GARLIC**

gin

Greek cuisine

horseradish

Japanese cuisine

jicama

lemon balm

**lemon, juice**

lime, juice

melon, esp. honeydew

**MINT** (e.g., Indian cuisine)

mustard, Dijon

oil: sesame, vegetable

olive oil

**ONIONS**, esp. green or red

oregano

**parsley, flat-leaf**

peanuts

**pepper: black, white**

pineapple

romaine

red pepper flakes

salads

**salmon**

**salt:** kosher, sea

scallions  
scallops  
sesame seeds  
shallots  
shrimp  
smoked salmon  
soups, chilled (e.g., gazpacho)  
sour cream  
soy sauce  
sprouts  
**sugar** (pinch)  
Tabasco sauce  
tamari  
tarragon  
tea sandwiches  
thyme

**tomatoes**

Vietnamese cuisine

vinaigrettes

**VINEGAR:** balsamic, champagne, cider, red wine, rice wine, sherry, tarragon, white wine

vodka

watercress

wine, white

**YOGURT** (e.g., Indian cuisine)

**Flavor Affinities**

cucumber + chervil + salt + vinegar

cucumber + chile peppers + mint + yogurt

cucumber + cilantro + ginger + sugar + rice vinegar

cucumber + dill + red onion + sour cream + vinegar

cucumber + dill + salmon

cucumber + dill + yogurt

cucumber + feta cheese + garlic + mint + olive oil + oregano + red wine vinegar

cucumber + garlic + mint + yogurt

cucumber + lemon + sesame oil + vinegar

cucumber + jalapeño chile + dill + onion

cucumber + mint + yogurt

## CUMIN

**Taste:** bitter, sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate–loud

**Tips:** Add early in the cooking process.

Toast cumin seeds in a dry pan to evaporate their moisture and increase their flavor.

allspice

anise

apples

baked goods (e.g., breads)

bay leaf

**beans, esp. black or kidney**

beef

beets

bread (e.g., rye)

cabbage

caramel

cardamom

carrots

cayenne

With lighter dishes like rice pilaf or lentils, I use **cumin seeds** for their gentler flavor. With heavier dishes like chickpeas, kidney beans, or red meat, I'll use the stronger-flavored **cumin powder**.

— MEERU DHALWALA, VIJ'S (VANCOUVER)

cheese: esp. aged, feta, Muenster

chicken

**chickpeas**

chile peppers

chili

chili powder

cinnamon

cloves

**coriander**

**couscous**



**curries**

**curry leaves**

**eggplant**

eggs

fennel

fennel seeds

fenugreek seeds

fish

fruits, dried

garam masala (key ingredient)

**garlic**

ginger

harissa

honey

hummus (key ingredient)

**Indian cuisine**

Indonesian cuisine

**lamb, esp. grilled**

**LENTILS**

mace

meats, esp. stronger-flavored, and esp. grilled

**MEXICAN CUISINE**

mint, dried

**Moroccan cuisine**

mustard and mustard seeds (e.g., Indian cuisine)

nutmeg

onions

orange

oregano

paprika

peas

pepper

**pork**

Portuguese cuisine

**potatoes**

**rice**

saffron

salads, esp. pasta, tomato

salmon

sauces (e.g., mole)  
sauerkraut  
**sausages**  
shellfish  
soups (e.g., black bean)  
Spanish cuisine  
squash  
stews  
sugar, palm  
Tabasco sauce  
tahini  
tamarind  
tequila  
Tex-Mex cuisine  
Thai cuisine  
thyme  
**tomatoes**  
tuna  
turmeric  
vegetables, esp. summer  
Vietnamese cuisine  
yogurt

**Flavor Affinities**

cumin + cayenne + coriander + garlic  
cumin + chickpeas + yogurt  
cumin + cinnamon + saffron  
cumin + palm sugar + tamarind  
cumin + tomatoes + turmeric

**CURRY LEAVES**

**Taste:** sour, bitter

**Weight:** light

**Volume:** quiet–moderately loud

**Tips:** Add later in cooking, or to finish a dish.

allspice

Asian cuisines

bread, esp. Indian (e.g., naan)

cardamom  
chile peppers  
cilantro  
cinnamon  
cloves  
coconut  
coriander  
cumin  
**curries, esp. Indian**  
fennel seeds  
fenugreek seeds  
**fish**  
garlic  
ginger  
**Indian cuisine**  
lamb  
**lentils**  
mustard seeds  
paprika  
peas  
pepper  
rice  
**shellfish**  
soups  
stir-fried dishes  
stocks  
tamarind  
turmeric  
**vegetables**

## **CURRY POWDER AND SAUCES**

**Taste:** bittersweet, pungent  
**Weight:** medium–heavy  
**Volume:** moderate–loud  
**Tips:** Add early in cooking process.

beef  
butter

cardamom  
cashews  
cayenne  
cheese  
chicken  
chile peppers, red  
cilantro  
cinnamon  
cloves  
coconut  
coriander  
cream  
crème fraîche  
cumin  
dill  
eggs and egg salad  
fennel  
fish  
garlic  
**ginger**  
**Indian cuisine**  
lemon, zest  
lemongrass  
lime, juice  
mace  
mayonnaise  
mushrooms  
nutmeg  
oil, vegetable  
onions  
paprika  
pepper: black, red  
potatoes  
saffron  
salads (e.g., chicken, egg, potato)  
salt, kosher  
sauces  
shellfish  
soups, esp. fish, pea

star anise  
stews, meat  
stocks: chicken, fish  
tamarind  
Thai cuisine  
tomatoes  
tuna  
turmeric  
**vegetables**  
zucchini

## **CUSTARDS**

**Weight:** medium–heavy  
**Volume:** quiet  
almonds  
apples  
apricots  
bananas  
berries  
**caramel**  
chai  
cherries  
chocolate, esp. dark or white  
cinnamon  
coconut  
coffee  
**ginger**  
hazelnuts  
lemon  
liqueurs: nut, orange  
mango  
maple syrup  
nutmeg  
orange  
passion fruit  
pears  
persimmons  
pineapple

plums  
prunes  
pumpkin  
quince  
raisins  
**raspberries**  
rhubarb  
strawberries  
sweet potatoes  
thyme  
vanilla  
walnuts  
wine, sweet

## DAIKON

**Season:** autumn–winter

**Taste:** sweet

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** braise, marinate, raw (e.g., julienned), stew, stir-fry

basil

beef

beets

butter

cabbage

**carrots**

celery root

cheese, feta

chives

cream

cream cheese

cucumbers

curry powder

dill

duck

fish

ginger

honey

lemon, juice

lovage

*Torrijas*, which means “soaked,” are a [**custardy**] dessert in the Basque country that are like French toast or *pain perdu*. We soak the bread until it is saturated in milk, then let it sit [in the refrigerator] overnight. The next morning before serving, we coat it in egg and then fry it. We serve our version of *torrijas* with poached apples and instead of serving it with maple syrup, we serve it with Pedro Ximenez [a rich, sweet, Spanish sherry] syrup that has a raisin-like quality to it. The PX is just warmed and has a little glucose added to thicken it into a syrup. I don’t cook it or reduce it because I want to keep the alcohol in the syrup so it doesn’t become overly cloying.

— ALEXANDRA RAIJ, TÍA POL (NEW YORK CITY)

**Daikon** is great in stews and is milder, sweeter, and more absorbent than turnips

or radishes. Duck and turnips is a classic, but I like duck with daikon even better. It pairs well with other heavier flavors, such as pork or beef.  
— **TONY LIU**, AUGUST (NEW YORK CITY)

marjoram  
mint  
miso  
oil, sesame  
**onions, esp. green**  
orange, juice  
oregano  
parsley  
pork  
salmon  
scallions  
soups  
sour cream  
soy sauce  
sugar  
sugar snap peas  
tamari  
thyme  
tuna  
vinegar

## **DANDELION GREENS (See Greens, Dandelion)**

### **DATES**

**Season:** autumn–winter  
**Taste:** sweet  
**Function:** cooling  
**Weight:** medium–heavy  
**Volume:** moderate

**almonds**  
apples  
apricots  
Armagnac  
bacon



bananas  
brandy  
butter, unsalted  
buttermilk  
cakes  
caramel  
**CHEESE**, esp. Brie, Explorateur, **Parmesan**, pecorino, ricotta, Roquefort  
cherries, dried  
chicken  
chives  
**chocolate, esp. dark or white**  
cinnamon  
coconut  
**coffee**  
couscous  
cranberries, dried  
**cream and ice cream**  
**cream cheese**  
crème fraîche  
currants  
desserts  
figs  
ginger  
hazelnuts  
honey  
lamb  
lemon  
lime  
macadamia nuts  
**maple syrup**  
**mascarpone**  
Middle Eastern cuisine  
Moroccan cuisine  
**nuts**  
oats  
orange blossom water  
**ORANGE:** juice, zest  
pecans  
pepper, black

**pistachios**  
prunes  
quince  
raisins  
rosemary  
rum

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## **Dishes**

## **Chocolate and Date Pudding Cake**

— Gina DePalma, pastry chef, Babbo (New York City)

## **Baked-to-Order Date Pudding with a Caramelized Rum Sauce and a Dollop of Freshly Whipped Cream** — Toshi Sakihara, Etats-Unis (New York City)

**Medjool Dates Stuffed with Chorizo, Wrapped in Bacon** — Monica Pope, T'afia (Houston)

**Medjool Dates with Maple Mascarpone, Pistachios, and Orange Blossom Water** — Monica Pope, T'afia (Houston)

Someone told me about a savory **date** dish they had but could only remember that it was stuffed and wrapped in bacon. This led me into the kitchen to stuff a date with chorizo, wrap it in bacon, and then add charmoula [typically made of paprika, cayenne pepper, cumin, garlic, lemon juice, parsley, cilantro, and olive oil]. The dish just hits the mark. I also serve a sweet date dish that I stole from Judy Rodgers of Zuni Café. My version is made with Medjool dates that have maple mascarpone smeared in, pistachios crumbled on top, and orange blossom water. The orange blossom water gives people a visceral reaction because you don't see it, but you taste it. When people have the dish, they lick their fingers trying to figure it out!

— MONICA POPE, T'AFIA (HOUSTON)

## **Emily Luchetti of Farallon in San Francisco on When and How to Serve Dessert**

The older I get, the more I like my dessert at 3:00 in the afternoon. I like it all by itself, it has no competition and you are usually hungry. Your taste buds are wide awake and you can appreciate what it is. Of course if we have people over for dinner I can't get away with not serving dessert!

When you serve a dessert after a meal you are already full, not in a bad way, but if you had a first course and main course your palate has gone through many flavor components. At home I always take a little break and give people a breather between dinner and dessert. I'll have my guests help with the dishes or, if it's a formal party, I'll let them talk for a half hour and finish off the red wine. It is not just for their stomachs but for the palate as well.

I hate when it comes to slicing a dessert and someone says, "No, no, that is too big!" I used to fight it and take it personally, so now I just ask in advance. The guest appreciates it, has a small piece, and then has seconds. It is recognizing that everyone has their own choice regarding how much they want to eat. If I am serving a shortcake, I will put the fruit with a little cream on the

cake, then pass a bowl of whipped cream, so whether they want to pile it or keep it light, they can.

**sugar: brown, white**

thyme

vanilla

**walnuts**

wine: red, sweet

**Flavor Affinities**

dates + caramel + vanilla + walnuts

dates + chocolate + walnuts

dates + cream + rum

dates + maple syrup + mascarpone + pistachios

dates + orange + walnuts

## DESSERTS

**Tips:** Sweetness satiates the appetite, so generally end a meal on a sweet note.

Even sweet desserts should be in balance (their acidity, saltiness, etc.).  
Dessert wine should always be sweeter than the dessert it accompanies.

## DILL

**Season:** spring–autumn

**Taste:** sour, sweet

**Weight:** light, soft-leaved

**Volume:** moderately loud

**Tips:** Always use dill fresh, not cooked.

asparagus

avocados

basil

beans, esp. fava or green

beef

**beets**

bread, esp. rye

broccoli

**cabbage**

capers

**carrots**

cauliflower

celery root

cheese: cheddar, cottage, goat, soft

chicken

chives

**cilantro**

coriander

corn

crayfish

cream cheese

cream sauces

crème fraîche

**CUCUMBERS**

eggplant

**EGGS AND EGG DISHES** (e.g., omelets)

European cuisines

**FISH, esp. whole**

garlic

German cuisine

Greek cuisine

green beans

halibut

horseradish

lemon balm

lemon thyme

lovage

meats, e.g., lamb

Mediterranean cuisine

Middle Eastern cuisine

mint

mushrooms

mustard

North American cuisine

onions

paprika

**parsley**

parsnips

peas

**PICKLES** (key ingredient)

**POTATOES AND POTATO SALAD**

poultry

rice, esp. pilaf

Russian cuisine

**salads and salad dressings**

**salmon**

**salmon, cured** (key ingredient)

**salmon, smoked**

sauces

scallops

Scandinavian cuisine

shellfish

**Dill** adds a certain freshness and cleanness to a dish. During the winter, most of my fish dishes have dill — as well as dishes like goulash with noodles, which is served with both chives and dill for their herbal freshness.

— **TONY LIU**, AUGUST (NEW YORK CITY)

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## **Dishes**

**Duck, Butternut Squash, and Banana with Thai Flavors** — Grant Achatz, Alinea (Chicago)

**Liberty Farms Duck Breast with Smoked Bacon, Savoy Spinach, and Pickled Mulberries, Ginger Consommé** — Traci Des Jardins, Jardinière (San Francisco)

**Roast Duck Breast, Bok Choy, and Cassava Chips with Sesame Soy Dressing and Pickled Chiles** — Brad Farmerie, Public (New York City)

**Duck with Tomato, Red Chile, and Dried Mixed Fruits** — Zarela Martinez, Zarela (New York City)

**Blossom Honey “Lacquered” Aged Moulard Duck Breast, Caramelized Quince and Fennel, Broccoli Rabe, Sicilian Pistachios, and Port** — Carrie Nahabedian, Naha (Chicago)

**Grilled Duck Breast with Creamy Farro, Spring Onion, and Sour Cherry Jus** — Peter Nowakoski, Rat’s (Hamilton, New Jersey)

**Braised Duck Legs on Wilted Watercress in an Aromatic Asian Broth** —

Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Cured Duck Meat with a Salad of Licorice-Scented Fennel Shavings and Blood Orange** — Monica Pope, T’afia (Houston)

**Drake Duck “Sirloin” with Roasted Sweet Potatoes and Port Wine Sauce** — Monica Pope, T’afia (Houston)

**Duck Breast with Fava Beans and Roasted Plums** — Alfred Portale, Gotham Bar and Grill (New York City)

**Grilled Duck Breast over Aromatic Tamarillo Sauce, Creamy Quinoa, and Sweet Potato Puree** — Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Moultard Duck Breast with Parsnips, Wild Mushrooms, and a Rosemary Sauce** — Thierry Rautureau, Rover’s (Seattle)

**Muscovy Duck Breast with Rainier Cherries, Pecans, and Garden Lettuces** — Judy Rodgers, Zuni Café (San Francisco)

**Charcoaled Duck with Walnuts, Confit Leg, and Apricots Baked in Brown Sugar Brioche** — Lydia Shire, Locke-Ober (Boston)

**Grilled Liberty Farm Duck with Duck-Liver Wontons in Wild Mushroom Sauce** — Hiro Sone, Terra (St. Helena, California)

**Grilled Duck Breast in Lime Leaf Curry with Ginger, Jalapeño Basmati Rice** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

**Spit-Roasted Duck with Quince Sauce**  
— Alice Waters, Chez Panisse (Berkeley, California)

Our paella made with **duck** confit, foie gras, and morels is in honor of [the late chef] Jean-Louis Palladin. We made a paella with the fat from the duck and morels, and to finish it we topped it with thin slices of raw foie gras. The foie gras would get warm from the hot rice and melt into the rice. It is an amazing paella!

— JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

**Duck** is great with fruit. We serve a duck with Seville oranges that are a little bitter. We made a puree of the pulp and a little peel that had nice acidity and bitterness. We then added fennel that had been cooked with butter and a little star anise.

— DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

For my dish of lacquered **duck** and pepperpress, I make a duck cooked with honey served with a brown butter–honey that gives the duck a sweet, nutty

flavor. To cut the sweetness, I added a reduction of pomegranate juice and oil emulsion to give the dish a tart contrast.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

shrimp

sole

soups, esp. potato

sour cream and sour cream sauces

spinach

squash

## **TOMATOES AND TOMATO JUICES**

trout

Turkish cuisine

veal

## **vegetables**

## **YOGURT AND YOGURT SAUCES**

zucchini

## **Flavor Affinities**

dill + cilantro + mint

dill + cucumber + salmon

## **DUCK**

**Season:** autumn

**Weight:** heavy

**Volume:** moderate–loud

**Techniques:** braise (esp. legs), grill (esp. breast), roast, sauté, stir-fry  
allspice

**APPLES**, esp. Granny Smith

apricots (sauce)

artichokes

arugula

bacon

basil

## **bay leaf**

beans, fava

blueberries

bok choy

butter, unsalted



cabbage: green, red  
caraway seeds  
cardamom  
**carrots**  
celery  
celery root  
cheese: Asiago, Parmesan, pecorino, ricotta  
**CHERRIES:** regular, sun-dried  
chervil  
**chestnuts**  
chicory  
chile peppers: ancho, jalapeño  
chili paste  
Chinese cuisine  
chives  
chocolate / cocoa  
**cilantro**  
cinnamon  
citrus fruit  
**cloves**  
coconut milk  
coriander  
cucumbers  
cumin  
currants, black or red: fruit, preserves  
curry paste, esp. Thai green, or curry powder, esp. Madras  
dates  
duck fat  
farro  
fennel  
fennel seeds  
**figs**  
fish sauce, Thai  
five-spice powder  
**foie gras**  
**GARLIC**  
**GINGER**  
**hoisin sauce**  
**honey**, esp. lavender

horseradish  
huckleberries  
juniper berries  
kaffir lime leaves  
kumquats  
lavender  
leeks  
**LEMON, JUICE**, preserved  
lemongrass  
lentils  
lime, juice  
liqueur, orange (e.g., Grand Marnier), peach  
mangoes  
marjoram  
Mediterranean cuisine  
mint  
mirepoix  
morels  
**MUSHROOMS, ESP. WILD** (esp. porcini or shiitake)  
mustard, Dijon  
nutmeg  
nuts, macadamia  
**OIL**: canola, grapeseed, peanut, sesame, vegetable  
**olive oil**  
olives, esp. green  
**ONIONS, esp. green, sweet**  
**ORANGE**: juice, zest  
pancetta  
**parsley, flat-leaf**  
pasta  
**peaches**  
pears  
peas  
**PEPPER: black, green, pink, white**  
plums: fruit, sauce  
pomegranates  
poppy seeds  
port  
potatoes

prunes  
raspberries  
red pepper flakes  
rice, esp. basmati, wild  
risotto  
rosemary  
sage  
sake  
**SALT:** *fleur de sel*, kosher, sea  
sauerkraut  
**scallions**  
sesame seeds: black, white  
**shallots**  
sherry  
**SOY SAUCE**  
spinach  
**squash, butternut**  
**star anise**  
**STOCKS:** chicken, duck, game, meat, turkey  
stuffing  
**SUGAR:** brown, white  
**sweet potatoes**  
Tabasco sauce  
tamarind  
tarragon, fresh  
teriyaki sauce  
Thai cuisine  
**thyme, fresh**  
**tomatoes:** paste, puree, raw  
turmeric  
**TURNIPS**  
vegetables, root  
*verjus*  
vermouth  
**VINEGAR:** balsamic, champagne, raspberry, red wine, rice wine, sherry, white  
water chestnuts  
watercress  
**WINE, dry red** (e.g., Cabernet Sauvignon, Merlot), dry white (e.g.,

Riesling), port, rice, sweet (Madeira, Muscat)

### **Flavor Affinities**

duck + almonds + apricots  
duck + almonds + honey  
duck + apples + celery root + hazelnuts  
duck + apples + parsnips (and/or other root vegetables)  
duck + apricots + cherries + basmati rice  
duck + arugula + lentils  
duck + arugula + vinaigrette + walnuts  
duck + bacon + ginger + spinach  
duck + blackberries + ginger + Pinot Noir  
duck + cabbage + mushrooms  
duck + cherries + vinegar  
duck + cinnamon + honey + orange + star anise  
duck + cloves + garlic + orange + prunes + red wine  
duck + dates + turnips  
duck + fava beans + pecorino cheese  
duck + garlic + ginger + mint  
duck + ginger + honey + soy sauce  
duck + ginger + kumquats + black pepper + star anise  
duck + green peppercorns + sweet potatoes  
duck + honey + lavender  
duck + lemon + plums  
duck + lentils + onions + balsamic vinegar  
duck + orange + scallions  
duck + parsnips + turnips

We serve a sixteen-ounce **duck** breast with a Pinot Noir, blackberry, and ginger sauce. The sauce is made from frozen Oregon blackberries, which I am not shy to admit I use, because eleven months out of the year, there is nothing better. At home, I make a version of this sauce with currant preserves: I sauté the duck, then add lots of fresh ginger and shallots, a few tablespoons of currant preserves, and some champagne vinegar to cut the sweetness.

— **MICHAEL LOMONACO**, CHEF, PORTER HOUSE NEW YORK (NEW YORK CITY)

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## **Dishes**

**Duck Confit: Wild Mushrooms, Red Swiss Chard, Sweet and Sour Duck Jus**

— Olivier Muller, DB Bistro Moderne (New York City)

**Grilled Eggplant Terrine with Red Bell Pepper and Italian Parsley Sauce** — David Bouley, Bouley (New York City)

**Eggplant Ravioli with Medallions of Maine Lobster and Tomato-Basil Butter** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Baba Ghanoush Soup, Made with Eggplant, Tahini, Tomato Water, Garlic, and Cumin** — Michel Richard, Citronelle (Washington, DC)

**Eggplant, Peas, and Paneer in Pomegranate-Cinnamon Masala with Raita and Chapati** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

## **DUCK CONFIT**

beets  
cheese, Roquefort  
frisée  
garlic  
lentils, green  
mushrooms, wild  
mustard, Dijon  
oil: hazelnut, walnut  
onions  
parsley, flat-leaf  
pepper, white  
salt  
shallots  
stock, chicken  
vinegar, red wine  
watercress

## EASTERN EUROPEAN CUISINES

allspice, esp. in desserts  
bacon  
beef  
beets  
bell peppers, green  
cabbage  
caraway seeds  
carrots  
celery  
celery root  
chicken  
cinnamon, esp. in desserts  
cloves, esp. in desserts  
cream  
dill  
game  
garlic  
ginger, esp. in desserts  
juniper berries  
lamb  
marjoram  
meats  
mushrooms  
mustard  
noodles  
offal  
onions  
**paprika**  
pepper, black  
potatoes  
rice  
**sour cream**  
sugar  
tomatoes  
veal  
vegetables, root

vinegar

**Flavor Affinities**

beef + cabbage + rice

beets + dill + sour cream

cabbage + caraway + vinegar

chicken + cream + paprika

noodles + caraway seeds + sour cream

**EGGPLANT**

**Season:** summer

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** bake, boil, braise, broil, deep-fry, grill, roast, sauté, steam, stir-fry, stuff

allspice

**anchovies**

artichokes

**basil**

**bell peppers**, esp. green, red

bouquet garni

bread, pita

**bread crumbs**

cabbage, green

capers

cashews

cayenne

**CHEESE:** Emmental, feta, goat, Gruyère, mozzarella, **Parmesan**, **ricotta**,

**ricotta salata**, Romano, Swiss

chickpeas

**chile peppers**, esp. fresh green

chili powder



Chinese cuisine

chives

**cilantro**

**cinnamon**

coconut milk

coriander

cumin

curry

dips

Eastern Mediterranean cuisine

fennel

fennel seeds

French cuisine, esp. Provençal

garam masala

**GARLIC**

**ginger**

honey

Indian cuisine

Italian cuisine

Japanese cuisine

Korean cuisine

lamb

**LEMON**, juice

lentils

Middle Eastern cuisine

mint

**miso**

mushrooms, esp. button, shiitake



mustard, Dijon

oil: peanut, sesame

**OLIVE OIL**

**olives: black, green**

**ONIONS**, esp. red, Spanish, yellow

oregano

paprika (garnish)

**PARSLEY, FLAT-LEAF**

pasta

**PEPPER: BLACK, WHITE**

peppers, piquillo (e.g., Spanish cuisine)

pine nuts

pomegranate

prosciutto

red pepper flakes

rice

**rosemary**

saffron

sage

**SALT**: kosher, sea

sausage

savory

scallions

**sesame: oil, seeds**

shallots

**soy sauce**

squash, yellow or other summer

stock, chicken

sugar

**tahini**

tamari

**thyme**

**TOMATOES**, tomato juice, tomato sauce

**VINEGAR**: balsamic, champagne, red wine, rice wine, sherry

walnuts

**yogurt**

**zucchini**

**Flavor Affinities**

eggplant + basil + bell peppers + garlic + tomatoes  
eggplant + basil + mozzarella cheese  
eggplant + basil + olive oil + balsamic vinegar  
eggplant + basil + ricotta salata cheese + tomatoes  
eggplant + bell peppers + garlic + mustard  
eggplant + garlic + lemon juice + olive oil + parsley + tahini  
eggplant + garlic + onions + parsley  
eggplant + lentils + yogurt

**Eggplant** is funny. It is a subtle vegetable that can work with strong herbs like rosemary or marjoram.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

**Eggplant** can take on an even richer, meatier flavor when it's enhanced with miso or tahini.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

My **eggplant** gazpacho really tastes like a baba ghanoush soup. We start the soup by roasting eggplant and onions. Then we blend this together with tahini, tomato water, buttermilk for acidity, lemon, and garlic. The soup is garnished with three gels made of eggplant, lemon, and onion — all flavors from the soup. I love texture — people joke with me and call me “Captain Crunch” — so at the last second, we top the soup with Rice Krispies.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

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## Dishes

**Frittata with Zucchini and Parmesan Cheese, with Arugula Salad** — Andrew Carmellini, A Voce (New York City)

**Poached Eggs with Crispy Polenta and Tomato Hollandaise** — Andrew Carmellini, A Voce (New York City)

**Warm Salad of Greens with Pancetta and Scrambled Eggs** — Cesare Casella, Maremma (New York City)

**Organic Egg Frittata with Mushrooms, Zucchini, and Gruyère** — Daniel Humm, Eleven Madison Park (New York City)

**Organic Farm Egg Omelet with Capriole Farms Goat Cheese, Oranges, and Citrus Hollandaise, Toasted Ciabatta, and Apple Butter** — Carrie Nahabedian, Naha (Chicago)

**Organic Farm Egg and Wood-Grilled Spanish Sausage with a Salad of Italian Frisée, Smoked Red Thumb Potatoes, French Breakfast Radishes,**

**Sweet Garlic, and Herbs** — Carrie Nahabedian, Naha (Chicago)

**Organic Scrambled Egg with a Lime Crème Fraîche and White Sturgeon Caviar** — Thierry Rautureau, Rover's (Seattle)

**Traditional Eggs Benedict, Shaved Canadian Bacon, Lemon-Thyme Hollandaise, and Truffle Pesto** — Nori Sugie, Asiate (New York City)

**Smoked Chicken, Roasted Bell Pepper, Artichoke, and Fontina Cheese Omelet** — Nori Sugie, Asiate (New York City)

I like **frittata** as a main course at lunch or dinner. You can simply have frittata with a soup, and it's a meal. Frittata is like a risotto in its versatility; you can go crazy with it and add almost anything to them. I love my frittata with vegetables; asparagus, artichokes, mushrooms, onions, zucchini all work. With any variety of vegetables I would add some fresh herbs and cheese. Since the eggs are the protein, the only thing I don't personally care for in my frittata is meat, or maybe pickled vegetables.

— ODETTE FADA, SAN DOMENICO (NEW YORK CITY)

We will serve the combination of poached **egg** and spring asparagus differently at brunch versus dinner. At brunch, we will serve sliced asparagus mixed with other sliced vegetables in the bottom of a *cazuela* [clay pot] with the poached egg on top. For dinner, it will be green market asparagus topped with a poached egg and anchovy butter.

— ALEXANDRA RAIJ, TÍA POL (NEW YORK CITY)



## **EGGS AND EGG-BASED DISHES — IN GENERAL**

**Taste:** sweet, astringent

**Function:** heating

**Weight:** light-medium

**Volume:** quiet

**Techniques:** bake (frittata, quiche, etc.), boil (soft or hard), fry, poach, scramble

**asparagus**

bacon and pancetta

**basil**

bell peppers, esp. green

bread

butter

capers

caviar

**cheeses:** Comté, Emmental, **feta**, **Gruyère**, **Havarti**, **mozzarella**, **Parmesan**, Roquefort

chervil

chives

chorizo

cream

cream cheese

crème fraîche

dill

garlic

ginkgo nuts

ham: Serrano, Virginia

herbs, esp. fines herbes (i.e., chervil, chives, parsley, tarragon)

leeks

marjoram

mushrooms

olive oil

onions

parsley, flat-leaf

**pepper: black, white**

**potatoes**

salmon, smoked

**salt: kosher, sea**

sausage

scallions

shallots

sorrel

**spinach**

tarragon

thyme

tomatoes

truffles

## **AVOID**

cranberries

## **Flavor Affinities**

eggs + bacon + cheese + onions

eggs + bacon + crème fraîche + onions (Alsatian)

eggs + beets + smoked whitefish (Yiddish)

eggs + cheese + mushrooms + thyme

eggs + kale + pinkelwurst (oatmeal sausage) (Berliner)

eggs + mozzarella cheese + tomatoes (Roman)

eggs + mushrooms + red wine (Bordelaise)

eggs + potato + sausage

## **EGGS, FRITTATA**

anchovies

artichokes

arugula

asparagus

bacon and pancetta

**basil**

bell peppers

**cheese: feta, Gruyère, Havarti, mozzarella, Parmesan**

chives

herbs

**Italian cuisine**

**mushrooms**

olives

onions

pepper, black

salt, esp. kosher

sausage

shallots

thyme

**tomatoes**

zucchini

## **EGGS, HARD-BOILED**

**Techniques:** chop, devil, halve, sieve, slice

almonds  
basil  
butter, unsalted  
cayenne  
chile peppers, jalapeño  
**chives**  
cilantro  
cream  
curry  
dill  
garlic  
ginger, pickled  
leeks  
**mayonnaise**  
mint  
**mustard: Dijon, dry**  
olive oil  
paprika  
parsley, flat-leaf  
pepper, black  
salmon  
salt, kosher  
sauce, béchamel  
scallions  
shallots  
sour cream  
Tabasco sauce  
tarragon  
tomatoes

## **ENDIVE**

**Season:** winter–spring  
**Taste:** bitter, sweet  
**Weight:** light  
**Volume:** quiet–moderate  
**Techniques:** braise, glaze, grill, raw, roast

almonds

anchovies  
**apples**  
arugula  
avocado

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## Dishes

**Cabbageless Sauerkraut: Pickled Onions, Fennel, Endive, and Green Apple**  
— Christopher Lee, Gilt (New York City)

**Endive Tips with Red Pepper Puree, Maple Molasses, and Candied Walnuts**  
— Monica Pope, T'afia (Houston)

**Endive and Grapefruit Salad with Honey Dressing and Toasted Pecans** —  
Monica Pope, T'afia (Houston)

**Belgian Endive Salad, Shredded Carrot and Apple Salad, Concord Grapes, Sonoma Verjus Vinaigrette** — Nori Sugie, Asiate (New York City)

People shy away from **endive** because of its bitterness. But a good chef will pair it with a sweet dressing.

— CARRIE NAHABEDIAN, NAHA (CHICAGO)

bacon and pancetta

basil

bay leaf

beets

**butter, unsalted**

capers

cardamom, green

celery

**CHEESE:** Asiago, **blue**, goat, **Gorgonzola**, **Gruyère**, herb, **Parmesan**, **Roquefort**

chervil

chicken

**chives**

cinnamon

coriander

crab

cream

cream cheese

crème fraîche

cumin  
fennel seeds  
fenugreek  
French cuisine  
frisée  
game  
**garlic**  
ginger  
grapefruit  
honey  
horseradish  
leeks  
**lemon, juice**  
**mayonnaise**  
mushrooms  
**mustard: Dijon, dry, whole grain**  
mustard seeds  
**OIL:** grapeseed, peanut, safflower, vegetable  
**OLIVE OIL**  
olives, black  
orange: fruit, juice  
**parsley, flat-leaf**  
peanuts  
pears  
pecans  
**pepper: black, white**  
nuts  
pistachios  
pomegranate  
radicchio  
red pepper flakes  
rosemary  
salads  
**salt: kosher, sea**  
seafood  
**shallots**  
shrimp  
smoked fish, esp. salmon or trout  
sour cream



stocks: chicken, fish, veal

**sugar: brown, white**

**tarragon**

thyme

tomatoes

**vinaigrette, mustard**

**VINEGAR:** balsamic, raspberry, **red wine**, sherry

**WALNUTS**

watercress

**Flavor Affinities**

endive + argula + radicchio

endive + cheese + mushrooms

## **ENDIVE, CURLY (See Frisée)**

## **ENGLISH CUISINE**

cheese: Cheddar, Stilton

cream

fish (and chips)

game

jams and preserves

lamb

mutton

oats

peas

puddings (e.g., Yorkshire)

roast beef

scones

tea

tea sandwiches

Worcestershire sauce

## **EPAZOTE**

**Taste:** bitter

**Weight:** light–medium

**Volume:** moderate–loud

**beans, esp. black**

bell peppers  
Caribbean cuisine  
Central American cuisine  
chile peppers  
chorizo  
cilantro  
cloves  
corn  
cumin  
fish

I have always loved to mix meat and fish in a very delicate way. I went to Cut [Wolfgang Puck's steak restaurant] and had my first true Kobe beef steak. I begged Lee [Hefter, the chef] for his source! Surf and turf is not as much about having a piece of meat and fish on the plate as about the ideas they create for flavor combinations. The Kobe beef triggered everything. I can't serve steak at a fish restaurant, but the Kobe was so good I had to find a way to justify it on the menu. I came up with Kobe beef and **escalar**, with a brown butter that is classic with the fish. The final dish was inspired by having Korean barbecue at a friend's house, which is when I realized how to bring it together.

I wanted another element in the dish because the Kobe, escalar, and brown butter are all rich and all soft. The dish also has squash, Japanese pears, and napa cabbage marinated like Korean kimchee for just a moment. These elements add contrast, chewiness, and crunchiness.

— ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

garlic  
goat  
Latin American cuisines  
legumes  
lime  
**Mexican cuisine**  
mole sauces  
mushrooms  
onions  
oregano  
paprika  
pepper  
pork  
rice

salsas  
shellfish  
soups  
squash  
tomatillos  
vegetables, green

## ESCALAR

brown butter  
Kobe beef

### **Flavor Affinities**

escalar + Kobe beef + brown butter

## ESCAROLE

**Season:** year-round

**Taste:** bitter

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** braise, grill, roast

almonds

anchovies

beans

beef

butter

**cheese:** Fontina, Gruyère, mozzarella, Parmesan, Roquefort

chile peppers, dried red

cream

cumin

fish

**garlic**

hazelnuts

lemon

**olive oil**

olives, black

onions

paprika, sweet

parsley  
**pepper: black, white**  
pork  
poultry  
red pepper flakes  
**salt, kosher**  
shallots  
soups, esp. bean  
stock, chicken  
tomatoes (e.g., cherry)  
vinegar, red or white wine

**Flavor Affinities**

escarole + apples + Cheddar cheese  
escarole + olive oil + shallots

**ETHIOPIAN CUISINE**

beef, raw or stewed  
injera  
spices  
stewed dishes  
vegetables, stewed  
wine, honey

**EUROPEAN, EASTERN CUISINES (See Eastern European Cuisines)**

## FALL (See Autumn)

### FENNEL

**Season:** year-round

**Taste:** sweet

**Weight:** light

**Volume:** quiet

**Techniques:** boil, braise, fry, grill, raw, roast, sauté, steam

#### **almonds**

anise

#### **apples**

arugula

asparagus

basil

#### **bay leaf**

**beets: vegetable, juice**

bell peppers

#### **BUTTER, UNSALTED**

carrots

**Escarole** is a bitter but sturdy leaf, and in a salad dressed with olive oil and red wine vinegar, I like to add Cheddar for its sharpness and creaminess plus some crisp and refreshing apples.

— TONY LIU, AUGUST (NEW YORK CITY)

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### Dishes

#### **Wild Fennel and Ramp Soup with Broken Capellini and Alaskan King Crab**

— Lidia Bastianich, Felidia (New York City)

**Braised Fennel Salad with Pears and Gorgonzola** — Mario Batali, Babbo (New York City)

**Puree of Fennel Soup with Apples, Almonds, and Madras Curry** — Traci Des Jardins, Jardinière (San Francisco)

**CHEESE:** blue, goat, Gorgonzola, Gruyère, **Parmesan**, pecorino

#### **chicken**

chives

coriander  
crab  
cream  
crème fraîche  
cucumbers  
eggplant  
eggs  
endive  
fennel pollen  
**fennel seeds**  
**FISH**, esp. grilled and/or whole salmon, sea bass, snapper  
frisée  
**garlic**  
ginger, fresh  
Italian cuisine  
herbs  
honey  
lamb  
leeks  
**LEMON**: juice, zest  
lemon balm  
lettuce: Bibb, butter  
lime: juice, leaf (kaffir)  
lobster  
lovage  
meats  
**Mediterranean cuisine**  
mint  
mussels  
nutmeg  
**OIL**: canola  
**olive oil**  
**olives: black, green**

I like **fennel** shaved raw, with just some lemon juice, olive oil, and fennel seeds. Fennel goes well with dried meats like prosciutto. It also pairs nicely with shellfish like langoustines, lobster, or crab. Fennel can work with fish as well as with meat. It goes really well with cold poached salmon or white, light meats like chicken or veal.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

**Fennel** is a flavor I like so much that I have to show restraint with it. You can add anything to it because other flavors really adhere to it. You can braise it in olive oil and veal stock to get one flavor. Or you can braise it in olive oil, white wine, and water and get a whole other flavor. Or you can quarter it, caramelize it, and roast it in the oven — now you have a sugar flavor and it can become a dessert. I love fennel every way including braised, caramelized, dried, candied, and pureed. In the fall, I served raw shaved fennel with arugula, and shaved Honeycrisp apple with a dressing made of apple cider, honey, and mustard. Fennel puts the salad over the top with its crunch. In summer, we serve a fennel and fig tarte tatin with duck. You get a Fig Newton flavor from the fig and Pernod flavor from the fennel; they match really well.

— **CARRIE NAHABEDIAN**, NAHA (CHICAGO)

onions, esp. red

**ORANGE: JUICE**, segments

pancetta

paprika

**parsley, flat-leaf**

pasta

pears

pecans

**PEPPER: BLACK, WHITE**

**Pernod**

pickles

pork

**potatoes**

prosciutto

rice

rosemary

**salads** (e.g., green or tuna) and salad dressings

salmon

**salt**: kosher, sea

sambuca

sauces

scallions

shallots

**shellfish**

shrimp

**soups, esp. vegetable**

spinach

star anise

stews, esp. fish

**stocks: chicken, veal, vegetable**

stuffing

sugar (pinch)

swordfish

tarragon

**thyme**

**tomatoes and tomato sauce**

tuna

veal

vegetables, esp. summer

vermouth

vinaigrettes

vinegar: champagne, cider, raspberry

walnuts

watercress

wine: dry white, vermouth

zucchini

**Flavor Affinities**

fennel + almond + fennel seeds + honey + lemon

fennel + apple + pecorino cheese + watercress

fennel + asparagus + fennel seeds + garlic + olive oil

fennel + garlic + onions + tomatoes

fennel + lemon + mint + olive oil + olives + orange

fennel + lemon + olive oil + Parmesan cheese + parsley

fennel + onions + potatoes + chicken stock

fennel + orange + sambuca

**FENNEL POLLEN**

**Taste:** sweet

**Weight:** light

**Volume:** quiet

**Tips:** Use to finish a dish.

apricots



beef  
boar  
chicken  
cream  
fennel seeds  
fish, esp. flakier white, poached or steamed  
garlic  
lamb  
lemon  
nuts, esp. almonds, pistachios  
pasta  
pork  
potatoes  
poultry  
rabbit  
rice or risotto  
salads  
salmon  
sea trout  
shellfish  
vegetables  
yogurt

### **Flavor Affinities**

fennel pollen + lemon + yogurt

**Fennel pollen** has a light, fennel-anise flavor with a floral component. It is delicate, so you don't cook with it — you just finish a dish with it. It is great on lighter things like salads, poached or steamed flaky white fish, poultry, or pork. When a dish has fennel pollen, even before the food hits your mouth you will notice a floral smell that gets you thinking of summer, lighter foods, and freshness. I use it with my sea trout dish, which is served with a simple salad of green apple, fennel, jicama, pistachios, and dried gooseberries. The dish is topped with the pollen blended with some yogurt, lemon juice, and preserved lemon, which we drape over the fish. This dish just screams “summer.” With a glass of Sauvignon Blanc on the terrace in the early evening, you're set!

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

I really like **fennel pollen**. The majority of the time, we use it in a marinade for meats like pork, boar, chicken, and lamb. It adds an interesting herbaceous, aromatic note and a mysterious flavor.

— SHARON HAGE, YORK STREET (DALLAS)

## FENNEL SEEDS

**Taste:** sweet

**Weight:** light

**Volume:** quiet–medium

**Tips:** Add near end of cooking process.

apples

baked goods (e.g., breads)

basil

beans

beets

bouillabaisse

cabbage

chicken

Chinese cuisine

cinnamon

cloves

cucumber

cumin

curries

duck

fennel

figs

### **FISH, ESP. STEAMED**

five-spice powder (key ingredient)

garam masala (key ingredient)

garlic

*herbes de Provence* (key ingredient)

Italian cuisine

leeks

lentils

meats, braised

Mediterranean cuisine

olives

orange

paprika

parsley

pasta  
pepper, black  
pickles  
**pork**  
potatoes  
*ras el hanout* (key ingredient)  
rice  
saffron  
salads  
sauces  
sauerkraut  
**\*SAUSAGES, esp. Italian**  
Scandinavian cuisine  
**shellfish**  
soups, esp. fish  
star anise  
stews, esp. fish  
stocks and broths  
tarragon  
tomatoes and tomato sauces  
vegetables, esp. green

**Flavor Affinities**

fennel seeds + cinnamon + cloves + peppercorns + star anise (five-spice powder)

**FENUGREEK**

**Season:** autumn

**Taste:** bitter, sweet

**Function:** heating

**Weight:** light–medium

**Volume:** quiet–moderate

**cardamom**

cauliflower

cheeses, esp. creamy

**chicken**

cinnamon

cloves

coriander  
cream, esp. sour  
cumin

## **CURRIES AND CURRY POWDERS**

Ethiopian cuisine  
fennel seeds  
fish  
**garlic**  
**Indian cuisine**  
**lamb**

I love **fenugreek**, and its incredible aromatics. It goes well with everything from lamb to chicken to vegetables.

— **VIKRAM VIJ**, Vij's (Vancouver)

legumes  
lentils  
**maple syrup, artificial** (key ingredient)  
mayonnaise  
mint  
peas  
pepper  
**potatoes**  
rabbit  
**rice**  
sauces, esp. creamy  
shellfish, shrimp  
soups  
spinach  
stews, esp. tomato-based  
tomatoes  
turmeric  
vegetables, esp. green and root  
yogurt

## **FETA CHEESE (See Cheese, Feta)**

## **FIDDLEHEAD FERNS**

**Season:** spring

**Taste:** bitter

**Weight:** medium

**Volume:** moderate–loud

**Techniques/Tips:** Always serve cooked: blanch, boil, sauté, steam.

American cuisine, esp. New England

asparagus

bacon

basil

beans, fava

beef

brown butter

**butter, sweet**

cayenne

**cheese: Comté, goat, Parmesan**

chicken

fennel

fish (e.g., halibut, salmon)

garlic

hollandaise sauce

horseradish

lamb

lemon, juice

**MUSHROOMS, WILD, e.g., chanterelles, morels**

mustard

oil: sesame, walnut

olive oil

**onions**, esp. cipollini, red, spring

parsley, flat-leaf

**pasta**, esp. gnocchi

pepper

polenta

potatoes, esp. Yukon gold

poultry

prosciutto

ramps

salads

salt

sesame seeds

shallots  
soy sauce  
spinach  
tarragon  
thyme  
veal

**vinaigrettes**

**vinegar: balsamic, sherry**

walnuts  
yogurt

**Flavor Affinities**

fiddlehead ferns + butter + herbs + morel mushrooms + ramps

fiddlehead ferns + garlic + morel mushrooms + salmon

fiddlehead ferns + sesame oil and/or seeds + soy sauce

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**Dishes**

**Bresaola with Fiddleheads and Pecorino**  
— Mario Batali, Babbo (New York City)

**FIGS, DRIED**

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** stew

almonds

**anise seeds**

apples

apricots, dried

bananas

bay leaf

**brandy**

caramel

**cheese: goat, manchego, Parmesan, ricotta**

cherries, dried

chestnuts

chocolate, esp. dark, white

**cinnamon**

cloves

coconut

coffee

cognac

cream

**dates**

game

ginger

**HONEY**

**lemon: juice, zest**

macadamia nuts

maple syrup

mascarpone

nutmeg

oats

**ORANGE: fruit, juice**

pastries  
pears  
pecans  
pineapple  
**pistachios**  
prunes  
quince  
**raisins, yellow**  
sugar, brown  
sweet potatoes  
vanilla  
**WALNUTS**  
**WINE, RED**, sweet

**Flavor Affinities**

dried figs + anise + oranges + walnuts

**FIGS, FRESH**

**Season:** summer–autumn

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, broil, caramelize, deep-fry, grill, raw, roast

**ALMONDS**

anchovies

**anise, esp. green**

apples

arugula





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## Dishes

**Fresh Fig Tart with a Dollop of Mascarpone** — Gina DePalma, pastry chef, Babbo (New York City)

## **Fig and Ricotta Gelato**

— Gina DePalma, pastry chef, Babbo (New York City)

## **Honey-Baked Figs Stuffed with Walnuts**

— Gina DePalma, pastry chef, Babbo (New York City)

## **Black Mission Figs with Goat Cheese Mousse, Honey Ice Cream, and Port Sabayon** — Gary Danko, Gary Danko (San Francisco)

## **Rogue River Oregonzola, Black Mission Figs, Lavender Honey, Toasted Hazelnuts** — Monica Pope, T'afia (Houston)

bacon

butter, unsalted

caramel

**CHEESE:** blue, fromage blanc, goat, Gorgonzola, dry Jack, manchego, provolone, ricotta, Roquefort

cherries

chicken

chocolate: dark, white

cilantro

**cinnamon**

cloves

coffee / espresso

cognac

**CREAM AND ICE CREAM**

cream cheese

crème anglaise

crème fraîche

duck

fish (e.g., bass)

five-spice powder

French cuisine, esp. southern

game birds

garlic

ginger

grapes

ham, esp. Serrano

hazelnuts

**HONEY**

Italian cuisine, esp. southern

Kirsch  
lamb  
lavender  
**lemon: juice, zest**  
**lime, juice**  
liqueurs, esp. raspberry  
mango  
**mascarpone**  
meats, cured and smoked  
Mediterranean cuisine  
Middle Eastern cuisine  
mint  
Moroccan cuisine  
**oil, grapeseed**  
**olive oil**  
onions  
**ORANGE:** juice, zest  
pancetta  
pears  
pecans  
pepper, black  
pine nuts  
pistachios  
pork  
port  
**prosciutto**  
quail  
radicchio  
**RASPBERRIES**  
rice  
rosemary  
rum, esp. dark  
sorbets  
star anise  
**SUGAR:** brown, white  
thyme  
**VANILLA**  
Vin Santo  
**VINEGAR: BALSAMIC, red wine, sherry**

## **WALNUTS**

wine: dry red, Marsala, port

### **Flavor Affinities**

figs + almonds + green anise

figs + black pepper + ricotta cheese

figs + caramel + vanilla + balsamic vinegar

figs + cilantro + lime

figs + cinnamon + honey + orange

figs + cream + goat cheese + honey

figs + cream + honey + raspberries

figs + goat cheese + pine nuts

figs + honey + mascarpone

figs + lemon + rosemary

figs + olive oil + rosemary

figs + Pernod + walnuts

## **FILET MIGNON (See Beef — Steak: Filet Mignon)**

## **FINES HERBES**

**Tips:** Use late in the cooking process.

### **French cuisine**

#### **Flavor Affinities**

chervil + chives + parsley + tarragon

## **FISH — IN GENERAL (See individual fish; Seafood)**

**Taste:** sweet

**Function:** heating

**Weight:** light–medium

**Volume:** quiet–moderate

anise

basil

broths

butter

cream

dill

**fennel**

fines herbes (i.e., chervil, chives, parsley, tarragon)

garlic

ginger

grapefruit

leeks

**lemon: juice, zest**

lemongrass

lemon verbena

lime: juice, zest

parsley

peas (accompaniment)

Think of white **fish** — dorade, Dover sole, pompano, skate, snapper — as white meat, and red fish — salmon, tuna — as red meat. Salmon is like pork, and tuna like beef, and both combine better with stronger flavors. Tuna even pairs with some of the same flavors as beef, including black pepper, red wine, and wasabi.

— MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

I like my **fish** simply grilled or steamed. I choose fish that have a lot of flavor so very little has to be done to them. I don't believe you need 10,000 things for a great piece of fish. Dover sole doesn't need anything. Turbot has a wonderful flavor with no help. We get our baby octopus from Sicily and they have plenty of flavor.

— ODETTE FADA, SAN DOMENICO (NEW YORK CITY)



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## Dishes

**Onion-Crusted White Fish with Tomato-Water Sauce** — Michel Richard,

Citronelle (Washington, DC)

peppercorns

rhubarb

salt

tomatoes

wine, esp. white

**Flavor Affinities**

fish + ginger + lemongrass

fish + herbs + white wine

fish + onions + tomatoes

**FISH SAUCE**

**Taste:** salty

**Weight:** light

**Volume:** loud

lime, juice

sauces, dipping

shrimp

**Southeast Asian cuisines**

spring rolls

sugar

**Thai cuisine**

**Vietnamese cuisine**

vegetables

**FIVE-SPICE POWDER**

**Taste:** sweet

**Weight:** light

**Volume:** quiet–moderate

beef

chicken

Chinese cuisine

duck

pork

stews

stir-fries

**Flavor Affinities**

cinnamon + cloves + fennel seeds + star anise + Szechuan peppercorns

## **FLOUNDER**

**Season:** summer

**Weight:** light

**Volume:** quiet

**Techniques:** bake, broil, deep-fry, fry, poach, sauté, steam, stir-fry

almonds

basil

bread crumbs or cracker crumbs

butter

capers

chili sauce

chives

coconut milk

corn

cornmeal (e.g., as a crust)

crab

curry, green

dill

**lemon**

lime

Mediterranean cuisine

miso

noodles

olive oil

**onions, Vidalia**

pasta

peas

pepper, black

ramps

salt

seaweed, esp. konbu

shiso

*ume* (Japanese plum)

**wine, white**

yuzu

zucchini

### **Flavor Affinities**

flounder + capers + lemon

flounder + shiso + ume

flounder + konbu seaweed + shiso

## **FOIE GRAS**

**Season:** autumn

**Weight:** heavy

**Volume:** moderate

**Techniques:** braise, sauté, terrine

allspice

### **APPLES**

apricots

### **Armagnac**

bacon

brandy

cabbage

### **cherries**

chives

chocolate

### **cognac**

endive

### **figs: dried, fresh**

French cuisine

ginger

### **grapes**

leeks

lemon

mangoes

miso

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## **Dishes**

**Flounder Wrapped in Spring Roll Paper Served with House-Made Egg Noodles, Thai Green Curry–Coconut Milk Broth with Snow Peas, Yuzu Lime, and Honey Mushrooms** — Bob Kinkead, Colvin Run (Vienna, Virginia)

**Sesame-Flavored Flounder and Wakame Seaweed Soup** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)



## **Foie Gras with Roasted Plums**

— Carrie Nahabedian, Naha (Chicago)

## **Foie Gras Sushi with Plum-Wine Jelly**

— Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

## **Seared Hudson Valley Foie Gras with Caramelized Three-Pear Salad —**

Jimmy Schmidt, at the 2003 James Beard Awards gala reception I found a recipe for olive oil cake at the same time that I was perfecting making a **foie gras** mousse that was pliable to the point that it could be made into an icing. So, I created a savory cake topped with the icing. Then one day while I was online I heard someone mention Twinkies, and the next thing I knew I was ordering real Twinkie pans online. Three days later, Twinkies stuffed with foie gras was born. I serve it with fresh strawberries and black pepper. It seems like everything has been done already, but I like to think I am the only person working with Twinkies.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

nutmeg

oil, grapeseed

olive oil

onions

**peaches**

**pears**

**pepper, black**

pistachios

plums

port

raisins

rhubarb

salt, kosher

**Sauternes**

shallots

**stock, chicken**

strawberries

**sugar (dash)**

tomatoes

**truffles and truffle oil, esp. white**

**vinegar: balsamic, cider**

**Flavor Affinities**

foie gras + cherries + balsamic vinegar

foie gras + cherries + pistachios

foie gras + strawberries + black pepper

**FRENCH CUISINE — IN GENERAL**

beef

**cheese**

**CREAM**

**eggs**

**herbs**

mustards

onions

parsley

pastries

pork

potatoes

poultry

roasted meats

**SAUCES**

sausages

sautéed dishes

seafood

shallots

spirits

**STOCK**

tarragon

thyme

truffles, black

veal

vinegars

wheat, esp. as flour

**WINE**

**Flavor Affinities**

butter + cheese + stock

butter + cheese + wine

butter + herbs

cream + herbs

herbs + stock  
herbs + wine

## **FRENCH CUISINE, NORTHERN**

apples: cider, fruit, juice  
buckwheat (key ingredient in crepes)

### **BUTTER**

cabbage  
Calvados  
charcuterie  
cheese: Camembert

### **CREAM**

*Tarte flambée* is a dish that is 200 years old and was originally made by farmers in Alsace in the village's wood-burning oven used for baking bread. The *tarte flambée* developed from what was on hand on the farm: cheese and cream from the cow, pork from the pig, and onions from the field, which they added to some dough. Since we don't have a wood-burning oven [in the middle of Manhattan], we have to tweak the recipe from the classic. We have to tweak the cream because if we don't, it breaks and just becomes grease. Instead, I use a mix of fromage blanc, cream, and sour cream so I can get the same result as cream in the original. And to compensate for not having a fire, I use an applewood-smoked bacon.

— GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

fish, freshwater  
game  
lobster  
oysters  
pork: bacon, ham  
sausages  
shellfish  
veal

### **Flavor Affinities**

bacon + cheese + cream

## **FRENCH CUISINE, SOUTHERN (aka Provençal Cuisine)**

anchovies

anise  
basil  
beef, esp. stewed  
bell peppers  
chicken, esp. grilled  
fish, esp. grilled  
garlic  
grilled dishes  
*herbes de Provence*  
lamb, esp. roasted  
lavender  
marjoram  
meats  
mustard  
**OLIVE OIL**  
olives  
pâtés  
pork  
rosemary  
sage  
shellfish  
soups  
tomatoes  
vegetables  
wine

### **Flavor Affinities**

basil + garlic + olive oil + Parmesan cheese  
basil + olive oil + tomatoes  
bell peppers + eggplant + garlic + onions + tomatoes + zucchini  
chicken + garlic + olives + onions + tomatoes  
garlic + egg yolk + lemon + olive oil + saffron  
marjoram + rosemary + sage + thyme (aka *herbes de Provence*)  
olives + basil + capers + garlic + olive oil (aka tapenade)  
pork + anise + marjoram + thyme  
seafood + garlic + olive oil + tomatoes

## **FRESHNESS**

**Season:** spring–summer

**Tips:** Listed herbs are always used fresh (with little or no cooking), and add a note of freshness to a dish. Other listed flavors add a bright note to a dish. For the opposite, see listing for **Slow-Cooked**.

**basil**

chives

cilantro

citrus

dill

fennel pollen

mint

tarragon

**FRISÉE (a fine-leaved variety of curly endive)**

**Season:** year-round

**Taste:** sweet, bitter

**Weight:** light

**Volume:** quiet

**Techniques:** raw, wilt

almonds

anchovies

avocado

**bacon / lardons**

basil

bell peppers: red, yellow

beets

**CHEESE: BLUE, GOAT, PARMESAN, ROQUEFORT**

cherries, dried

chervil

chives

cilantro

croutons (accent)

cucumbers

eggs, esp. poached

endive

fat: bacon, duck

**garlic**

ginger  
grapefruit  
lemon, juice  
lettuces: red oak leaf, red leaf  
lime, juice  
maple syrup  
mushrooms, white  
mustard, Dijon  
**oil: canola, grapeseed, hazelnut, walnut**  
**olive oil**  
olives  
onions, red  
**orange, juice**  
parsley, flat-leaf  
**pepper: black, white**  
salads, esp. warm  
**salt: kosher, sea**  
scallops  
seafood  
shallots  
tangerines and tangerine juice  
tarragon  
tomatoes  
vinaigrette  
**vinegar: sherry, white wine**

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## **Dishes**

**Salad “Lyonnaise”:** Italian Frisée, Applewood Slab Bacon, and Warm Poached Egg, Sherry Wine–Dijon Mustard Vinaigrette — Carrie Nahabedian, Naha (Chicago)

**Warm Frisée and Bacon Salad with Beet Carpaccio and Toasted Walnuts** — Lydia Shire, Locke-Ober Café (Boston)

**Frisée and Spinach Salad with Dried Cherries, Blue Cheese, Walnuts, and Maple-Sherry Vinaigrette** — Charlie Trotter, Trotter’s to Go (Chicago)

**walnuts** (accent)  
watercress

**Flavor Affinities**

frisée + anchovies + garlic + Parmesan cheese

frisée + bacon + poached egg

frisée + bacon + Roquefort cheese + garlic + shallots + sherry vinegar

**FRUIT, DRIED (See also Dates, Figs, Raisins, etc.)**

**Taste:** sweet

**Tips:** If the fruit is hard, steam before using.

apple juice

chocolate

cinnamon

ginger

lemon

nuts

pistachios

vanilla

walnuts

**FRUIT, FRESH (See also specific fruits)**

**Taste:** sweet

**Tips:** Sugar enhances the natural flavor of fruit.

almonds

ginger, fresh

lemon: juice, zest

sabayon sauce

**SUGAR**

**vanilla**

**FRUIT, TROPICAL (See also specific fruits, e.g., Mangoes, Papayas, Pineapples, etc.)**

**Taste:** sweet, sour

bananas

bourbon

caramel

chile peppers

chocolate  
chocolate, white  
cloves  
coconut  
coriander  
cream and ice cream  
five-spice powder  
ginger  
guava  
honey  
lemon: juice, zest  
lemongrass  
**LIME: JUICE, ZEST**  
mangoes  
melon, honeydew  
mint  
orange: juice, zest  
pineapple  
pomegranates  
**RUM**  
spirits, white: gin, vodka  
strawberries  
**sugar: brown, white**  
**vanilla**  
yogurt

### **Flavor Affinities**

tropical fruit + coconut + honey + lime

tropical fruit + ginger + mint + orange + sugar

**Tropical fruits** are strong flavored, and stand up to chocolate better. At the same time, tropical fruits like bananas or mangoes are not overly sweet fruits, so caramel can stand up to them. With tropical fruits, I will use a little lime juice and often rum as well to help give them a little kick. With mangoes, I use a little light brown sugar — or I'll even blend light brown and white sugar together because I'll want the flavor but not want it to be too harsh.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

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## **Dishes**



**Exotic Fruit Salad with Guava Sauce and Phyllo Galettes** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Chocolate Custard Cake with Exotic Fruit Gelée and Caramelized Bananas** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Tropical Fruit Salad with Rosewater and Sweet Tahini Yogurt** — Brad Farmerie, Public (New York City)

## **GAME — IN GENERAL (See also Rabbit, Venison)**

**Season:** autumn

**Weight:** heavy

**Volume:** moderate–loud

**Techniques:** braise, roast

**Tips:** The flavor of cloves adds richness to game.

allspice

cabbage, red

cayenne

cherries

chestnuts

**cloves**

cranberries, dried

garlic

gin

greens

Italian cuisine

juniper berries

lentils

Madeira

maple syrup

mushrooms, wild

mustard, Dijon

onions

parsley, flat-leaf

pepper, black

salt, sea

stock, beef

sugar, brown

vinegar

wine, red

## **GARAM MASALA**

**Function:** warming

**Tips:** Add near the end of the cooking process or before serving.

## **Indian cuisine**

### **Flavor Affinities**

cardamom + black pepper + cinnamon + cloves + coriander + cumin +  
dried chiles + fennel + mace + nutmeg

## **GARLIC**

**Season:** year-round

**Botanical relatives:** chives, leeks, onions, shallots

**Function:** heating

**Weight:** light–medium

**Volume:** moderate (esp. cooked)–loud (esp. raw)

**Techniques:** grill, raw, roast, sauté

almonds

anchovies

bacon

barbecue

**basil**

bay leaf

beans

beef

beets

bread

broccoli

cabbage

Cajun cuisine

caraway seeds

cayenne

**cheese, Parmesan**

**chicken**

chile peppers

Chinese cuisine

chives

cilantro

coriander

cream, half-and-half

Creole cuisine

cumin

curries

eggplant  
eggs  
fennel  
fennel seeds  
fish  
French cuisine  
ginger  
Indian cuisine  
Italian cuisine  
Korean cuisine  
**lamb**  
leeks  
**LEMON:** juice, zest  
lemongrass  
lentils  
lime, juice  
mayonnaise  
**meats**  
Mediterranean cuisine  
Mexican cuisine  
Middle Eastern cuisine



When **garlic** needs to be there, it needs to be there. That includes a lot of dishes, such as lamb. Garlic is also called for with all kinds of vegetables, sauces, pastas, and salads.

— DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

I use **garlic** primarily in two ways: infused into olive oil, or served crispy as a garnish. I'll use the garlic oil for cooking — and even if a dish will have garlic added later, I will start with this oil. For crispy brown garlic, you start by slicing it thinly like a chip. The garlic is then put into cold olive oil and cooked until it is just brown. Then, you add parsley, red pepper flakes, and an acid like lemon juice or vinegar to make a vinaigrette. You can even add some stock like a fumet, which is wonderful, too — served hot, it is great with almost any kind of fish, from something light all the way to oily blue fish.

— ALEXANDRA RAIJ, TÍA POL (NEW YORK CITY)

Moroccan cuisine

**mushrooms**

**mustard**

oil: canola, peanut

**OLIVE OIL**

**onions**

oregano

paprika, esp. sweet

parsley, flat-leaf

pasta and pasta sauces

pepper: black, white

pesto (key ingredient)

pork

potatoes

rice

rosemary

saffron

sage

salads (e.g., Caesar)

**salt**

sauces

shallots

shellfish

shrimp

soups

soy sauce

spinach

steak

stocks: chicken, vegetable

sugar  
tarragon  
Thai cuisine  
thyme

## **TOMATOES AND TOMATO SAUCE**

vegetables  
Vietnamese cuisine  
**VINEGAR, esp. balsamic, red wine**  
wine, white  
zucchini

## **GEORGIAN CUISINE (RUSSIAN)**

fish  
garlic  
meats  
pepper, red ground  
pickles  
pomegranates  
vinegar  
walnuts

### **Flavor Affinities**

coriander + dill + fenugreek (blue) + garlic + red peppers  
garlic + walnuts

## **GERMAN CUISINE**

allspice  
anise  
bay leaf  
beer  
bread, rye  
**caraway seeds**  
chives  
cinnamon  
**dill: seeds, weed**  
fish  
ginger  
horseradish

juniper berries  
mace  
meats, esp. with fruits  
nutmeg  
paprika, sweet  
parsley  
pepper, white  
poppy seeds  
pork  
potatoes  
sauerbraten  
sauerkraut  
sausages  
sour cream  
sugar  
veal  
vinegar

**Flavor Affinities**

caraway + paprika + sour cream  
caraway + sauerkraut  
cream + horseradish + fish or meat  
cream + paprika + poppy seeds  
dill + cucumbers  
ginger + sauerbraten  
juniper berries + game  
mace + chicken  
nutmeg + potatoes  
sugar + vinegar

**GIN**

**Weight:** light–medium

**Volume:** quiet–loud

apple brandy  
apricot brandy  
basil  
blackberries  
celery  
Champagne

Cucumber and mint is a fashionable combination in cocktails, [especially] those with Hendrick's **gin**, which has a cucumber flavor. Cucumber is a flavor that's distinct yet delicate, and very refreshing. It goes beautifully with a range of foods, from Asian cuisine to smoked salmon.

— **JERRI BANKS**, COCKTAIL CONSULTANT (NEW YORK CITY)

With **gin**, or even Martini & Rossi Bianco, I love the combination of blackberries and sage. Blackberries have an indescribable flavor to begin with, and the sage gives them a brooding quality.

— **JERRI BANKS**, COCKTAIL CONSULTANT (NEW YORK CITY)

cilantro

Cointreau

cola

cranberry juice

cucumber

Curaçao

Earl Grey tea

ginger

**HERBS**

honey

lemon juice

lime juice

mint

**orange juice**

oysters

pomegranate

pomegranate molasses

rose geranium

rosemary

sage

sugar

**TONIC**

**Flavor Affinities**

gin + apple brandy + lemon juice + orange juice

gin + basil + lemon

gin + blackberries + sage

gin + cilantro + lime

gin + Cointreau + lime + rosemary



gin + cucumber + mint  
gin + Earl Grey tea + lemon + sugar  
gin + lime + mint  
gin + lime + mint + pomegranate  
gin + lime + orange

### **Gin Flavors**

**Beefeater:** pear

**Hendrick's:** cucumber, rose petals

**Old Raj:** saffron

**Zuidam Dry:** orange peel

## **GINGER**

**Season:** year-round

**Taste:** sour, hot

**Weight:** light–medium

**Volume:** loud

**Techniques:** bake, stir-fry

allspice

almonds

anise

**apples**

apricots

Arabic cuisine

### **ASIAN CUISINES**

bananas

**basil**

bay leaf

beef

bell peppers, red

**beverages**

butter

caramel

cardamom

carrots

cashews

celery

cheese, ricotta

**chicken**

**chile peppers, esp. jalapeño**

**CHINESE CUISINE**

**chocolate, esp. dark, white**

**cilantro**

**cinnamon**

citrus

cloves

coconut

coriander

crab

cranberries

**CREAM AND ICE CREAM**

**cumin**

**CURRIES**

custards

duck

eggplant

European cuisines

fennel

figs

**FISH**

fish sauce

five-spice powder (key ingredient)

**garlic**

grapefruit

guava

hazelnuts

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**Dishes**

**Ginger-Honey Gelato**

— Gina DePalma, pastry chef, Babbo (New York City)

**Ginger-Lemon Drink: Ginger, Lemon, Sugar, Salt, and Pepper** — Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

**HONEY**

Indian cuisine, esp. curries

Indonesian cuisine

**JAPANESE CUISINE**

kaffir lime leaves  
Korean cuisine  
kumquats  
lamb  
lavender  
leeks  
**lemon**  
**lemongrass**  
lemon herbs (e.g., balm, thyme, verbena)  
**LIME, JUICE**  
lobster  
lychees  
mangoes  
maple syrup  
marinades  
mascarpone  
meats  
melon  
Middle Eastern cuisine  
**mint**  
**molasses**  
Moroccan cuisine  
mushrooms  
mussels  
noodles and noodle dishes  
North African cuisine  
nutmeg  
oats  
oil: canola, grapeseed  
olive oil  
onions, esp. red  
orange  
papaya  
**passion fruit**  
peaches  
peanuts  
**pears**  
pepper, white  
persimmons

pineapple

plums

pork

prunes

pumpkin

quince

raisins

raspberries

rhubarb

rice

**rum, esp. dark**

saffron

salad dressings

salads, esp. Asian

salt, kosher

sauces

**SCALLIONS**

scallops

**sesame oil**

shallots

**shellfish**

**shrimp**

**soups**

**SOY SAUCE**

star anise

steak

stews

stocks: beef, chicken

strawberries

**SUGAR: white, brown**

sushi and sashimi

sweet potatoes

Tabasco sauce

tamarind

tarragon

tea

Thai cuisine

tomatoes

**turmeric**

vanilla  
vegetables  
verbena  
Vietnamese cuisine  
**VINEGAR: champagne, cider, rice wine**  
walnuts  
wasabi (e.g., with seafood)  
wine, sweet  
yogurt  
yuzu

### **Flavor Affinities**

ginger + carrot + celery + garlic  
ginger + chile peppers + garlic  
ginger + chocolate + cream + rum  
ginger + cider vinegar + sugar  
ginger + cilantro + garlic + scallions  
ginger + cream + honey  
ginger + lemon + mint  
ginger + lemon + pepper + salt + sugar

## **GINGER, GROUND**

**Taste:** pungent  
**Function:** heating  
**Weight:** light–medium  
**Volume:** moderate–loud  
Asian cuisine  
**baked goods** (e.g., breads, cakes, cookies)  
bananas  
beverages  
cardamom  
**carrots**  
chicken  
chocolate  
chutneys  
cinnamon  
cloves  
couscous  
cream and ice cream

## desserts

**Ginger** and honey is one of my favorite flavor combinations.

— GINA DEPALMA, BABBO (NEW YORK CITY)

I'll use **ginger** more for its heat than its sweetness. For example, I'll juice it to add to a carrot or squash puree, which gives it heat and backbone.

— BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

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## Dishes

### Gingersnap-Lemon Ice Cream Sandwiches

— Emily Luchetti, pastry chef, Farallon (San Francisco)

**Ginger** is great on its own, but also works great with other flavors. It's one of those “wake up” flavors that you can hide beneath all sorts of other flavors. I think it works especially well with citrus. It works with yuzu, passion fruit, coconut, banana, and other tropical flavors.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

My mom always had **candied ginger** in the spice cupboard when I was growing up. Today at the restaurant, we take candied ginger and combine it with whatever fruit is in season — from nectarines, to cherries, to quince — and then add Vin Santo to make a sauce for our foie gras. Vin Santo brings nuttiness and candied ginger brings spice that both cut through the fat of the foie gras. I think nectarines and candied ginger are a perfect flavor combination.

— HOLLY SMITH, CAFÉ JUANITA (SEATTLE)

## fruits

**gingerbread** (key ingredient)

ham

honey

**lemon**

meats, esp. braised or stewed

melon

Moroccan cuisine

nutmeg

nuts

onions

oranges

paprika

peaches

pears  
pepper  
pineapple  
pork  
**pumpkin**  
rice  
saffron  
**squash, winter**  
**stewed dishes**  
sweet potatoes  
tea  
tomatoes

## **GOAT CHEESE (See Cheese, Goat)**

## **GRAPEFRUIT**

**Season:** year-round  
**Taste:** sour  
**Weight:** light  
**Volume:** loud  
**Techniques:** bake, broil, raw  
arugula  
asparagus  
**avocado**  
bananas  
butter, unsalted  
**Campari**  
caramel  
cashews  
ceviche  
**Champagne**  
chicken  
coconut  
**crab**  
crème fraîche  
fish, esp. grilled  
*fromage blanc*  
gin

**ginger, fresh**

Grand Marnier

grenadine syrup

hazelnuts

**honey**

**lemon**

**lime**

macadamia nuts

melons

meringue

**mint, fresh**

miso

olive oil

onions, esp. spring

orange

papaya

pecans

pineapple

**pomegranate**

poppy seeds

port

raspberries

rum

salads, esp. fruit

salmon

seafood

seaweed

shrimp

sorbet

star anise

strawberries

**SUGAR: brown, white**

tarragon

tequila

tomatoes

vanilla

vinaigrette

vinegar, champagne

vodka



walnuts  
watercress  
wine, sparkling, white  
yogurt

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## Dishes

**Yuzu Cream, Caramelized Rice, Grapefruit, Green Tea Ice Cream, Crisp Meringue, Malted Rum Milk Chocolate Ice Cream** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) We serve a dish of **grapefruit**, crab salad, and mint. Grapefruit is sweet and a little bitter, which makes it fun to play with. I like mint in the dish because it refreshes and wakes your palate up. When you get a little taste of mint it brings up the other flavors of the dish.

— GABRIEL KREUTHER, THE MODERN (NEW YORK CITY)

I love tarragon with **grapefruit**. It is a classic.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

I have served a **grapefruit** and seaweed crab salad with miso dressing. I also like grapefruit with asparagus.

— BRAD FARMERIE, PUBLIC (NEW YORK CITY)

### Flavor Affinities

grapefruit + avocado + crème fraîche  
grapefruit + caramel + meringue  
grapefruit + crab + miso + seaweed  
grapefruit + *fromage blanc* + pomegranate  
grapefruit + mint + sugar  
grapefruit + star anise + yogurt

## GRAPES

**Season:** summer–autumn

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

### almonds

apples

arugula

brandy

cayenne

**CHEESE, esp. blue, cow's milk, goat's milk**

chicken  
chocolate, white  
cognac  
cream  
cumin  
curry  
curry leaf  
duck  
endive  
fennel seeds  
fish  
game, esp. roasted  
garlic  
hazelnuts  
honey  
**lemon**  
mint  
mustard seeds  
olive oil  
paprika  
pears  
pecans  
pistachios  
pork, esp. roasted  
poultry, esp. roasted  
raspberries  
rice  
rosemary  
rum  
salads, esp. chicken, fruit, tuna, Waldorf  
**salt**  
sour cream  
strawberries  
**sugar**  
vinegar, sherry  
**walnuts**  
wine: red, white  
yogurt

## **GREEK CUISINE (See also Mediterranean Cuisines)**

allspice  
anise  
basil  
bay leaf  
beef  
bell peppers  
**CHEESE: FETA, goat, sheep**  
chicken  
**cinnamon**  
cloves  
custard  
dill  
**eggplant**  
eggs  
fennel  
figs  
fish, esp. grilled  
**GARLIC**  
grape leaves  
honey  
kebabs

I never mess with the flavor of **Concord grapes**; I always just make them into a sorbet. I was upstate in my cabin when the first Concord grapes came into season. I wanted sorbet so badly that I cut one of my T-shirts in half to use as a strainer, and then used my broom handle with the shirt to squeeze every last bit of juice from the grapes. The sorbet was awesome!

— **JOHNNY IUZZINI, JEAN GEORGES (NEW YORK CITY)**

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### **Dishes**

**Mediterranean “Greek Salad” of Mt. Vikos Feta, Kalamata Olives, Plum Tomatoes, Cucumbers, Torn Mint, and Oregano with Warm Feta Cheese “Turnover”**

— Carrie Nahabedian, Naha (Chicago)

**LAMB**

**LEMON**

meats, esp. grilled, roasted

mint

nutmeg

nuts

octopus

**OLIVE OIL**

olives

onions

**oregano**

parsley

phyllo dough

pine nuts

pita bread

pork

raisins

rice

salads, esp. with mint

shellfish

spinach

thyme

**tomatoes**

yogurt

zucchini

**Flavor Affinities**

cucumber + dill + garlic + yogurt

dill + lemon

dill + lemon + olive oil

dill + yogurt

eggplant + custard + garlic + meat

eggplant + garlic + olive oil

eggs + lemon

lamb + garlic + lemon + oregano

lemon + olive oil

lemon + olive oil + oregano

lemon + oregano

phyllo dough + honey + nuts

rice + grape leaves

rice + nuts

spinach + feta cheese

tomatoes + cinnamon  
yogurt + cinnamon

## **GREEN BEANS (See Beans, Green)**

## **GREENS — IN GENERAL (See also specific greens)**

**Season:** year-round

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** blanch, raw, sauté, steam

allspice

arugula

**bacon**

basil

butter

caraway seeds

celery or celery seeds

**CHEESE**, esp. grated (e.g., Asiago, Jack, Parmesan)

chicory

**chili sauce**

coriander

corn

curry

dill

eggs, esp. hard-boiled

fennel

**GARLIC**

ginger

ham

horseradish

leeks

legumes

lemon, juice

mushrooms

mustard, Dijon

nutmeg

nuts, toasted

oil: mustard, nut, peanut, sesame

**OLIVE OIL**

**onions, green**

oregano

paprika

parsley

pasta

peaches

pears

pomegranates

**potatoes, esp. new and/or red**

red pepper flakes

rice

sage

salads

salt, kosher

savory

sesame seeds

shellfish: oysters, esp. fried, shrimp

sweet potatoes

Tabasco sauce

tarragon

thyme

tomatoes

**VINEGAR: balsamic, red wine**

## **GREENS, COLLARD**

**Season:** winter–spring

**Taste:** bitter

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, steam, stir-fry

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## **Dishes**

**A Simple Salad of Beautiful Greens, Forelli Pears, Pomegranate, and Saba Balsamic** — Carrie Nahabedian, Naha (Chicago)

It's hard to even think about **bitter greens** without thinking about toasted nuts. You can get the flavor from the nuts themselves, or from toasted nut oils, which are balanced by the bright fruitiness of cider vinegar.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

**bacon**

black-eyed peas

brown butter

cheese, Parmesan

garlic

ham hocks

mustard seeds

oil: peanut, vegetable

**onions, yellow**

oregano

pepper, black

red pepper flakes

**salt**

**salt pork**

soul food cuisine

Southern cuisine (American)

tomatoes

vinegar, cider

## **GREENS, DANDELION**

**Season:** late spring–early autumn

**Taste:** bitter

**Weight:** medium

**Volume:** moderate

**Techniques:** raw, sauté, steam

anchovies

bacon

garlic

mustard, Dijon

oil, peanut

onions

pepper, ground

salads

salt

vinegar

## **GREENS, KALE (See Kale)**

## **GREENS, MUSTARD**

**Season:** winter–spring

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, grill, stew, wilt

Asian cuisine

bacon

black-eyed peas

Chinese cuisine

ham hocks

oil, sesame

olive oil

onions

prosciutto

salads

**Southern cuisine (American)**

soy sauce

### **Flavor Affinities**

mustard greens + bacon + onions

mustard greens + garlic + olive oil + prosciutto

mustard greens + sesame oil + soy sauce

## **GREENS, SALAD (See also Lettuce, Sorrel, Watercress, etc.)**

**Season:** late spring

bacon

cheese

croutons

fruit: apples, pears

garlic

olive oil

pepper, black

salt



vinegar: red wine, sherry

A salad is a tricky thing to season. If you put the salt on too early, it will wilt the **greens**. You have to be careful not to leach it of its life!

— TRACI DES JARDINS, JARDINIÈRE (SAN FRANCISCO)

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## Dishes

**Wild Dandelion Greens with Anchovy Vinaigrette** — David Pasternak, Esca (New York City)

## GREENS, TURNIP

**Season:** fall–winter

**Techniques:** boil, braise

bacon

black-eyed peas

eggs

ham hocks

onions

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## Dishes

**Turnip Green and Onion Soup with Poached Egg** — Judy Rodgers, Zuni Café (San Francisco)

## GRILLED DISHES

artichokes

asparagus

bell peppers

chicken

corn, esp. on the cob

eggplant

endive

fennel

fish, whole

garlic

hamburgers

hot dogs

lamb: butterflied, chops

lobster  
mushrooms  
onions  
pineapple  
pork: chops, loin  
salmon  
sausages  
shrimp, esp. skewered  
squash, summer  
steaks  
swordfish  
tomatoes  
tuna  
turkey: breasts  
veal: chops, steaks  
zucchini

## **GRITS**

**Techniques:** simmer  
cheese: cheddar, Parmesan  
corn  
**cream**  
**garlic**  
mascarpone  
nutmeg  
pepper, black  
**salt**  
sausage, andouille  
**shrimp** (to accompany)  
Southern cuisine (American)

## **GROUPER**

**Season:** spring  
**Weight:** medium  
**Volume:** quiet  
**Techniques:** bake, braise, broil, deep-fry, grill, poach, roast, sauté, steam, stir-fry

almonds  
anchovies  
artichokes  
bacon  
bay leaf  
bell peppers, red  
bok choy  
**butter**  
capers  
carrots  
cayenne  
celery  
cheese, Asiago  
chervil  
chile peppers, Anaheim  
chili sauce  
cucumber  
endive  
**garlic**  
ginger  
**lemon, juice**  
lime, juice  
Mediterranean cuisine  
mushrooms, porcini  
**oil: corn, sesame, vegetable**  
**olive oil**  
olives, picholine  
**onions, white**  
oyster sauce  
**parsley, flat-leaf**  
**pepper: black, white**  
port  
rosemary  
sage  
salt, sea  
**sesame, seeds**  
shallots  
soy sauce  
**stocks: chicken, fish, pork**

**tarragon**

**thyme**

**tomatoes**

vermouth, dry

vinegar: balsamic, sherry

**wine: red, white**

zucchini

## **GUAVAS**

**Season:** summer–autumn

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, juice, poach

## **BANANAS**

cashews

cheese

chocolate, white

**coconut**

cream

**cream cheese**

curry powder

ginger

ham

**honey**

**lemon**

**lime, juice**

macadamia nuts

mascarpone

oil, vegetable

onions, yellow

**orange**

passion fruit

pineapple

pork

poultry

raisins

rum

salads, fruit  
sauces  
**strawberries**  
**sugar: brown, white**  
**vanilla**  
vinegar, white

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## **Dishes**

**Grilled American Red Grouper on Crab Hash, Pancetta–Red Onion Vinaigrette** — Sanford D'Amato, Sanford (Milwaukee)

## **HADDOCK (See Cod)**

## **HALIBUT**

**Season:** spring–summer

**Weight:** medium

**Volume:** quiet

**Techniques:** bake, braise, broil, grill, pan roast, poach, roast, sauté, steam  
aioli (sauce)

almonds

anchovies

apples: cider, fruit, juice

**artichokes**

arugula

**asparagus**

bacon

**basil**

beans: black, fava, haricots verts

bell peppers: red, yellow

bok choy

**butter, unsalted**

capers

cardamom

carrots and carrot juice

**cayenne**

**celery**

**celery root**

chamomile

chard

**chervil**

chicory

chile peppers: dried red, fresh green

**chives**

**cilantro**

clams

**coriander**

cornichons

couscous

cream  
cucumber  
cumin  
curry powder  
dill  
endive  
**fennel**  
fennel seeds  
fenugreek seeds  
frisée  
garam masala  
**GARLIC**  
**ginger, ground**  
grapefruit  
hazelnuts  
horseradish  
kohlrabi  
**leeks**  
**LEMON: juice**, preserved  
lemon balm  
**lime, juice**  
lovage  
mint  
**mushrooms**, esp. oyster, porcini, portobello, shiitake  
mussels  
**mustard: Dijon, dry, grainy**  
**OIL: canola, grapeseed**  
**olive oil**  
olives: black, niçoise  
**onions**, esp. pearl, red, spring  
paprika  
**PARSLEY**, flat-leaf  
parsnips  
**pepper: black, white**  
**potatoes**, esp. new (e.g., fried, mashed)  
pumpkin seeds  
red pepper flakes  
rhubarb  
**rosemary**

saffron

**salt: kosher, sea**

savory

**scallions**

sesame seeds: black, white

**SHALLOTS**

sorrel

spearmint

spinach

**stocks: chicken, fish**

sugar (pinch)

tamarind

tapanade

tarragon

**thyme**

**tomatoes and tomato sauce**

turmeric

vinaigrette

**vinegar: balsamic, sherry**

walnuts

watercress

**WINE:** dry red, dry white (e.g., Chardonnay, Sauvignon Blanc), vermouth

yogurt

zucchini

**Halibut** from the East Coast is the most delicate and silky fish. It is different than Alaskan halibut, which is drier, meatier, and more robust. East Coast halibut is so delicate that anything can kill it. That is why we steam and poach so much here: Even searing it too strongly in the pan will hurt a piece of halibut.

We'll poach halibut, then serve it with a blood orange vinaigrette made with extra-virgin olive oil, which gives it a round and full flavor. The fish is then served atop a carpaccio of golden beets that have been cooked in sherry vinegar. The beets have a sweet-and-sour flavor to them. They are also very crunchy, which I like with the creamy texture of the halibut. The vinaigrette brings the right degree of acidity to the dish to make it exciting.

— **ERIC RIPERT**, LE BERNARDIN (NEW YORK CITY)

**Halibut** is a gentle-tasting fish, which leads to gentle herbs like cilantro, chives, or chervil.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

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## Dishes

**Wellfleet Line-Caught Halibut, Sweet Corn, Shiitake Mushrooms, and Lemon Thyme Sauce** — David Bouley, Upstairs (New York City)

**Almond-Crusted Halibut with Parsnip Puree, Fava Beans, Haricots Verts, and Wild Mushrooms** — David Bouley, Danube (New York City)

**Halibut: Braised Tomato, Olives, Escarole, and Spring Salad** — Daniel Boulud/Bertrand Chemel, Café Boulud (New York City) **Olive Oil–Poached Halibut with Star Route Farm’s Fava Beans, Fennel Salad, and Niçoise Olives** — Traci Des Jardins, Jardinière (San Francisco)

**Alaskan Halibut, Potato, and Black Pepper Crust** — Hubert Keller, Fleur de Lys (San Francisco)

**Alaskan Halibut on a Bed of Creamy Leeks with Asparagus Puree, Fines Herbe, Spring Ramps, Favas, and English Peas** — Bob Kinkead, Kinkead’s (Washington, DC)

**Chermoula Halibut with Red Quinoa, Edamame, and Shell Bean Salad with Preserved Lemon Vinaigrette** — Monica Pope, T’afia (Houston)

**Halibut with Morel Mushrooms, English Peas, and Fingerling Potatoes** — Alfred Portale, Gotham Bar and Grill (New York City)

**Halibut, Kohlrabi, Celery, Verbena-Lime Emulsion** — Michel Richard, Citronelle (Washington, DC)

**Halibut Poached with Sweet-and-Sour Golden and Red Beets, Citrus and Extra-Virgin Olive Oil Emulsion** — Eric Ripert, Le Bernardin (New York City)

**Alaskan Halibut Braised in the Brick Oven with Marble Potatoes, Baby Carrots, English Peas, Butter, and Cilantro** — Judy Rodgers, Zuni Café (San Francisco)

**Line-Caught Seal Rock Halibut, Leek Emulsion, Reduced Chardonnay, Bacon Vinaigrette** — Rick Tramonto, Tru (Chicago)

### Flavor Affinities

halibut + anchovies + black olives

halibut + anchovies + garlic + lemon + sorrel

halibut + apples + celery root + parsnips

halibut + beets + blood orange + olive oil + sherry vinegar

halibut + bok choy + sesame seeds

halibut + chicory + grapefruit  
halibut + coriander + fennel + lemon  
halibut + garlic + lemon + sorrel  
halibut + scallions + white wine

## **HAM**

**Taste:** salty

**Weight:** medium

**Volume:** moderate–loud (depending on smokiness)

**Techniques:** bake, sauté

allspice

apples and applesauce

arugula

bacon

bay leaf

breakfast / brunch

butter, unsalted

buttermilk

cayenne

**CHEESE:** cheddar, Emmental, Fontina, Gruyère, Jack, manchego, mozzarella, Parmesan, Swiss

chestnuts

chives

cinnamon

cloves

corn

cornmeal

French cuisine

eggs

garlic

greens

**honey**

Italian cuisine, esp. with prosciutto di Parma

macaroni

maple syrup

mushrooms

**mustard, Dijon**

nutmeg  
olive oil  
onions, red  
orange, juice  
**parsley**  
pears  
peas  
pepper, black  
pine nuts  
**potatoes**  
sage

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## Dishes

**Raviolis of Virginia Country Ham and Fontina Cheese** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Serrano Ham with Roasted Onions, Manchego Cheese, and Watercress** — Charlie Trotter, Trotter’s to Go (Chicago)

Virtually all vegetables — from asparagus to green beans — pair well with **ham** because of its natural saltiness.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

One of the happiest trios in the flavor world is **Ibérico ham**, manchego cheese, and manzanilla sherry.

— **ADRIAN MURCIA**, CHANTERELLE (NEW YORK CITY)

If you are a first timer, the only thing you should combine with **Ibérico ham** is the warmth of your tongue. Just let it rest on your tongue and let your 37 degrees Celsius do the rest! You can use just the fat of Ibérico ham melted in a pan and make scrambled eggs or a tortilla, and it will add amazing flavor and aroma.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

sauce, Mornay  
scallions  
Southern cuisine (American)  
**soy sauce**  
spinach  
stock, chicken  
**sugar: brown, white**  
sweet potatoes  
tarragon

**thyme**

vinegar, balsamic

**wine:** dry sherry, Madeira **red, white**

**Flavor Affinities**

ham + cheese + mustard

ham + honey + soy sauce

ham + Jack cheese + greens + mushrooms

ham + mozzarella cheese + red onion

**HAM, IBÉRICO**

cheese, pressed sheep's milk (e.g., manchego)

**HAM, SERRANO**

asparagus

beans, green

cheese, manchego

olive oil

peppers, piquillo

Spanish cuisine

tomatoes

**HAZELNUT OIL (See Oil, Hazelnut)****HAZELNUTS**

**Taste:** sweet, salty

**Weight:** medium

**Volume:** moderate–loud

**almonds**

apples

apricots

asparagus

bananas

beets

berries

butter, unsalted

buttermilk

caramel

carrots

**cheese: feta, goat, Gruyère, ricotta, Taleggio**

cherries

chestnuts

**CHOCOLATE, esp. dark or white**

cinnamon

cocoa powder

**coffee / espresso**

cognac

cranberries

**cream and ice cream**

cream cheese

custard

dates

**figs**

garlic

ginger

grapefruit

grapes

**hazelnut oil**

**honey**

Kirsch

kiwi

lemon

liqueur: **almond** (e.g., amaretto), hazelnut (e.g., Frangelico), orange

mango

maple syrup

mascarpone

mint

nectarines

nutmeg

oats

**orange: juice, zest**

pastries

peaches

pears

pecans

persimmons

plums  
prunes  
**pumpkin**  
quail  
raisins  
raspberries  
rum  
sauces  
soups  
strawberries  
**sugar:** brown, confectioner's, granulated  
sweet potatoes  
tea  
**VANILLA**  
vegetables  
walnuts  
wine: red, sweet, white

## **HERBES DE PROVENCE**

### **French cuisine, southern**

meats  
stews, esp. vegetable  
vegetables

### **Flavor Affinities**

basil + fennel seeds + lavender + marjoram + rosemary + sage + summer  
savory + thyme

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## **Dishes**

**Chocolate-Hazelnut Cake with Orange Sauce and Hazelnut Gelato** — Gina DePalma, Babbo (New York City)

### **Hazelnut and Chocolate Soufflé**

— Odette Fada, San Domenico (New York City)

**Gianduja Napoleon with Chocolate-Hazelnut Ganache, Frozen Caramel Mousse, Crispy Hazelnut Nougatine** — Gale Gand, pastry chef, Tru (Chicago)

**Hazelnuts** have a complicated flavor, though not as complicated as walnuts.  
— MARCEL DESAULNIERS, THE TRELIS (WILLIAMSBURG, VIRGINIA)

**Hazelnuts** are from the north and are used in Piedmontese cooking. Hazelnuts are very rich and round and buttery, so I will use them to achieve a rich, fatty quality in my dessert. Hazelnuts with chocolate are a natural. Hazelnut with grapes are great; it's like peanut butter and jelly!

— GINA DEPALMA, BABBO (NEW YORK CITY)

I am more of an **herb** guy than a spice guy. It comes back to a certain conservatism I have regarding food. The French are not big on spices; they use more herbs. I know the spices used in European cooking and use them in moderation. I am not going to serve a dish that is wildly nutmegged!

— DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)



**HERBS (See specific herbs)**

## **Herbs 101 with Jerry Traunfeld of The Herbfarm, Woodinville, Washington**

Working with herbs is very different from working with spices. With herbs, you can really only work with a few at a time. With spices, you can throw so many more together. An Indian dish may have more than a dozen spices in it. Here are some guidelines:

- *Know your herb.* Herbs range in intensity, so you need to know the profile of the herb you are choosing at the start. You need to be careful; for example, if you add rosemary to chervil it will overpower the chervil.

- *You want to pair delicate with delicate or strong with strong.* Chervil is possibly the most delicate herb. Lemon basil and lemon thyme would be in the middle. Lemon verbena or tarragon I would consider loud. Then you have bay leaf which is light, until you add twenty together and it becomes strong.

- *Not all herbs are created equal, and they can vary within their categories or season.* Oregano can be mild, or hot and spicy. With mint, apple mint is mild while peppermint is strong. The season also has an effect on rosemary: in the

winter, rosemary is mild and in the summer, it is strong.

- *Herbs have regional affinities.* Mediterranean herbs marry well together. Rosemary and marjoram or thyme and savory are naturals together. Among Asian herbs, lemongrass goes with mint and cilantro or mint and chives. In France, you have lots of combinations: chervil, tarragon, chives, and parsley. The one exception to France's herbs is tarragon, which is probably best on its own.

- *Herbs also have seasonal affinities.* Summer vegetables work with summer herbs, as do winter vegetables with winter herbs. In summer, it is basil or marjoram with tomatoes. Basil with zucchini is one of my favorite combinations. In winter, sage and rosemary work with potatoes and root vegetables. Also in winter, one of my favorite combinations is butternut squash with bay leaf and nutmeg. Pumpkin and bay leaf together make the pumpkin taste even more pumpkin-like.

- *How to use the chosen herb.* Soft-leaved herbs — such as basil, chervil, chives, cilantro, dill, lovage, and sorrel — shouldn't be cooked because they will lose their flavor. Tough-leaved herbs — such as bay leaf, savory, and rosemary — can go into dishes and stand up to heat and cooking.

- *Choose an herb that is the same intensity as your protein.* Halibut is a gentle-tasting fish, which leads to gentle herbs like cilantro, chives, or chervil. Smelt is a local fish that is oily, so here we look to stronger herbs like oregano, savory, or rosemary.

- *Herbs aren't exclusive to savory dishes.* Anise hyssop works with most stone fruits like peaches. Cinnamon basil works with blue huckleberries. Cinnamon with blueberries really intensifies the flavor of the blueberry. Lavender works with plums or peaches. Lemony herbs like basil or anise hyssop work with watermelon. Rosemary works with apples or pears. Sage works with tart cherries. Tarragon works with muskmelon.

We grow forty different tomatoes and eight different basil. Our farmer planted the tomatoes surrounded by the basil, and I thought he did it because they taste good together. It turns out that doing so attracts beneficial insects to each. Our farmer believes that tomato and basil work so well on the plate because they work so well in the field. He also explained that if you plant certain basil next to tomatoes, you can taste it in the tomato.

All our cooks take care of their own section of the **herb** garden. The garde-manger cooks [who prepare appetizers] look after the chives and chervil. The fish cooks care for the lemon herbs like lemon thyme and lemongrass, and the meat cooks for the rosemary, sage, and thyme. Our pastry cooks tend the edible



flowers that can be candied, and mint and lemon verbena, which they use in sorbets.

— **DAN BARBER**, BLUE HILL AT STONE BARNS (POCANTICO HILLS, NEW YORK)

I am a big fan of roasting and resting meat on **herbs**. If you roast a rib eye, prime rib, or filet mignon, most people would put it on a sheet tray with a roasting rack. One day, I didn't have a roasting rack but I had a lot of thyme and savory and rosemary, so I threw the meat on top and roasted it. The technique did the trick by keeping the meat from the juices and it also enhanced the flavor that much more. Since then, we have stopped using roasting racks for our meats and switched to herbs. During the roasting process, I like to turn the meat so that the flavor of the herbs penetrates even more. Since you are roasting in a closed oven, the air circulates the herb flavor.

For a lamb shoulder, if you can't get hay, I would recommend using savory, thyme, sage, and rosemary. This technique is great for a whole chicken: slice some truffles to put under the chicken skin, brush it with butter, and put it on a bed of savory and thyme. It will be pretty incredible.

— **VITALY PALEY**, PALEY'S PLACE (PORTLAND, OREGON)

## **HONEY**

**Taste:** sweet, astringent

**Function:** heating

**Weight:** medium–heavy

**Volume:** moderate–loud

**almonds**

apples

**apricots**

baked goods (e.g., biscuits, breads)

**bananas**

brandy

butter

buttermilk

carrots

cheese: goat, ricotta, soft

**chestnuts**

**chicken**

Chinese cuisine

chocolate: dark, white

**cinnamon**

coconut  
coffee  
cognac  
**CREAM AND ICE CREAM**  
currants, red  
dates  
desserts  
duck  
**figs, esp. dried**  
fruit  
**ginger**  
grapefruit  
grapes  
Greek cuisine  
guava  
ham  
**hazelnuts**  
kiwi fruit  
kumquats  
lamb  
lavender

I might grab **honey** when I am working with nutty flavors or to macerate some fruit. You can also scorch honey to create a whole new flavor; one of my favorite dishes is a burnt honey caramelized pistachio ice cream.  
— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

I use **honey** as a flavor, not as a sweetener like sugar. In my honey *panna cotta*, I add some sugar to make it sweet enough. If I used only honey as a sweetener, the flavor of honey would be too strong and the *panna cotta* would taste a little flat.  
— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

I like the combination of fresh pineapple topped with warm **honey**. I will glaze my raspberry tart with flower honey, and my apple tart with chestnut honey. Chestnut honey gives a rustic flavor that goes well with the apple.  
— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

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## Dishes

**Lavender Honey-Roasted Pig with Spiced Banana Puree** — Sandy D'Amato, Sanford (Milwaukee)

**Honey Semifreddo with Tropical Consommé, Fresh Coconut, and Bloomed Basil Seeds** — Celina Tio, American Restaurant (Kansas City)

**LEMON: juice, zest**

**LIME, juice**

liqueur, orange (e.g., Grand Marnier)

lychees

**mascarpone**

melon

Middle Eastern cuisines

mint

Moroccan cuisine

**mustard**

**nutmeg**

**NUTS**

oats

**ORANGE: juice, zest**

papaya

pastries

peaches

peanuts

pears

pecans

persimmons

pineapple

pine nuts

**pistachios**

plums

pomegranate

pork

prunes

pumpkin

quince

**raisins**

raspberries

red pepper flakes

rhubarb

rum

sage

sauces

Southern cuisine

**soy sauce**

**SUGAR: brown, white**

sweet potatoes

tea

tequila

thyme

Turkish cuisine

**VANILLA**

**walnuts**

whiskey

wine: red, white

**Flavor Affinities**

honey + almonds + chicken + pomegranate

honey + bananas + lavender + pork

honey + cream + pistachios

honey + fruit + yogurt

## **HONEY, BLUEBERRY**

cheese, esp. cheddar

## **HONEY, CHESTNUT**

**Taste:** sweet-bitter

**cheese,** esp. goat, ricotta, triple crème

## **HONEY, RASPBERRY**

cheese, esp. cheddar

## **HONEYDEW**

**Season:** midsummer

**Taste:** sweet

**Weight:** light–medium

**Volume:** moderate

basil

blackberries

cardamom  
Champagne  
chiles  
coconut milk  
coriander  
cream  
cumin  
figs

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## **Dishes**

**Honeydew-Mint Sorbet with Fresh Blackberries** — Gina DePalma, pastry chef, Babbo (New York City)

**Honeydew Melon Salad with Oven-Roasted Tomatoes, Goat Cheese, and Pistachios** — Gabriel Kreuther, The Modern (New York City)

ginger  
grapefruit  
honey  
**lemon, juice**  
lemon basil  
lime  
melon, cantaloupe  
milk  
**mint**  
nectarines  
peaches  
red pepper flakes  
pepper: black, white  
prosciutto  
ricotta cheese  
salt (pinch)  
scallions  
strawberries  
sugar  
tarragon  
wine, sweet  
yogurt

## **Flavor Affinities**

honeydew melon + figs + mint + prosciutto

## **HORSERADISH**

**Season:** spring–autumn

**Taste:** pungent, hot

**Weight:** light–medium

**Volume:** very loud

**Tips:** Use horseradish raw or add at end of cooking process.

Heat diminishes the pungency of horseradish.

**apples, esp. Golden Delicious**

apricots

Austrian cuisine

avocados

**BEEF, ESP. CORNED OR ROAST**

**beets**

celery

chicken

**chives**

cinnamon

cloves

corn

**CREAM**

cream cheese

**crème fraîche**

**dill**

Eastern European cuisine

eggs

fennel

**fish, esp. oily, smoked**

garlic

German cuisine

ham

ketchup

**lemon, juice**

lime, juice

lobster

mascarpone

**mayonnaise**  
**meats, esp. cold**  
**mustard**  
olive oil  
oxtails  
**oysters**  
parsley  
pears  
pepper, black  
**pork**  
**potatoes**  
Russian cuisine  
salads  
salmon  
salmon, smoked  
**salt: kosher, sea**  
sauces  
**sausage**  
shellfish  
**sour cream**  
steak

Heating grated horseradish changes the **horseradish** completely. It makes it more mellow and takes away the bite while keeping its yummy flavor. Horseradish prepared this way works well with Nantucket Bay scallops that are naturally sweet and work with the sweetness of the horseradish. We will also use it in a lemony vinaigrette and dress a smoked trout with it.

First, grate horseradish on a microplane [a fine grater]. Coat a ten-inch skillet with some Ligurian olive oil, and heat the horseradish over medium heat. Watch it very closely, because the minute it starts to turn from its blond color, it is done. From there, transfer it into cold pans to cool it quickly. When it is totally cool and has its crunch, add some lemon zest and kosher salt.

— **HOLLY SMITH**, Café Juanita (Seattle)

**sugar**  
**Tabasco sauce**  
**tomatoes and tomato paste**  
trout  
**vinegar**  
walnuts

Worcestershire sauce

**yogurt**

**Flavor Affinities**

horseradish + apples + pork + sour cream

horseradish + beef + beets

horseradish + beets + cream cheese

horseradish + garlic + olive oil

horseradish + salt + vinegar

horseradish + seafood + tomatoes

**HOTNESS (of indoor or outdoor temperature; see also Summer)**

chilled dishes and beverages

fish

grilled dishes

herbs, esp. cooling

olive oil–based dishes

raw dishes

salads, esp. fruit, vegetable

If it is **hot** outside, I make sure there are lots of salads on the menu.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

salsas, fresh

seafood

soups, cold

vegetables, esp. green leafy

**HUNGARIAN CUISINE**

bacon

beef

bell peppers, green

caraway seeds

chile peppers

garlic

ham

**lard**

mushrooms

**ONIONS**

**PAPRIKA**



pork  
pork fat  
potatoes  
sausage  
**SOUR CREAM**  
tomatoes  
wheat  
wine, esp. Tokaji Aszu

**Flavor Affinities**

onions + paprika  
onions + paprika + pork fat  
onions + paprika + sour cream

**HYSSOP**

**Taste:** bitter  
**Weight:** medium  
**Volume:** strong  
beans, green  
beef  
beets  
cabbage  
carrots  
chicken  
cranberries  
eggs  
fruits  
lamb  
meats  
parsley  
pork  
rice  
rosemary  
**salads: fruit, green**  
**soups, esp. chicken**  
stews  
thyme  
tomatoes  
turkey, esp. stuffed and roasted

vegetables  
venison

In Eastern European or **Hungarian cooking**, you will see a stewed or braised dish flavored with paprika that is cut with sour cream either in it or served on top so that it mixes together as you eat it. I serve rare roasted venison in venison stock with hot and sweet paprika that is essentially a goulash. Alongside, I serve creamed sauerkraut that bleeds into the sauce and gives the same effect as a goulash. Even though the sauerkraut has an intense flavor, it is still mild because it has been cooked in cream. It is not a Hungarian dish but rather a play on a Hungarian dish, and it works in the context of the subtler intensity of flavors I like.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

Tomatoes are as important to making **Indian cuisine** as they are to making Italian cuisine. In fact, making an Indian curry is a lot like making an Italian tomato sauce.

— **MEERU DHALWALA**, VIJ'S (VANCOUVER)

If my mind is in **India**, tamarind will be sneaking its way into the dish. When thinking of India, my inspirations are the flavors of clove, cardamom, and coriander seed. They are aromatic spices that really cut the fat of the dish, so it is not big, fat, and flabby on the palate.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

I worked in an **Indian** restaurant as a waiter for four years. I love cooking with Indian ingredients. Everything I learned at the CIA was thrown out the window when I learned Indian cooking, which is where I picked up many techniques and philosophies. I now roast my own spices and create spice blends. I love creating my own flavor combinations. I came to love a garam masala made with fennel, cinnamon, clove, cumin, and coriander. Each of these five spices has a distinctive flavor, but combined they create one single flavor that is amazing. I will use my garam masala mixture in soups and sauces. When people ask about the dish, they always ask, “What was that flavor?”

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

## INDIAN CUISINE

allspice  
almonds, esp. in desserts  
anise  
breads, in the north  
**cardamom**  
cauliflower  
chicken  
**chile peppers**  
cilantro, esp. in the south  
cinnamon  
cloves  
coconut, esp. in the south and/or in desserts  
**coriander**  
**cumin**, esp. in the north  
**CURRIES**  
curry leaf  
eggplant  
fenugreek  
**garlic**, esp. in the north  
ghee (clarified butter)  
**ginger**, esp. in the north  
herbs  
lamb  
lentils  
mint  
mustard seeds, esp. in the south  
nutmeg  
oil: canola, grapeseed  
paprika  
peas  
pepper: black, white  
pistachios, esp. in desserts  
poppy seeds  
potatoes  
rice, basmati, esp. in the south  
saffron

sage

## **SPICES**

spinach

tamarind, esp. in the south

## **TOMATOES**

**turmeric**

**vegetables**, esp. in the south

wheat, esp. in the north

yogurt

## **AVOID**

beef, for religious reasons, say some

pork, for religious reasons, say some

## **Flavor Affinities**

cinnamon + cloves + mace + nutmeg

coriander + cumin + turmeric

coriander + cumin + yogurt

cumin + garlic + ginger

cumin + garlic + yogurt

garlic + ginger

garlic + ginger + onion

potatoes + chili powder + turmeric

yogurt + fruit

## **INDONESIAN CUISINE**

chicken

chile peppers

**coconut**

coriander

fish

garlic

grilled dishes

lemongrass

molasses

noodles

peanuts

pepper

**rice**

shellfish

shrimp paste  
soy sauce  
spices, esp. clove, nutmeg, pepper  
stir-fried dishes  
sugar, brown  
vegetables

**Flavor Affinities**

chile peppers + peanuts + soy sauce  
garlic + peanuts + soy sauce  
garlic + soy sauce + brown sugar

**IRANIAN CUISINE (aka Persian Cuisine)**

apricots  
basil  
beans  
chicken  
cinnamon  
dates  
dill  
duck  
fish  
garlic  
herbs  
kebabs  
lamb  
lime  
meats  
mint  
nuts  
onions  
parsley  
plums  
pomegranates  
prunes  
raisins  
**rice**  
saffron  
**stews**

### **Flavor Affinities**

cardamom + cinnamon + cloves + cumin + ginger + rose  
duck + pomegranates + walnuts

## **ITALIAN CUISINE — IN GENERAL**

anchovies

artichokes

**basil**

beef

bell peppers

capers

**cheese: mozzarella, Parmesan, pecorino, ricotta**

chicken

eggplant

fennel

fish

**garlic**

grappa

greens

honey, esp. in desserts

lemon, esp. in desserts

Marsala

mascarpone, esp. in desserts

mushrooms

nuts

**olive oil**

olives

orange and orange zest, esp. in desserts

**oregano**

pancetta

parsley

**pasta**

pork

prosciutto

red pepper flakes

rosemary

rum, esp. in desserts

saffron

sage  
sausage  
shellfish  
spinach  
thyme  
**tomatoes and tomato sauces**  
veal  
vinegar: balsamic, red wine  
wine  
zucchini

### **Flavor Affinities**

anchovies + capers + lemon juice  
anchovies + garlic + wine vinegar  
basil + garlic + olive oil  
basil + garlic + tomatoes  
bell peppers + olive oil + tomatoes  
capers + garlic + wine vinegar  
garlic + olive oil + parsley  
garlic + oregano + tomatoes  
garlic + saffron + shellfish  
red pepper flakes + fennel + sausage

## **ITALIAN CUISINE, NORTHERN**

asparagus  
**basil**  
**beans**  
butter  
cheeses, creamy and rich  
**cream and cream-based sauces**  
cured meats  
fish  
goat  
hazelnuts  
**lemon, juice**  
Marsala  
nuts  
pasta, esp. richer egg-based and/or ribbon-shaped, often combined with other starches such as beans

pine nuts  
**polenta**  
potatoes  
**rice and risotto**  
truffles, white  
**vinegar, esp. wine**  
wine

## **ITALIAN CUISINE, SOUTHERN**

**bell peppers**  
chile peppers  
cinnamon  
**eggplant**  
fennel  
**garlic**  
marjoram  
nutmeg  
**olive oil, heavy**  
**oregano**  
**pasta, esp. tube-shaped and with tomato sauce**  
**pizza**  
pork  
raisins  
red pepper flakes  
sardines  
sausage  
**tomatoes and tomato sauces**





I only half joke that if you add rum or orange zest to a dessert, it will taste **Italian**. They are very common flavors in Italy.

— GINA DEPALMA, BABBO (NEW YORK CITY)

There are five ingredients that any **Italian** cook must use: 1) real Italian pasta; 2) extra-virgin olive oil; 3) real balsamic vinegar; 4) Italian prosciutto; and 5) Parmigiano-Reggiano cheese.

— MARIO BATALI, BABBO (NEW YORK CITY)

## **Holly Smith of Café Juanita in Seattle on Five Flavors that Will Take You to Northern Italy**

**White Truffles.** The perfect vehicle for white truffles is hand-cut pasta that is egg rich. Eggs that taste like real eggs make a great pasta. Our pasta is egg rich and has 35 egg yolks to a kilo (2.2 pounds) of flour. You can get them in there, it is crazy! The pasta looks like a sunset. On the pasta, I would first put butter barely scented with sage, before shaving the truffles on top.

**Nebbiolo.** Beef cheeks braised in Nebbiolo [wine]. To keep it simple, we serve roasted turnips and the reduced sauce with pomegranate seeds and that's it. We braise our cheeks for seven and a half hours. Most braised dishes go four hours, but not beef cheeks — anything less, and they are [still tough].

**Anchovies.** I love a really acidic anchovy vinaigrette for a bread salad. Anchovies with roasted garlic are like butter at this restaurant; they go in lots of dishes. We put them in lamb, we put them in between potatoes with chicken stock for a gratin. We love them. I like anchovies with sage on each side deep

fried for an appetizer. We cook anchovies in olive oil with a little butter until they get toasty, throw in onions to caramelize, and serve this with fish.

**Hazelnuts.** Chocolate and hazelnut is the perfect combination so we make *gianduja* and put it inside crepes and warm them and put chestnut honey on top. Most of the time hazelnuts end up in salad or ground for a final dusting for a pasta. Beet pasta that looks like candy wrappers is served on top of a warm plate that has just been smeared with Gorgonzola Piccante, then topped with ground hazelnuts just before it is served. Blue cheese and hazelnuts is it for me.

**Goat Meat.** I just had spit-roasted goat at Da Cesare. If I knew I was going to die, I would get myself there [to the Piedmont region of Italy]. Roasted goat basted with garlic, olive oil, marjoram, mint, or rosemary is it.

## **JAMAICAN CUISINE (See also Caribbean Cuisines)**

jerked dishes (e.g., chicken)

## **JAPANESE CUISINE**

bonito: dried, flakes

broiled dishes

chile peppers

daikon

dashi (kelp-based stock)

fish, cooked and raw

**ginger**

kelp

mirin (sweet rice wine)

noodles

pickles

poached dishes

ponzu sauce

**rice**

sake

scallions

**sesame: oil, seeds**

shellfish

**\*SOY SAUCE**

steamed dishes

tea

vinegar, rice wine

wasabi

wine, rice

yuzu

### **Flavor Affinities**

bonito flakes + kelp

garlic + ginger + soy sauce

ginger + scallions + soy sauce

sake + soy sauce + sugar

soy sauce + wasabi

## JICAMA

**Season:** winter–spring

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet

**Techniques:** cooked (e.g., stir-fry), raw  
**avocado**

cabbage, green

carrots

chicken

**\*CHILE PEPPERS**

**chili powder**

**Japanese cuisine** is very simple. We don't mix too many ingredients together. One of the main ingredients we use in Japanese cooking is soy sauce, for both its saltiness and umami. Soy sauce is very complex: It takes months and months to make it. Same for the dried bonito used to make *dashi*, our Japanese broth. So Japanese chefs find that much of the hardest work has already been done for us!  
— KAZ OKOCHI, KAZ SUSHI BISTRO (WASHINGTON, DC)



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**Dishes**

**Jicama Callejera: Crunchy Jicama with Oranges, Grapefruit, and Pineapple; Orange-Lime Vinaigrette and Fresh Limes to Squeeze On** — Rick Bayless, Frontera Grill (Chicago)

**Ensalada de Jicama y Aguacate: Jicama, Grapefruit, and Avocado Salad with Pumpkin Seeds** — Traci Des Jardins, Mijita (San Francisco)

**Seaweed and Jicama Salad with Ginger Dressing** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**cilantro**

cloves

**cucumbers**

cumin

fish

**ginger**

**grapefruit**

ketchup

lemon

**\*LIME, juice**

Malaysian cuisine

mangoes

melon

**Mexican cuisine**

mustard, yellow

oil: canola, sesame

onions, red

**orange**

papaya

peanuts, crushed

pepper, black

pineapple

pumpkin seeds

radishes

salads (e.g., fruit)

salsa

**salt**, kosher

sesame oil

shrimp

soy sauce

spinach  
sugar  
vinegar, white

I love the gentle, mellow tanginess **kaffir lime leaf** adds to curries.  
— **MEERU DHALWALA**, VIJ'S (VANCOUVER)

**Flavor Affinities**

jicama + avocado + grapefruit + pumpkin seeds  
jicama + chili powder + lime juice

## **JUNIPER BERRIES**

**Season:** summer–autumn

**Character:** refreshing

**Taste:** bitter

**Weight:** medium

**Volume:** moderate–loud

allspice

Alsatian cuisine

apples

bay leaf

**beef**

**cabbage**

caraway

celery

chicken

choucroute

**duck**

fennel

fish

**GAME**

**game birds**

garlic

German cuisine

gin

goose

ham

kidneys

**lamb**

liver

marinades  
marjoram  
Mediterranean cuisine  
onions  
oregano  
parsley  
**pâtés**  
pepper  
**pork**  
rosemary  
sage  
salmon  
sauces  
**sauerkraut**  
savory  
Scandinavian cuisine  
stuffings, esp. bread  
thyme  
veal  
**VENISON**  
**wine, red**

**Flavor Affinities**

juniper berries + game + garlic + rosemary

**KAFFIR LIMES AND KAFFIR LIME LEAF (See also Lemons, Limes, etc.)**

**Season:** year-round

**Taste:** sour

**Weight:** light

**Volume:** moderate–loud

**Techniques:** stir-fry

basil, Thai

beef

cardamom

chicken

**chile peppers**

cilantro

coconut and coconut milk

coriander  
cumin  
curry pastes and curries  
fish

**ginger**

**Indian cuisine**

Indonesian cuisine

lemongrass

lime, juice

marinades

mushrooms

noodles

**pork**

poultry

rice

salads

sesame

shellfish

soups, esp. Thai

star anise

sugar

tamarind

**THAI CUISINE**

**turmeric**

vegetables, esp. green

**Flavor Affinities**

kaffir lime + saffron + seafood

kaffir lime leaf + duck + ginger

kaffir lime leaf + rice + turmeric

## **KALE**

**Season:** autumn–spring

**Taste:** bitter, sweet

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kohlrabi

**Weight:** heavy

**Volume:** moderate

**Techniques:** blanch, boil, braise, sauté, steam, stir-fry



bay leaf  
bell peppers, red  
butter  
cheese: cheddar, Parmesan  
chicken, roasted  
cream  
**GARLIC**  
ginger  
lemon  
meats, roasted

I like **kale** blanched then sautéed with some onions, a pinch of salt, and some smoked sausage.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

nutmeg  
**OIL: grapeseed, vegetable**  
**olive oil**  
**onions, esp. yellow**  
oregano  
pancetta  
pasta  
pepper: black, white  
pork  
potatoes  
**red pepper flakes**  
**salt, kosher**  
sausage, chorizo  
shallots  
sour cream  
soy sauce  
**stock, chicken**  
sugar  
sweet potatoes  
**thyme**  
tomatoes  
vinegar, red wine  
**Flavor Affinities**  
kale + garlic + olive oil + red wine vinegar  
kale + onions + salt + smoked sausage

## KIWI FRUIT

**Season:** late autumn–spring

**Taste:** sour

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** raw

bananas

berries

cherries

chocolate: dark, white

**coconut**

cream and ice cream

crust: pastry or pie

custard

grapefruit

hazelnuts

**honey**

Kirsch

**lemon: juice, zest**

**lime**

lychee

macadamia nuts

mangoes

**oranges**

**papaya**

passion fruit

pineapple

rum

salad, esp. chicken or fruit

**strawberries**

sugar

wine: Champagne, ice wine

## KOHLRABI (See also Rutabagas, Turnips)

**Season:** summer–autumn

**Botanical relatives:** broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale

**Weight:** medium (esp. when younger)–heavy (esp. when older)

**Volume:** moderate (esp. when younger)—loud (esp. when older)

**Techniques:** boil, steam, stir-fry

allspice

basil

**butter, unsalted**

cabbage

carrots

celery

celery leaves or seeds

celery root

**cheese, esp. Parmesan, Swiss**

chervil

cilantro

**Kohlrabi** is an underrated vegetable. I admit it has not always been one of my favorites, but it has grown on me over the years. Now, I love it. I can't precisely place its flavor, which is somewhere between a turnip, radish, and cauliflower. But it tastes great and is really versatile. You can grill it, roast it, glaze it like a carrot, or make a gratin out of it with potatoes. We have even grated it and made a rémoulade out of it like you would with a celery root. But the best way to enjoy kohlrabi is grilled, roasted, and drizzled with olive oil and sea salt. That is my favorite!

— **VITALY PALEY**, PALEY'S PLACE (PORTLAND, OREGON)

coriander

**cream**

**dill**

fennel leaves or seeds

**garlic**

horseradish

leeks

lemon, juice

lovage

mace

**mustard (e.g., Dijon)**

**mustard seeds**

onions

parsley, flat-leaf

pepper, black

**potatoes**

rosemary  
**salt, esp. sea**  
**sesame oil, seeds**  
soups  
sour cream  
**soy sauce**  
stews  
tamari  
turmeric  
vinegar, red wine

## **KOREAN CUISINE**

chile peppers  
fish  
garlic  
noodles, esp. buckwheat  
rice  
sesame seeds  
shellfish  
**soy sauce**  
sugar  
vegetables, pickled (e.g., kimchi)

### **Flavor Affinities**

chile peppers + garlic + soy sauce  
chile peppers + sesame seeds + soy sauce  
chile peppers + soy sauce  
garlic + sesame seeds + soy sauce  
garlic + soy sauce

## **KUMQUATS**

**Season:** autumn–winter  
**Taste:** sour, bitter  
**Weight:** light–medium  
**Volume:** moderate–loud  
**Techniques:** raw, stew  
Asian cuisines  
beef

berries: **cranberries**, strawberries

brandy

caramel

cayenne

**chicken**

**chocolate: dark, white**

**chutney**

cinnamon

citrus

coconut

**cranberries**

cream

custard

dates

**duck**

East Asian cuisine

endive (Belgian)

**fish**, esp. cod, halibut, red snapper, salmon, tuna, esp. grilled

**ginger**

hazelnuts

honey

**lemon, juice**

lime

mace

mango

marinades

meats

mint

nutmeg

olive oil

onions, spring

**orange**

**papaya**

pecans

persimmons

pineapple

pistachios

pomegranates

poppy seeds

pork  
pumpkin  
quince

**rum**

**SALADS: FRUIT, GREEN**

salt  
strawberries  
sugar  
vanilla  
walnuts  
wine, white

## **LAMB — IN GENERAL**

**Season:** spring

**Taste:** sweet, astringent

**Function:** heating

**Weight:** heavy

**Volume:** moderate–loud

**Techniques:** braise (esp. shanks), grill (esp. leg), roast (esp. leg), stew (esp. shoulder)

**Tips:** Cloves add richness to the flavor of lamb.

Our signature wine-marinated **lamb** popsicles in fenugreek cream curry on spinach potatoes dish is bare rugged simplicity. You have rack of lamb that has been cooked just a few minutes. Then you have a simple sauce that is essentially just cream and garlic — and you can taste all three. We add some green fenugreek that gives an earthiness to the dish and takes it to a whole new level. It is incredibly simple. It is a dish about technique because if the garlic is cooked too long, it gets bitter. Or if you add too much fenugreek, it gets bitter and overpowers the cream. But in the right proportions, it is perfect.

— **MEERU DHALWALA**, VIJ'S (VANCOUVER)



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## Dishes

**Lamb, Fig, Pernod, and a Pillow of Sassafras Air** — Grant Achatz, Alinea (Chicago)

**Lamb with Stew of Chickpeas, Root Vegetables, and Braised Lettuces** — Dan Barber, Blue Hill at Stone Barns (Pocantico Hills, New York) **Mint Love Letters with Spicy Lamb Sausage** — Mario Batali, Babbo (New York City)

**Grilled Lamb Sirloin in a Roasted Garlic Sauce with Potato–Celery Root Gratin and Sautéed Escarole** — Ann Cashion, Cashion’s Eat Place (Washington, DC)

**Colorado Rack of Lamb with Roasted Fennel, Glazed Baby Carrots, Fresh Garbanzo Beans, and Cardoon Puree, Niçoise Olive–Kumquat Tapenade** — Traci Des Jardins, Jardinière (San Francisco)

**Colorado Lamb Loin with Creamy Polenta, Morel Mushrooms, and Star Route Fava Beans, Perigord Truffle Jus** — Traci Des Jardins, Jardinière (San Francisco)

**Roast Lamb Sirloin on Crispy Goat Cheese Polenta with Saffron-Braised Baby Vegetables and Minted Yogurt** — Brad Farmerie, Public (New York City)

**“Armenian Style” Lamb Skewers, Mediterranean Chickpea Salad, “Panisses,” and Minted Sheep’s Milk Yogurt** — Carrie Nahabedian, Naha

(Chicago)

**Poached Spring Lamb with Artichoke Tart and Pine Nut–Morel Gremolata** — Bradley Ogden, at the 2003 James Beard Awards gala reception  
**Moroccan Spiced Rack of Lamb with Couscous Salad, Roasted Eggplant, Lemon–Black Pepper Jus** — Alfred Portale, Gotham Bar and Grill (New York City)

**Pan-Roasted Lamb Rack and Eighteen-Hours-Braised Leg of Lamb; Goat Cheese Mashed Potatoes; Wild Mushroom–Red Wine Sauce** — Eric Ripert, Le Bernardin (New York City)

**Lamb Black Truffle Tagliatelle with Preserved Lemon and Aged Parmesan** — Eric Ripert, Le Bernardin (New York City)

**Truffle and Almond-Crusted Rack of Lamb** — Brad Thompson, Mary Elaine’s at the Phoenician (Scottsdale, Arizona)  
**Wine-Marinated Lamb Popsicles in Fenugreek Cream Curry on Spinach Potatoes** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

I work with a local **lamb** farmer in the Willamette Valley who has true spring lamb in the spring. We have a spit and every Friday night we roast a whole lamb. I am a big fan of lamb shoulder. It can take a beating and in the end come out glorious tasting! There is an old French technique where they cook ham in hay. The hay is submerged in water; then they put the ham on it to cook. It is amazing. We adapted this technique to the lamb. We had our farmer collect the hay and grass in the field where the lamb grazed with the thinking that this is what the lamb actually ate. We then dry the hay by letting it sit out overnight on a tray, so it becomes really butterscotchy and barnyardy. You can use any hay for this technique but I’m just a purist.

We brine a boneless shoulder of lamb for 24 hours in a brining solution of 1 cup of salt and 1/4 cup of sugar in a gallon of water, [adding] some peppercorns, bay leaf, a couple of cardamom pods, a cinnamon stick, and cumin. The brine is brought to a boil, cooled down, and the lamb goes in. After the brining we rub the lamb with garlic and summer savory and tie it up into a log and put it on the bed of hay, drizzle it with white wine, cover it, and put it in the oven. It is nature going back on itself. The lamb ate the hay, the hay makes the lamb taste better. When it’s cooked, the flavors are intense but pleasant and it becomes something else. When lavender is in season, I’ll throw some in the hay as well and it is delicious.

With the lamb I like to serve a stuffed tomato Provençal [typically a combination of basil, bread crumbs, garlic, olive oil]. You want to serve something simple. You could also serve a crushed potato with savory and olive



oil or a medley of vegetables.

— **VITALY PALEY**, PALEY'S PLACE (PORTLAND, OREGON)

aioli

almonds

anchovies

apples

apricots, dried

artichokes

asparagus

bacon

**basil**

**bay leaf**

**beans:** cranberry, **fava**, **FLAGEOLETS**, green, **WHITE**

beer

bell peppers

brandy

**bread crumbs**

bulgur wheat

**butter:** clarified, unsalted

capers

**cardamom**

**carrots**

cayenne

celery

celery root

chard

**cheese:** **blue**, **feta**, **Parmesan**, **ricotta**

chickpeas

chiles: jalapeño, red

chili powder

chives

chocolate, dark

cilantro

**cinnamon**

cloves

coconut

cognac

**coriander**

couscous  
cream  
**cumin**  
**curry powder**  
dates  
dill  
Eastern Mediterranean (e.g., Greek, Turkish) cuisine  
eggplant  
endive  
escarole  
**fennel**  
**fennel seeds**  
fenugreek, esp. green  
figs, dried black  
five-spice powder  
**FLAGEOLETS**  
garam masala  
**\*GARLIC and garlic paste**  
**ginger**  
Greek cuisine  
herbs  
honey  
Indian cuisine  
Irish cuisine (e.g., stews)  
Italian cuisine, esp. southern  
lavender  
leeks  
**LEMON:** juice, zest  
**lemon, preserved**  
lentils  
lime, juice  
mace  
marjoram  
Middle Eastern cuisine  
**\*MINT**, esp. spearmint, mint jelly  
mirepoix  
Moroccan cuisine  
mushrooms  
**MUSTARD, Dijon**

nutmeg

**OIL:** canola, peanut, vegetable

**olive oil**

**olives**, esp. black, kalamata, niçoise

**ONIONS:** pearl, red, white, yellow

**orange: juice, zest**

**oregano**

paprika

**PARSLEY, flat-leaf**

pasta, esp. pappardelle

peas, esp. sweet

**PEPPER: black, white**

pesto

pine nuts

pistachios

polenta

pomegranates and pomegranate molasses

porcini mushrooms

**potatoes**, esp. new or red

prunes

raisins

red pepper flakes

**rice:** basmati, white, wild

risotto

**\*ROSEMARY**

rutabaga

saffron

**sage, fresh**

**SALT:** *fleur de sel*, kosher, sea

savory

scallions

shallots

sherry, oloroso

spinach

**stocks:** beef, chicken, lamb, veal

**sugar: brown, white**

tabbouleh

tamarind

**tarragon**

## **THYME, FRESH**

## **TOMATOES and tomato sauces**

truffles, black, and truffle oil

turmeric

turnips

vanilla

vegetables, root

vermouth

vinaigrette

**vinegar:** balsamic, red wine, rice wine, sherry, white

watercress

**WINE: dry white, red** (e.g., Petite Syrah)

Worcestershire sauce

yogurt

zucchini

## **Flavor Affinities**

lamb + broccoli rabe + Parmesan cheese

lamb + cardamom + yogurt

lamb + carrots + ginger + pistachios

lamb + carrots + lentils + parsley

lamb + chickpeas + garlic

lamb + chocolate + cinnamon + cloves

lamb + cilantro + dill + garlic + mint

lamb + cinnamon + dried apricots + preserved lemons + walnuts

lamb + cinnamon + garlic + lemon + mint + onion + oregano

lamb + cinnamon + prunes

lamb + clove + red wine

lamb + cream + fenugreek + garlic

lamb + cucumber + mint + tomatoes

lamb + escarole + lemon

lamb + fava beans + thyme

lamb + fennel + onions + turnips

lamb + flageolet beans + thyme

lamb + garlic + flageolet beans

lamb + garlic + olives

lamb + garlic + rosemary

lamb + mint + mustard

lamb + mint + olives

lamb + mint + parsley  
lamb + mint + peas + risotto  
lamb + mint + ricotta cheese  
lamb + mint + tomatoes

## **LAMB, CHOPS**

**Techniques:** broil, grill, sauté

anchovies

beans (e.g., fava)

bell peppers, red

broccoli, rabe

**butter, unsalted**

capers

carrots

cayenne

chard

cheese, feta

cilantro

cumin

curry

fennel

garam masala

**garlic**

ginger

honey

leeks

**lemon**

lime

mace

**mint**

miso

mushrooms

mustard, Dijon

nutmeg

**oil:** canola, peanut

olive oil

olives, black

onions, esp. pearl

oregano  
paprika  
parsley, flat-leaf  
**pepper: black, white**  
pomegranates  
potatoes  
**rosemary**  
salad  
**salt: kosher, sea**  
savory  
shallots  
**stock, chicken**  
sugar  
tarragon  
thyme  
tomatoes  
truffles  
vinegar: balsamic, malt  
wine, dry red  
yogurt

**Flavor Affinities**  
lamb chop + lemon + mint

## **LATIN AMERICAN CUISINE**

beans, black  
**beef**  
*café con leche*  
chile peppers  
cilantro  
cinnamon  
cloves  
corn  
cumin  
fruits  
garlic  
greens  
lime, juice  
meats

**Latin American cuisine** is very Mediterranean. It's based on what was brought over from Spain and Italy. You'll see the combination of garlic, onions, and peppers like you'll see in Spain and Italy, not to mention the same pantry of herbs and spices: cilantro, cinnamon, cloves, cumin, oregano, rosemary, thyme.

— **MARICEL PRESILLA, ZAFRA** (HOBOKEN, NEW JERSEY)

mixed grilled meats  
onions  
orange  
oregano  
peppers  
pork  
potatoes  
rice  
rosemary  
sausages  
seafood  
tarragon  
thyme  
vegetables

**Flavor Affinities**

beef + corn + sweet potatoes  
garlic + onions + peppers  
meats + black beans + greens + orange + rice  
seafood + chile peppers + cilantro + garlic + lime

**LAVENDER**

**Taste:** sweet, sour

**Weight:** light

**Volume:** loud

**Tips:** Caraway seeds can substitute for lavender.

almonds  
apples  
**baked goods:** cakes, cookies, scones, shortbread  
berries  
blackberries  
blueberries  
cheese, ricotta

**cherries**

**CHICKEN**

**CREAM AND ICE CREAM**

crème fraîche

currants, black

**custards**

desserts

**duck**

figs

French cuisine

**fruit and fruit preserves**

**game birds**

ginger

*herbes de Provence* (occasional ingredient)

**HONEY**

**LAMB**

**lemon**

lemonade

marjoram

mascarpone

**meats (e.g., beef, lamb, steak)**

milk

mint

onions

**orange**

oregano

parsley

**peaches**

pistachios

**plums**

pork

**potatoes**

Provençal cuisine

**Lavender** works with plums or peaches.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

**Lavender** and rosemary work in butter cakes, cookies, and other baked goods.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

I like very little **lavender** with quail for its savory aroma, but the key phrase is



“very little” — or else it’s like eating a piece of soap!  
— SHARON HAGE, YORK STREET (DALLAS)

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## Dishes

**Salade de Poireaux Frais: Chilled Leeks with Fingerling Potatoes and Piquillo Peppers** — Thomas Keller, Bouchon (Yountville, California)

**Leek and Asparagus Pasta with Lemon, Parmesan, and Poached Egg** — Peter Nowakoski, Rat’s (Hamilton, New Jersey)

quail

**rabbit**

*ras el hanout* (key ingredient)

**raspberries**

rhubarb

rice

**rosemary**

**savory**

spearmint

stews

strawberries

**sugar**

tea, esp. black

**thyme**

vanilla

**vinegar**, balsamic

**walnuts**

### **Flavor Affinities**

lavender + cream + sugar

lavender + meat + salt

## LEEKS

**Season:** autumn–spring

**Taste:** sweet

**Botanical relatives:** chives, garlic, onions, shallots

**Weight:** light–medium

**Volume:** quiet

**Techniques:** boil, braise, fry, grill, roast, steam

**Tips:** Add early in cooking process.

anchovies  
bacon  
barley  
bay leaf  
beef  
bouillabaisse  
**butter, unsalted**  
capers  
caraway  
carrot  
cauliflower  
celery  
**cheese:** cheddar, goat, Gruyère, Parmesan  
chervil  
**chicken**  
chile peppers  
**chives**  
coriander  
**cream**  
crème fraîche  
dill  
**eggs** (including hard-boiled) and egg dishes  
fennel  
**fish**  
French cuisine  
**garlic**  
Greek cuisine  
lemon, juice  
lovage  
meats, white  
mushrooms, esp. oyster  
mussels  
**mustard**  
nutmeg  
**oil:** corn, grapeseed, hazelnut, peanut, vegetable  
**olive oil**  
onions  
**oregano**  
paprika

parsley  
pasta  
**pepper: black, white**  
**potatoes**  
rice  
sage  
salads  
**salt, kosher**  
sauces, romesco  
scallions  
sea bass  
soups  
soy sauce  
stews  
**stocks: chicken, vegetable**  
tamari  
**tarragon**  
**thyme**  
tomatoes and tomato sauce  
truffles, black  
**vinaigrette**  
vinegar, balsamic  
**wine: dry white, red**

**Flavor Affinities**  
leeks + anchovies + garlic + olive oil  
leeks + bacon + cream  
leeks + cream + thyme  
leeks + mustard + vinaigrette

## **LEGUMES (See Beans, Lentils, Peas, etc.)**

## **LEMONS**

**Season:** year-round  
**Taste:** sour  
**Weight:** light  
**Volume:** loud  
**almonds**  
anise

We have **lemon juice** right next to the salt when we cook. Acid is the most important aspect of how a dish tastes — whether it is there as subtle punctuation or an exclamation point!

— **SHARON HAGE**, YORK STREET (DALLAS)

**Lemon zest** adds a totally different dynamic than lemon juice. If you are making an apple crisp, if you added a teaspoon of zest it would taste very different than if you added lemon juice. The juice would make it taste tart, whereas the zest would actually add a lemon flavor component to it. For ice cream, custards, and tarts, use lemon juice. But if you are going to combine lemon with other flavors, that's when you use zest.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

Use **lemon juice** when you want the acid and lemony flavor of the juice. If you want the perfume of the lemon, use the zest because the skin is where you get the essential oils. I use more lemon and orange than vanilla in my cooking because they are more prevalent in Italy and in Italian cooking, and a flavor profile that people recognize as Italian.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

**Lemon** can be used by itself or with other ingredients because it enhances so many flavors. An orange can be a little too mellow, but lemon makes flavors much brighter. Lemon is an underlying flavor as much as the star. If there is one fruit you had to always have on hand as a basic staple, it is lemon.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

apples

apricots

artichokes

bananas

**basil**

bay leaf

beef

berries

beverages

**blackberries**

**blueberries**

butter, unsalted

buttermilk

**capers**

caramel

cardamom



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## Dishes

**Ricotta-Lemon Pancakes with Blackberries and Honeycomb Butter** —  
Andrew Carmellini, A Voce (New York City)

cayenne

**cheese: goat, ricotta**

cherries

chervil

chestnuts

**chicken**

chives

chocolate: dark, white

cinnamon

**coconut**

coffee

crab

cranberries

cream / milk

cream cheese

crème fraîche

custard

dates

desserts

duck

figs: fresh, dried

**FISH**

**GARLIC**

gin

ginger

gooseberries

grapefruit

grapes

**Greek cuisine**

guava

hazelnuts

**HONEY**

kiwi fruit

**lamb**

lemongrass

lemon verbena

lime

liqueurs: nut, orange (e.g., Cointreau, curaçao, Grand Marnier)

mango

maple syrup

mascarpone

Mediterranean cuisines

Middle Eastern cuisines

**mint** (garnish)

Moroccan cuisine

mustard, Dijon

nectarines

**nuts, esp. hazelnuts**

oats

olive oil

**orange: juice, zest**

oregano

oysters

papaya

parsley, flat-leaf

passion fruit

pasta and pasta sauces  
peaches  
pears  
pecans  
pepper, black  
persimmons  
pine nuts  
**pistachios**  
plums  
**poppy seeds**  
pork and pork chops  
poultry  
prunes  
quince  
raisins  
**raspberries**  
rhubarb  
rice  
**rosemary**  
rum  
sage  
salads and salad dressings  
salt, kosher  
sauces: brown butter, parsley  
sesame oil  
shallots  
**SHELLFISH**  
sour cream  
stock, chicken  
**SUGAR: brown, white**  
tangerine  
**thyme**  
**vanilla**  
**veal**  
violets  
vodka  
walnuts  
wine: red, sweet (e.g., Muscat), white  
yogurt

**Flavor Affinities**

lemon + berries + crème fraîche

lemon + blackberries + honey + ricotta cheese

**LEMONS, MEYER**

**Season:** autumn–spring

**Taste:** sour–sweet

**Weight:** light

**Volume:** moderate–loud

cream

grapefruit

honey

lemon

lime

orange

sugar

vanilla

**LEMONS, PRESERVED**

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate–loud

cinnamon

cloves

lamb

**MOROCCAN CUISINE**

nigella seeds

saffron

We churn through **preserved lemons!** In the middle of the summer, we buy cases so that we can age them eight months before we use them. After six months, they are great. After eight months or a year, you see God. They become incredible just by waiting those extra few months. I make preserved lemons by feel. I primarily use salt and will add some cinnamon, clove, nigella, a tiny, tiny bit of saffron, and then just tuck them away in the refrigerator. If I wasn't so greedy, I would give them away, but we are talking a year of my life here!

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

When you are using different kinds of lemons, you need to treat them as



different things. A **Meyer lemon** is different from a regular lemon. If you are using a Meyer lemon, you may want the perfume, aroma, and subtlety of it. Yet when you taste it, you may want to add a touch of regular lemon to give it a little more acidity and a little kick.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

We get a lot of **Meyer lemons** in during the season, and they have a lovely sweet-orangey lemon flavor. But there are times that they are simply too sweet and we have to either add regular lemon or some lime to balance the Meyer lemon.

— **MONICA POPE**, T'AFIA (HOUSTON)

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## Dishes

**Meyer Lemon Cream Pie with Roasted Strawberries, Candied Coconut, Vanilla Chantilly** — Emily Luchetti, pastry chef, Farallon (San Francisco)

## LEMON BALM

**Season:** spring–autumn

**Taste:** sour

**Weight:** light–medium

**Volume:** quiet–moderate

apricots

asparagus

berries

carrots

chicken

chives

dill

fennel bulb

fish

fruit

ginger

melon

mint

nectarines

parsley, flat-leaf

peaches

peas

salads, esp. fruit and green

teas

## **LEMON BASIL**

**Taste:** sour

**Weight:** light

**Volume:** moderate

apricots

berries

cinnamon

desserts

fish

peaches

seafood

shellfish

soups

vegetables

## **LEMONGRASS**

**Taste:** sour

**Weight:** light

**Volume:** moderate–loud

**Tips:** Add near end of cooking process; use in stir-fries.

basil

beef

**chicken**

**chile peppers: red, green**

chives

**cilantro**

cinnamon

cloves

**coconut and coconut milk**

coriander

**crab**

cream

**curries**

**FISH**

fruits

galangal

**garlic**

ginger

honey

**Indonesian cuisine**

lime, juice

**lobster**

Malaysian cuisine

meats

mint

noodles, rice

offal

onions

parsley

peanuts

**pork**

poultry

sage

**salads and salad dressings**

scallions

**shallots**

**SHELLFISH**

**shrimp**

**soups**, esp. chicken or turkey

Southeast Asian cuisines

spring rolls

**stews**

teas

**THAI CUISINE**

turmeric

vanilla

vegetables

**Vietnamese cuisine**

vinaigrettes

**Flavor Affinities**

lemongrass + chives + mint

lemongrass + cilantro + mint

lemongrass + cream + vanilla

## LEMON THYME

**Taste:** sour

**Weight:** light

**Volume:** moderate–loud

asparagus

basil

bay leaf

beets

beverages (e.g., herbal teas)

bouillabaisse

**carrots**

chicken, esp. roasted

chives

eggs

fennel

figs

fish

**fruits**

ginger

halibut

lamb

marjoram

meats

mint

orange

parsley

potatoes

poultry

rabbit

rosemary

sage

**salads: fruit, green**

**seafood**

shellfish

sole

spinach

stews

**Lemon verbena** is amazing. I love to make a lemon verbena syrup and then

poach apricots in it. It is so refreshing! We also make our own soda here, and lemon verbena is great in soda.

— **JOHNNY IUZZINI**, JEAN GEORGES (NEW YORK CITY)

stocks and broths: fish, seafood

stuffings

**veal**

vegetables, esp. spring

## **LEMON VERBENA**

**Taste:** sour

**Weight:** light

**Volume:** loud

anise hyssop

**apricots**

baked goods (e.g., cakes, shortbread)

basil

beets

berries

beverages

blueberries

butter, unsalted

carrots

cherries

chicken

chile peppers

chives

cilantro

cinnamon

cream and ice cream

crème fraîche

currants, red

custards

desserts

fish

fruits

garlic

ginger

grapes

honey  
lamb  
lavender  
lemon, juice  
lemonade  
lemongrass  
lemon thyme  
lime, juice  
melon  
milk  
mint  
mushrooms  
nectarines  
peaches  
peas  
plums  
raspberries  
rice  
salads, fruit and green  
salt  
sour cream  
strawberries  
sugar  
tamarind  
tea, green  
zucchini

**Flavor Affinities**

lemon verbena + apricots + sugar

**LENTILS**

**Season:** winter

**Taste:** sweet–stringent

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** simmer

**Tips:** Green lentils are more flavorful than brown or red.

apples: cider, juice

**bacon**

**BAY LEAF**

bell peppers, esp. red

bouquet garni

bread and croutons

**butter, unsalted**

cardamom

**CARROTS**

cayenne

**CELERY**

celery root

cheese, goat

chervil

chile peppers: dried red, fresh green

chives (garnish)

cilantro

cinnamon

cloves

coconut

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## Dishes

**Green Lentil Soup with Black Truffle, Smoked Quail, Crispy Shallots** — Daniel Boulud, Daniel (New York City)

**Lentil Stew with Blood Sausage, Chorizo, or Ham with a Poached Egg on Top** — Alexandra Raij, Tía Pol (New York City)

A drizzle of sherry vinegar just before you serve **lentils** elevates them to another level.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

I like **lentils** for soup with a smoked ham hock. For seasoning the soup, I recommend thyme, bay leaf, and a pinch of cumin. You can add bacon or sausage, or serve it with potato galettes on the side.

— **GABRIEL KREUTHER**, The Modern (New York City)

cornichons

cream

**cumin, esp. seeds**

curry: leaves, powder, sauces

dill  
eggplant  
French cuisine  
game birds, roasted (e.g., quail)  
**GARLIC**  
**ginger**  
ham and ham hocks  
honey  
Indian cuisine  
lamb  
**leeks**  
lemon, juice  
lime, juice  
meats  
Mediterranean cuisine  
mint, esp. spearmint  
mirepoix (esp. for soups)  
mustard, Dijon  
mustard seeds, black  
**OIL:** hazelnut, peanut, vegetable, walnut  
**olive oil**  
**ONIONS, esp. red, white, yellow**  
oregano  
**PARSLEY, flat-leaf**  
**PEPPER: black, white**  
pineapple  
**pork**  
poultry, roasted (e.g., chicken)  
prosciutto  
**SALMON**  
**SALT: kosher**  
**sausage, esp. smoked**  
scallions  
**shallots**  
**sorrel, esp. with green lentils**  
soups  
soy sauce  
spinach  
squash, winter (e.g., butternut)



**STOCKS:** chicken, vegetable

thyme

tomatoes

turmeric

turnips

**VINEGAR:** balsamic, red wine, sherry

walnuts

wine, red

zucchini

**Flavor Affinities**

lentils + bacon + bell pepper + cumin + garlic

lentils + bacon + garlic + sherry vinegar

lentils + bay leaf + onions + thyme

lentils + cumin + turmeric

lentils + olive oil + parsley + sorrel

**LETTUCES — IN GENERAL**

**Season:** spring–autumn

**Function:** cooling

**Weight:** light–medium

**Volume:** quiet–loud

apples

bacon

basil

bread, breadsticks, croutons, *etc.*

capers

cheese (e.g., feta)

chicories, aka bitter greens

dill

eggs, esp. hard-boiled

fennel leaves

garlic

lemon, juice

mint

mushrooms

mustard, Dijon

nuts

**oil:** hazelnut, peanut, walnut

**olive oil**

olives

orange

parsley

peaches

pears

**pepper, black**

raisins

**salt**

shallots

sprouts

tarragon

vegetables, esp. raw

vinaigrette

**vinegar:** balsamic, cider, red wine

watercress

**LETTUCE, BIBB (aka Boston or butter lettuce)**

**Season:** spring

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet

arugula

avocados

basil

chervil

chives

cucumbers

finest herbes

**lemon**

**orange**

parsley

pepper, black

radishes

salt

sesame seeds

**Bibb lettuce** is a light, delicate, and almost creamy lettuce, so I serve it with a creamy dressing to mimic that creaminess. Because of its delicacy, to make the

mayonnaise I'll use a neutral oil that's a blend of 80 percent canola and 20 percent olive. It finds a counterpoint in lemon and fines herbes, and gets a note of freshness, crunch, and spicy heat from radishes.

— TONY LIU, AUGUST (NEW YORK CITY)



**shallots**

tarragon

vinaigrette

watercress

yogurt

## **LETTUCES — BITTER GREENS AND CHICORIES (See Arugula, Escarole, Frisée, Radicchio)**

**Season:** spring

**Taste:** bitter

**Weight:** light–medium

**Volume:** medium–loud

bacon

basil

beans, esp. “fresh shell”

butter

**cheese:** Asiago, Gruyère, Parmesan

cilantro

cream

eggs, hard-boiled

garlic

lemon, juice

lemon balm  
nuts  
olives  
**olive oil**  
onions, yellow  
pancetta  
parsley  
pasta  
red pepper flakes  
rices  
salt, kosher  
scallions  
shallots  
sugar  
thyme  
**vinegar: balsamic, red wine, white**  
walnuts

**LETTUCES — MESCLUN GREENS (i.e., mixed baby lettuces)**  
**(See also Lettuces — Bitter Greens and Chicories)**

**Season:** spring  
**Taste:** bitter  
**Weight:** light  
**Volume:** moderate

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**Dishes**

**Hearts of Romaine and Treviso Radicchio with Spanish Serrano Ham, Manchego Cheese, White Anchovies, Fire-Roasted Peppers, and Crisp Capers — Carrie Nahabedian, Naha (Chicago)**

## **Caesar Salad Soup**

— Nobiyuki Sugie, Asiate (New York City)

## **Leaves of Romaine, Creamy Garlic Dressing, Red Onions, Capers, and Parmesan** — Cory Schreiber, Wildwood (Portland, Oregon)

basil  
cheese, goat  
chervil  
chives  
confit (e.g., duck)  
French cuisine  
hazelnuts  
lemon, juice  
mushrooms, wild (e.g., morels)  
olive oil  
parsley, flat-leaf  
pecan  
pepper, black  
salt  
shallots  
tarragon  
vinaigrettes

### **Flavor Affinities**

mesclun greens + goat cheese + hazelnuts

## **LETTUCE, ROMAINE**

**Season:** spring–autumn

**Taste:** sweet, bitter

**Weight:** light

**Volume:** quiet

**anchovies**

**avocados**

bell peppers: green, red

butter

Caesar salad

capers

cayenne

**CHEESE:** feta, dry Jack, Monterey Jack, **Parmesan**, Stilton

chervil  
chile peppers: jalapeño, serrano  
chives  
cilantro  
cream  
crème fraîche  
croutons  
cucumbers  
**eggs, yolk**  
**GARLIC**  
grapefruit  
ham  
leeks  
**lemon, juice**  
lime: juice, zest  
lovage  
mayonnaise  
**mustard, Dijon**  
**OIL:** canola, vegetable  
**OLIVE OIL**  
olives, kalamata  
onions, esp. red  
parsley, flat-leaf  
**pepper: black, white**  
**salt: kosher, sea**  
**shallots**  
sour cream  
stocks: chicken, vegetable  
tarragon  
tomatoes  
vinaigrette  
**VINEGAR:** balsamic, cider, raspberry, red wine, sherry, white wine  
walnuts  
Worcestershire sauce

**Flavor Affinities**  
romaine + anchovies + Parmesan cheese  
romaine + capers + garlic + Parmesan cheese + red onions

## LIMES

**Season:** year-round

**Taste:** sour

**Weight:** light

**Volume:** moderate

apricots

**avocados**

berries: blueberries, gooseberries, raspberries, **strawberries**

butter

buttermilk

capers

**caramel**

ceviche

chicken

**chile peppers, esp. jalapeño or serrano**

chocolate, white

**cilantro**

**coconut and coconut milk**

cream

cream cheese

crème fraîche

dates

duck

figs, dried

**fish, esp. grilled**

**fruits, esp. tropical**

gin

**ginger**

gooseberries

grapefruit

green tea

guacamole

guava

hazelnuts

**honey: raw, burnt**

Acidity awakens flavors. I love **lime**, and just a squeeze of lime on seafood soup or Thai soup awakens it.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

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## Dishes

**Key Lime Cheesecake with Macadamia Nut Crust, Lime Caramel, Key Lime Curd** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Grilled Lime Pound Cake with Crème Fraîche–Tapioca Pudding, Blueberry Gelée, and Burnt Honey Ice Cream** — Celina Tio, American Restaurant (Kansas City)

jicama

kiwi fruit

Latin American cuisine

lemon

**lemongrass**

lime: juice, zest

lobster

**macadamia nuts**

**mangoes**

maple syrup

margaritas

mascarpone

meats, esp. grilled

melon, esp. honeydew

**Mexican cuisine**

**mint**

orange, juice

**papayas**

passion fruit

peanuts

pecans

pie, esp. with Key limes

raspberries

rum

salt

scallops

sea bass

shellfish

shrimp

Southwestern cuisine

**strawberries**



**sugar: brown, white**

sweet potatoes

tequila

Thai cuisine

tomatoes

tuna

vanilla

Vietnamese cuisine

vodka

yogurt

**Flavor Affinities**

lime + blueberries + burnt honey + crème fraîche

lime + caramel + cream cheese + macadamia nuts

lime + strawberries + tequila

**LIMES AND LIME LEAF, KAFFIR (See Kaffir Limes and Kaffir Lime Leaf)**

**LIVER, CALF'S**

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** braise, broil, grill, sauté

**Tips:** Cook briefly, one minute per side.

apples

arugula

avocado

bacon

bay leaf

bouquet garni

butter, unsalted

carrots

celery

cheese, Parmesan

chervil

chives

cream

figs  
French cuisine  
garlic  
jasmine  
lemon, juice  
milk  
**mushrooms**  
mustard, Dijon  
**oil**, canola  
olive oil  
olives, green  
**ONIONS**: fried, red, Vidalia, white  
orange, zest  
pancetta  
parsley, flat-leaf  
pears  
pepper: black, white  
polenta  
potatoes, mashed  
prunes  
rhubarb  
sage  
salt, kosher  
sauce, brown butter  
sausages  
shallots  
spinach  
stock, chicken  
sugar, brown  
thyme  
tomatoes  
turnips  
**VINEGAR**: balsamic, cider, red wine, sherry  
wine: dry red or white

### **Flavor Affinities**

calf's liver + arugula + onions + pancetta

calf's liver + figs + onions + red wine vinegar

## LIVER, CHICKEN

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** grill, sauté

anchovies

apples

bacon

bay leaf

butter, unsalted

capers

chicken fat

chives

cilantro

eggs, hard-boiled

**garlic**

kale

lemon, juice

lime, juice

oil, peanut

olive oil

**ONIONS:** fried, red, sweet (e.g., Vidalia)

**parsley, flat-leaf**

peanuts

pepper: black, white

radishes

red pepper flakes

rosemary

sage

salt, kosher

shallots

sherry, dry (e.g., fino)

soy sauce

sugar

thyme

vinegar: balsamic, sherry

wine, dry red

**Flavor Affinities**

chicken livers + apples + sage

chicken livers + bacon + balsamic vinegar + onions + rosemary  
chicken livers + kale + lemon

## **LIVER, DUCK OR GOOSE (See Foie Gras)**

## **LOBSTER**

**Season:** summer–autumn

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–medium

**Techniques:** bake, boil, broil, grill, pan roast, poach, roast, sauté, steam  
anchovies

apples

artichokes

asparagus

**avocado**

bacon

**basil**

**bay leaf**

beans: green, flageolets, white

beets

bell peppers, esp. red, yellow, and/or roasted

brandy

**BUTTER, unsalted**

cabbage, esp. savoy

capers

**carrots**

**caviar**

**cayenne**

**celery**

celery root

Champagne

cheese: Gruyère, Parmesan

**chervil**

chile peppers, jalapeño

chili paste

Chinese cuisine

**chives**

**cilantro**

cinnamon

clams

clove

**coconut and coconut milk**

**cognac**

coriander

**corn**

crab

**cream**

crème fraîche

cucumbers

cumin

**curry: paste (red), powder**

curry leaf

daikon

dill

eggs and egg yolks

endive

**fennel**

fennel seeds

fenugreek seeds

figs

fish sauce, Thai

foie gras

frisée

**GARLIC**

**ginger, fresh**

grapefruit

grapes

guacamole

haricots verts

honey

horseradish

kiwi fruit

kumquats

**leeks**

**LEMON: juice, zest**

lemon, Meyer

I love **lobster**: poached, roasted, or grilled. I like mayonnaise or a vinaigrette with my lobster much more than butter with lobster. In the summertime, I like it with small potatoes and corn. I really like it with cilantro.

For my dish Roasted Maine Lobster in “Folly of Herbs” with Baby Fennel and Salsify, I wanted to do something different with lobster besides a lobster sauce. I make a “tea” of dried herbs: thyme, rosemary, fennel seeds, oregano, sage, mint, and tarragon. This is boiled and strained, then gets a dash of Ricard [also known as Pernod, an anise-flavored liquor]. The lobster gets finished with fresh parsley, mint, and fresh oregano. I chose these two vegetables because salsify is underused and underappreciated. I don’t blanch my salsify in water because when you do, the flavor stays in the water. I roast them and caramelize them a little bit, then deglaze with just a little water with a sprig of thyme and a bay leaf. Baby fennel is good because it plays off the Ricard and fennel. I quickly blanch the fennel and then caramelize it.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

Cooked **lobster** meat blends well with mayonnaise, but I don’t think I’d use it with raw lobster — I’d use soy sauce instead.

— **KAZ OKOCHI**, KAZ SUSHI BISTRO (WASHINGTON, DC)

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## Dishes

**Spaghettini with Spicy Budding Chives, Sweet Garlic, and a One-Pound Lobster** — Mario Batali, Babbo (New York City)

**Chatham Bay Day Boat Lobster with Red Wine Sauce and Parsnip-Rosemary-Apple Puree** — David Bouley, Upstairs (New York City)

**Chilled Maine Lobster: Mango, Fresh Artichoke, and Serrano Ham with a Passion Fruit and Fresh Coconut Tamarind Dressing** — David Bouley, Bouley (New York City)

**Potato Gnocchi with Maine Lobster, Wild Asparagus, Meyer Lemon, and Tarragon** — Traci Des Jardins, Jardinière (San Francisco)

**Lobster and Morel Ravioli in Basil Broth, Hazelnuts, and Lobster Oil** — Sandy D’Amato, Sanford (Milwaukee)

**Nova Scotia Lobster Poached with Florence Fennel and Chamomile** — Daniel Humm, Eleven Madison Park (New York City)

**Warm Lobster Salad, Cauliflower and Watercress Coulis** — Jean Joho, Everest (Chicago)

**Butter-Poached Lobster with Sweet Carrot Emulsion** — Thomas Keller, The French Laundry (Yountville, California) **Briny Lobster with Wasabi Mayo** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Maine Lobster Tails Roasted with Fingerling Potatoes, Pea Greens, Whole Garlic, and Fava Beans** — Alfred Portale, Gotham Bar and Grill (New York City)

**Martini of Maine Lobster, Cucumber Salad, Belvedere Vodka, and White Sturgeon Caviar** — Thierry Rautureau, Rover's (Seattle)

**Lobster Poached in a Lemon Miso Broth with Shiso and Hon Shimeji Mushrooms** — Eric Ripert, Le Bernardin (New York City)

**Baked Lobster; Braised Endives, with Enoki and Black Trumpet Mushroom with Bourbon-Black Pepper Sauce** — Eric Ripert, Le Bernardin (New York City)

**lemongrass**

lentils

**lime: leaf (kaffir), juice**

lobster roe

macaroni and cheese

mace

mâche

mangoes

mascarpone

**mayonnaise**

Mediterranean cuisine

mint

mirepoix

miso, white

**mushrooms:** button, cepes, chanterelles, cremini, porcini, shiitake, white, wild

mussels

mustard: dry, seeds

New England cuisine

nutmeg

**OIL:** canola, corn, grapeseed, hazelnut, peanut, sesame, vegetable, walnut

**olive oil**

**onions,** esp. pearl, red, Spanish

**orange (juice, zest) and clementine**

oyster sauce  
papaya  
paprika, sweet  
**parsley, flat-leaf**  
parsnips  
pasta (e.g., macaroni)  
passion fruit  
peanuts  
**peas**  
peas, snow  
**pepper: black, white**  
Pernod  
**pineapple**  
port  
**potatoes**, esp. fingerling or new  
pumpkin  
radicchio  
red pepper flakes  
rhubarb  
**rice**, esp. sticky, and risotto  
rosemary  
saffron  
**SALT**: kosher, sea, *sel gris*  
sauces, béchamel  
**scallions**  
scallops  
sea urchin  
**shallots**  
shrimp  
snow peas  
Southern cuisine  
**soy sauce**  
spinach  
squid  
star anise  
**stocks**: chicken, fish, lobster, shellfish, veal, vegetable  
Tabasco sauce  
tamarind, puree  
**tarragon**



thyme

**TOMATOES:** juice, paste, pulp

truffles: black, juice

**vanilla**

vermouth, dry

vinaigrette, esp. citrus

**VINEGAR:** red wine, rice wine, **sherry**, white wine

vodka

wasabi

water chestnuts

watermelon

whiskey

**WINE: dry to off-dry white** (e.g., Gewürztraminer or Riesling), dry red (e.g., Syrah), port

Worcestershire sauce

yuzu juice

### **Flavor Affinities**

lobster + artichokes + garlic

lobster + avocado + mayonnaise + tarragon + white wine vinegar

lobster + bacon + porcini mushrooms

lobster + basil + hazelnuts + morel mushrooms

lobster + basil + tomatoes

lobster + brandy + cream + rosemary

lobster + brown butter + orange + vanilla

lobster + butter + garlic + tarragon

lobster + celery + mayonnaise + black truffles

lobster + chanterelle mushrooms + parsley + Pernod

lobster + chanterelle mushrooms + tarragon

lobster + chive + lemon

lobster + cilantro + cumin

lobster + corn + garlic + lemon + potatoes + tarragon

lobster + fennel + lemon

lobster + mango + spinach

lobster + mayonnaise + wasabi

lobster + orange + soy sauce

lobster + pasta + peas

lobster + saffron + vanilla

## LOTUS ROOT

**Season:** summer–winter

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet

**Techniques:** fry, raw, simmer, stir-fry

ginger

lemon

lime

oil, vegetable

salads

soups

soy sauce

stir-fried dishes

tempura

vinegar, rice

wine, rice

## LOVAGE

**Season:** spring, autumn

**Taste:** sour

**Weight:** light–medium, soft-leaved

**Volume:** quiet–loud

**Tips:** Always use fresh, not cooked.

apples

bay leaf

beans, green

bell peppers

caraway

carrots

chard

cheese

chervil

chicken

chile peppers

chives

clams

**corn**

crab, Dungeness

cream cheese

dill

eggs and egg dishes

fennel

**fish**, e.g., halibut, skate, smoked, tuna

garlic

greens

ham

juniper berries

lamb

marjoram

mint

mushrooms

mussels

mustard

nettles, stinging

onions

oregano

parsley

**pork**

**potatoes**

Stinging nettles and **lovage** is a wonderful combination. Stinging nettles are peppery with a green flavor and lovage is celery-like. It's funny: I find nettles without lovage are kind of flat tasting. I will use this combination in a ravioli filling or with local Dungeness crab as a sauce for a soufflé.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

rabbit

rice

salads, green

sauces

shellfish

sorrel

soups, esp. fish

**spinach**

stews

tarragon

thyme

**tomatoes and tomato juice**

veal

vegetables, esp. root

zucchini

**Flavor Affinities**

lovage + Dungeness crab + stinging nettles

lovage + salmon + tomatoes

## LUXURIOUS

caviar, esp. Beluga

Champagne

foie gras

Ibérico ham

Kobe beef

saffron

smoked fish

vanilla

truffles: black, white

wine

## LYCHEES

**Season:** summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** raw

anise hyssop

berries

blackberries

chicken

chile peppers

cilantro

**coconut and coconut milk**

cream

cream cheese

curry

duck  
foie gras  
**ginger**  
honey  
kiwi fruit  
lemon, juice  
lemongrass  
**lime, juice**  
mangoes  
melon, esp. honeydew  
nuts  
**orange, tangerine**  
passion fruit  
pears  
pineapple  
plums  
pork  
**raspberries**  
rice  
rose (French cuisine)  
**rum**  
sake  
salads, fruit  
shellfish: scallops, shrimp  
strawberries  
**sugar**, esp. palm  
vodka  
wine: plum, sparkling  
yogurt

**Flavor Affinities**  
lychees + ginger + lime  
lychees + raspberries + rose

## MACADAMIA NUT OIL (See Oil, Macadamia Nut)

### MACADAMIA NUTS

**Weight:** light–medium

**Volume:** moderate

apricots

bananas

beets

bourbon

brandy

caramel

cashews

chicken

**chocolate, esp. dark or white**

coconut

coffee

crab

cream

dates

**desserts**

figs, dried

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### Dishes

**Summer Raspberry-Lychee Macaroon with Lemon Sorbet** — Eric Bertoia, Cafe Boulud (New York City)

Our **macadamia nut** tart, which we serve with banana-rum ice cream, is our take on pecan pie.

— LISSA DOUMANI, TERRA (ST. HELENA, CALIFORNIA)

**Macadamia nuts** are buttery, rich nuts. I will even pair them with sea scallops, which also have a richness to them. The macadamia nuts don't overwhelm the scallops and I put them in the dish slightly chopped — otherwise, the texture of the nut would be too chewy. We use macadamia nuts on one of the simplest yet most popular dishes on our menu — our jumbo lump crab cake with grilled asparagus and toasted macadamia nuts. Our crab cake is the only recipe we won't give out. It contains no herbs or spices. The only thing that goes in our crab cake is crab, salt, pepper, *panko* [Japanese bread crumbs], and a little

mayonnaise to hold them together. You are the first people to get this recipe!  
— MARCEL DESAULNIERS, THE TRELIS (WILLIAMSBURG, VIRGINIA)

fish (e.g., cod, halibut, mahi mahi)  
ginger  
goat cheese  
grapefruit  
guava  
Hawaiian cuisine  
honey  
kumquats  
lamb  
lemon  
lime  
mango  
maple syrup  
mint  
orange  
papaya  
passion fruit  
peaches  
pineapple  
prunes  
raspberries  
rum  
scallops  
sugar, brown  
vanilla

**Flavor Affinities**

macadamia nuts + bananas + caramel + cream  
macadamia nuts + beets + goat cheese  
macadamia nuts + coconut + lime

**MACE**

**Season:** summer–autumn  
**Taste:** pungent, sweet  
**Botanical relatives:** nutmeg  
**Weight:** light–medium  
**Volume:** loud

allspice  
Asian cuisine  
baked goods (e.g., doughnuts)  
beans  
broccoli  
butter  
cabbage  
cardamom  
carrots  
**cheese and cheese dishes, esp. creamy**  
cherry pie  
**chicken**  
chocolate  
chowders (e.g., fish)  
cinnamon  
cloves  
coriander  
**cream / milk**  
cumin  
curry (ingredient)  
eggs  
English cuisine  
**fish**  
French cuisine  
garam masala (ingredient)  
ginger  
hazelnuts  
Indian cuisine  
ketchup (ingredient)  
lamb  
**meats**  
New England cuisine  
**NUTMEG**  
onions  
paprika  
**pastries**  
pepper  
potatoes  
pound cake



puddings  
pumpkin  
salads, fruit  
**saucés:** béchamel, cream, onion  
sausages  
**shellfish,** shrimp  
**soups and consommés**  
spinach  
stuffing  
sweet potatoes  
thyme  
**veal**  
vegetables  
West Indian cuisine

If you go to Japan, you'll find that virtually all the sushi restaurants put a little ginger and scallion on their **mackerel** sushi. It cuts its "fishiness" while adding flavor.

— **KAZ OKOCHI**, KAZ SUSHI BISTRO (WASHINGTON, DC)

## **MâCHE**

**Season:** autumn–spring  
**Weight:** very light  
**Volume:** very quiet  
**Techniques:** raw, steam  
**apples**  
bacon  
**beets**  
butter  
**cheese, goat**  
cream  
eggs, quail  
endive  
**lemon, juice**  
mustard, Dijon  
nuts: pistachios, **walnuts**  
oil: grapeseed, nut  
olive oil  
orange

pomegranates

potatoes

scallops

shallots

**vinegar: champagne, sherry**

**Flavor Affinities**

mâche + apples + bacon

mâche + apples + bacon + vinegar

mâche + apples + beets + endive + sherry vinaigrette + walnuts

mâche + oranges + pistachios + pomegranates

## **MACKEREL**

**Season:** summer–autumn

**Weight:** light

**Volume:** loud

**Techniques:** braise, broil, grill, marinate, poach, sauté, sear

apples

artichokes

bay leaf

beets

bell peppers: red, yellow

butter

capers

caraway seeds

caviar

ceviche

chile peppers

**chives**

cilantro

cinnamon

cloves

coriander

cornichons

cream

crème fraîche

cucumber

cumin

dill

fennel  
French cuisine  
**garlic**  
**ginger**  
gooseberries  
horseradish  
**LEMON**, juice  
**lemon thyme**  
lentils  
lime, juice  
mint (garnish)  
miso  
mushrooms  
**mustard, Dijon**  
mustard seeds  
**OIL**: canola, corn, peanut, sesame, vegetable  
**olive oil**  
**onions**  
orange, juice  
pancetta  
**parsley, flat-leaf**  
**PEPPER: black, green, white**  
red pepper flakes  
rosemary  
saffron  
sake  
salmon caviar  
**salt, sea**  
**scallions**  
sesame seeds  
**shallots**  
sorrel  
soy sauce  
stocks: chicken, fish  
sugar  
**thyme**  
**VINEGAR**: champagne, red wine, sherry, white wine  
**wine, dry white**

**Flavor Affinities**

mackerel + arugula + chickpeas + lemon + rosemary

mackerel + chives + Dijon mustard + lemon juice + shallots + vinegar

mackerel + ginger + scallions

mackerel + onions + thyme

**MAHI MAHI**

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** quiet

**Techniques:** bake, broil, deep-fry, grill, poach, sauté, steam, stir-fry

avocado

cabbage

cilantro

coriander

dill

fruits, esp. tropical

gin

juniper berries

lemon: juice, zest

orange: juice, zest

pepper, white

salt, sea

sugar

**Flavor Affinities**

mahi mahi + avocado + cabbage + cilantro

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**Dishes**

**Taco de Pescado “Baja”:** Battered and Deep-Fried Mahi Mahi in Soft Corn Tortillas with Cabbage and Avocado-Cilantro Cream — Traci Des Jardins, Mijita (San Francisco)

**MALT**

**Taste:** sweet

**Weight:** light

**Volume:** moderate

bananas

caramel  
**chocolate**  
cinnamon  
coffee  
**cream and ice cream**  
nuts  
sugar  
**vanilla**

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## Dishes

**Naha Sundae of Vanilla Malt Ice Cream, Hickory Nut Waffle, Bananas, and Bourbon-Pecan Syrup, Shortbread Cookies** — Elizabeth Dahl, pastry chef, Naha (Chicago)

**Double-Malted Euphoria with Malted Chocolate, Vanilla Mousse, and Marcona Almond Brittle** — Celina Tio, American Restaurant (Kansas City)

I love **malt**. It has a sweetness, breadiness, and graininess to its flavor. It works with the classics like chocolate, vanilla, and caramel.

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

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## Dishes

**Mango Mousse, Pineapple Soufflé, Roasted Pineapple, Swiss Meringue** — François Payard, Payard Patisserie and Bistro (New York City) **Organic Strawberry and Grapefruit Granitas, Mango “Salad,” Mascarpone** — Monica Pope, T’afia (Houston)

**Mango, Pistachio, and Banana Strudel with Coconut-Curry Sauce** — Allen Susser, at the 2003 James Beard Awards gala reception **Raspberry-Mango Soufflé with Fresh Fruit and Bittersweet Chocolate Ice Cream** — Celina Tio, American Restaurant (Kansas City)

## MANGOES

**Season:** late spring–late summer

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** raw

almonds

amaretto  
anise  
avocados  
**BANANAS** (compatible fruit)  
basil  
bell peppers, esp. red and green  
beverages (e.g., cocktails, smoothies)  
blackberries  
blueberries  
buttermilk  
butterscotch  
cabbage, green  
caramel  
cashews  
cayenne  
ceviche  
Champagne  
cheese, esp. mixed-milk cheeses (e.g., Robiola Rocchetta and Amarelo da Beira Baixa)  
**CHILE PEPPERS**, esp. jalapeño, serrano, red, green  
chocolate, white  
chutneys  
**cilantro**  
cinnamon  
cloves  
**COCONUT AND COCONUT MILK**  
coffee  
**cream** (e.g., heavy, whipped)  
crème fraîche  
curry powder  
custard  
fish  
game  
garlic  
**ginger, fresh**  
grapefruit  
honey  
Indian cuisine  
**Kirsch**

kiwi fruit  
kumquats  
**lemon, juice**  
**LIME, juice**  
macadamia nuts  
mascarpone  
Mexican cuisine  
milk (e.g., evaporated)  
**mint**  
nutmeg  
oil, vegetable  
olive oil  
**ONIONS: red, sweet**  
**ORANGE: juice, zest**  
orange liqueur  
**papaya**  
**passion fruit**  
pepper, white  
**pineapple**  
**pork, esp. roasted**  
poultry: chicken, duck  
prosciutto  
**raspberries**  
rice  
**RUM**  
sake  
salads, fruit  
salmon  
**salt**  
**Sauternes**  
scallions  
sesame seeds  
**shellfish, shrimp**  
sorbet  
squab  
star anise  
strawberries  
**SUGAR: LIGHT BROWN, WHITE**  
Tabasco sauce

Thai cuisine  
tuna, esp. grilled  
vanilla  
vinegar: balsamic, red wine  
violets  
vodka  
wine: Chardonnay, sweet (e.g., ice wine)  
yogurt  
**AVOID**  
soy sauce  
wasabi

### **Flavor Affinities**

mango + almonds + lime  
mango + basil + Champagne  
mango + black pepper + lemon + mint + passion fruit  
mango + coconut + rice  
mango + ginger + mint + papaya  
mango + salmon + sushi rice

**Mangoes** pair well with some of the mixed-milk cheeses such as Robiola Rocchetta and Amarelo da Beira Baixa.

— MAX McCALMAN, ARTISANAL CHEESE CENTER (NEW YORK CITY)

## **MAPLE SYRUP**

**Taste:** sweet, bitter

**Function:** cooling

**Weight:** medium–heavy

**Volume:** moderate–loud

almonds

anise

apples

apricots

bacon

baked goods, e.g., gingerbread





I typically use **maple syrup** with nuts, like in a pecan pie. I will replace the dark corn syrup in the recipe with maple syrup instead. It is always important to use a very good quality [e.g., Vermont or Canadian] maple syrup. If you are working with syrup and sugar, you need to be careful because the combination of dark brown sugar with maple syrup can become very intense.

— **EMILY LUCHETTI, FARALLON (SAN FRANCISCO)**

BLiS **maple syrup** is aged in bourbon barrels, and is good enough to drink on its own! I'll use it with everything from duck breast to foie gras.

— **BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)**

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## **Dishes**

**Maple and Anise French Toast with Lavender Custard** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Milk Chocolate and Maple Caramel Cake**

— Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Milk Chocolate and Maple Caramel Ice Cream, Caramelized Bananas, and Ginger Tuile** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**BANANAS**

## **BLUEBERRIES**

breakfast / brunch

butter

buttermilk

Canadian cuisine

caramel

carrots

chestnuts

chocolate, esp. dark, white

cinnamon

coffee

corn syrup

cream

cream cheese

custard

dates

desserts

duck

figs, esp. dried

foie gras

French toast

fruit

ginger

ham

hazelnuts

ice cream: coffee, vanilla

lemon, juice

lime, juice

macadamia nuts

**mascarpone**

nectarines

New England cuisine

nutmeg

**nuts**

oats

onions

orange

pancakes

peaches

**PEARS****PECANS**

persimmons

pineapple

plums

pork ribs

prunes

**pumpkin**

quince

raisins

raspberries

rhubarb

**rum:** dark, light

star anise

strawberries

sweet potatoes

**sugar:** light brown, raw, white

tea

turkey

vanilla

waffles

**WALNUTS**

whiskey

yogurt

**AVOID**

sugar, dark brown, as it is too intense with maple syrup

**Flavor Affinities**

maple syrup + blueberries + lemon

maple syrup + butter + chocolate + cream

maple syrup + caramel + pecans

maple syrup + mascarpone + pistachios

**MARJORAM**

**Season:** summer–winter

**Taste:** sweet, spicy

**Botanical relatives:** oregano (which is stronger in flavor than marjoram)

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Add at the end of the cooking process.

artichokes

asparagus

**basil**

bay leaf

beans, esp. green

beef

beets

bouquet garni (ingredient)

bread

butter

carrots

chard

**cheese: fresh goat, mozzarella**

**chicken**

chives

chowders

clams

corn

cucumber

delicate-flavored foods (e.g., those “quiet” in Volume)

duck

**eggs and egg dishes (e.g., omelets)**

**fish**

French cuisine

*fines herbes* (ingredient)

garlic

halibut

Italian cuisine

lamb

**lemon, juice**

lima beans

**meats, esp. grilled**

Mediterranean cuisine

Middle Eastern cuisine

mint

**mushrooms, esp. wild**

North African cuisine

North American cuisine

oil, peanut

olive oil

olives

onions

**oregano**

**parsley**

**pasta**, esp. macaroni or ravioli

peas

pizza

pork

**potatoes**

poultry

rabbit

risotto

**rosemary**

sage

**SALADS**, esp. green, and salad dressings

sauces

sausages

savory

shellfish

**soups**, esp. bean, onion

**spinach**

**squash, summer**

stews

**stuffing**

**thyme**

**tomatoes and tomato sauce**

tuna

veal

vegetables, esp. summer

vinaigrettes

wine, red

zucchini

**Flavor Affinities**

marjoram + chicken + lemon

marjoram + fresh goat cheese + prosciutto

marjoram + tomato sauce + zucchini

Mediterranean herbs marry well. Rosemary and **marjoram**, or thyme and savory, are naturals together.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

## **MASCARPONE**

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** quiet

almonds

anchovies

apricots

arugula

berries

biscotti

blackberries

**blueberries**

brandy

butter

caramel

cheese, ricotta

cherries

chives

**chocolate, esp. dark**

cinnamon

cloves

coffee/espresso

**cream**

cream cheese

crème fraîche

currants, red

dates

**figs**

fruits, tropical

ginger

guava

hazelnuts

honey

## **Italian cuisine**

Kirsch

ladyfingers

**lemon: juice, zest**

lime

**maple syrup**

mushrooms

mustard

nectarines

nutmeg

oats

orange

pasta

peaches

pears

pepper, black

pesto

pine nuts

pistachios

prosciutto

pumpkin

quince

raisins

raspberries

rhubarb

rum

**strawberries**

**sugar: raw, white**

truffle oil

**vanilla**

vinegar, balsamic

walnuts

wine: red, sweet

## **Flavor Affinities**

mascarpone + arugula + truffle oil

mascarpone + berries + figs

mascarpone + chocolate + strawberries

mascarpone + cinnamon + pumpkin

mascarpone + espresso + ladyfingers (cookies) + sugar  
mascarpone + figs + prosciutto  
mascarpone + maple syrup + pistachios

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## Dishes

**Black Mission Figs with Mascarpone Foam and Prosciutto di Parma** — Rick Tramonto, Tru (Chicago)

## MEATS

**Tips:** Enhance the flavor of meat *before* (e.g., via brining and marinating), *during* (e.g., via selecting the best cooking technique), and *after* cooking (e.g., via condiments and sauces).

## MEDITERRANEAN CUISINES (See also French [southern], Italian, Middle Eastern, Moroccan, and Spanish Cuisines)

**basil**

citrus

garlic

herbs

lemon, juice

marjoram

**olive oil**

oregano

parsley

rosemary

**sage**

savory

thyme

tomatoes

vinegar: balsamic, red wine

### **Flavor Affinities**

marjoram + rosemary

savory + thyme

## MELON/ MUSKMELONS — IN GENERAL (See also Cantaloupe, Honeydew, etc.)



**Season:** summer

**Taste:** sweet

**Function:** cooling

**Weight:** light–medium

**Volume:** moderate

**Techniques:** raw

almonds

anise seeds and anise hyssop

apricots

basil

beverages, esp. smoothies

blackberries

blueberries

**Champagne**

cherries

chile peppers, esp. serrano

chili powder

chili sauce

**cilantro**

cognac, esp. in cocktails

Cointreau

cream / milk

crème fraîche

cucumbers

curaçao, esp. in cocktails

cured meats (e.g., prosciutto, sopressata)

curry

fennel

**ginger**

Grand Marnier, esp. in cocktails

grapefruit

grapes

hazelnuts

honey

ices and ice creams

Italian cuisine

Kirsch

kiwi fruit

**LEMON**, juice

lemon balm  
**LIME**, juice  
lychees  
macadamia nuts  
Madeira  
mangoes  
Midori liqueur  
**MINT**, esp. spearmint  
olive oil  
**orange**  
orange-flower water  
pears  
pecans  
**pepper: black, white**  
**port**  
**PROSCIUTTO**  
**raspberries**  
rum  
sake  
**salads, esp. fruit**

Tarragon works with **muskmelons**.

— **JERRY TRAUNFELD**, The Herbfarm (Woodinville, Washington)



salsas, fruit  
salt, kosher  
sambuca  
soups, esp. chilled  
**strawberries: fruit, puree**  
tarragon  
tequila, esp. in cocktails  
**vanilla**

vinegar, rice

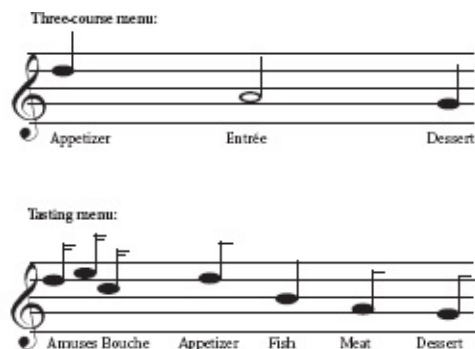
**wines, sweet**, esp. Gewürztraminer, late harvest wines, **Muscat Beaumes-de-Venise** Riesling, Sauternes

**yogurt**

yuzu juice

## MENU

**Tips:** Strive for balance over an entire menu, i.e., appetizer, entrée, and dessert. Envision the course of a menu as a piece of music having a melody, rhythm, and tempo.



When planning a **menu**, pick the dessert or the entrée first and have the other one match it, in terms of style and preparation. If you are doing an entrée that requires last-minute time in the kitchen, don't serve a dessert that requires last-minute time as well. If you have a main course that takes last-minute work, serve a dessert that can be made a day ahead — or if your dessert is what needs last-minute attention, serve it after a stew or lasagna. When deciding what to make, remember: The heavier the main course, the lighter the dessert should be, or vice versa. I was recently going through some of my earlier books and was shocked when I looked at the recipes. One recipe for a chocolate cake that we served at Stars was served in big wedges. I was amazed we used to serve such a huge portion! People can't eat like that anymore. At the same time, the cake is so good I still want to serve it so I work backward. I will serve a chicken or something else light for the main course, not a prime rib of beef.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)



Creating new dishes has to be more than simply intensifying flavors for dishes. In terms of visual presentation, we are shifting into a new direction where the food looks like one thing, but is really something else. That adds an extra element of challenge for us. An example of this would be a [**Mexican**-inspired] nacho dish we just created. You get something that looks like chips, sour cream, *salsa verde*, and grated cheese. The cheese is actually grated from saffron ice cream that we have thrown into liquid nitrogen, that is put into a food processor grater. The *salsa verde* is made from kiwi, mint puree, and epozote to give it a little twist. The sour cream is a yuzu crème fraîche. The chips are made from pureed corn tortilla chips that have been sweetened with powdered sugar, then pasted into triangles and deep fried. So you get something that looks like nachos, but tastes completely different. So we are taking a visual aspect of something you are comfortable with and serving it at the end of a twenty-course meal.  
— HOMARO CANTU, Moto (Chicago)

## MERLOT

**Weight:** medium

**Volume:** moderate

beef

cheese, esp. blue and other full-flavored

chicken

duck

lamb

meat, red

mushrooms

pork

steak

turkey

veal

## **MEXICAN CUISINE**

avocados

**beans**

beef

chicken

**\*CHILE PEPPERS**

chili powder

chocolate

cilantro

cinnamon

**corn**

cumin

epazote

fried dishes

garlic

lemon

lime, juice

nuts

onions

orange

oregano

pork

rice

saffron

salsas

scallions

seeds

squash

tomatoes

tortillas

turkey

vanilla

wheat

### **Flavor Affinities**

beans + rice

chile peppers + lime

chile peppers + tomatoes

cilantro + lime

## MIDDLE EASTERN CUISINE

almonds  
beans, fava  
cheese, feta  
chicken  
chickpeas  
cinnamon  
cloves  
coriander  
cumin  
dill  
eggplant  
fish  
fruits, dried  
garlic  
ginger  
goat  
honey  
lamb  
lemons  
**lemons, preserved**  
lentils  
meats, esp. roasted  
mint  
nutmeg  
nuts  
olive oil  
olives  
onions  
oregano  
parsley  
pepper, black  
pine nuts  
pistachios  
pomegranates  
poppy seeds  
raisins  
*ras el hanout* (spice blend)

rice  
roasted dishes  
sesame: oil, seeds  
**sumac**  
tahini  
tomatoes  
walnuts  
**yogurt**

### **Flavor Affinities**

cilantro + cumin + ginger + red pepper  
cinnamon + cloves + ginger + nutmeg  
cinnamon + lemons + tomatoes  
cinnamon + tomatoes  
coriander + cumin + garlic  
coriander + cumin + garlic + onions + parsley  
coriander + cumin + garlic + pepper  
eggplant + onions + tomatoes  
garlic + coriander  
garlic + lemon + mint  
garlic + lemon + oregano  
garlic + lemon + parsley  
lemon + parsley  
meat + cinnamon  
salads + goat cheese + pomegranate seeds  
yogurt + garlic + mint  
yogurt + mint  
yogurt + parsley

## **MINT — IN GENERAL**

**Season:** spring–autumn  
**Taste:** sweet  
**Function:** cooling  
**Weight:** light  
**Volume:** quiet–moderate  
**Tips:** Mint generally refers to spearmint.

Mint suggests “false coolness” and adds a note of freshness to dishes.  
Afghan cuisine

apples  
Asian cuisines  
asparagus

With **mint**, applemint is mild, while peppermint is strong.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

I was actually brought up in the school of thought that put a sprig of **mint** on every dessert. I am not that guy anymore. I have a saying — “NFG” — which stands for two things at once: “nonfunctional garnishes” are “no fucking good.” If something doesn’t make sense to the dish, it won’t be there. I hate ordering lamb and seeing a huge bunch of rosemary alongside it. Put it in the dish — let me taste it!

— **JOHNNY IUZZINI**, JEAN GEORGES (NEW YORK CITY)

I love **mint** flavor, but some cooks started throwing mint on desserts just because they liked the color of it. If you have a gorgeous strawberry shortcake and add some mint to it, one of two things will happen: 1) Either you don’t eat it, so what’s the point of putting it on the plate in the first place, or 2) If you do eat it, that one mint leaf will completely change the balance of the dessert. If you have a lemon tart that is mostly perfectly balanced lemon curd with a little whipped cream and you add a mint leaf to the dessert, the leaf will play havoc with that balance. So don’t throw mint on a plate haphazardly, or you’ll throw off the balance of the entire dessert.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

The first place I think of with **mint** is Morocco. From there, it is the Middle East. Mint and lamb is such a natural combination, as is mint and yogurt.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

I don’t use **mint** very much, but I have a serious thing for black peppermint! You will see it in one form or another on my menu. I go to the farmers’ market twice a week and use it all summer. It is great with berries. It works best with something light like an infusion or granita. Last summer, we made a tangy lychee gelée that was served under oven-roasted Tristar strawberries tossed lightly with balsamic vinegar. On top of the strawberries, we scooped the black peppermint sorbet.

— **JOHNNY IUZZINI**, Jean Georges (New York City)

**basil**

**BEANS: black, fresh, white**

beef

beets

bell peppers



berries  
beverages  
blackberries  
bourbon  
buttermilk  
cardamom  
**carrots, esp. baby**  
cashews  
Champagne  
**cheese: feta, ricotta**  
chicken  
chile peppers (e.g., jalapeño)  
chives  
**CHOCOLATE, ESP. DARK, white**  
chutneys  
cilantro  
cinnamon  
citrus  
cloves  
coconut  
cocktails: mint julep (ingredient), Pimms No. 1 Cup (ingredient)  
**CREAM AND ICE CREAM**  
crème fraîche  
**CUCUMBERS**  
cumin  
curries  
**desserts**  
dill  
duck  
**eggplant**  
Egyptian cuisine  
endive  
fenugreek  
**fish**  
**FRUITS**  
fruits, tropical  
garlic  
**ginger**  
grapefruit

grapes

Greek cuisine

halibut

honey

**Indian cuisine**

jellies

kumquats

**\*LAMB**

lavender

**lemon**

lemongrass

lemon verbena

lentils

lettuce

lime

mango

marinades

marjoram

meats

**Mediterranean cuisine**

**melon**

Mexican cuisine

**Middle Eastern cuisine**

milk

**Moroccan cuisine**

mushrooms

mussels

nectarines

olives, black

onions, esp. red

orange

oregano (say some)

papaya

paprika

parsley

pasta

peaches, esp. cooked

pears

**peas, esp. young**

pepper  
pineapple  
plums, esp. cooked  
pork  
**potatoes, esp. new**  
poultry  
pumpkin  
punches, fruit  
radishes  
raitas  
raspberries  
rice and rice dishes  
rosemary  
sage  
**SALADS: bean, fruit, green, vegetable**  
salsas  
sea bass  
shellfish  
shrimp  
skate  
soups, esp. bean, cold, and/or fish  
soy sauce  
spinach  
spring rolls, esp. Vietnamese  
squash, summer  
stews, esp. seafood  
strawberries  
**SUGAR**  
sumac  
**tabbouleh** (key ingredient)  
**tea, esp. Earl Grey, green**  
Thai cuisine (e.g., green curries)  
thyme  
**tomatoes**  
trout  
tuna  
Turkish cuisine  
vanilla  
veal

**vegetables**

Vietnamese cuisine

vinegar: cider, rice wine

watermelon

**YOGURT**

zucchini

**AVOID**

oregano (say some)

**Flavor Affinities**

mint + chocolate + cream

mint + cilantro + dill

mint + cucumber + lime

mint + cucumber + vinegar

mint + cucumber + yogurt

mint + lamb + yogurt

**MINT, DRIED**

**Taste:** sweet

**Weight:** medium

**Volume:** moderate–loud

beef

bell peppers

bold-flavored foods

cheese, feta

chicken

cucumbers

duck

Eastern Mediterranean cuisine

garlic

Greek cuisine

hummus

kebabs

lamb

leeks

lemon

lentils

meats, esp. grilled

olive oil

olives  
onions, red  
oregano  
pasta  
pork  
rice  
soups: chicken, vegetable  
tomatoes  
Turkish cuisine  
yogurt  
zucchini

## **MINT, PEPPERMINT**

**Taste:** sweet

**Weight:** light–medium

**Volume:** very loud

**Tips:** Mint suggests “false coolness.”

apples

berries

**beverages**

candies

carrots

**chocolate**

citrus

**cream and ice cream**

**DESSERTS**

**iced desserts (e.g., granita, sorbet)**

mangoes

Mediterranean cuisine

milk

strawberries

**teas**

**AVOID**

savory foods



## MIREPOIX

**Tips:** Use as the base of stocks and soups.

**French cuisine**

**Flavor Affinities**

carrots + celery + onions

## MISO AND MISO SOUP

**Weight:** medium–heavy

**Volume:** quiet–moderate (depending on light or dark miso)

**Techniques:** marinades, sauces, soups

beef

chicken

I like to add **miso** to purees because it adds a rich, buttery flavor and a rich texture. I will serve broiled oysters topped with a puree of miso, pineapple, and serrano chile. I am working on miso-avocado puree as well. It is delicious, but I just haven't found the right dish for it yet. I am also working with miso-huitlacoche soup with tofu, mushrooms, or corn.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

I love **miso**. I went to a Japanese restaurant and loved the miso soup. I realized that it would give more flavor than chicken broth to my onion soup. So now I make a miso broth the night before, let it sit and separate, and use the broth for my onion soup.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

I will use several different **misos**, depending on the purpose. I might use *saikyo*, a light, yellow, sweet miso, in marinades or with lighter fish like sweet shrimp and scallops that would be overwhelmed by dark miso. Barley miso is a distinctive strong, sweet miso that I'll use with nigiri with baby squid and shiso.

I'll use wheat miso with foie gras. Sometimes I'll even mix misos.  
— **KAZ OKOCHI**, KAZ SUSHI BISTRO (WASHINGTON, DC)

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## **Dishes**

**Roasted Duck Breast with a Red Wine–Miso Sauce** — Gabriel Kreuther, The Modern (New York City)

**Alaskan Black Cod with Chinese Broccoli, Homemade Tofu, Black Seaweed, Asian Pear, Miso Broth** — Christopher Lee, Gilt (New York City)

duck  
fish: cod, salmon  
garlic  
ginger  
honey  
Japanese cuisine  
legumes  
lemongrass  
marinades  
mirin  
mushrooms  
mustard  
**oysters**  
pineapple  
rice, brown  
**sake**  
salad dressings  
sauces  
sesame oil  
soups  
soy sauce  
steak  
stews  
stock, chicken  
sugar  
tofu  
vinegar, rice  
walnuts

## MOLASSES

**Taste:** sweet, bitter

**Weight:** heavy

**Volume:** loud

apples

baked goods (e.g., cookies, pies)

**barbecue sauce**

**beans, baked**

bread, esp. brown

butter, unsalted

cinnamon

cream

**ginger**

**gingerbread**

Grand Marnier

lemon, juice

marinades

New England cuisine (e.g., Indian pudding)

orange

pancakes

plums

popcorn

raspberries

sugar, brown

vanilla

walnuts

## MONKFISH (See also Fish — In General)

**Season:** autumn–winter

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, poach, roast, sauté, stew

aioli

apples

apricots, dried

artichokes, Jerusalem

arugula

asparagus



**bacon**  
basil  
**bay leaf**  
beans, white  
beer, wheat  
brandy  
bread crumbs  
**butter:** clarified, unsalted  
**cabbage:** green, red, savoy  
caperberries  
capers  
cardamom  
**carrots**  
cayenne  
celery  
chard  
chervil  
chile peppers  
chili powder  
**chives**  
cider, hard  
cilantro  
cinnamon  
clams  
**coriander**  
couscous  
cream  
cumin  
curry powder

**Monkfish** is great with garlic!  
— ERIC RIPERT, LE BERNARDIN (NEW YORK CITY)

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## Dishes

**Line-Caught Monkfish Loin and “Fresh Bacon” Kurobuta Pork Belly with Golden Chanterelles, Wood-Grilled Leeks, and Herb-Crusted Salsifies, Lobster Red Wine Jus** — Carrie Nahabedian, Naha (Chicago)

**Sautéed Monkfish with Broccoli Rabe, Pine Nuts, and Raisins** — David

Pasternak, Esca (New York City)

**Roasted Monkfish with Spinach, Oyster Ravioli, Watercress Sauce** —  
Michel Richard, Citronelle (Washington, DC)

**fennel**

**fennel seeds**

**GARLIC**

ginger, fresh

**leeks**

**LEMON:** juice, zest

lemon, preserved

lemongrass

lemon thyme

lobster

Mediterranean cuisine

mushrooms, esp. chanterelles, portobello

mussels

**OIL:** canola, corn, peanut, vegetable

**olive oil**

olives, esp. green

**onions, esp. yellow**

orange, zest

oregano

pancetta

**paprika, sweet**

Parmesan cheese

**parsley, flat-leaf**

pesto

**pepper: black, green, white**

Pernod

pine nuts

pork: bacon, pork belly

**potatoes, esp. new**

red pepper flakes

romesco sauce

**rosemary**

**saffron**

sage

salmon

salmon, smoked

**salt: kosher, sea**

sausage

**shallots**

sherry, dry (e.g., fino)

soy sauce

spinach

squid

star anise

**STOCKS AND BROTHS:** chicken, clam, fish, shellfish, veal

striped bass

Swiss chard

tarragon

**thyme**

**tomatoes**

turmeric

vinaigrette

vinegar, white wine

walnuts

watercress

**WINE: dry white** (e.g., Gewürztraminer), or full-bodied red, dry sherry

### **Flavor Affinities**

monkfish + aioli + new potatoes

monkfish + apples + sausage

monkfish + bacon + cabbage + potatoes

monkfish + basil + Swiss chard + thyme

monkfish + curry + mussels + saffron

monkfish + leeks + mussels

monkfish + red cabbage + pancetta

monkfish + white beans + fennel + garlic + saffron + tomatoes

## **MORELS (See Mushrooms, Morels)**

## **MOROCCAN CUISINE**

almonds

apricots

bell peppers, green

chile peppers

cilantro  
cinnamon  
couscous  
coriander  
cucumbers  
cumin  
dates  
figs  
fruits  
ginger  
lamb  
lemon, juice  
**LEMONS, PRESERVED**  
nuts  
olive oil  
olives  
onions  
paprika  
pepper  
pine nuts  
pistachios  
raisins  
**ras el hanout**  
saffron  
salads  
stews, aka *tagines*



I don't know the first thing about **Moroccan cooking** other than eating Moroccan food and owning Paula Wolfert's book [*Couscous*], but I serve a lamb

dish in Moroccan spices. I braise lamb shanks in cumin, saffron, and preserved lemon, with the juice being turned into a sauce. The lamb shanks are then boned and put into a cake with eggplant and molded onto a plate. This is not Moroccan cooking per se, but it suggests the flavors of Morocco.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

sumac  
tomatoes  
turmeric

### **Flavor Affinities**

chile peppers + garlic + olive oil + salt (aka harissa)  
cinnamon + coriander + cumin  
eggplant + cinnamon + mint  
green tea + dried spearmint + sugar  
lamb + cinnamon + honey + prunes  
oranges + cinnamon + honey  
parsley + lemon juice + olive oil  
phyllo dough + almonds + cinnamon + honey  
phyllo dough + honey + sesame seeds

## **MUSHROOMS — IN GENERAL (See also specific mushrooms)**

**Season:** late spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, broil, deep-fry, grill, pan roast, raw (e.g., in salads),  
roast, sauté, soup, steam, stew

almonds

asparagus

**bacon**

barley

basil

bay leaf

beans: green, lima

beef

bell peppers, esp. red

bread crumbs

**BUTTER, unsalted**

capers

carrots

cayenne

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## Dishes

**Vegetarian Texas Chili: Ancho Chile Braise of Grilled Woodland Mushrooms, White Runner Beans, Green Beans, Calabacitas, Cumin, and Beer, topped with Mexican Queso Anejo and Red Onion** — Rick Bayless, Frontera Grill (Chicago)

**Wild Mushroom Soup with Ramps and Croutons** — Daniel Boulud / Bertrand Chemel, Café Boulud (New York City) **Roasted Garlic Gnocchi with Wild Mushrooms, Sage, and Crispy Sweetbreads** — Gabriel Kreuther, The Modern (New York City)

**Warm Mushroom Salad: Frisée, Bacon, Goat Cheese, and Sherry Vinaigrette** — Alfred Portale, Gotham Bar and Grill (New York City)

**Mushroom Tart: Thin-Crust Tart Filled with Sautéed Wild Mushrooms, Celeriac Puree, and Aged Port Reduction** — Eric Ripert, Le Bernardin (New York City)

**Risotto with Wild Rice, Squash, and Wild Mushrooms** — Judy Rodgers, Zuni Café (San Francisco)

**Warm Wild Mushroom Spinach Salad with Chickpeas, Olives, and Preserved Lemon** — Allen Susser, Chef Allen's (Miami)

**Mushroom and Asparagus Risotto with Lemon Thyme** — Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

celery

cheese: Comté, Emmental, Gruyère, Parmesan, Swiss

chervil

chestnuts

chicken

chile peppers: dried red, fresh green

**chives**

cilantro

cloves

cognac

coriander

crab

**CREAM**

crème fraîche  
cumin  
dill  
eggs  
fennel  
fish  
French cuisine  
frisée lettuce  
game  
garam masala  
**\*GARLIC**  
garlic chives  
ginger  
grappa  
**ham**  
herbs  
juniper berries  
**leeks**  
**lemon:** juice, zest  
Madeira  
**marjoram**  
meats  
milk  
mirepoix  
mustard, Dijon  
nutmeg  
**OIL:** canola, grapeseed, peanut, vegetable  
**OLIVE OIL**  
**onions:** green, pearl, red, yellow  
oregano  
paprika, esp. sweet  
Parmesan cheese  
**PARSLEY, flat-leaf**  
pasta  
peas  
**PEPPER: black, white**  
pine nuts  
pork  
potatoes

poultry  
prosciutto  
radicchio  
rice  
risotto  
**rosemary**  
sage  
sake  
**SALT:** *fleur de sel*, kosher, sea  
scallions  
seafood  
sesame oil  
**SHALLOTS**  
**sherry, dry** (e.g., manzanilla)  
sour cream  
soy sauce  
spinach  
**stocks:** chicken, dashi, mushroom, veal  
sugar  
**tarragon**  
**thyme, fresh**  
tomatoes  
truffle oil  
veal  
**vinegar**, esp. **balsamic**, red wine, **sherry**  
walnuts  
**WINE:** dry red, white, vermouth  
yogurt

**Flavor Affinities**  
mushrooms + garlic + lemon + olive oil  
mushrooms + garlic + parsley  
mushrooms + garlic + shallots

Marjoram brings up the **mushroom** flavor.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

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## Dishes

**Pappardelle with Chanterelles and Thyme** — Mario Batali, Babbo (New York)



City)

## **MUSHROOMS — CHANTERELLES**

**Season:** spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, sauté

bay leaf

**butter, unsalted**

chard

cheese, Parmesan

chives (garnish)

**cream**

eggs and egg dishes (e.g., omelets)

game

**garlic**

lentils

mussels

**oil, peanut**

**olive oil**

onions, esp. green

parsley

pasta

**pepper: black, white**

poultry

radicchio

**salt, kosher**

sauces

**shallots**

soups

**STOCKS: BEEF, CHICKEN**

sweet potatoes

**thyme, fresh**

vinegar, sherry

wine, dry white

**Flavor Affinities**

chanterelles + butter + cream + garlic + parsley

chanterelles + cream + garlic + thyme

## MUSHROOMS — CREMINI

**Season:** year-round

**Weight:** light–medium

**Volume:** quiet–moderate

arugula

butter

cheese: goat, Parmesan

chives

garlic

mascarpone

olive oil

parsley, flat-leaf

pepper, white

salt

shallots

stock, chicken

thyme

truffle oil

## MUSHROOMS — MATSUTAKE

**Season:** autumn

**Weight:** medium

**Volume:** loud

**Techniques:** braise, fry, grill, sauté, simmer, steam, stir-fry

butter

cabbage, savoy

chicken

cod, black

cream

custard

dashi

fish

herbs: chervil, chives, flat-leaf parsley, tarragon

Japanese cuisine

lemon, juice

mirin

mushrooms, wild

olive oil

pepper, black  
rice  
sake  
salt  
shallots  
shrimp  
soup  
soy sauce  
stock, chicken  
tempura  
tofu  
vinegar, rice wine

## **MUSHROOMS — MORELS**

**Season:** spring (May–June)

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques/Tips:** Always serve cooked: boil, stew

**ASPARAGUS:** green, white

bacon

basil

bay leaf

**BUTTER**, unsalted

**caraway seeds**

cheese: Fontina, goat, Parmesan

chervil

chicken mousse

chives

**CREAM, heavy**

crème fraîche

eggs, yolks

faro

fava beans

**Matsutake mushrooms** have a cinnamon and pine quality to them. This is a fall mushroom and works well with savoy cabbage. I like pairing luxurious ingredients with cabbage. We will roast black cod and serve it with cabbage, cream, and the matsutake.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

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## Dishes

**Organic Carnaroli Risotto with Wild Spring Morels, Wood-Grilled Ramps, Confit of Green Garlic and Spinach, Parmigiano-Reggiano, and Umbrian Olive Oil** — Carrie Nahabedian, Naha (Chicago)

**Our Local Morel Pizza with Fontina Cheese, Virginia Country Ham, and Frizzled Ramps. A Warm Salad of Grilled Asparagus and Freshwater Blue Prawns with Sherry Vinaigrette** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) Caraway seeds bring up the flavor in **morel mushrooms**.

— **JERRY TRAUNFELD**, The Herbfarm (Woodinville, Washington)

fiddlehead ferns

**GARLIC: regular, spring**

ham: Virginia, Serrano

herbs

**lamb**

leeks

lemon

Madeira

marjoram

mirepoix

**oil, peanut**

**olive oil**

onions, esp. spring

pancetta

paprika, sweet

parsley, flat-leaf

pasta

peas

**PEPPER: black, white**

pork

port

potatoes, esp. new

ramps

rosemary

**SALT, kosher**

sauces

savory

**shallots**

soufflés (e.g., goat cheese)

soy sauce

**stocks:** chicken, mushroom, vegetable

sweetbreads

tarragon

**thyme**

truffles, black

vinaigrette

vinegar, sherry

wine, Champagne

**Flavor Affinities**

morels + asparagus + ramps

morels + garlic + lemon + olive oil + parsley

**MUSHROOMS — PORCINI *CEPES* KING BOLETE**

**Season:** late spring–early autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** grill, parboil, roast, sauté, stew

almonds

arugula

bacon

brandy

bread crumbs

butter, unsalted

carrots

**cheese:** Fontina, Garrotxa, **Parmesan**

chervil

chicken, esp. roasted

chives

coffee

**cream / milk**

crème fraîche

**eggs**

fennel

fish: grilled, white

French cuisine

**garlic**  
hazelnuts  
Italian cuisine  
**lemon, juice**  
Madeira  
marjoram  
mascarpone  
mint  
mushrooms, button or cremini  
**OIL, PORCINI**  
**OLIVE OIL**  
**onions**  
**parsley, flat-leaf**  
**pasta**

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## Dishes

**Raw Porcini with Arugula, Parmigiano, and Aceto Manadori** — Mario Batali, Babbo (New York City)

**Salad of Porcini Mushrooms, Green Apple, and Garrotxa Cheese, with Hazelnut Vinaigrette** — Traci Des Jardins, Jardinière (San Francisco)

**King Bolete** — or **porcini**, as they are also known — are pretty sweet. I like them with a carrot puree in ravioli. The sauce for the dish will be the braising liquid from the ravioli as well as some carrot juice. The ravioli is then topped with fried sage and black currants.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

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## Dishes

**Grilled Portobello with Manchego Cheese, Garlic, and Thyme Oil** — Ann Cashion, Cashion's Eat Place (Washington, DC)

**Vegetarian Sushi: Sun-Dried Tomato and Portobello Roll** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Gonzales Portobello Mushroom "Steak," Texas Brown Rice and Nut Cake, Coconut-Chile Sauce** — Monica Pope, T'afia (Houston)

**Pasta Salad with Sun-Dried Tomato Pesto, Portobello Mushrooms, and Grilled Squash** — Charlie Trotter, Trotter's to Go (Chicago)

**Portobello Mushrooms in Porcini Cream Curry** — Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

**Portobello Mushroom and Red Bell Pepper Curry on Paneer with Beet-Daikon Salad** — Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

**pepper, black**

polenta

potatoes

prosciutto

radicchio

rice, arborio

sage

sake

**salt:** kosher, sea

**shallots**

spinach

steak

stocks: chicken, mushroom,

vegetable

tamari

tarragon

thyme

tomatoes

truffles, esp. white

veal

**vinegar, esp. balsamic**

walnuts

wine, dry white

**Flavor Affinities**

porcini + almonds + balsamic vinegar

porcini + arugula + lemon + Parmesan cheese

porcini + balsamic vinegar + radicchio

porcini + carrots + sage

porcini + coffee + veal

porcini + lemon juice + olive oil

porcini + parsley + tomatoes

porcini + prosciutto + spinach

## MUSHROOMS — PORTOBELLO

**Season:** year-round

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** broil, grill, roast, sauté, stuff

**Tips:** Gets firmer with longer cooking.

**cheese:** manchego, Parmesan, ricotta

crème fraîche

garlic

lemon

mint

olive oil

pasta

polenta

spinach

thyme

tomatoes, sun-dried

### **Flavor Affinities**

portobello mushrooms + lemon + mint + olive oil

portobello mushrooms + polenta + spinach

## MUSHROOMS — SHIITAKE

**Weight:** medium

**Volume:** moderate

**Techniques:** grill, sauté, simmer, stir-fry

anchovies

asparagus

**bacon**

**basil**

bell peppers, roasted

**brandy**

**butter:** clarified, unsalted

cabbage, savoy

celery root

chicken

chile peppers



chives  
cod  
coriander  
cream  
cream cheese  
eggplant  
**eggs**, esp. hard-boiled  
fish sauce  
**GARLIC**  
**Japanese cuisine**  
leeks  
lemon, juice  
lemongrass  
lime  
mushrooms, oyster  
**OIL**: canola, hazelnut, vegetable  
**olive oil**  
**ONIONS**, esp. red, white  
parsley, flat-leaf  
pepper, black  
pizza  
polenta  
pork  
potatoes  
rice, basmati  
**rosemary**  
**sage**  
salt, kosher  
shallots  
soups  
sorrel  
soy sauce  
**spinach**  
stews  
**stock**, chicken  
tarragon  
thyme  
**vinegar, balsamic**  
walnuts

wine, dry white

## Vitaly Paley of Paley's Place in Portland, Oregon, on Cooking with Mushrooms

### Mushrooms Year-Round

Spring. This is the start of the morel season. One of the reasons I came to work in Oregon was one day I was working in a kitchen in France and a box of morels arrived with a tag on it that said "Oregon."

Summer. The morels dwindle away, and we get a brief stint of porcini/cepes. Late summer is golden and white chanterelle season.

Fall. The porcini come back and we also get in matsutake mushrooms as well. We have [Pacific Northwest] black and white truffles here and the season starts in November. They are pretty flavorful but it is important to realize they are different from European truffles — not to mention a lot less expensive.

I'm not a big fan of cultivated mushrooms but I do like a few. King oyster or trumpet royal are the same mushroom and it is one of my favorites. Portobellos are also good, though they are a little '70s.

I am suspicious of some dried mushrooms you find in the supermarket only because you don't know how old they are and how much flavor they will have.

## Buying and Cleaning Mushrooms

When it comes to mushrooms, every kind needs to be well cleaned because there is nothing worse than getting a mouthful of grit. I wash them all by soaking them in a bowl of water and pulling them out. The key to remember is that you want to use mushrooms soon after washing them. Don't wash them a day ahead.

For morel mushrooms, you need to know how to cook them, and slicing them up fresh and throwing them in a pan is not it. It is very important to clean them and I recommend blanching them. Fill a pot with cold water, toss in a handful of salt and then the mushrooms. Bring the pot to a boil, scoop out the mushrooms, spread them out, and lightly squeeze them dry. As you dry them, take a good look at them to make sure they are free of twigs and such.

## Seasoning Mushrooms

When it comes to seasoning mushrooms, savory works across the board. The seasoning combination that I've used in my kitchen from day one is a raw parsley and garlic combination that in French is called *persillade*. After the mushrooms have been sautéed in butter or olive oil, at the last second you toss in this combination with a pinch of salt. That is all a mushroom needs most of the time!

If you are roasting porcini or king oyster mushrooms, roast them on a bed of savory or thyme for extra flavor.

### **Flavor Affinities**

shiitake mushrooms + basil + onions

## MUSSELS

**Season:** autumn–winter

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** bake, boil, grill, steam

bacon

**basil**

bass

**bay leaf**

beans: green, navy

bell peppers, esp. red and/or roasted

bread crumbs

**butter**, unsalted

capers

carrots

**cayenne**

celery

celery seeds

chanterelles

chervil

chile peppers, esp. jalapeño

Chinese cuisine

**chives**

cilantro

**CLAMS** and clam juice

cod  
cognac  
**CREAM**  
**curry powder**  
egg yolks  
**fennel**  
fennel seeds  
French cuisine  
**GARLIC**  
ginger  
ham  
Italian cuisine  
leeks  
**LEMON**, juice  
lemon thyme  
lovage

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## **Dishes**

**Mussel Soup with Cilantro and Serrano Chile Cream** — Robert Del Grande, Café Annie (Houston)

**Mussels in a Spicy Sauce of Panca Peppers, Garlic, Cilantro, and Peruvian Dark Beer** — Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Our Version of the Classic Portuguese Surf and Turf Braise: Pork Belly, Mussels, Potatoes, and Black Olives in a Savory Ají Panca and Dark Beer Sauce** — Maricel Presilla, Cucharamama (Hoboken, New Jersey)

**Spaghetti with Mussels, Pine Nuts, Nutmeg, and Parsley** — Barton Seaver, Hook (Washington, DC)

**Steamed Black Mussels, Coconut Broth, Red Curry Oil** — Rick Tramonto, Tru (Chicago)

marjoram  
mayonnaise, garlic  
Mediterranean cuisine  
mint  
monkfish  
mushrooms  
**mustard**, Dijon

nutmeg

**OLIVE OIL**

olives, black

**ONIONS**, esp. red, spring, white

**orange:** juice, zest

oregano

oysters

paella (key ingredient)

paprika: smoked, sweet

Parmesan cheese

**PARSLEY:** flat-leaf, curly

pasta

**PEPPER:** black, white

**Pernod**

pesto

pine nuts

potatoes

radicchio

red pepper flakes

rice and risotto

**rosemary**

**SAFFRON**

**SALT:** kosher, sea

scallions

**SHALLOTS**

shrimp

snapper

sole

squid

stews

**stocks:** chicken, clam, fish

**tarragon**

**THYME**

**TOMATOES**

vermouth

vinaigrette

**vinegar:** red wine, sherry

watercress

wild rice

**WINE: dry white** (e.g., Chardonnay, Pinot Blanc, Riesling, Sauvignon Blanc)  
zucchini

**Flavor Affinities**

mussels + clams + garlic + onion + thyme + white wine  
mussels + cream + curry + saffron  
mussels + fennel + saffron + white wine  
mussels + garlic + saffron + tomatoes  
mussels + Dijon mustard + saffron  
mussels + mustard + tarragon  
mussels + olives + oranges  
mussels + saffron + tarragon + tomatoes

**MUSTARD**

**Taste:** bitter

**Function:** heating

**Weight:** medium–heavy

**Volume:** moderate–very loud

**Tips:** Add at the end of the cooking process.

Use cucumbers to cut the taste of mustard.

apples: fruit, juice

avocados

bay leaf

**beef**, esp. corned, grilled, or roasted

beets

**cabbage**

capers

**cheeses** (e.g., blue, cheddar, Gruyère, and other hard) and cheese dishes (e.g., macaroni and cheese, soufflé)

**chicken**

chile peppers

cold cuts

coriander

crab

**cream and sour cream**

**cucumbers**

**cumin**

**cured meats**

curries

curry leaves

dill

egg dishes

fennel

fenugreek

**fish**

French cuisine, esp. southern

**fruits**

garlic

German cuisine

gingerbread

green beans

**ham**

herbs

**honey**

Indian cuisine, as mustard seeds

Irish cuisine

Italian cuisine, esp. southern

**lamb**

leeks

lemon, juice

mayonnaise

**meats, cold or hot**

Mediterranean cuisine

mint, esp. peppermint

*mostarda* (mustard fruits)

mussels

oil, canola

olive oil

**onions**

oregano

paprika

parsley

pastrami

**pepper:** black, green, white

**pork**

**potatoes**



poultry  
rabbit  
**salads and salad dressings**  
**salmon**  
salt: kosher  
sauces  
sauerkraut  
**sausages**  
Scandinavian cuisine  
seafood  
smoked fish  
soy sauce  
steaks  
sumac  
tarragon  
tomatoes  
turmeric  
vegetable-based dishes  
vinaigrettes  
**vinegar**: balsamic, red wine, white wine  
walnuts: nuts, oil

Good cooking transcends all cultures. You can take inspiration from all around the world and apply it to what you are cooking without making it “fusion.” In some cases, you can even take a classic and make it taste better. I worked with Floyd Cardoz [chef of the Indian restaurant Tabla in New York City] and learned a lot about Indian spicing and technique from him. One technique was *turka*, which is where you fry spices in oil or ghee [Indian clarified butter] until they pop. It really opens up the flavor of the spices.

I use this cross-cultural technique when making a veal dish with a great **mustard** sauce, which is a classic French dish, and the result is not a fusion dish: Take black, yellow, and red mustard seeds and toast them in butter or olive oil until they pop; then add some shallots and vermouth and reduce it. Then, add veal stock with a splash of cream and Dijon mustard. The result is a very complex sauce with a much deeper flavor, versus simply combining some cream and mustard together in the pan.

— ANDREW CARMELLINI, A VOICE (NEW YORK CITY)

### **Flavor Affinities**

mustard + curry leaves + cumin

mustard + garlic + oil + shallots + vinegar

mustard + garlic + oil + vinegar

mustard + oil + shallots + vinegar

## **MUSTARD GREENS (See Greens, Mustard)**

Tarragon leads me to **mustard** which leads me to shellfish — which leads me to mussels. The combination of the three is delicious.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)



## NECTARINES (See also Peaches)

**Season:** late spring–early autumn

**Taste:** sweet

**Weight:** light–medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, sauté

allspice

**almonds**, esp. toasted

apricots

beverages, esp. cocktails

blackberries

**blueberries**

brandy

butter, unsalted

buttermilk

caramel

Champagne

cherries

chicken

chocolate

cinnamon

cranberries

**cream and ice cream**

custard

desserts and dessert sauces

figs

**ginger**, esp. fresh

hazelnuts

honey

Kirsch

**lemon:** juice, zest  
maple syrup  
mascarpone  
milk, sweetened condensed  
mint (garnish)  
nutmeg  
oatmeal  
onions  
orange, juice  
orange liqueur  
peaches  
peach liqueur (e.g., schnapps)  
pecans  
pepper, black  
pistachios  
**plums** (compatible fruit)  
pork  
**raspberries**  
salads, fruit  
salsas, fruit  
soups, esp. chilled  
sour cream  
strawberries  
**SUGAR: brown, white**  
**vanilla**  
vinegar, cider  
**WINE:** red, fruity, sweet, or white: Merlot, Moscato d'Asti, Muscat, Rosé, Sauternes, Vin Santo, Zinfandel  
yogurt

## **NORTH AFRICAN CUISINE (See also Moroccan Cuisine)**

allspice  
cinnamon  
coriander  
**couscous**  
**cumin**  
garlic, esp. in Egypt  
ginger

lemons, preserved  
meats, esp. grilled  
onions  
paprika  
pepper, black  
saffron  
salads  
spices, esp. in Morocco  
turmeric  
vegetables

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## Dishes

**Roasted Nectarine Custard Cake with Ice Wine Sorbet and Warm Berry Compote** — Dominique and Cindy Duby, *Wild Sweets* (Vancouver)

**New Orleans Nectar Soda “Snow Cone” with Stewed Nectarines and Fresh Raspberries — and Drizzle of Sweetened Condensed Milk** — Bob Iacovone, *Cuvée* (New Orleans)

## NUTMEG

**Season:** autumn–winter  
**Taste:** sweet  
**Botanical relative:** mace  
**Weight:** light–medium  
**Volume:** loud  
**Tips:** Use in moderation.

allspice  
**apples**  
baked dishes (e.g., biscuits, cakes, pies)  
beef: braised, raw  
berries  
beverages (e.g., chocolate, eggnog)  
broccoli  
butter  
cabbage  
cakes  
cardamom

Caribbean cuisine

carrots

cauliflower

## **CHEESE (ESP. RICOTTA) AND CHEESE DISHES**

### **chicken**

chickpeas

Chinese cuisine

chocolate

chowders (e.g., fish)

### **cinnamon**

### **cloves**

cookies

coriander

## **CREAM / MILK**

cumin

### **custards**

## **DESSERTS**

## **EGGNOG**

eggs

fish

French cuisine

### **fruits: dried, fresh**

German cuisine

### **ginger**

goat

Greek cuisine

green beans

hazelnuts

honey

### **Indian cuisine**

### **Italian cuisine, esp. sauces**

jerk pastes, e.g., Caribbean

### **lamb, esp. braised**

Latin American cuisine

lemon, juice

## **MACE**

meats (e.g., meatballs)

Middle Eastern cuisine

milk-based dishes

**mushrooms**

nuts

onions

oranges

parsnips

**pasta and pasta sauces**

pastries

pâtés

pears

pepper

pork

**potatoes**

**puddings**

**pumpkin**

*quatre épices* (ingredient, with cloves, ginger, and white pepper)

raisins

**RICE**

sauces: béchamel, white

sausages

Scandinavian cuisine

seafood

shellfish, shrimp

**soufflés**

soups

sour cream

Southeast Asian cuisine

**SPINACH**

**squash, winter**

stuffing

succotash

sugar, esp. brown

sweet potatoes

thyme

tomatoes and tomato sauces

vanilla

**veal**

wine (e.g., mulled)

yogurt

### **Flavor Affinities**

nutmeg + allspice + cinnamon

nutmeg + cloves + cream

nutmeg + cloves + ginger + white pepper (*quatre épices*)

nutmeg + cream + spinach

## **NUTS — IN GENERAL (See also Pecans, Walnuts, etc.)**

**Weight:** heavy

**Volume:** moderate (varies by nut)

**Tips:** Always toast nuts before using to enhance flavor and texture.

I love **nuts**, and put them in everything. I find that almost all nuts pair well with a lot of different things. When I am creating a dessert, I will choose my nuts geographically. For example, if I am making a Sicilian dessert, I'll use pistachios because that is the nut they would use [in Sicily].

— GINA DEPALMA, BABBO (NEW YORK CITY)

## **Marcel Desaulniers of The Trellis in Williamsburg, Virginia, on Nuts**

*We use a great deal of nuts at the restaurant. On our fall menu, we have nuts in six out of ten entrées. Using nuts has always been one of my hallmarks in terms of adding texture to everything from a salad or soup to entrées and desserts. This philosophy hasn't changed much since 1987 when I opened. I can't think of a nut that doesn't, in essence, work in both sweet and savory dishes.*

## **Dishes from The Trellis in Williamsburg Featuring Nuts**

Jumbo Lump Crab Cakes with Grilled Jumbo Asparagus and Toasted Macadamia Nuts  
Grilled Chicken Breast with Stone-Ground Grits Cake, Toasted Peanuts, and Spicy Peanut Sauce  
Chicken Salad: Diced Fresh Chicken Breast, Granny Smith Apples, Pecans, Celery, Raisins, and Mayonnaise on Toasted Buttermilk Bread,  
Served with Mesclun Greens  
Pan-Seared Sea Scallops and Sautéed Shrimp with Country Ham, Shiitakes, Roasted Shallots, and Pecan-Studded Basmati Rice  
Spinach Fettuccine with Smoked Tomatoes, Artichokes, Melted Sweet Onions, Fresh Herbs, Toasted Pine Nuts, and Black Pepper Butter  
Chunk Light Tuna with Seedless Grapes, Chopped Walnuts, and Mayonnaise on Toasted Whole Wheat Bread  
Garnished with Watercress, Grapes, and Walnuts  
The quality of chopped **nuts** can never compare with the quality of whole nuts. In 26 years, we have never bought chopped pecans because the quality is so



different, despite the fact that it would be a lot less expensive.

I recommend simply chopping by hand or, in the case of something like a pecan, breaking it with your fingers. Pecans have so much moisture that if you chop them, you lose what is special about their texture. People tend to put nuts into the food processor and the next thing you know, you have powder and not pieces.

We always toast our **nuts**, 100 percent of the time. Nuts absorb a lot of moisture, so by toasting them you dry them out and heighten the flavor. You do need to be careful, because they burn so easily. Slower roasting is better. With a nut like a cashew, you want to roast them at 325 degrees to get them to be a nice, golden brown.

— **MARCEL DESAULNIERS**, THE TRELIS (WILLIAMSBURG, VIRGINIA)

Always toast **nuts** to bring up the flavor. If you don't toast the nuts before adding them to a dish, they tend to come out soggy when the dish is done. The one exception would be if they are going on top of a tart going into the oven, because then they would be overtoasted.

Nuts work great in adding texture, especially to creamy and/or moussey desserts. The other way to balance out richness is with some phyllo dough.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

Juicing **nuts** is the new thing we are doing. We'll juice almonds, hazelnuts, and — best of all — pine nuts, which comes out like pine nut butter. Juicing pine nuts is better than grinding them, because it pulverizes their fat. We put that on some local green beans with preserved lemon zest, to serve with spring onions with lamb.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

Lavender works well with all sorts of **nuts**, including almonds, hazelnuts, pistachios, and walnuts. The one nut it doesn't work well with is chestnuts.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

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## Dishes

**Cherry-Almond Granola with Greek Yogurt and Vanilla Honey** — Daniel Humm, Eleven Madison Park (New York City)

**Steel-Cut Oats, Devon Cream, Cinnamon Toast, and Cider-Roasted Apples** — Daniel Humm, Eleven Madison Park (New York City)

**Grown-Up Oatmeal Soufflé Served with Maple Syrup and Rum-Soaked Currants** — Patrick O'Connell, The Inn at Little Washington (Washington, Virginia) **OATMEAL / OATS**

**Taste:** sweet

**Function:** heating

**Weight:** medium–heavy

**Volume:** quiet

**Techniques:** simmer

almonds

**apples**

apricots

bananas

blueberries

brandy

breakfast

**butter, unsalted**

buttermilk

caramel

cherries

chocolate, esp. dark, white

cider

**cinnamon**

coconut

coffee

cranberries

cream

currants

dates

figs, dried

ginger

hazelnuts

honey

lemon

**maple syrup**

mascarpone

milk

nectarines

orange

peaches

peanuts

pears

pecans

persimmons  
pine nuts  
plums  
prunes  
pumpkin  
raisins  
raspberries  
rhubarb  
rum, dark  
salt (pinch)  
strawberries  
**SUGAR: brown, white**  
sweet potatoes  
vanilla  
walnuts  
**yogurt**

**Flavor Affinities**

oatmeal + currants + maple syrup  
oatmeal + pears + vanilla + yogurt

**OCTOPUS**

**Weight:** medium  
**Volume:** quiet–moderate  
**Techniques:** grill, simmer, stew  
chile peppers, jalapeño  
chives  
chorizo  
dashi  
garlic  
ginger  
lemon, juice  
mint  
olive oil  
onions, red  
orange, juice  
pepper, black  
potatoes  
red pepper flakes

sake  
salt, sea  
soy sauce  
tamarind  
tangerine  
tomatoes and tomato sauce  
vinegar: champagne, red wine  
wine, red

**Flavor Affinities**

octopus + chorizo + lemon  
octopus + jalapeño peppers + mint  
octopus + orange + potatoes  
octopus + sake + sea salt

**OIL, ALMOND**

**Weight:** light  
**Volume:** quiet  
**Techniques:** bake, raw

**almonds**

asparagus  
baked goods  
chicken  
Chinese cuisine  
duck  
fish  
Indian cuisine  
mustard  
pasta  
romaine  
salads  
sauces  
smoked salmon  
vegetables  
vinaigrettes  
vinegar, champagne

**OIL, AVOCADO**

**Weight:** light

**Volume:** quiet

**Techniques:** emulsify, fry, grill, raw, roast, salads, sauté, stir-fry

arugula

asparagus

**avocados**

basil

chile peppers

corn

cucumber

emulsions

**fish**

garlic

**grapefruit**

guinea fowl

**lemon, juice**

**lime, juice**

melon

**orange, juice**

pasta

rabbit

**salads and salad dressings**

salmon

scallops

seafood

shrimp

squid

thyme

tomatoes and tomato water

tuna

vegetables

vegetarian dishes

vinegar: balsamic, chardonnay, white wine

zucchini

I like **almond oil** with asparagus salad.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

I'll poach everything from saddle of rabbit to guinea fowl to fish — from sturgeon, which holds up nicely, to New Zealand snapper to John Dory — in

**avocado oil.** It gives an incredible texture and depth of flavor. I also like it with vegetarian dishes. I use it in dressings, and it seems to hold an emulsion really well. It has a nice affinity with tomato; I have made tomato water with chardonnay vinegar and avocado oil, and it makes beautiful light dressing. It also goes well with citrus like lemon, lime, or orange. Just like you like to squeeze some citrus over avocado, avocado oil works the same way in reverse.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

**Hazelnut oil** gets mixed with cider vinegar; that is a great natural marriage. This gets tossed in our baby winter spinach with mixed herbs and frisée salad. The toasted nut quality mixes well with bitter greens.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

**Hazelnut oil** is a wonderful autumn oil. We will use it in a dark balsamic vinaigrette served with squab. It is also very good with broccoli. If you make a broccoli soup, use this along with toasted hazelnuts. It is a delicious combination.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

### **Flavor Affinities**

avocado oil + chardonnay vinegar + tomato water

## **OIL, CANOLA**

**Taste:** neutral

**Weight:** light

**Volume:** quiet

**Techniques:** bake, sauté  
salads and salad dressings

**AVOID**

deep-fry

## **OIL, GRAPESEED**

**Taste:** neutral

**Weight:** light

**Volume:** quiet

**Techniques:** fry, raw, sauté  
coconut

marinades

salads and salad dressings

sautéed dishes

vinegar

## **OIL, HAZELNUT**

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** raw

**Tips:** Avoid cooking, as it burns easily.

apples

artichokes

broccoli

cheese, fresh

desserts (e.g., candy, cookies)

figs

fish

greens, bitter

**hazelnuts**

lemon, juice

pastries

pears

persimmons

**salads and salad dressings**

sauces

spinach

squab

vinaigrettes

**vinegars, esp. balsamic, cider, fruity**

wild rice

## **OIL, MACADAMIA NUT**

**Weight:** light–medium

**Volume:** moderate–loud

**Techniques:** bake, roast

fruit salads, esp. with tropical fruits

Hawaiian cuisine

macadamia nuts

rice salads

sauces

## **OIL, OLIVE (See Olive Oil)**

## **OIL, PEANUT**

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** fry, raw, salads, stir-fry

Asian cuisines

Chinese cuisine

cooking

fruits and fruit salads

garlic

ginger

lentils

meats

peanuts

salad dressings, esp. Asian, fruit

soy sauce

vinegars, esp. balsamic, malt

## **OIL, PECAN**

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** bake, marinade

bread

fish

meat

pasta

rice

salads and salad dressings

vegetables

## **OIL, PISTACHIO**

**Weight:** medium

**Volume:** moderate

**Techniques:** bake

asparagus

avocado



beets  
bread  
fish  
mayonnaise  
meat  
pasta  
salads and salad dressings  
tuna

**Pistachio oil** beautifully complements tuna and asparagus in our dish Big Eye Tuna Thinly Sliced with Provence White Asparagus and Montegotterro Pistachio Oil.

— DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## **OIL, PORCINI**

**Weight:** medium  
**Volume:** moderate  
**Techniques:** raw  
bread  
cheese  
mushrooms, esp. porcini  
pasta  
risotto  
salads and salad dressings  
sauces  
stews

## **OIL, PUMPKIN SEED**

**Weight:** light  
**Volume:** quiet  
**Tips:** Use to finish a dish, not to cook.

beef, rare  
citrus  
corn  
desserts  
ice cream  
maple syrup  
mustard, Dijon

pastries  
pumpkin seeds  
rice  
soups  
squash, winter  
vinegar: balsamic, cider, rice wine

[**Pumpkin seed oil**] is good for finishing dishes with just a little drizzle. We have even poured it over ice cream that is served with a pumpkin seed brittle.  
— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

## **OIL, SESAME**

**Function:** heating  
**Weight:** light–medium  
**Volume:** moderate–loud (light to dark versions)  
**Techniques:** raw  
**Tips:** Add as a flavoring to raw or cooked dishes.

**Asian cuisine**  
beef  
cabbage, napa  
chicken  
chili powder  
Chinese cuisine  
fish  
fruit salads  
**garlic**  
**ginger**  
greens, esp. Asian  
honey  
Japanese cuisine  
Korean cuisine  
lemon, juice  
lemongrass  
lime, juice  
**marinades**  
meats  
miso soup  
mustard

noodles  
oil, vegetable (compatible oil)  
**orange**  
pepper, black  
**salads and salad dressings, esp. Asian**  
salt  
sauces  
scallions  
**sesame seeds**  
shallots  
shiso  
**soy sauce**  
stir-fried dishes  
tahini  
tuna  
vegetables  
**vinegar: cider, rice wine**

**Flavor Affinities**

sesame oil + ginger + mustard + rice wine vinegar

**OIL, TRUFFLE**

**Weight:** light

**Volume:** moderate–loud

**Techniques:** raw

cheese

eggs

fish

mushrooms

pasta

risotto

salads and salad dressings

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**Dishes**

**Endive and Mushroom Salad, Blue Cheese, Spicy Pecans, White Balsamic–White Truffle Vinaigrette** — Monica Pope, T’afia (Houston)

**OIL, WALNUT**

**Weight:** medium

**Volume:** moderate

**Techniques:** raw

**Tips:** Avoid cooking as it burns easily.

**Truffle oil** is one of those ingredients that really gets overused, so one day I decided that I wanted to do truffle oil right. We make a dressing of truffle oil, white balsamic vinegar, and whole grain mustard. We toss it over endive, crumbled blue cheese, spicy pecans, and raw cremini mushrooms. You just can't stop eating it!

— **MONICA POPE**, T'AFIA (HOUSTON)

## On Selecting the Right Oil

Your choice of olive oil always depends on what you are using it for. In general, you don't want an oil that is super-assertive, green, or peppery. You want a good olive flavor. I use a 100 percent Italian blend. It is silly to cook with 100 percent extra-virgin olive oil if you are just sautéing something. If the oil is going to stay in what you are making, like a sauce, then start with extra-virgin olive oil. When I make a tomato sauce, that is what I am starting with.

If you are finishing a dish, that is also when you would use an assertive, more full-flavored **oil**. I also like to use nut oils, especially those made by Jean Leblanc. They are insane; his oils are so good that after you taste them, nothing else will do! I especially like to use nut oils in the fall. I use walnut oil dressing on salads, especially those salads that accompany meat. If you make a foie gras dish with apples and endive, an addition of walnut oil would be great.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

**Olive oil** comes in a wide variety of flavors and strengths even from the same region, much like wine: • I use a heavier (e.g., Puglian, Umbrian, Sicilian) olive oil on bigger-flavored dishes. A strong olive oil goes well on bean puree or a strong vegetable like dandelion greens. In the United States, you would put a barbecue sauce on a grilled meat; in Italy, you would use a strong olive oil.

• I use a lighter (e.g., Ligurian, Tuscan) olive oil on lighter meats like veal or fish dishes and pastas. A Ligurian olive is full and bright and is great on a lighter dish.

— **ODETTE FADA**, SAN DOMENICO (NEW YORK CITY)

• I like to use single varietal **olive oil** from Australia and New Zealand. Australian olive oils can be like their wines: big, pungent, and spicy. New Zealand oils have a little more depth of flavor and green grassiness.

— **BRAD FARMERIE, PUBLIC (NEW YORK CITY)**

apples

baked goods

**beets**

bread

cheese, fresh

chicory

figs

fish, esp. grilled

frisée

greens, bitter

meats, esp. grilled

pasta

pears

persimmons

potatoes

**SALADS AND SALAD DRESSINGS**

sauces

steaks

vinaigrettes

**vinegar:** balsamic, fruit, **red wine**, sherry, tarragon

**walnuts**

## **OKRA**

**Season:** summer–autumn

**Function:** cooling

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** boil, braise, deep-fry, fry, grill, sauté, steam, stew

**bell peppers**, esp. red

butter

cayenne

chicken

**chile peppers**, fresh green

cilantro

coriander

**corn and cornmeal**

Creole cuisine

cumin  
curry powder  
fennel seeds  
garlic  
ginger, fresh  
gumbo  
ham  
Indian cuisine  
**LEMON, juice**  
lime, juice  
Mediterranean cuisine  
Moroccan cuisine  
mustard seeds  
oil: peanut, vegetable  
**onions**, esp. red  
parsley, flat-leaf  
peas, black-eyed  
rice  
**salt, kosher**  
seafood  
shrimp  
soups  
Southern cuisine (American)  
**TOMATOES**  
turmeric  
**vinegar**  
yogurt

## **OLIVE OIL**

**Weight:** medium  
**Volume:** quiet–loud  
**Techniques:** cook, fry, raw, salads, sauces  
almonds  
anchovies



I like Greek black **olives** the best. I like them by themselves, but they also work great in a chicken, duck, or lamb dish.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

**Olives** have such a strong flavor that they can overwhelm other ingredients, but salmon will stand right up to it.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

beans, white

chickpeas

fish

French cuisine, southern

**garlic**

herbs

hummus  
Italian cuisine  
meats  
Mediterranean cuisine  
Middle Eastern cuisine  
Moroccan cuisine  
**olives**  
Parmesan cheese  
pasta  
pepper, black  
salads and salad dressings  
salt  
soups  
Spanish cuisine  
thyme  
vegetables  
vinegar

## **OLIVES**

**Taste:** salty  
**Weight:** light–medium  
**Volume:** quiet–loud (depending on type)  
**almonds**  
**anchovies**  
**basil**  
bass  
bay leaf  
bell peppers, esp. red  
brandy  
bread  
butter  
**capers**  
cayenne  
cheese: feta, goat's milk  
chicken  
cognac  
cream cheese  
cumin



fish  
French cuisine, esp. Provençal  
**GARLIC**  
Italian cuisine  
lamb  
**LEMON: juice, zest**  
meats  
Mediterranean cuisines  
Moroccan cuisine  
**olive oil**  
**onions, esp. red**  
**orange: juice, zest**  
oregano  
**parsley, flat-leaf**  
pasta  
**pepper: black, white**  
peppers, piquillo  
Pernod  
pine nuts  
red pepper flakes  
rosemary  
sage  
salads and salad dressings  
**salmon**  
**salt: kosher, sea**  
sambuca  
scallions  
scallops

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## **Dishes**

**Olive and Anchovy Tapenade with Sage Crackers** — Monica Pope, T'afia  
(Houston)

shallots  
Spanish cuisine  
**thyme**  
**tomatoes: regular, sun-dried**  
**tuna**  
veal

**vinegar:** red wine, sherry  
wine, dry white

## OMELETS (See Eggs and Egg-based Dishes)

### ONIONS — IN GENERAL

**Season:** year-round

**Taste:** pungent (+ sweet with cooking via caramelization)

**Botanical relatives:** chives, garlic, leeks, shallots

**Function:** heating

**Weight:** light–medium

**Volume:** moderate–loud

**Techniques:** bake, boil, braise, deep-fry, fry, grill, roast, sauté, stir-fry

**Tips:** Onions increase appetite, and go with virtually all savory foods.

anchovies

apples

**bacon**

basil

**bay leaf**

beans

beef, ground, e.g., hamburgers, meat loaf

beer

beets

bell peppers

brandy

**bread: croutons, crumbs**

**BUTTER, UNSALTED**

caraway seeds

cardamom

carrots

cayenne

**cheese:** cheddar, Comté, Emmental, *fromage blanc*, goat, Gruyère, Parmesan, Swiss

The **onion** family is the basis for every cuisine I can think of. Of course, Asian cuisines use more green onions and garlic, while the French use more shallots and garlic, but it's the onion family providing the foundation.

— TONY LIU, AUGUST (NEW YORK CITY)

You can't cook without **onions**. There is not a single thing you can do without onions. There are so many things made with onions that when people come in to our restaurant and say that they are allergic to onions, I say, "No, you are not — it is impossible. You just don't like onions." People eat onions all the time and just don't know it. I remember having a conversation with [the artist] Jasper Johns, with him saying, "If truffles and onions cost the same amount of money, you would obviously choose an onion. You don't need truffles; you do need onions."

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

I roast **onions** a long, long time and use them to add a meaty flavor to soups.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

Your cooking technique alters your flavors a great deal. If you put a lot of **onions** in your curry but don't sauté them enough first, you will get a sweet flavor. If you sauté the onions until they are almost burnt but not quite, your curry will have more of a roasted-toasted flavor.

— **VIKRAM VIJ**, VIJ'S (VANCOUVER)

**chile peppers**, esp. jalapeño

chili

cilantro

cinnamon

cloves

coriander

**cream / milk**

crème fraîche

cucumbers

cumin seeds

curry

dill

dips

eggs, e.g., omelets

**garlic**

greens, bitter

hamburgers

honey

lemon, juice

lime, juice

liver

mace

mangoes, esp. with red onions  
marjoram  
**meats**  
milk  
mint (e.g., Indian)  
mirepoix (key ingredient)  
mushrooms  
mustard, Dijon

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## Dishes

**Roasted Vidalia Onion Stuffed with Walnuts, Wild Rice, and Roquefort Served with Wilted Arugula, Fava Beans, and Vegetable Demi-Glace — Peter Nowakoski, Rat's (Hamilton, New Jersey)**

### **NUTMEG**

**OIL:** canola, peanut, sesame, vegetable

olive oil

olives, black

orange, juice

oregano

paprika

Parmesan cheese

parsley, flat-leaf

peas

**pepper: black, white**

ponzu sauce

pork

potatoes

poultry

raisins, esp. golden

rice

**rosemary**

saffron

**sage**

salads

**SALT:** *fleur de sel*, kosher, sea

sandwiches

sauces and gravies

savory

**soups**

sour cream

stews

**stocks: beef, chicken, veal****sugar** (pinch)

Tabasco sauce

**THYME**, lemon

tomatoes

**vegetables****vinegar:** balsamic, champagne, red wine, sherry, white wine**wine:** dry red, white, port**Flavor Affinities**

onions + balsamic vinegar + brown sugar

onions + beer + cheese + nutmeg

onions + garlic + thyme

**ONIONS, SWEET (e.g., Vidalia)****Season:** late spring–early summer**Taste:** sweet**Weight:** light–medium**Volume:** quiet–moderate**basil**

cayenne

chard

**cheese: blue (e.g., Cabrales, Maytag), goat, Parmesan**

chives

cilantro

ginger, fresh

herbs

lettuces

mint

nutmeg

**olive oil**

pine nuts

salads

salt

sandwiches

Tabasco sauce

tomatoes  
vinegar: rice, sherry  
yogurt

**Flavor Affinities**

Vidalia onions + goat cheese + tomatoes + sherry vinegar

## ORANGES — IN GENERAL

**Season:** year-round

**Taste:** sour, sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** poach, raw

**Tips:** Lemon brightens the flavor of orange.

**almonds**

**anise seeds**

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### Dishes

**Baked Chocolate Mousse with Mandarin Oranges and Anise Seed Croustillant** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Orange and Basil Soup, Alpine Strawberry Compote, and Mascarpone Mousse** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Candied Orange Sponge with Poached Rhubarb and Cream Cheese Mousse** — François Payard, Payard Patisserie and Bistro (New York City) **Orange Tart with Carrot Cake and Mandarin** — François Payard, Payard Patisserie and



Bistro (New York City)

I like **orange zest** with crab and shrimp because it gives them a sunny flavor. Lemon and lime are too strong. Orange is feminine — the lady of citrus — while lemon and lime are the men!

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

I use liqueurs such as [**orange**-flavored] Grand Marnier to bring out the flavors of other ingredients. When it's done right, you don't even know it is there.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

**Orange** and pomegranate season overlap in the fall, making these two fruits a natural pairing.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

apples

apricots

**Armagnac**

arugula

avocados

**bananas**

**basil**

beets

blackberries

blueberries

**brandy**

buttermilk

caramel  
cardamom  
carrots  
ceviche  
cheese: goat, ricotta  
cherries  
chestnuts  
chicken  
chile peppers, esp. serrano  
chives  
**CHOCOLATE: dark, white**  
**cilantro**  
**cinnamon**  
**cloves**  
coconut  
coffee  
cognac  
crabs  
**cranberries**  
**cream and ice cream**  
crust: pastry, pie  
cumin  
custard  
dates  
**desserts**  
fennel  
figs: dried, fresh  
fish  
game  
garlic  
ginger  
**grapefruit**  
greens  
grenadine syrup  
guava  
hazelnuts  
**honey**  
ices  
juniper berries



Italian cuisine  
Kirsch  
kumquats  
**LEMON: juice, zest**  
lemongrass  
lettuce, romaine  
lime  
lime leaf, kaffir  
liqueurs, almond  
macadamia nuts  
mangoes  
maple syrup  
mascarpone  
meats  
melon  
meringue  
**MINT**  
nectarines  
oats  
**olive oil**  
**olives, black**  
**ONIONS, esp. green, red**  
orange, zest  
**orange liqueurs: Cointreau, Grand Marnier**  
papaya  
paprika  
parsley, flat-leaf  
passion fruit  
peaches  
pears  
pecans  
pepper, black  
persimmons  
pineapple  
pine nuts  
pistachios  
plums  
**pomegranates**  
poppy seeds

pork, roast  
port  
prunes  
pumpkin  
quince  
raisins  
raspberries  
rhubarb  
rice  
**rosemary**  
rum  
saffron  
salads, fruit and green  
salt  
sauces  
scallops  
shrimp  
squash, winter (e.g., butternut)  
star anise  
strawberries  
**SUGAR: brown, white**  
sweet potatoes  
tea  
thyme  
tomatoes  
**vanilla**  
veal  
**vinegar, esp. rice wine, sherry**  
**walnuts**  
watercress  
wine: red, sweet, white  
yogurt

### **Flavor Affinities**

orange + anise + chocolate  
orange + anise + dried figs + walnuts  
orange + basil + sugar  
orange + chocolate + pistachios  
orange + cinnamon + honey + saffron

orange + seafood + tarragon

## **ORANGES, BLOOD**

**Season:** winter–late spring

**Taste:** sour–sweet

**Weight:** medium

**Volume:** moderate

caramel

Champagne

chocolate, white

cinnamon

cloves

cream

grapefruit

honey

kumquats

lemon

mint

pomegranates

salads

sugar, brown

tarts

vanilla

## **ORANGES, CLEMENTINE (See Oranges, Mandarin)**

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### **Dishes**

#### **Blood Orange–Vanilla Creamsicle**

— Emily Luchetti, pastry chef, Farallon (San Francisco)

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### **Dishes**

#### **Chocolate and Tangerine Semifreddo Garnished with Chopped Pistachios**

— Gina DePalma, pastry chef, Babbo (New York City)

## **ORANGES, MANDARIN (includes Clementines and Tangerines)**

**Season:** autumn–spring

**Taste:** sweet, sour

**Weight:** light–medium

**Volume:** moderate

almonds

apricots

bananas

Campari

caramel

chicken

Chinese cuisine (e.g., as dessert)

chives

**chocolate, esp. dark**

**cream and ice cream**

crème anglaise

cumin

custard

dates

desserts

duck

fish

garlic

ginger

grapefruit

hazelnuts and hazelnut oil

honey

kumquats

lavender

**LEMON JUICE**

lemongrass

lemon verbena

lettuces

lime

lime leaf, kaffir

liqueurs, orange

mascarpone

melon

mint

olive oil

onions, green

oranges and blood oranges  
passion fruit  
pistachios  
pomegranates  
raspberries  
rosemary  
rum, esp. dark  
salads  
salt  
scallops  
seafood  
sesame oil  
shellfish (e.g., crab)  
shrimp  
**sugar**  
vinegar: champagne, rice, white wine  
yogurt

## OREGANO

**Season:** late autumn–late spring

**Botanical relative:** marjoram (milder in flavor than oregano)

**Weight:** medium–heavy

**Volume:** moderate–loud

**Tips:** Oregano can have great variability, i.e., from mild to hot and spicy (e.g., Italian oregano is “quieter” than Greek oregano).

anchovies

artichokes

arugula

**basil**

Avoid **oregano** with desserts. Oregano firmly belongs in savory cuisine; one taste, and it immediately calls to mind pizza sauce!

— GINA DEPALMA, BABBO (NEW YORK CITY)

**beans**, esp. dried and/or white

**beef**

**BELL PEPPERS**

broccoli

broths

capers

cheese and cheese dishes: feta, mozzarella, Parmesan

**chicken**

chile peppers, esp. piquillo

chili con carne, esp. Mexican oregano

chili powder

chives

cucumbers

cumin

duck

**eggs and egg dishes**

**eggplant**

**FISH**, esp. oilier, and esp. baked or grilled

**garlic**

**Greek cuisine**

greens, bitter

grilled dishes

hamburgers

**Italian cuisine**

**lamb**

**\*LEMON**

**marjoram**

**MEATS**, esp. red and/or grilled, and meat-based dishes

**Mediterranean cuisine**

**Mexican cuisine**

mint (say some)

mole sauces, esp. with Mexican oregano

**mushrooms**

olive oil

**olives**

onions

paprika

parsley

**PASTA AND PASTA SAUCES**

pepper, black

**PIZZA**

**pork**

**potatoes**

poultry

quail  
rabbit  
roasts  
rosemary  
sage  
**salads and salad dressings, esp. Greek**

sauces  
sausages  
seafood  
shellfish  
shrimp  
**soups**, esp. chicken, fish, vegetable  
Spanish cuisine  
squash, summer  
squid  
stews  
stuffing  
swordfish  
Tex-Mex cuisine  
thyme

**\*TOMATOES AND TOMATO SAUCES**

veal  
**vegetables**, esp. summer  
vinaigrettes  
vinegar

**zucchini**

**AVOID**

cilantro  
desserts  
dill  
mint (say some)  
tarragon

**Flavor Affinities**

oregano + basil + tomato  
oregano + lemon juice + marjoram

**OXTAILS (See Beef)**

## OYSTERS

**Season:** autumn–spring (aka “months containing the letter *r*”)

**Taste:** salty

**Weight:** light–heavy (e.g., light Kumamotos to heavy Gulf Coast oysters)

**Volume:** quiet–moderate

**Techniques:** bake, broil, deep-fry, grill, poach, raw, roast, sauté, steam  
aioli

apples

asparagus

bacon

basil

bay leaf

beer / ale

beets

bread, esp. dark

bread crumbs, *panko*

**butter**, unsalted

If you come to Chanterelle during November and December, you will see **oysters** with white truffles when they are both in season and they are classics for this restaurant.

— DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

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## Dishes

**Oysters Served with Tomatillo-Habanero “Miñoneta,” Smoky Chipotle-Garlic Salsa and Fresh-Cut Limes** — Rick Bayless, Frontera Grill (Chicago)

**Oysters on the Half Shell with Champagne Mignonette and Fresh Horseradish** — Traci Des Jardins, Jardinière (San Francisco)

Cajun cuisine

capers

**caviar**

**cayenne**

celery

Champagne

**chervil**

chili sauce

**chives**



**cilantro**

clams

cocktail sauce

cornmeal (for crust)

**CREAM**

crème fraîche

Creole cuisine

cucumbers

daikon

fennel

flour (for dredging)

French cuisine

**garlic**

gazpacho

ginger

hollandaise sauce

**horseradish**

lavender

**LEEKs**

**LEMON: juice, zest**

lemon verbena

lime, juice

mint

mushrooms, wild

**OIL: canola, peanut, vegetable**

**olive oil**

olives

onions, Spanish

orange

oyster juice

paprika

**parsley, flat-leaf**

passion fruit

**PEPPER: black, white**

ponzu sauce

**potatoes**

risotto

saffron

sake

salmon, smoked

**SALT: kosher, sea**

sauces: cocktail, mignonette

scallions

sea urchin

seaweed

**SHALLOTS**

shiso leaf

shrimp

sorrel

sour cream

Southern cuisine

soy sauce

**spinach**

**stocks:** chicken, clam, fish, vegetable

sugar (pinch)

Tabasco sauce

tapioca

**thyme**

**tomatoes:** flesh, juice

truffles: black, white

vermouth

**VINEGAR:** balsamic, **champagne**, red wine, rice, sherry

**WINE, dry white**

yuzu juice

**AVOID**

tarragon

**Flavor Affinities**

oysters + caviar + leeks

oysters + caviar + tapioca

oysters + clams + potatoes + thyme

oysters + cream + horseradish + onions

oysters + ginger + horseradish + sherry vinegar

oysters + horseradish + champagne vinegar

oysters + Muscadet + shallots + vinegar

oysters + shallots + vinegar

**PANCETTA**

**Taste:** salty  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** fry  
arugula  
**beans**  
butter  
**cheese:** fontina, **Parmesan**  
garlic  
**Italian cuisine**  
lentils  
**meats**  
**olive oil**  
onions  
parsley  
parsnips  
**PASTA**  
peas  
pepper, black  
pistachios  
poultry  
**SAUCES**  
tomatoes  
**vegetables**

## **PAPAYAS**

**Season:** summer–autumn  
**Taste:** sweet  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake, grill, raw, sauté  
**bananas**  
beverages (e.g., smoothies)  
caramel  
cashews  
carrots, esp. with green  
**chile peppers:** jalapeño, serrano  
chocolate, white

cilantro  
cinnamon  
citrus fruits  
coconut: meat, milk  
cream and ice cream  
curries  
fish sauce  
garlic, esp. with green papayas  
ginger  
grapefruit  
honey  
**kiwi fruit**  
kumquats  
**lemon, juice**  
**LIME, juice**  
macadamia nuts  
**mango**  
marinades  
melon  
mint  
nectarines  
**orange**  
**passion fruit**  
peaches  
peanuts  
pepper, black  
**pineapple**  
port  
prosciutto  
raspberries  
salads, fruit  
salsa  
salt, esp. with green  
shrimp, esp. dried with green papaya  
sorbet  
soups  
sour cream  
strawberries  
**sugar**

vanilla  
vinegar: rice, white wine  
yogurt

## **PAPRIKA — IN GENERAL**

**Taste:** sweet–hot, depending on variety (e.g., hot, sweet, smoked, etc.)

**Weight:** light

**Volume:** quiet–loud

**Tips:** Add at the beginning of the cooking process.

allspice  
barbecue  
**beef**  
bell peppers  
butter, unsalted  
Cajun cuisine  
caraway seeds  
cardamom  
cauliflower  
cheese  
**CHICKEN**, esp. baked or paprikash  
chili  
crabs  
cream  
crème fraîche  
curries  
duck  
**eggs**, esp. hard-boiled and egg dishes (e.g., omelets)  
European cuisines  
**fish**, esp. baked  
garlic  
ginger  
**goulash** (key ingredient)  
hummus  
**Hungarian cuisine**  
Indian cuisine  
lamb  
legumes

lemon, juice  
marjoram  
meats  
Middle Eastern cuisine  
Moroccan cuisine  
mushrooms  
octopus  
olive oil  
onions  
oregano  
paprikash  
parsley  
pepper, white  
**pork**  
potatoes  
rice  
rosemary  
saffron  
salads: pasta, potato  
salt, sea  
sauces, esp. cream  
sausage, esp. chorizo  
seafood  
shellfish  
soups  
sour cream  
**Spanish cuisine**  
**stews**, esp. fish  
stock, chicken  
*tagines*  
thyme  
Turkish cuisine  
turmeric  
veal  
vegetables  
yogurt  
**Flavor Affinities**  
paprika + beef + sour cream

## PAPRIKA, SMOKED

**Weight:** medium

**Volume:** moderate–loud

bacon

**beans**, esp. white

We use lots of **smoked paprika**, but need to be careful because it can be really strong. I like to finish our fried chickpeas with this because it makes them taste like they just jumped out of the fire! We also like to mix our paprikas together, typically in equal proportions of sweet, hot, and smoked. Smoked paprika is primarily smoky and doesn't have a lot of other flavors. So if you combine it with a vibrant sweet paprika, you'll get a more rounded pepper flavor. Paprika is also very regional. In the south [of Spain] where it gets sunshine and heat, you see more smoked paprika, but in the north where it is colder and rainy, they are not into the heat.

— ALEXANDRA RAIJ, TÍA POL (NEW YORK CITY)

cheese

chicken

**chickpeas**

**chorizo**

clams

eggs, hard-boiled

**fish** (e.g., skate)

**garlic**

lamb

marjoram

mayonnaise

**meats**, esp. grilled or roasted

Mediterranean cuisine

octopus

olive oil

onions

paella

pepper, black

peppers, piquillo

**pork**, esp. ribs

**potatoes**

sage

scallions

seafood  
soups  
steaks  
stews  
tomatoes  
turkey, esp. roasted  
vegetables  
vegetarian meals

**Flavor Affinities**

smoked paprika + mayonnaise + seafood

**PARSLEY**

**Season:** year-round

**Weight:** light

**Volume:** quiet

**Tips:** Use fresh. Parsley generally refers to flat-leaf parsley. Parsley is great for blending, as it is compatible with virtually all other herbs.

avocados

**basil**

bay leaf

beans, esp. dried

beef

bouquet garni (ingredient, along with bay leaf, marjoram, thyme)

braised dishes

bulgur wheat

butter

capers

**carrots**

cauliflower

cheese, esp. Parmesan, ricotta

chervil

**chicken**

chile peppers

chives

cinnamon

**clams**

cream



cream cheese

crème fraîche

dill

**eggs and egg dishes**

**eggplant**

fennel

fines herbes (ingredient)

**FISH**

French cuisine, esp. southern

game

**GARLIC**

halibut

ham

herbs (as a flavor enhancer)

Italian cuisine, esp. southern

**lemon: juice, zest**

lemon balm

lentils

lovage

marjoram

meats

Mediterranean cuisine

**Middle Eastern cuisine**

**mint**

**Moroccan cuisine**

mushrooms

mussels

oils: hazelnut, walnut

**olive oil**

onions

oregano

oysters

parsnips

**pasta and pasta sauces**

peas

pepper: black, white

pesto (ingredient)

pizza

**pork**

**potatoes**

poultry

rice

rosemary

sage

**salads**, esp. egg, green, pasta, potato, or rice

*salsa verde* (ingredient)

sauces

sausages

savory

scallions

seafood

shallots

shrimp

skate

snails

sorrel

**SOUPS**

Spanish cuisine, esp. southern

spinach

**stews**

**stocks**

stuffings

sumac

tabbouleh (key ingredient)

tarragon

thyme

**tomatoes and tomato sauces**

**veal**

**vegetables**

vinaigrette

vinegar, balsamic

zucchini

**AVOID**

desserts

The Spanish use **parsley** stems for cooking, and fresh as a garnish before serving. When you make rice or beans, you would put a stem in. To me, parsley added to fish or shellfish makes the dish tastes more “marine,” as opposed to

earthy. I love *salsa verde*, which is a sauce made with basically a ton of parsley, garlic, and some kind of juice like clam juice. It's wonderful served with fish.

— **ALEXANDRA RAIJ**, TÍA POL (NEW YORK CITY) People do not understand **parsley**; they think it is green specks. But it is wonderful with fish. If you make a straight-up linguini with clam sauce, you want a big handful of chopped parsley in there — not for the appearance, but for the taste. It is an important component in a lot of dishes and needs to be there. It can also be used as a sauce all on its own. If you sprinkle it on a steak, it will not have the impact that it would on fish. On the other hand, if you make a Maître d'hôtel butter [butter flavored with lemon juice and parsley] and put it on the steak, the parsley has a role there. On vegetables, if you make glazed carrots or pearl onions or a stew with lots of vegetables, parsley stirred in at the last moment is good stuff. As for my choice of parsley, I always use flat Italian-style parsley.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY) *Salsa verde* is my favorite all-purpose condiment at home. I like it on fish, lamb, and steak. It is made with anchovy, garlic, shallots, olive oil, and herbs — primarily **parsley**, but also chervil, chives, tarragon, a little bit of marjoram, and sometimes a little mint if I am in the mood. I add the acid at the last moment so it won't change the color of the herbs, and will choose between Banyuls or red wine vinegar, or lemon juice. If I am serving meat, I will use vinegar; if I am serving fish, I will use lemon. Even though it changes color once the acid is added, it lasts a few days. It is really good on a piece of bread or with some fresh farmer's cheese as a snack.

— **TRACI DES JARDINS**, JARDINIÈRE (SAN FRANCISCO)

#### **Flavor Affinities**

parsley + bulgur wheat + garlic + lemon + mint + olive oil + scallions

parsley + butter + garlic

parsley + capers + garlic + lemon zest + olive oil

parsley + garlic

parsley + garlic + lemon zest

parsley + garlic + olive oil + Parmesan cheese + vinegar

parsley + lemon juice + olive oil + Parmesan cheese

## **PARSNIPS**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate

**Techniques/Tips:** Always use cooked (never raw): bake, boil, braise, deep-fry, grill, mash, puree, roast, steam

allspice

anise

**apples**

bacon

basil

bay leaf

beans, black, green

**BUTTER**, brown and/or unsalted

**carrots**

cheese, esp. creamy

chervil

chicken

chile peppers

**chives**

cinnamon

coriander

**cream**

cumin

**curry**

dill

duck

fennel: leaves, seeds

fish

game

game birds

**garlic**

**ginger**, esp. ground

greens, bitter / winter

honey

leeks

lemon, juice

lentils

lovage

mace

**maple syrup**

meats

mint  
mirepoix  
mirin

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## **Dishes**

## **Passion Fruit and Bonito Caramel**

— Dominique and Cindy DUBY, Wild Sweets (Vancouver)

## **Passion Fruit Flip: Passion Fruit + Honey + Lime + Raspberries + Yogurt**

— Gale Gand, pastry chef, Tru (Chicago)

## **Passion Fruit Cream Enrobed in White Chocolate, Ginger Caramel, and Mandarin Sorbet** — Michael Laiskonis, Le Bernardin (New York City)

mushrooms, porcini

mustard

**NUTMEG**

oil: peanut, sesame

**olive oil**

onions

orange

pancetta

**parsley**

Parmesan cheese

pears

**pepper:** black, white

**potatoes**

rosemary

**sage**

**salt**

shallots

soups

soy sauce

stews

stocks: chicken, vegetable

**sugar, brown**

tarragon

**thyme**

**vegetables, root**

vinegar, balsamic

wine, dry white

yogurt

## **Flavor Affinities**

parsnips + butter + cream + potatoes

parsnips + carrots + nutmeg + potatoes

parsnips + cream + nutmeg  
parsnips + honey + mustard  
parsnips + pancetta + Parmesan cheese + pasta

## **PASSION FRUIT**

**Season:** year-round

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** puree, raw

almonds

**bananas**

beverages

**caramel**

cashews

**Champagne**

chicken

chives

**chocolate, esp. dark, white**

cilantro

citrus fruit

**coconut and coconut milk**

Cointreau

**CREAM AND ICE CREAM**

cream cheese

custard

egg whites

fish

fruits, tropical

**ginger**

**kiwi fruit**

lemon, juice

**lime, juice**

macadamia nuts

**mangoes**

**orange, juice**

**papayas**

peaches

pears

**pineapples**

rum, esp. dark

salads, fruit

salad dressings

soups, fruit

**strawberries**

**SUGAR**

tapioca

tequila

vanilla

wine, ice

yogurt

**Flavor Affinities**

passion fruit + banana + orange

passion fruit + caramel + coconut

passion fruit + caramel + ginger + white chocolate

passion fruit + cream + ice wine

passion fruit + dark chocolate + ginger + raspberries

**PASTA**

**Weight:** medium–heavy (depending on the cut)

**Volume:** quiet

anchovies

artichokes

asparagus

bacon

basil

beans, e.g., fava, white

beef

bottarga (tuna roe)

bread crumbs

broccoli

broths, esp. chicken, esp. with small pasta

**butter**

capers

cauliflower

**CHEESE:** cheddar, Comté, Emmental, Fontina, goat, Gorgonzola, Gouda,



Gruyère, **mozzarella**, **PARMESAN**, **pecorino**, **ricotta**, ricotta salata  
chicken  
chickpeas

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## **Dishes**

**Goat Cheese Tortelloni with Dried Orange and Fennel Pollen** — Mario Batali, Babbo (New York City)

**Mint Tagliatelle with Lamb and Olives**  
— Mario Batali, Babbo (New York City)

**Spaghettoni with Spicy Artichokes, Sweet Garlic, and Lobster** — Mario Batali, Babbo (New York City)

**Spaghetti Primavera with Prosciutto, Spring Garlic, Sugar Snap Peas, and Parmigiano** — Andrew Carmellini, A Voce (New York City)

**Homemade Pappardelle with Lamb Bolognese and Sheep's Milk Ricotta** — Andrew Carmellini, A Voce (New York City)

**Homemade Soft Egg Yolk-Filled Raviolo with Truffled Butter** — Odette Fada, San Domenico (New York City)

**Homemade Straccetti with Pesto and Clams** — Odette Fada, San Domenico (New York City)

**Linguini with Clams, Pancetta, and Spicy Fresno Chile Pesto** — Matt Molina, Osteria Mozza (Los Angeles)

**Farfalle with Stridoli, Walnuts, and Chanterelles** — Matt Molina, Osteria Mozza (Los Angeles)

**Tagliatelle with Chanterelles and Parmigiano Reggiano** — Holly Smith, Café Juanita (Seattle)

**Butternut Squash Ravioli with Oxtail Ragout and Sage Cream** — David Waltuck, Chanterelle (New York City)



chile peppers

chives

clams

**cream**, esp. with fettuccine, festonate, gnocchi, or pappardelle

**cured meats: bacon, ham, pancetta, prosciutto**

duck confit

eggplant

eggs

fennel

figs

fish (e.g., cod, salmon, swordfish, tuna)

game, esp. with fettuccine or pappardelle

**garlic**

greens (e.g., arugula, radicchio, stridoli)

## **ITALIAN CUISINE**

lamb

leeks

lemon, juice

lobster

mascarpone

meat, esp. beef, lamb, oxtail, pork, venison

meat, ground, esp. with penne and rigatoni

mint

**mushrooms, esp. wild**

mussels

mustard, Dijon  
nutmeg  
octopus  
**OLIVE OIL**, esp. with linguini and spaghetti  
olives  
onions  
pancetta  
**parsley, flat-leaf**  
parsnips  
peas, esp. with penne and rigatoni  
pecans

## Pairing Pastas with Sauces

Which sauces pair best with which pastas? We asked chef Odette Fada of New York City's San Domenico restaurant.

- **Angel hair:** In Italy, angel hair pasta is served to old people who can't chew. It's for grandparents, or for others to eat when they are sick. The problem with angel hair pasta is it's so thin it's hard to cook al dente, and I like my pasta a little chewy.
- **Bow tie:** Fresh bow tie is great when made by hand, because it stays folded and doesn't open into a square. I like to serve it with vegetables and tomato-based sauces.
- **Fettuccine:** This is a flavorful pasta and is good with a Bolognese sauce.
- **Fusilli:** I like their [corkscrew] shape, but they tend to break easily so they are not that attractive when you cook them in a restaurant setting. I like them at home in a salad or with some pesto because the pesto sticks to it.
- **Hollow pasta** [e.g., macaroni, penne, rigatoni]: Good with sauces that have big chunks in them so that the sauce pieces go inside whole. I like to do penne with fresh peas because the peas will slip inside, so you'll sometimes get a little surprise when you're chewing.
- **Pappardelle:** This is a strong, rustic pasta. I like it with rabbit sauce, a ragoût, or a fish sauce that has some character.
- **Small pasta** [e.g., rice-, shell-, or star-shaped]: These are good for soups and brothy dishes. For example, you would use them with a brothy fish dish.
- **Spaghetti:** Everything goes with spaghetti! It is a pasta that sauce sticks to. Everything from tomato sauce to pesto to pecorino with black pepper is great with spaghetti.

Or, if you're starting with the sauce:

- **Carbonara:** Spaghetti or bucatini, you want a pasta that the sauce will stick to.
- **Cream:** Fettuccine, pappardelle, or gnocchi, since cream is so rich you want a strong-flavored pasta or, in the last case, gnocchi — one that is made with some egg in it.
- **Game:** Pappardelle or fettuccine; you want an egg-rich pasta with some flavor.
- **Olive oil and garlic:** Spaghetti.
- **Pesto:** Fusilli.
- **Tomato:** This works with almost all pasta shapes, from small to large.

I have played with lots of flavored pasta doughs. One of my favorites is olive because it holds its flavor. Other flavors that hold up well are squid ink and saffron. I have also made a pappardelle with cocoa powder that I paired with game sauce that worked great. If you wanted to achieve a particular color, you could create red pasta with beets, green pasta with spinach, and black pasta with squid ink.



pepper: black, white  
pine nuts  
pork  
potatoes  
prosciutto  
pumpkin

rabbit, braised, esp. with pappardelle

raisins

red pepper flakes

rosemary

saffron

sage

salt, esp. kosher

sardines

**SAUCES:** Bolognese (esp. with fettuccine), carbonara (esp. with bucatini or spaghetti), Mornay (esp. with macaroni), pesto (esp. with fusilli), rabbit (esp. with pappardelle), sardines (esp. with bucatini), tomato

sausage

scallops

seafood: clams, crab, lobster, mussels, octopus, scallops, shrimp, squid

shallots

shrimp

spinach

squash: summer, winter

squid

sweet potato

thyme

**tomatoes**

tomatoes, sun-dried

**truffles: black, white**

veal

vegetables

venison

vinegar, esp. balsamic

walnuts

zucchini

### **Flavor Affinities**

pasta + anchovies + bread crumbs + capers + red pepper flakes + garlic + olives

pasta + anchovies + mozzarella cheese

pasta + artichokes + garlic + lobster

pasta + bacon + black pepper + eggs + olive oil + pecorino cheese

pasta + basil + garlic + tomato

pasta + basil + peas + shrimp

pasta + basil + scallops + tomato  
pasta + bread crumbs + greens + shrimp + white beans  
pasta + bread crumbs + raisins + sardines  
pasta + chickpeas + garlic + sage  
pasta + chile peppers + lobster + mint  
pasta + clams + pancetta  
pasta + cream + peas + prosciutto  
pasta + duck confit + wild mushrooms  
pasta + fennel + sausage + tomato + white beans  
pasta + figs + pancetta  
pasta + Gorgonzola cheese + spinach + walnuts  
pasta + Gruyère cheese + nutmeg + ricotta cheese  
pasta + lamb + lemon + rosemary  
pasta + lamb + mint + olives  
pasta + lobster + peas  
pasta + mushrooms + pumpkin + sage  
pasta + pancetta + stridoli  
pasta + Parmesan cheese + sage + tomato  
pasta + pesto + white beans  
pasta + pumpkin + pecans + ricotta cheese + sage  
pasta + red pepper flakes + fennel + sardines + tomatoes  
pasta + red pepper flakes + garlic + olive oil  
pasta + ricotta cheese + veal shanks  
pasta + rosemary + venison  
pasta + spinach + ricotta cheese  
pasta + tomatoes + ricotta cheese

## **Chef Odette Fada of New York's San Domenico on Making Ravioli**

I love ravioli! Anything and everything goes in my ravioli — I have used everything from chestnuts to cheese to fish, meat, and vegetables. You can vary the ravioli dough as well as the stuffing. For example, I serve ravioli stuffed with sea urchin and the dough is light and made with just flour and water. For a stronger filling like lamb, I will use some egg in the dough which makes it bigger flavored. One of my favorite ravioli stuffings is black truffle and pancetta. The truffle provides a crunchiness when you bite into it.

One of the greatest ravioli we do dates back to the chef for the last king of Italy at the beginning of the twentieth century. It is stuffed with spinach, truffle,

Parmesan cheese, and an egg yolk, and served with butter, truffle, and Parmesan cheese. When the ravioli is cooked, it is served with the yolk warm but not cooked. It is truly an amazing dish.

In Italy during the winter, you would typically have some slices of sausage on top of a plate of lentils. I decided to combine the two into a ravioli dish. Now, one of my other favorite dishes is our ravioli stuffed with *cotechino* [sausage] and lentils. The lentils are cooked with rosemary, garlic, extra-virgin olive oil, and prosciutto skin, and go into the ravioli with the sausage, parsley, and Parmesan cheese. The dish is finished with some strong extra-virgin olive oil, parsley, and a crack of pepper.

## PEACHES

**Season:** late spring–early autumn

**Taste:** sweet

**Function:** heating

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, roast, sauté

**allspice**

**ALMONDS**, esp. toasted

anise hyssop

apples

**apricots, puree**

arugula

basil

bay leaf

beverages, esp. cocktails

**blackberries**

**BLUEBERRIES**

**bourbon**

**brandy**

**butter**, unsalted

buttermilk

Calvados

caramel

**Champagne**

cherries

chile peppers, green (e.g., jalapeño)

chocolate: dark, white

**CINNAMON**

**cloves**

coconut

**cognac**

**Cointreau**

**\*CREAM AND ICE CREAM**

**crème fraîche**

currants, red: fruit, jelly

custards

desserts and dessert sauces

figs

fruit crisp

**ginger**

Grand Marnier

grenadine

hazelnuts

**honey**

ice, esp. pistachio

ice cream, esp. vanilla

**Kirsch**

lavender

**LEMON:** juice, zest

lemon thyme

lemon verbena

lime, juice

liqueurs: nut, orange, peach (e.g., schnapps)

mace

Madeira

maple syrup

Marsala

**mascarpone**

**mint**

molasses

**nectarines**

**nutmeg**

oatmeal





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## Dishes

**Jim Core's Peaches Upside-Down Cake with Blueberry Sorbet** — John Besh, August (New Orleans)

**Saffron Panna Cotta with Peaches, Peach Sorbetto, and Lemon Balm** — Gina DePalma, Babbo (New York City)

**White Peach Melba with Raspberry Granita** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Warm Ginger Cake Sabayon with Spiced Peaches** — Chuck Subra, La Côte Brasserie (New Orleans)

When I think of the essence of **peaches**, it's their smell — so I think of echoing that with the floralness of Moscato d'Asti. I'll add acidity, sweetness, and a little fat, such as through crème fraîche.

— **TONY LIU**, AUGUST (NEW YORK CITY)

I try not to cook **peaches**, or if I do, only for a short amount of time. A peach pie never tastes as good to me as a blueberry pie, because it tastes too cooked by the time you get it thick enough. So if I get peaches, I'll chop them up and put them on a tart shell that is already cooked instead.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

I like **peaches** with rich, round flavors like vanilla and honey.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

Japanese baby **peaches** are tiny peaches about the size of olives. We wanted to showcase the peaches and thought, What do peaches go with? Cream. We took that one step further and used yogurt instead. So we chose Greek yogurt, paired it with the peaches, then garnished the dish with Hawaiian pink sea salt, Greek olive oil, reduced balsamic vinegar, and micro mint. We turned the water strained from the yogurt into “air” [foam]. This is a dish that we serve as a pre-dessert and it works well because it is sweet and savory.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

oil, vegetable

olive oil

onions, yellow

**ORANGE:** juice, zest

papaya

passion fruit

pecans

pepper: black, white

pineapple

**PISTACHIOS**

**plums**

**port**

raisins

**RASPBERRIES:** fruit, puree

**rum**

saffron

salads, fruit

salsas, fruit

salt

soups, esp. cold

**sour cream**

star anise

**STRAWBERRIES** (e.g., fruit, puree)

**SUGAR: BROWN, confectioners', white**

tarragon

tea

thyme

**VANILLA**

**vinegar:** balsamic, champagne, cider, red wine, rice, white

Vin Santo

violets, esp. candied

**walnuts**

watercress

whiskey

**WINE:** dry or fruity red or white or sweet (e.g., Asti, **Burgundy**, Merlot, sweet Muscat, Riesling, Rosé, Zinfandel)

**yogurt**

zabaglione

### **Flavor Affinities**

peaches + apples + vanilla

peaches + blueberries + mascarpone

peaches + cream + honey + vanilla

peaches + figs + maple syrup

peaches + ginger + sugar

peaches + orange liqueur + vanilla

peaches + sugar + yogurt

## **PEANUT OIL (See Oil, Peanut)**

## **PEANUTS AND PEANUT BUTTER (See also Nuts — In General)**

**Taste:** sweet, astringent

**Function:** heating

**Weight:** medium–heavy

**Volume:** moderate–loud

African cuisine

apples

**BANANAS**

basil

beef

bell peppers

Burmese cuisine

butter

caramel

cayenne

chicken

chile peppers (e.g., jalapeño)

Chinese cuisine

**CHOCOLATE, ESP. DARK, MILK**

cilantro

coconut and coconut milk

coffee

**curries**

curry paste, Thai red

curry powder

**desserts**

fish sauce, Thai

garlic

grape jelly

honey

Indonesian cuisine

lemon, juice

lime, juice

mole sauces

noodles

oatmeal

**oil:** peanut, vegetable

**olive oil**

onions

parsley

pears

pork

raisins

raspberries

Rice Krispies

salads

**salt**

**sauces**

shrimp

Southern cuisine (American)

soy sauce

stir-fried dishes

strawberries

**sugar:** brown, white

tarragon

## **Thai cuisine**

Anything we put **peanuts** on sells! Peanuts are associated with the South, so there is a regional appeal. We had a chicken breast with sugar snap peas, white radishes, toasted peanuts, basmati rice, and spicy peanut sauce.

— **MARCEL DESAULNIERS**, THE TRELIS (WILLIAMSBURG, VIRGINIA)

**Peanuts** are not as versatile as other nuts. They have a great flavor and are pretty generic so you can use them on a lot of things and they pair well. Milk chocolate and peanuts work really well together. Peanuts pair great with bananas, especially if you cover the banana in chocolate and then roll it in peanuts and freeze it.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

tomatoes

turmeric

vanilla

## **Vietnamese cuisine**

vinegar, red wine

## **PEARS**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, deep-fry (e.g., as chips), grill, poach, raw, roast, sauté, stew

**allspice**

**ALMONDS and almond paste**

anise

**apples: fruit, juice**

apricots, esp. dried or pureed

arugula

bacon

basil

beets

blackberries

blueberries

borage

bourbon

**brandy**, esp. pear

butter, brown

**BUTTER, unsalted**

butterscotch

Calvados

**CARAMEL**

cardamom

cassis

celery

Champagne

**CHEESE: BLUE, Brie, Cabrales, Cambozola, Camembert, Cantal, cheddar, feta, goat, Gorgonzola, Monterey Jack, Parmesan, pecorino, ricotta, Romano, ROQUEFORT, Stilton**

cherries: dried, fresh

**chestnuts**

Chinese cuisine, esp. featuring Asian pears

**CHOCOLATE, esp. dark, white**

cider

**CINNAMON**

**CLOVES**

**cranberries**

**cream and ice cream**

cream cheese

**crème anglaise**

**crème fraîche**

**custards**

dates

dill

**duck and duck confit**

**endive**

fennel

**figs**

French cuisine

game

**ginger**

Grand Marnier

**hazelnuts**

**HONEY**

ice cream, vanilla

Italian cuisine  
Kirsch  
**LEMON: JUICE, ZEST**  
liqueurs: almond, hazelnut, orange  
macadamia nuts  
mace  
**maple syrup**  
Marsala  
**MASCARPONE**  
meats, esp. fatty, grilled, and/or roasted  
Mediterranean cuisine  
**mint** (garnish)  
mustard  
**nutmeg**  
**nuts**  
oats  
**oil**, canola  
olive oil  
onions, green  
**ORANGE:** fruit, juice, zest  
parsley, flat-leaf  
passion fruit  
peanuts  
**pear brandy**  
pear cider  
**pecans**  
**pepper:** black, white  
pine nuts  
**pistachios**  
**Poire William**  
**pork**  
**port: red, white**  
poultry  
praline  
prosciutto  
prunes  
quinces  
radicchio  
**raisins**

**raspberries:** fruit, puree

rhubarb

rice (e.g., pudding)

**rosemary**

rum



This salad has roasted **pear**, Roquefort cheese, lemon, and olive oil and is garnished with borage flowers. The sauce is burnt caramel with pepper deglazed with Coteaux du Layon, which is sweet but higher in acid than Sauternes. The caramel sauce keeps you awake!

*Cheese and fruit:* Blue cheese is sharp and hits your palate, then the pear calms it down.

*Salad greens:* We use herbs in our salad and this one has fennel, thyme, tarragon, parsley, and anise hyssop.

*Borage flowers:* Eating a borage flower is like eating an oyster! It is briny. In the summer when they are in season, if you taste a couple it is reminiscent of a mild oyster.

— **GABRIEL KREUTHER**, THE MODERN (NEW YORK CITY)

Apples are more popular than **pears** because when you go to the store, pears are all hard. You buy them, bring them home, and wait forever for them to ripen. You have to have a premeditated use for pears.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

I like **pears** poached because I'm not fond of their texture. I also make a pear tart with pears poached in lemon zest and vanilla, and then combined with custard, honey, lemon, and vanilla. It is paired with a honey grappa zabaglione and topped with grated Pecorino Toscano cheese grated over it as if it were pasta. The dish sounds a little crazy but all these flavors are classic combinations found in Italy. Pears are often infused with grappa in the north of Italy. Pears, honey, and pecorino is a classic combination in Tuscany. Pecorino goes with every flavor. Honey carries all the flavors forward.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

sabayon



**salads: fruit, green**

**salt** (pinch)

**sour cream**

squab

squash: butternut, winter

**star anise**

strawberries, esp. sauce

**SUGAR: brown, white**

sweet potatoes

toffee

**VANILLA**

**VINEGAR:** balsamic, champagne, sherry, white, white wine

**WALNUTS**

**watercress**

whiskey

**WINE: red (e.g., Burgundy),** strong red (e.g., Cabernet Sauvignon, Zinfandel), dry white (e.g., Riesling), sparkling (e.g., Champagne), sweet (e.g., ice wine)

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## **Dishes**

**Pear and Fresh Pecorino–Filled Ravioli with Aged Pecorino and Crushed Black Pepper** — Lidia Bastianich, Felidia (New York City)

**Grilled Pear and Roquefort Tart with Caramelized Onions and Walnuts** — Sandy D’Amato, Sanford (Milwaukee)

**Grilled Pear Steak with Polenta Frites and Orange-Tarragon Sauce** — Dominique and Cindy Duby, Wild Edibles (Vancouver)

**Salad of Spicy Poached Pear, Fresh Ricotta, Smoked Almonds, and Edamame with Verjus Dressing** — Brad Farmerie, Monday Room (New York City)

**Sticky Toffee Pudding with Cinnamon-Sautéed Pears** — Gale Gand, at the 2005 James Beard Awards gala reception

**Warm Semolina Pancake, Poached Pears, Cumin** — Johnny Iuzzini, pastry chef, Jean Georges (New York City) **Honey-Roasted Pear Napoleon** — Kate Zuckerman, pastry chef, Chanterelle (New York City)

### **Flavor Affinities**

pears + amaretto + hazelnuts

pears + arugula + Parmesan cheese + vinaigrette + walnuts  
pears + bacon + bitter greens + goat cheese  
pears + blue cheese + olive oil + red wine vinegar + watercress  
pears + caramel + balsamic vinegar  
pears + caramel + chestnuts + crème fraîche  
pears + caramel + chocolate  
pears + cinnamon + ginger + honey  
pears + fennel + Parmesan cheese + balsamic vinegar + walnuts  
pears + ginger + honey + vanilla  
pears + Gorgonzola cheese + vinaigrette + walnuts  
pears + honey + lime + vanilla  
pears + honey + rosemary  
pears + maple syrup + walnuts  
pears + mascarpone + pistachios + red wine  
pears + pecorino cheese + balsamic vinegar  
pears + Roquefort cheese + sugar + vanilla + red wine  
pears + Roquefort cheese + walnuts  
pears + Stilton cheese + hazelnuts + balsamic vinegar

## **PEAS — IN GENERAL (See also Snap Peas)**

**Season:** late spring–summer

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** boil, braise, sauté, steam

arugula

asparagus

**bacon**

**BASIL**

**bay leaf**

bouquet garni

**BUTTER**, unsalted

cardamom

**CARROTS** and carrot juice

cayenne

**celery**

cheese, esp. Parmesan, ricotta

**chervil**

chicken  
chile peppers: dried red, fresh green  
**chives**  
cilantro, (e.g., as Indian cuisine)  
cinnamon  
cloves  
coriander  
crab  
**CREAM, HEAVY**  
**crème fraîche**  
cumin  
curry powder  
dill  
fava beans  
fish  
French cuisine  
garam masala  
**garlic**  
ginger  
**ham and ham hocks**  
honey  
Italian cuisine  
**leeks**  
**lemon**, juice  
**lettuce, Boston**  
lime, juice  
lobster  
marjoram  
mascarpone  
**MINT**  
mushrooms, esp. morels  
**oil**, peanut  
olive oil  
**onions: pearl, red, spring, white**  
pancetta  
**parsley, flat-leaf**  
**pasta**  
**pepper: black, white**  
pork

potatoes  
poultry  
**prosciutto**  
risotto  
rosemary  
sage  
**salt:** kosher, sea



savory, winter  
**scallions**  
scallops  
**shallots**  
shrimp  
snap peas  
sorrel  
Spanish cuisine, esp. southern  
spinach  
**stocks: chicken, vegetable**  
sugar  
**tarragon**  
**thyme**  
tomatoes  
turmeric

vinaigrette  
vinegar, champagne  
watercress  
wine, dry white  
yogurt

### **Flavor Affinities**

peas + bacon + cream + shallots  
peas + basil + potatoes  
peas + celery + olive oil + onions + chicken stock + sugar  
peas + custard + Parmesan cheese  
peas + lobster + pasta  
peas + marjoram + mascarpone + Parmesan cheese  
peas + mint + morel mushrooms  
peas + mushrooms + ricotta cheese  
peas + onions + pancetta + sage

Bronze fennel grows all over Seattle. One day I walked outside eating **peas** while going out to get mint for my pea salad. I ate a bite of fennel and thought, “By Jove, I’ve got a dish!” Bronze fennel is a non-bulb fennel that has an amazing fennel and earthy flavor.

— HOLLY SMITH, CAFÉ JUANITA (SEATTLE)

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## **Dishes**

**Spring Pea Fricassée with Morels and Butter Lettuce** — Daniel Boulud, at the 2003 James Beard Awards gala reception **Chilled Sweet Pea Soup “à la Française” Thumbelina Carrot Salad with Cilantro and Lobster** — Daniel Boulud, Daniel (New York City)

**Pea Velouté with Apple-Smoked Bacon, Louisiana Crayfish, Savory Cream** — Daniel Boulud, Daniel (New York City)

**Garden Pea Soup with Morel Cream**  
— Daniel Humm, Eleven Madison Park (New York City)

**Sweet Pea Soup with Caramelized Vidalia Onion, Apple-Smoked Bacon, and Mint** — Alfred Portale, Gotham Bar and Grill (New York City)

**Sweet Pea Sorbet with Preserved Green Almond and Marcona Almond Milk, Fuji Apple with Butterscotch, Rye, and Thyme** — Charlie Trotter, Charlie Trotter’s (Chicago)

**Fresh Pea Ravioli with Sweet Onions Sauce and Smoked Pork Reduction —**  
David Waltuck, Chanterelle (New York City)

**PECAN OIL (See Oil, Pecan)**

**PECANS (See also Nuts — In General)**

**Season:** autumn

**Taste:** bitter–sweet

**Weight:** medium–heavy

**Volume:** quiet–moderate

almonds

apples

apricots

baked goods (e.g., breads, cookies, pies)

**bananas**

blackberries

blueberries

**bourbon**

brandy

breakfast (e.g., pancakes, waffles)

**butter**, unsalted

butterscotch

**CARAMEL**

cheese, goat

cherries

chicken

**chocolate:** dark, white

**cinnamon**

coffee

cognac

corn syrup: light, dark

cranberries

**cream**

dates

ginger

grapefruit

grapes

hazelnuts

**honey**

ice cream

kumquats

lemon, juice

liqueurs, orange

**MAPLE SYRUP**

mascarpone

Mexican sauces

nectarines

nutmeg

oats and oatmeal

orange

peaches

pears

persimmons

plums

pork

prunes

pumpkin

quince

raisins

raspberries

rice, wild

rum

salads

**salt**

sour cream

Southern cuisine (American)

squash, butternut

stir-fried dishes

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## **Dishes**

## **Pecan Praline Cheesecake**

— Terrance Brennan, Artisanal (New York City)

## **Pecan Praline Pancakes with Brown Butter Bananas and Rum Raisins —**

Daniel Humm, Eleven Madison Park (New York City)

**Southern Butter Pecan Ice Cream with Hot Caramel Sauce —** Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Phyllo Spirals with Garden Herbs, Rio Grande Organic Pecans, and Pure Luck Feta —** Monica Pope, T’afia (Houston)

We are using **pecans** on a savory dish of scallops and shrimp, ham, shiitake mushrooms, shallots, and pecan-studded basmati rice.

— **MARCEL DESAULNIERS, THE TRELIS (WILLIAMSBURG, VIRGINIA)**

strawberries

stuffing

**SUGAR: BROWN, white**

sweet potatoes

tea

**vanilla**

walnuts

whiskey

wine: red, sweet

## **PEPPER, BLACK**

**Taste:** pungent, hot

**Function:** warming

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Pepper suggests “false heat” and also stimulates the appetite.

Add at the end of the cooking process.

apricots

basil

**BEEF, esp. roasted**

berries

cardamom

cheese

cherries

cinnamon



cloves  
coconut milk  
coriander  
cumin  
**eggs**  
fruit, fresh  
**game**  
garlic  
ginger  
Indian cuisine  
lamb  
**lemon, juice**  
lentils  
**lime, juice**  
**meats, red**  
nutmeg  
nuts  
olive oil  
olives  
parsley  
pineapple  
pork  
poultry  
pumpkin (e.g., pie)  
rosemary  
salads  
**SALT**  
sauces  
sausages  
seafood, heartier  
soups  
spice cake  
**STEAKS, esp. grilled**  
**strawberries**  
thyme  
tomatoes  
turmeric  
veal

## **PEPPER, GREEN (as peppercorns)**

**Taste:** hot

**Weight:** light–medium

**Volume:** moderate

**Tips:** Add at the end of the cooking process.

The flavor is less sharp than black pepper.

avocados

bay leaf

beef

brandy

butter

**chicken**

cream

curries

duck

game

**garlic**

ham

**meats, esp. grilled and/or red**

mustard

parsley

**pâtés**

pork

sage

salads and salad dressings

salmon

**sauces: creamy, white**

**seafood**

shrimp

stock, veal

turkey

veal

vegetables

venison

wine, white

## **PEPPER, PINK**

**Taste:** hot

**Weight:** light–medium

**Volume:** moderate–loud

**Tips:** Add at the end of the cooking process.

butter

chervil

chicken

chocolate

desserts

duck

eggs

fennel

fruit

game

lemongrass

lime leaves, kaffir

lobster

meats, esp. richer and/or stronger

mint

olive oil

parsley

pâtés

pears

pepper: black, green

pineapple

**pork**

poultry

**salad dressings**

**saucés:** fruit, white

scallops

**seafood**

shrimp

steak

veal

vinegar, esp. balsamic

Worcestershire sauce

**PEPPER, RED (See also Cayenne, Ground)**

**Taste:** hot

**Weight:** light

**Volume:** loud

**Tips:** Add at the end of the cooking process.

Caribbean cuisine

chili powder (ingredient)

Indian cuisine

Italian cuisine

jerk seasoning (ingredient)

meats

Mexican cuisine

mole negro (ingredient)

seafood

I like **white pepper** with most white fish, and **black pepper** with tuna and red meat. White pepper works with halibut because it does not overwhelm the fish. Black pepper has a complex flavor and is spicy, which can be distracting. The problem with many peppers like cayenne or chipotle is that they are so strong they can burn. That is not a problem for me, but it is for our clientele. We use *piment d'Espelette*, which is spicy but sweet.

— **ERIC RIPERT**, LE BERNARDIN (NEW YORK CITY)

You have to be careful with **black pepper** because it can be a vehicle to add flavor — but if misused, it will mask flavor. I might add the tiniest little pinch before a dessert gets served to punch it up. I use black pepper with fresh fruit, especially cherries.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

To me, tuna doesn't even taste like tuna anymore unless it's seared with my **pepper** mix of toasted and ground black and pink peppercorns, coriander, and star anise. The same mix is also great on beef, buffalo, and venison.

— **SHARON HAGE**, YORK STREET (DALLAS)

We don't have sixteen types of **pepper** here; we use a basic black Tellicherry peppercorn and a little bit of red pepper flakes. I will occasionally go to an Asian market to get a pepper that has a sweet element to it, as these also tend to have a fruitiness to them that works well in braised dishes.

— **SHARON HAGE**, YORK STREET (DALLAS)

## **PEPPER, WHITE**

**Taste:** hot

**Weight:** light–medium

**Volume:** moderate (Note: White pepper is “quieter,” i.e., milder, than black pepper.)

**Tips:** Add at the end of the cooking process.

Asian cuisines

charcuterie

cloves

European cuisines

**fish, esp. white**

ginger

halibut

Japanese cuisine

lemongrass

nutmeg

potatoes

*quatre épices* (key ingredient)

sauces, esp. light-colored or white

soups, esp. light-colored or white

Thai cuisine

**white and other light-colored foods**

## **PEPPERS, BELL (See Bell Peppers)**

## **PEPPERS, CHILE (See Chile Peppers)**

## **PEPPERS, PEPPADEW**

**Peppadew peppers**, which are from South Africa, started coming to the U.S. just a few years ago. I stuff them with goat cheese and wrap them in Serrano ham before frying them. You get sweetness and spice from the peppers, saltiness from the ham, creaminess from the cheese, and crunchiness from the frying. Doing so gives them so much flavor, I don’t need to add anything else.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

## **PEPPERS, PIQUILLO (Spanish peppers)**

**Taste:** hot

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** roast

aioli

almonds

anchovies

artichokes

asparagus

beef

bread

calamari

**CHEESE:** goat, manchego

chicken

chickpeas

chocolate, bitter

chorizo

clams

crab

eggs

**fish,** esp. cod, redfish, white

**garlic**

lamb

lemon

meat

**mushrooms**

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## **Dishes**

**Green Olives Stuffed with Piquillo Peppers and Anchovies** — JOSÉ ANDRÉS, Café Atlántico (Washington, DC)

**Piquillo Peppers Filled with Manchego Cheese, Avocado Leaf — and Hoja Santa — Seasoned Refried Beans and Vanilla — Bitter Chocolate Sauce** — Maricel Presilla, Zafra (Hoboken, New Jersey)

### **OLIVE OIL**

olives

**onions**

orange

paprika, smoked

pork

potatoes  
salads  
salmon  
**salt**  
seafood  
shrimp  
soups  
Spanish cuisine  
stews  
sugar  
tomatoes  
tuna

## PEPPERS, SPANISH

**Guindilla peppers** are used to give heat in Spanish cooking. If you were cooking beans, you would add your parsley sprig, half an onion, garlic, carrot, and one guindilla pepper. **Nora peppers** are smoked, bell-shaped peppers from Catalonia used for romesco sauce. They are similar to Mexican guajillo peppers. **Chorizero peppers** are bittersweet. Their pulp is used in *salsa vizcaina*, which is a red sauce made with a lot of onions cooked down sweet, the chorizero pepper pulp, and either fish or bean stock. It's great served on fish or tripe.

— **ALEXANDRA RAIJ**, TÍA POL (NEW YORK CITY)

## PERSIMMONS

**Season:** autumn–winter  
**Taste:** sweet–sour  
**Weight:** medium–heavy  
**Volume:** moderate–loud  
**Techniques:** bake, broil, raw  
almonds  
apples  
avocados  
bourbon  
**brandy**  
caramel  
cashews  
cheese, esp. creamy, goat

chile peppers, serrano  
chocolate, white  
**cinnamon**  
cloves  
coffee  
cognac  
**cream and ice cream**  
custard  
endive  
frisée  
ginger  
**grapes, esp. red**  
**hazelnuts**  
**honey**  
Kirsch  
kiwi  
kumquats  
**lemon: juice, zest**  
liqueurs, esp. orange  
mace  
maple syrup  
nutmeg  
oatmeal  
**oil, hazelnut**  
olive oil  
**orange**  
pears  
**pecans**  
pepper, black  
**pomegranates**  
pork  
poultry  
prosciutto

Because of the texture and unique flavor of a **persimmon**, no matter what you do it will always taste like persimmon pudding. I decided two years ago to stop trying to do anything else with persimmons. Why try and reinvent the wheel? To work with persimmons, you first put them in the freezer overnight to ripen, then peel and puree them. Persimmons are pretty astringent, so you need to add a lot



of spices and sugar to them. The combination of allspice, cinnamon, and ginger that you see in traditional recipes is nice with persimmons, and adds an interesting complexity to the flavor.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

puddings

radicchio

raisins

rum, esp. dark

**salads: fruit, green**

**salt**

seafood

sorbet

**sugar: brown, white**

sweet potatoes

**vanilla**

vinegar: champagne, red wine, sherry, white wine

**walnuts**

watercress

wine, sweet (e.g., Sauternes)

yogurt

**Flavor Affinities**

persimmons + allspice + cinnamon + ginger

## PHEASANT

**Season:** autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** grill, roast

**Tips:** Wrap with bacon to keep from drying out when roasting.

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## Dishes

**Pheasant: Cider, Shallot, and Burning Leaves** — Grant Achatz, Alinea (Chicago)

**Cinnamon-Roasted Pheasant with Applewood-Smoked Bacon and Red Chile Pecan Sauce** — Robert Del Grande, Café Annie (Houston)

apples

**bacon**

basil

bay leaf

butter

buttermilk

**cabbage, esp. savoy**

Calvados

**chestnuts**

cider

cinnamon

**cream:** heavy, sour

foie gras

French cuisine, esp. southern

**GARLIC**

Italian cuisine, esp. southern

**lemon,** juice

**mushrooms, esp. wild**

nutmeg

olive oil

onions

orange

parsley, flat-leaf

port

**POTATOES**

raisins

sage

sauerkraut

shallots

Spanish cuisine, esp. southern

squash, winter

tarragon

**THYME**

truffles

wild rice

wine

**Flavor Affinities**

pheasant + apples + potatoes

## PICKLES

I lived in Japan for two years where I fell in love with **pickles** and pickling. For pickling, I use the proportions that are common for seasoning Japanese sushi rice, though I'll admit that there might be a sushi chef out there who might disagree with me: 9 parts vinegar to 5 parts sugar, 1 part salt, and 1 part water. Pickles are one of those things I love to have in my pantry because they are so fun to use and make so many things yummy. It is definitely one of my tricks that I keep stashed away. I like to pickle Swiss chard stems with raw beets and star anise. They are great together and work as a garnish on our Nantucket Bay scallop dish.

— MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

## PIMENTON (See also Paprika)

I don't even like to use the word "paprika" when referring to **pimenton**. It is not the same as Hungarian paprika, which is just dried pepper and doesn't taste like anything else. The Spanish were the first to plant peppers. Our *pimenton* has the right touch of sweetness, bitterness, and smoke. Used in a dish it makes the dish a whole new thing. Sprinkled on octopus, it is astonishing.

— JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

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## Dishes

**Pineapple-Vanilla Vacherin with Coconut Gelée** — Daniel Boulud, Restaurant Daniel, New York City

**Warm Pineapple Cake "Sottosopra" with Rum Zabaione** — Gina DePalma, pastry chef, Babbo (New York City)

**Exotic Fruit and Mint Salad, Star Anise Tuile** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Pineapple Rum Soup with Passion Fruit and Mango Gelée, Coconut Tapioca, Pink Peppercorn–Pineapple Sorbet** — Gale Gand, pastry chef, Tru (Chicago)

**Pineapple Sorbet, Candied Pine Nut Tart, and Pineapple Chip** — Thomas Keller, The French Laundry (Yountville, California) **Fermented Pineapple Peel Drink**

— Maricel Presilla, Zafra (Hoboken, New Jersey)

**Grilled Pineapple, Avocado, and Watercress** — Maricel Presilla, Zafra

(Hoboken, New Jersey)

**Roasted Pineapple with Pistachio Ice Cream** — Eric Ripert, Le Bernardin  
(New York City)

## **PINEAPPLES**

**Season:** winter–summer

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, broil, grill, poach, raw, roast, sauté

allspice

apricots

avocado

baked goods

**BANANAS**

basil

**brandy**

**butter**, unsalted

caramel

cardamom

cashews

cayenne

cheese: blue (some)

chicken



**Pineapple** is 80 to 90 percent water. We'll freeze the pineapple, then pull it out and put it in a colander, and let the juice run out of it — which has all the flavor of the pineapple. After pressing out all the juice, we'll throw out the now-

flavorless pulp, and use just the juice. You can do the same with strawberries or other fruits to obtain a clear juice, which you can use in drinks or, frozen and scraped, as fruit crystals to serve with a dessert.

— **DOMINIQUE AND CINDY DUBY**, WILD SWEETS (VANCOUVER)

I like the combination of rosemary with **pineapple**.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

**Pineapple** benefits from a touch of vanilla.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

**chile peppers:** fresh, dried, red, green (e.g., jalapeño)

chocolate

**cilantro**

**cinnamon**

cloves

**COCONUT:** meat, milk

**cognac**

**Cointreau**

**cream and ice cream**

cream, Bavarian style

curry

fennel seeds

fruits, tropical

**ginger**

**Grand Marnier**

grapefruit

ham

**honey**

**Kirsch**

kiwi fruit

kumquats

**lemon: juice, zest**

lemongrass

**LIME: juice, zest**

macadamia nuts

**MANGOES**

maple syrup

marinades

meat

mint

olive oil  
onion, red  
**oranges:** fruit, marmalade  
papaya  
passion fruit  
**pepper, black**  
pistachios  
pomegranate  
poultry  
**raspberries**  
rice/rice pudding  
rosemary  
**RUM**  
saffron  
salads, fruit  
salt, esp. *fleur de sel*, kosher  
seafood (e.g., shrimp)  
shallots  
spinach  
**star anise**  
**strawberries**  
**SUGAR:** brown, white  
sweet potatoes  
Szechuan pepper  
tamarind  
tapioca  
**VANILLA**  
vinegar, rice  
walnuts  
watercress  
wine, sweet (e.g., Vin Santo)  
yogurt

### **Flavor Affinities**

pineapple + avocado + watercress  
pineapple + banana + ginger + rum + sugar + vanilla  
pineapple + berries + citrus + mangoes + star anise  
pineapple + coconut + honey + oranges  
pineapple + ice cream + brown sugar + vanilla

pineapple + lime + sugar  
pineapple + Madeira + brown sugar + vanilla  
pineapple + rum + sugar  
pineapple + rum + vanilla + walnuts

You have to be careful with **pine nuts** because they are so strong that they will dominate a dessert. If I use even a small amount in an apple dessert, it turns it into a pine nut dessert.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Pine nuts** are really fatty and luxurious, so I like to use salt with them for balance. Even in a pesto, you notice the flavor of pine nuts versus using walnuts or no nuts.

— GINA DEPALMA, BABBO (NEW YORK CITY)

## PINE NUTS

**Weight:** light

**Volume:** moderate

**Techniques:** toast

apples

apricots

basil

bell peppers

Central American cuisine

**cheese:** feta, goat, Parmesan, ricotta

cookies

Eastern Mediterranean cuisine

French cuisine, esp. southern

garlic

honey

**Italian cuisine, esp. southern**

lemon

liqueurs, orange

mascarpone

Mexican sauces

Middle Eastern cuisine

Moroccan cuisine

olive oil

onions

orange

pears  
**PESTO** (key ingredient)  
prunes  
raisins  
raspberries  
rice  
rum  
sauces  
Spanish cuisine, esp. southern  
sugar  
vanilla  
vegetables, esp. roasted  
walnuts  
wine: red, sweet

**Flavor Affinities**

pine nuts + apples + apricots + rosemary  
pine nuts + basil + garlic + olive oil + Parmesan cheese (pesto)

**PINOT NOIR**

**Weight:** light–medium  
**Volume:** quiet–moderate  
beef  
chicken  
**duck**  
lamb  
mushrooms  
pork  
**salmon**  
**tuna**  
veal

**PIQUANCY**

**Taste:** hot  
**Volume:** loud  
**Function:** warming  
**Tips:** Stimulates appetite; enhances other flavors (e.g., salty, sour).



cayenne  
chile peppers  
garlic  
ginger  
horseradish  
mustard, hot  
onions, esp. raw  
pepper, black  
red pepper flakes  
spices, many  
wasabi

## **PISTACHIO OIL (See Oil, Pistachio)**

## **PISTACHIOS (See also Nuts — In General)**

**Season:** year-round  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** raw, roast, salt  
anchovies  
apples  
**apricots**  
artichokes  
arugula  
asparagus  
bananas  
basil  
beets  
cardamom  
cauliflower  
**cheese:** goat, Parmesan, ricotta, Taleggio  
cherries  
**chicken**  
**chocolate:** dark, white  
coconut  
cranberries  
cream and ice cream

Heat [aka **piquancy**] can come from a grind of black pepper when you are

cooking, or at the last second on top of a salad before it goes out. Heat can also come from some jalapeño in steamed cockles with ginger and lemongrass. In either case, heat adds a brightness to the dish.

— **SHARON HAGE**, YORK STREET (DALLAS)

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## **Dishes**

## **Pistachio and Chocolate Semifreddo**

— Gina DePalma, pastry chef, Babbo (New York City)

**A Checkerboard Terrine of Pistachio and White Chocolate Ice Cream with Blackberry Sauce** — Patrick O’Connell, The Inn at Little Washington (Washington, Virginia) **Pistachios** are a distinctively flavored nut. You need to be sure that what you pair with them will stand up. They go well with raspberries but not strawberries because the latter are softer in flavor.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

**Pistachios** look great with other nuts because you get green and brown alongside each other. They can be pretty mild so they are less about flavor and more about color and texture. Since pistachios are so mild I like to feature them solo or in a large quantity so they don’t get lost. I make a chocolate semifreddo and there is pistachio in the semifreddo, there is pistachio paste, they are on the plate, and they are in the sauce. They are front and center.

— GINA DEPALMA, BABBO (NEW YORK CITY)

dates

duck

Eastern Mediterranean cuisine

endive

figs: dried, fresh

foie gras

ginger

gooseberries

**honey**

Italian cuisine

kumquats

lavender

leeks

**lemon**

mangoes

mascarpone

Moroccan cuisine

nectarines

orange

parsley

pasta and pasta sauces

pastries

pâtés

## **PEACHES**

poultry

prunes

quince

raisins, esp. golden

raspberries

rice

rosemary

rose water

sausages

sugar

vanilla

watermelon

yogurt

## **AVOID**

strawberries, which pistachios can easily overpower

## **PLANTAINS, GREEN**

**Botanical relatives:** bananas

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, boil, deep-fry, mash, sauté

**Tips:** Look for green plantains without any yellow.

African cuisine

bacon

butter

cardamom

Central American cuisine

chicken

chile peppers

cilantro

cinnamon

cloves

coriander

cumin

curry

fruits, tropical

garam masala  
garlic  
ginger  
lime, juice  
Mexican cuisine  
molasses  
oil: canola, vegetable  
onions, esp. red  
**pepper, esp. black**  
pork  
rice  
salsa  
**salt, esp. kosher**  
soups  
stews  
yogurt

## **PLANTAINS, SWEET**

**Taste:** sweet  
**Botanical relatives:** bananas  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake, boil, deep-fry, sauté  
**Tip:** Look for yellow to black plantains that ripen to black.  
African cuisine  
allspice  
**butter**  
Central American cuisine  
chicken  
chocolate  
cinnamon  
cloves  
coconut  
cranberries  
cream and ice cream  
fruits, tropical  
ginger  
honey

lemon, juice  
lime, juice  
Mexican cuisine  
molasses  
oil: canola, vegetable  
orange: fruit, juice, zest  
pepper, black  
rice  
rum, esp. dark  
salt  
star anise  
sugar, esp. brown  
toffee

## PLUMS

**Season:** late spring–early autumn  
**Taste:** sweet, astringent  
**Weight:** light  
**Volume:** moderate  
**Techniques:** bake, poach, raw, stew  
**allspice**  
almonds  
anise  
anise hyssop  
apricots, pureed  
arugula  
bay leaf  
**brandy, esp. plum**  
**butter, unsalted**  
buttermilk  
caramel  
**cardamom**  
cherries  
cider  
**CINNAMON**  
**cloves**  
coriander  
cornmeal

**cream and ice cream**

crème fraîche

custard

French cuisine

gin

**ginger**

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**Dishes**

**Plum and Bay Leaf Soup with Vanilla Yogurt Sorbetto** — Gina DePalma, pastry chef, Babbo (New York City)

**Plum Cornmeal Cake with Plum Sorbet**

— Emily Luchetti, pastry chef, Farallon (San Francisco)

hazelnuts

**honey**

juniper berries

Kirsch

lavender

**LEMON:** juice, zest

liqueurs: almond, orange, plum

mace

maple syrup

mint

**nectarines**

**nutmeg**

oatmeal

olive oil

onions, red

**ORANGE:** juice, zest

peaches

pecans

pepper, black

pies

prosciutto

raisins

**raspberries**

rum, dark

sage

salads  
sour cream  
strawberries  
**SUGAR:** brown, confectioners', white  
thyme  
**VANILLA**  
**vinegar:** balsamic, cider  
**walnuts**  
whiskey  
**wine, dry red** or white or dessert  
wine: port or sweet (e.g., plum)  
yogurt

**Flavor Affinities**

plums + arugula + prosciutto  
plums + bay leaf + vanilla  
plums + cinnamon + cloves + red wine + sugar  
plums + cinnamon + orange  
plums + cream + sugar + vanilla  
plums + ginger + raspberries  
plums + ginger + yogurt

**PLUMS, DRIED (aka prunes)**

**Season:** year-round  
**Taste:** sweet  
**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** raw, stew  
allspice  
almonds  
anise  
apples  
apricots, dried  
**\*ARMAGNAC**  
bacon  
baked goods  
bay leaf  
**brandy, esp. apple, pear**  
caramel



cheese, esp. blue, goat, ricotta

chestnuts

chocolate: dark, white

**cinnamon**

cloves

coffee

**cognac**

**cream and ice cream**

**crème fraîche**

I like **plums** with anise hyssop. That is a classic flavor combination and I serve it every year. They also work well with sage, and I have made sage ice cream to serve with plums.

— **GINA DEPALMA, BABBO (NEW YORK CITY)**

cumin

currants

custard

dates

figs, esp. dried

French cuisine

game

game birds

ginger

hazelnuts

**honey, wildflower**

**lemon, zest**

liqueurs: almond, other nut

macadamia nuts

maple syrup

Moroccan cuisine

oatmeal

**orange, zest**

pâté

pears

pecans

pepper, black

pine nuts

pistachios

pork

**port, esp. tawny**

quince

rabbit

raisins

rice pudding

rum

Southern Comfort

star anise

stews

**sugar: brown, white**

teas, esp. black or Earl Grey

thyme

turkey

**vanilla**

vinegar: champagne, white wine

**WALNUTS**

whiskey

**WINE:** dry red (e.g., Bordeaux, Cabernet Sauvignon), **Sauternes**, sweet white (e.g., Muscat)

**Flavor Affinities**

prunes + allspice + bay leaf + cinnamon + black pepper

prunes + apples + brandy + vanilla + yogurt

prunes + Armagnac + chocolate

prunes + Armagnac + crème fraîche

prunes + brandy + cream + vanilla

prunes + cheese + cumin + walnuts

prunes + cognac + honey + Sauternes

## **POLENTA**

**Weight:** medium

**Volume:** quiet

**Techniques:** simmer

**Tips:** Grill or sauté cooked polenta.

bay leaf

beef

bell peppers, esp. red

**butter**, unsalted

**CHEESE:** Fontina, Gorgonzola, Gruyère, mozzarella, Parmesan, Taleggio  
chervil  
chicken  
**chives**  
**cream / milk**  
egg, yolks  
game birds  
**garlic**  
herbs  
honey  
**Italian cuisine, esp. northern**  
marjoram  
**mascarpone**  
**mushrooms,** esp. chanterelles, porcini, shiitakes  
**oil:** truffle, walnut  
**olive oil**  
parsley, flat-leaf  
**pepper:** black, white

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## **Dishes**

**Cornish Game Hens with Pomegranate Sauce and Toasted Almonds** — Rafih Benjelloun, Imperial Fez (Atlanta)

**Pomegranate Glazed Specialty Chicken Breast with Coconut-Onion Curry** — Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

**pork**  
red pepper flakes  
**rosemary**  
**salt:** kosher, sea  
**sausages**  
scallions  
**stocks:** chicken, vegetable  
**thyme**  
tomatoes and tomato sauce  
**truffles,** white  
walnuts

## **Flavor Affinities**

polenta + chanterelle mushrooms + white truffle oil  
polenta + Gorgonzola cheese + mascarpone + walnuts  
polenta + Parmesan cheese + rosemary

## **POMEGRANATES**

**Season:** autumn  
**Taste:** sour, sweet  
**Function:** cooling  
**Weight:** light–medium  
**Volume:** moderate  
**Techniques:** raw, ice/sorbet

allspice

almonds

arugula

avocados

bananas

beets

**cardamom**

**chicken**

chile peppers

chocolate, white

**cinnamon**

cloves

coconut

coriander

couscous

cream

cucumbers

cumin

curry

**desserts**

fish

garlic

**ginger**, esp. fresh

**grapefruit**

hazelnuts

honey

hummus

kumquat  
**lamb**  
legumes  
**lemon, juice**  
lime, juice  
**meats, roasted**  
**Middle Eastern cuisine**  
nutmeg  
olive oil  
onions  
**orange, juice**  
parsley  
pine nuts  
pomegranate molasses (key ingredient)  
pork  
poultry (e.g., turkey)  
**SALADS**, esp. cucumber, fruit, green  
sesame seeds  
sorbet  
stewed dishes  
**sugar**  
tequila  
turmeric

What is nice about **pomegranates** is that they are very flavorful but don't have a lot of sugar in them. They also have a unique flavor that is not like anything else. It is one of the few flavors that have come around in popularity because they have made it easier to use [via pomegranate juice, molasses, etc.]. Cleaning them to use just the seeds can be a pain in the neck. However, I use the juice because it makes a great sorbet.

— **EMILY LUCHETTI, FARALLON (SAN FRANCISCO)**

vinegar: balsamic, red wine  
walnuts  
wine: port, red, white

### **Flavor Affinities**

pomegranates + almonds + cinnamon + cloves + garlic + ginger + honey  
pomegranates + chicken + coconut + curry + onions  
pomegranates + lemon + sugar

## POMEGRANATE MOLASSES

**Taste:** sweet, sour

**Weight:** medium–heavy

**Volume:** moderate–loud

allspice

beef

chicken

chile peppers

cinnamon

cloves

duck

game

game birds

ginger

**lamb**

marinades

meats

**Middle Eastern cuisine**

**Pomelo** is good in salads. During the summer, we will mix it with pickled ginger and a couple of other ingredients and serve it on chicken or fish.

— BRAD FARMERIE, PUBLIC (NEW YORK CITY)

mustard

mustard seeds

**olive oil**

pepper

pork

poultry

salad dressings

vinegar, balsamic

walnuts

## POMELOS (See also Grapefruit)

**Taste:** sour, sweet

**Weight:** light

**Volume:** loud

**Techniques:** broil, raw

avocado

chicken  
chili powder  
coconut  
crab  
**fish**  
fish sauce  
ginger, pickled  
lemongrass  
maple  
onions  
peanuts  
pomegranate  
**salads**  
salt  
scallops  
shrimp  
spinach

**Flavor Affinities**

pomelo + pickled ginger + fish  
pomelo + salt + chili powder

**PONZU SAUCE**

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate–loud

beef

dashi

fish, esp. grilled or raw

**Japanese cuisine**

meat, esp. grilled

sashimi

shellfish

soy sauce

*ume* (Japanese plum)

**POPPY SEEDS**

**Taste:** sweet

**Weight:** light

**Volume:** quiet

apples

Asian cuisine

**BAKED GOODS** (e.g., breads, cakes, cookies, pastries)

beans, green

**butter, unsalted**

buttermilk

cabbage

carrots

cauliflower

**cheese, ricotta**

cinnamon

cloves

cream

curry powder

desserts

eggplant

eggs and egg dishes

fish

fruits

ginger

honey

**Indian cuisine**

**lemon**

Mediterranean cuisine

noodles

nutmeg

**onions, esp. sweet**

**pasta**

pastries

**potatoes**

rice

**salads and salad dressings, esp. creamy**

sauces, esp. creamy

sesame seeds

sour cream

spinach

strawberries



sugar

**Turkish cuisine**

vanilla

vegetables

walnuts

**zucchini**

## **PORK — IN GENERAL**

**Season:** autumn

**Taste:** sweet–astringent

**Function:** heating

**Techniques:** Use dry-heat cooking (e.g., broil, grill, roast) for tender cuts of pork, and moist-heat cooking (e.g., braise, stew) for tougher cuts of pork.

aioli

almonds

anchovies

anise

**APPLES:** cider, fruit, juice

apricots

asparagus

**bacon**

barbecue dishes

basil

**bay leaf**

beans: green, navy, white

beer

bell peppers: green, red

bourbon

brandy

bread crumbs

**butter,** unsalted

**cabbage:** green, red

Calvados

capers

caraway seeds

cardamom

carrots

cayenne

celery  
cheese: Gruyère, Jack  
**chile peppers**, esp. anchos, dried red, jalapeño  
chili powder  
Chinese cuisine  
chives  
cider  
cilantro  
**cinnamon**  
**cloves**  
coconut milk  
coriander  
cornichons  
corn  
cranberries  
cream  
**cumin**  
curry powder  
**fennel**  
fennel seeds  
figs  
fish sauce, Thai  
French cuisine, esp. southern  
fruit: dried, fresh  
**GARLIC**  
**ginger**: fresh, ground dried  
ham, Serrano  
**honey**  
horseradish  
Italian cuisine, esp. southern  
ketchup  
Korean cuisine, esp. northern  
**LEMON**: juice, zest  
lemongrass  
lemon verbena  
lentils  
**lime, juice**  
mace  
mangoes: green, ripe

marjoram  
Mexican cuisine  
**mint**, esp. spearmint

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## Dishes

**Rack of Pork, Marinated in Oranges, Thyme, and Garlic, Served with Fennel and Black Olive Ouzo and Orange Sauce** — Ann Cashion, Cashion's Eat Place (Washington, DC)

**Suckling Pig with Quince Paste and Romesco Sauce** — Suzanne Goin, at the 2003 James Beard Awards gala reception **Roasted Rack of Pork with Apple Butter Glaze, Country Ham Spoon Bread, Roasted Apples, Mustard Greens, and Bourbon Glaze** — Bob Kinkead, Colvin Run (Vienna, Virginia)

**Beer-Braised Pork Belly with Sauerkraut and Ginger Jus** — Gabriel Kreuther, The Modern (New York City)

**Organic Berkshire Pork Tenderloin Marinated in Wheat Beer with Barley Risotto, Turnips, and Chicory Emulsion** — Gabriel Kreuther, The Modern (New York City)

**Pork with Fig Maple Jus and Dutch Cabbage** — Monica Pope, T'afia (Houston)

**Cuban Roast Pork Marinated in an Allspice-Cumin Adobo with Ripe Plantains, Rich Oaxacan Six-Chile Mole Sauce, and "Moors and Christians" Rice** — Maricel Presilla, Zafra (Hoboken, New Jersey)

**Trio of Pan-Seared Pork Tenderloin with House-Made Sausage and Potato Pierogis** — Celina Tio, American Restaurant (Kansas City)

**Marinated Pork Medallions with Garlic-Yogurt Curry and Naan Bread** — Vikram Vij and Meeru Dhalwala, Vij's (Vancouver)

You'll often see what is essentially clam chowder [without the clams] used as a sauce: the combination of **pork** — whether it's bacon, chorizo, or whatever — and thyme, served with potatoes and cream. It could be served with something poached or sautéed. It is a cute reworking of something that is classic.  
— DAVID WALTUCK, CHANTERELLE (NEW YORK CITY)

I like the combination of **pork** with fruit. With a pork chop, fresh and dried figs or strawberries would all work.  
— MARCEL DESAULNIERS, THE TRELIS (WILLIAMSBURG, VIRGINIA)

Sauces often don't do justice to the meat they're saucing. For that reason, we don't use veal stock with **pork**, which hides the flavor of the meat. Instead, we want to do everything we can to emphasize the flavor of the pork itself. So, we'll roast the pork scraps and bones and make a pork stock instead. In the summertime, to keep it light, we won't even add wine.

— **DAN BARBER**, BLUE HILL AT STONE BARNES (POCANTICO HILLS, NEW YORK)

mirepoix

molasses

mushrooms, esp. shiitake

**mustard, Dijon**

mustard seeds

noodles/pasta

nutmeg

**OIL:** canola, grapeseed, sesame, vegetable

**olive oil**

olives

**ONIONS**, esp. green, pearl, red, sweet, white, yellow

**ORANGE:** juice, zest

**oregano**

**paprika:** smoked, sweet

**parsley, flat-leaf**

peanuts and peanut sauce

**pears**

peas, black-eyed

pecans

**\*PEPPER:** black, white

pineapple

pine nuts

piquillo peppers

plums

port

potatoes, mashed or roasted

prosciutto

**prunes**

quince

radicchio

red pepper flakes

rice or risotto

**ROSEMARY**

saffron

**sage**

**salt:** kosher, sea

**sauerkraut**

**shallots**

sherry, cream

**sour cream**

**soy sauce**

spaetzle

Spanish cuisine, esp. southern

squash: acorn, butternut

**star anise**

**stock,** chicken

**Pork** can handle all the sweet spices, including allspice, cinnamon, and clove.

— **BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN**  
(SCOTTSDALE, ARIZONA)

**sugar** (pinch)

sweet potatoes

Tabasco sauce

tangerine, juice

tea, black (e.g., Lapsang Souchong)

**THYME**

**tomatoes and tomato paste**

**turmeric**

turnips

vanilla

*verjus*

vermouth, dry

Vietnamese cuisine

**VINEGAR:** balsamic, red wine, rice wine, sherry, white wine

walnuts

watercress

**wine:** dry red, white

Worcestershire sauce

yogurt

### **Flavor Affinities**

pork + allspice + mace

pork + apples + mustard

pork + bacon + mustard + sauerkraut

pork + chile peppers + cilantro + garlic + lime + peanuts

pork + cinnamon + star anise

pork + coriander + honey + soy sauce

pork + clove + garlic + orange

pork + cream + potatoes + thyme

pork + curry + garlic + yogurt

pork + fennel + garlic

pork + garlic + ginger + molasses

pork + ginger + honey + soy sauce

pork + mustard + sauerkraut

pork + port + rosemary

## **PORK — BACON (See Bacon)**

## **PORK — BELLY**

**Techniques:** braise, double-cook, pan-fry

apples

bacon

bay leaf

beets

caraway

carrots

celery

cilantro

cinnamon

citrus

cumin

eggs

fennel

**garlic**

leeks

mushrooms

oil, peanut

olive oil

onions  
paprika  
parsley, flat-leaf  
parsnips  
**pepper, black**  
**potatoes**  
rosemary  
sake  
**salt:** kosher, sea  
shallots  
soy sauce  
star anise  
stocks: chicken, veal  
thyme  
vegetables, root  
vinegar, champagne  
zucchini

## **PORK — CHOPS**

**Techniques:** dry-heat cooking (e.g., broil, grill, roast, sauté)

**APPLES:** cider, fruit, sauce

arugula  
beans  
bread crumbs  
broccoli rabe  
butter  
cabbage, red  
coriander  
corn  
fennel  
fennel pollen

I'm sometimes inspired by looking back to my childhood and the combinations of flavors I liked. I was a pretty picky eater growing up, but I loved my macaroni and cheese, and bacon and eggs. I came up with a take on bacon and eggs substituting **pork belly** for the bacon. I love pork belly — it is a poor man's foie gras, the way it just melts in your mouth. I make the eggs in a double boiler that gives them a creamy texture, and finish them with fresh herbs. For the belly, we grill it and then braise it in citrus, champagne vinegar, and veal stock for six

hours. Then at serving, we grill it again and top it with a “sweet heat” sauce which is like a barbecue sauce with layers and layers of flavor.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

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## Dishes

**Grilled Pork Chop with Artichokes, Cipollini, and Aceto Manodori** — Mario Batali, Babbo (New York City)

**Pork Chop, Creamed Sweet Corn, Pan-Fried Summer Squash, and Crushed Blackberries** — Cory Schreiber, Wildwood (Portland, Oregon)

**garlic**

ginger

**greens**

honey

lemon, juice

lentils

molasses

**mustard** (esp. Dijon) and mustard seeds

olive oil

**onions**

peaches

pepper, black

polenta

potatoes: mashed, steamed

prosciutto

rosemary

**SAGE**

**sauerkraut**

spinach

stock, chicken

**sugar: brown, white**

tomatoes

vanilla

**vinegar: balsamic, cider**

### **Flavor Affinities**

pork chop + apples + ginger + sage

pork chop + arugula + tomatoes

pork chop + greens + sweet potatoes



pork chop + peaches + balsamic vinegar

## **PORK — HAM (See Ham)**

## **PORK — LOIN**

**Techniques:** dry-heat cooking (e.g., bake, braise, grill, roast, sauté)

bay leaf

brandy

cabbage, red

chile peppers, ancho

**cilantro**

cinnamon

figs

garlic

**ginger**

lemongrass

lime, juice

maple syrup

**mustard**

**mustard seeds**

onions

oregano

port

potatoes

**rosemary**

**sage**

sake

soy sauce

stock, chicken

thyme

vinegar, white

wine, white

**Flavor Affinities**

pork loin + figs + onions

pork loin + red cabbage + port wine

## **PORK — RIBS**

**Techniques:** bake, barbecue, braise, broil, grill, roast, sauté

allspice

bay leaf

beer

bourbon

butter

cabbage

chile peppers, guajillo

**chili powder**

cider

coffee

coriander

**cumin**

**garlic**

ginger

hoisin sauce

**honey**

hot sauce

ketchup

lemongrass

liquid smoke

mirepoix

**molasses**

**mustard**, Dijon

olive oil

**onions, esp. white**

oregano

paprika: hot, smoked

parsley, flat-leaf

pepper, black

potatoes

**salt: kosher**, sea

sesame oil

soy sauce

sugar, brown

Tabasco sauce

thyme

tomatoes and tomato puree

vinegar: apple cider, balsamic, red wine, sherry, white wine

Worcestershire sauce

## **PORK — SAUSAGE (See Sausages)**

## **PORK — SHOULDER**

**Techniques:** moist-heat cooking (e.g., barbecue, braise, stew)

achiote

allspice

andouille sausage (key ingredient)

apples

barbecue sauce

**bay leaf**

cayenne

**chile peppers**

cinnamon

coriander

cornmeal (e.g., grits, polenta)

couscous

cumin

five-spice powder

**GARLIC**

**ginger**

honey

**lemon**

lime

maple syrup

milk

mushrooms

orange

oregano

paprika

port

quince

rice

rum

**sage**

soy sauce

sugar, brown

**thyme**

tomatoes

vinegar

wine, red

**Flavor Affinities**

pork shoulder + bay leaves + wild mushrooms

pork shoulder + chipotle peppers + cumin + tomatoes

pork shoulder + plantains + rice + rum

**PORK — TENDERLOIN**

**Techniques:** dry-heat cooking (e.g., broil, grill, roast, sauté)

artichokes, Jerusalem

bacon

beans, green

cardamom

cilantro

cinnamon

corn

fennel

ginger

lime

maple syrup

marjoram

mushrooms, porcini, dried

mustard

**olive oil**

**onions: cipollini, yellow**

orange

oregano

pancetta

parsley

pepper, black

polenta

potatoes

red pepper flakes

**rosemary**

rum, esp. dark

**sage**

savory  
sherry  
sour cream  
sugar, brown  
tarragon  
turmeric  
vinegar, balsamic  
yogurt

## **PORTUGUESE CUISINE**

anise  
bread  
chile peppers, piri piri  
cilantro  
cinnamon  
clams  
cod  
custards  
eggs  
fish  
garlic  
kale  
olive oil  
onions  
paprika  
parsley  
pork, esp. cured  
**port**  
potatoes  
rice  
saffron  
shellfish  
tomatoes  
turkey  
vanilla

### **Flavor Affinities**

clams + garlic + paprika + pork  
cod + eggs + onions + potatoes

garlic + kale + onions + potatoes

piri piri peppers + garlic + lemon juice + olive oil + salt

## **POTATOES**

**Season:** year-round

**Function:** cooling

**Weight:** medium–heavy

**Volume:** quiet

**Techniques:** bake, boil, deep-fry, gratin, grill, mash (use older, starchier potatoes), puree, roast, sauté, steam

arugula

**bacon**

basil

**BAY LEAF**

**BEEF**

bell peppers, green, esp. roasted

**BUTTER**, unsalted

buttermilk

caraway seeds

cardamom

carrots

cauliflower (e.g., Indian cuisine)

caviar

cayenne

celery

**celery root**

**CHEESE:** Brin d'Amour, Cantal, cheddar, Comté, Dry Jack, Emmental, Fontina, goat, Gouda, Gruyère, manchego, Parmesan, pecorino, raclette, Roquefort, Torta del Casar

chervil

**chicken**

chickpeas (e.g., Indian cuisine)

chicory

chile peppers (e.g., Indian, Thai cuisine)

chili oil

**CHIVES**

cilantro

cinnamon

cloves  
coriander  
**CREAM / MILK**  
**crème fraîche**  
cumin  
curry  
dill  
**eggs**  
French cuisine  
garam masala  
**GARLIC**  
ginger  
greens, winter  
herbs  
kale

We make a **potato** stew with bacon, olives, mushrooms, and onions, which is perfect for cold winter Sunday suppers. We add two strong flavors — bacon and olives — to the potato. Onions and porcini mushrooms add another layer of flavor.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

lamb  
lavender  
**LEEKS**  
lemon, juice  
lovage  
marjoram  
**mayonnaise**  
morels  
**mushrooms, esp. wild**  
mussels  
**mustard:** Dijon, dry  
**nutmeg**  
**OIL:** canola, peanut, vegetable  
**olive oil**  
olives, e.g., black  
**ONIONS:** green, red, Spanish, Vidalia  
oysters  
paprika

**parsley, flat-leaf**

**parsnips**

peas

**PEPPER:** black, white

pork and pork belly

ramps

**ROSEMARY**

rutabagas

saffron

**sage**

salads

**SALT:** kosher, sea

salt cod

sausages: chorizo, Italian

savory

scallions

**shallots**

**sorrel**

**sour cream**

spinach (e.g., Indian cuisine)

squash, winter (e.g., butternut)

**STEAK**

**STOCKS:** chicken, vegetable

sweet potatoes

**THYME**

**tomatoes**

**truffles, black**



turmeric

turnips

vegetables, root



vinaigrettes

**vinegar:** champagne, sherry, white wine

**wine, dry white**

**yogurt**

**Flavor Affinities**

potatoes + bacon + cheese + onions

potatoes + chives + sour cream

potatoes + cream + garlic + Parmesan cheese + rosemary

potatoes + cream + leeks + oysters

potatoes + Gruyère cheese + winter squash

potatoes + leeks + nutmeg

**POTATOES, NEW**

**Season:** spring–summer

**Weight:** medium

**Volume:** quiet

**Techniques:** boil, roast, steam

**Tips:** New potatoes are best not baked or fried.

chives

cream

**garlic**

mint

olive oil

paprika

parsley

pepper, black

rosemary

salt

savory

shallots

tarragon

**thyme**

vinegar

**Flavor Affinities**

new potatoes + garlic + shallots + tarragon + vinegar

## **POULTRY (See Chicken, Turkey, etc.)**

### **PROSCIUTTO**

**Taste:** salty

**Weight:** light–medium (depending on thinness of slicing)

**Volume:** moderate

almonds

apples

arugula

asparagus

**basil**

**cheese:** Fontina, Gruyère, Parmesan, provolone

chestnuts

chicken

chicory

cilantro

fennel

**FIGS**

grapes

hazelnuts

honey

**Italian cuisine**

**lemon, juice**

**lime, juice**

**\*MELON**, esp. cantaloupe, honeydew

mushrooms

**mustard**, esp. Dijon

mustard seeds

nectarines

**olive oil**

pasta

pears

pepper: black, white

pine nuts

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### **Dishes**

**Prosciutto San Daniele with Black Pepper Fettunta and Figs** — Mario Batali,

Babbo (New York City)

## **Fig and Prosciutto Pizza**

— Todd English, Figs (Charlestown, Massachusetts)

pomegranate molasses

**sage**

spinach

tomatoes

walnuts

## **PRUNES (See Plums, Dried)**

## **PUMPKIN (See also Squashes, Winter)**

**Season:** autumn

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** bake, braise, grill, puree, roast

**allspice**

amaretti cookie crumbs

apples

**bay leaf**

brandy, esp. apple

**BUTTER, unsalted**

caramel

carrots

cayenne

**CHEESE:** feta, Gruyère, Parmesan

chile peppers

chocolate, white

cilantro

**CINNAMON**

**CLOVES**

coconut

cognac

**cranberries**

**CREAM**

**cream cheese**

crème anglaise

crème fraîche



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## Dishes

**Pumpkin, Brown Sugar, and Tempura with Cinnamon Fragrance** — Grant Achatz, Alinea (Chicago)

**Pumpkin “Lune” with Butter, Sage, and Amaretti** — Mario Batali, Babbo (New York City)

**Creamy Pumpkin and Cream Cheese Custard with Orange-Rum Raisins** — Gina DePalma, pastry chef, Babbo (New York City)

**Grilled Pineapple and Caribbean Pumpkin Salad with Pumpkin Seeds and Cacao Nib Vinaigrette** — Maricel Presilla, Zafra (Hoboken, New Jersey)

cumin  
curry  
custard  
duck  
**garlic**  
**GINGER:** fresh, ground  
hazelnuts  
honey  
Italian cuisine  
kumquats  
**lemon, juice**  
lime, juice  
lobster  
mace  
maple syrup  
marjoram  
molasses  
mushrooms  
**NUTMEG**  
nuts  
oatmeal  
**oil: sesame, vegetable**  
**olive oil**  
**onions: red, white**  
**orange: juice, zest**  
orange liqueur (e.g., Grand Marnier)  
oysters  
pasta (e.g., ravioli, tortelli)  
pecans  
**pepper: black, white**  
pine nuts  
pork  
potatoes  
**pumpkin: oil, seeds**  
radicchio  
**raisins**  
risotto  
rosemary  
**rum, esp. dark**

## **SAGE**

**salt, kosher**

scallops

shrimp

soups

sour cream

With **pumpkin** or even sweet potatoes, the combination of allspice, cinnamon, ginger, and clove works great. If you buy canned pumpkin that has spices already added, it tastes a little off and artificial. Depending on how you like your spices, you typically add equal amounts of ginger and cinnamon and less allspice and clove because the last two are very strong.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

**Pumpkin** and butternut squash juices are great in dishes featuring [each respective vegetable]. What the juice does is intensify their flavor, making the dishes taste more natural.

— **ANDREW CARMELLINI**, A VOCE (NEW YORK CITY)

I had to come up with a recipe for a vegan cookbook, and ended up making a **pumpkin** and coconut milk custard thickened with agar-agar that was so delicious, I put it on the menu!

— **BRADFORD THOMPSON**, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

**Pumpkin** and bay leaf together make the pumpkin taste even more pumpkin-like.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

My **pumpkin** pie soup dish was inspired by walking through Whole Foods and seeing pumpkins. I thought, How do I like my pumpkin? I like pumpkin pie, and thought it would actually make an interesting soup. I made a pumpkin soup and found the soup to be very savory with its spicing, and added smoked duck to it. I wanted a contrasting flavor, so I added some sweet meringue as a garnish. Then I needed a contrast to the creaminess, so I put in a piece of pie crust a second before serving as well as toasted pecans for even more crunch.

— **BOB IACOVONE**, CUVÉE (NEW ORLEANS)

stews

stock, chicken

**SUGAR: brown, white**

sweet potatoes

Thanksgiving

**thyme**

turnips

**vanilla**

vinegar, balsamic

walnuts

wine, dry white

wine, sweet

yogurt

### **Flavor Affinities**

pumpkin + allspice + bay leaf + cinnamon + salt

pumpkin + allspice + cinnamon + ginger

pumpkin + amaretti cookie crumbs + butter + pasta + sage

pumpkin + apples + curry

pumpkin + brown sugar + pine nuts

pumpkin + butter + garlic + chicken stock + thyme

pumpkin + chile peppers + garlic

pumpkin + cream cheese + orange + rum

pumpkin + cream cheese + pumpkin seeds + sugar

pumpkin + custard + garlic

pumpkin + honey + balsamic vinegar

pumpkin + olive oil + rosemary

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## **Dishes**

**Pepitas: Toasted Pumpkin Seeds Seasoned with Cumin, Coriander, and Jalapeño** — Traci Des Jardins, Mijita (San Francisco)



## **Cilantro and Pumpkin Seed Pesto**

— Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

## **PUMPKIN SEED OIL (See Oil, Pumpkin Seed)**

### **PUMPKIN SEEDS**

**Season:** autumn

**Weight:** light

**Volume:** quiet

**Techniques:** bake, roast  
caramel

chile peppers, jalapeño

cilantro

coriander

cumin

Mexican cuisine

salt

### **PURSLANE**

**Season:** summer

**Taste:** sour

**Weight:** light

**Volume:** moderate

**Techniques:** raw, sauté

beans, green

cucumber

garlic

herbs: chervil, cilantro, mint

olive oil

smoked trout

tomatoes

vinegar, white wine

yogurt

## QUAIL

**Season:** late spring–autumn

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, pan roast, roast, sauté

almonds

anchovies

anisettes

apples

arugula

**bacon**

Wild **purslane** has a lemony flavor and waxy leaves. It makes me think of a salad of very young green beans that are three inches long and tossed with the purslane and a splash of white wine vinegar and Ligurian olive oil.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

**bay leaf**

bell peppers, esp. red

bourbon

**brandy**

butter, unsalted

capers

cardamom

carrots

chard

chestnuts

chicken livers

chile peppers, esp. green

chili powder

cinnamon

cloves

coconut

cognac

coriander

cream

cumin

currants

curries

dandelion greens  
fennel  
figs  
foie gras  
frisée  
**garlic**  
ginger, fresh or ground  
grapes, esp. seedless  
ham  
honey  
Italian cuisine  
leeks  
**lemon, juice**  
lentils  
maple syrup  
marjoram  
mint  
molasses  
**mushrooms, wild**  
**mustard, Dijon**  
**OIL:** canola, peanut, sesame, vegetable  
**olive oil**  
**onions, spring**  
orange: juice, zest  
oysters  
**pancetta**  
**parsley, flat-leaf**  
pears  
peas  
**pepper, black, pink**  
**pine nuts**  
pistachios  
polenta  
pomegranates and pomegranate molasses  
potatoes, esp. creamer  
prosciutto  
**rosemary**  
saffron  
sage

salsify  
salt  
sausage

**Quail** is too delicate for rosemary, so I like it with a little lavender, pink peppercorns, and *fleur de sel*.

— SHARON HAGE, YORK STREET (DALLAS)

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## Dishes

**Quail Corn Bread and Pecan Stuffed Breast, Leg Confit, Sweet Corn Pudding, and Chanterelle Mushrooms** — Jeffrey Buben, Vidalia (Washington, DC)

**Glazed Quail with Caramelized Fennel Bulb and Tangerine Marmalade** — Thomas Keller, The French Laundry (Yountville, California) **Walnut-Glazed Quail with a Ragout of Organic Shell Beans, Shiitake Mushrooms, and Applewood-Smoked Bacon** — Gabriel Kreuther, The Modern (New York City)

**Roast “Brace” of Quail and La Quercia “Americano” Prosciutto with a “Fondant” of Austrian Crescent Potatoes, Roasted Acorn Squash, Red Pearl Onions, Swiss Chard, and Tarragon** — Carrie Nahabedian, Naha (Chicago)

**Two Texas Cross Quail and Braised Cabbage with Apple and Hazelnuts** — Monica Pope, T’afia (Houston)

**Roasted Quail with Smoked Bacon, Brussels Sprouts, and a Quail Jus** — Thierry Rautureau, Rover’s (Seattle)

**Pan-Fried Coriander Quail Cakes with Coconut Curried Vegetables** — Vikram Vij and Meeru Dhalwala, Vij’s (Vancouver)

scallions  
shallots  
sherry  
soy sauce  
**stocks: chicken, vegetable**  
stuffing  
sugar, brown  
sumac  
Tabasco sauce  
tamarind

tarragon

**THYME**

tomato paste

truffles, white

vinaigrette

**VINEGAR:** balsamic, red wine, sherry

walnuts

**wine: red, white**

**Flavor Affinities**

quail + arugula + pomegranate

quail + bacon + Brussels sprouts

quail + bacon + garlic + lemon

quail + bourbon + molasses + pears

quail + chanterelle mushrooms + tarragon + tomato

quail + cinnamon + sumac

quail + figs + vinaigrette

quail + marjoram + olive oil + rosemary + sage + thyme

**QUATRE ÉPICES**

beef, esp. braised

charcuterie

duck

foie gras

French cuisine

game

pâté

sausages

soups

stews

vegetables

venison, esp. braised

**Flavor Affinities**

cloves (allspice or cinnamon) + ginger + nutmeg + black and/or white

pepper

**QUINCE**

**Season:** autumn

**Taste:** sour

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, poach, stew

almonds

**\*APPLES: fruit, juice**

Armagnac

bay leaf

beef

brandy

butter, unsalted

Calvados

caramel

cardamom

**CHEESE, ESP. GOAT, MANCHEGO, RICOTTA,** and esp. with quince

paste

cherries

chicken

**cinnamon**

cloves

cranberries

cream and ice cream

custards

dates

figs, esp. dried

fruits, dried, esp. apricots, cherries, plums

**ginger**

hazelnuts

**honey**

jams and jellies

kumquats

lamb

**lemon, juice**

liqueurs, nut

**maple syrup**

mascarpone

meats

nutmeg

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## Dishes

**Roasted Quince, Foie Gras, and Candied Fennel with Sweet Spices** — Grant Achatz, Alinea (Chicago)

**Quince and Marcona Almond “Crisp,” Mascarpone Sorbet, and Pedro Ximenez Sherry Caramel** — Elizabeth Dahl, pastry chef, Naha (Chicago)

**Quince-Filled Maple-Whiskey Cake with Goat Cheese Ice Cream** — Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Granny Smith Apple Sorbet, Quince, Quinoa, Pecans** — Johnny Iuzzini, pastry chef, Jean Georges (New York City) **Quince** is something that will never be mainstream because of its unique flavor and the fact that you just can't peel it and eat it. But if you peel quince and cook it forever and show it some love, it is so much better than an apple or a pear.

— EMILY LUCHETTI, FARALLON (SAN FRANCISCO)

orange

**\*PEARS**

pecans

pepper, black

pies (e.g., apple)

pistachios

poultry

raisins

raspberries

Spanish cuisine (quince paste)

star anise

**sugar: brown, white**

**vanilla**

walnuts

whiskey

wine: red, sweet

**wine, white**, e.g., Riesling

yogurt

## **RABBIT (See also Game — In General)**

**Season:** autumn–winter

**Taste:** sweet–astringent

**Function:** heating

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** barbecue, braise (esp. legs, thighs), broil, grill, roast, sauté, stew

almonds

apples

**artichokes**

arugula

asparagus, white

**BACON**, esp. smoked

barbecue sauce

basil

**bay leaf**

beans: fava, green, white

beer

bell peppers

brandy

bread crumbs

**butter, unsalted**

**cabbage, esp. red**

**carrots**

cayenne

celery root

cherries

**chervil**

chiles, esp. Thai

chives

chocolate, esp. dark

cider

cilantro

cinnamon

cloves

coconut milk

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## Dishes

**Rabbit Enchiladas with Red Chile Mole and Pumpkin Seeds** — Robert Del Grande, at the 2003 James Beard Awards gala reception **Braised Rabbit with Winter Vegetables, Abita Beer Bread, Truffled Parsnips** — Bob Iacovone,



Cuvée (New Orleans)

**Roast Loin of Rabbit with a “Ragoût” of Braised Rabbit, Confit Garlic Crushed Potatoes, Applewood Slab Bacon, “Hen of the Woods” Mushrooms, Glazed Young Carrots, and Turnips** — Carrie Nahabedian, Naha (Chicago)

**Roasted Rabbit Saddle with Root Vegetables, Green Lentils, and a Game Jus** — Thierry Rautureau, Rover’s (Seattle)

**Rabbit Braised in Arneis with Chickpea Crepe and Pancetta** — Holly Smith, Café Juanita (Seattle)

**Rabbit Consommé, Morels, Pea, and Lavender Emulsion** — Rick Tramonto, Tru (Chicago)

coriander

corn

**cream**

cumin

currants (e.g., currant jelly)

curry paste, Thai yellow

fennel leaves

fennel seeds

fish sauce, Thai

French cuisine

**GARLIC**

ginger

hazelnuts

Italian cuisine

leeks

lemon: juice, zest

lemongrass

lime: juice, leaves

Marsala

Mediterranean cuisine

mint

mirepoix

**mushrooms**

**MUSTARD:** Dijon, dry

**OIL:** canola, grapeseed, hazelnut, peanut, vegetable, walnut

**olive oil**

olives, esp. green, black, kalamata  
**ONIONS**, esp. pearl, Spanish, yellow  
orange, zest  
**oregano**  
pancetta  
paprika: smoked, sweet  
**parsley, flat-leaf**  
**pasta/noodles, egg**  
**PEPPER: black, pink, white**  
pine nuts  
plums  
port  
potatoes

A dish I am really proud of is our saddle of **rabbit** served with green olives, shallots, marjoram, and fennel jam. This is a light and beautifully balanced dish that reminds me of Liguria [in Italy]. The olives are salty, the marjoram is strong, and the fennel is sweet. This has been on our menu for over a year but it took me a few tries to get right. I tried black olives, but they were too strong. I tried rosemary, but it was too earthy. I tried Brussels sprouts, but they were a little too bitter and didn't complement the same way sweet fennel did. So though the combination didn't work for the saddle, the black olives and rosemary led me to add some rabbit liver and stuff a whole boned rabbit. That dish did work. The two dishes were different in the sense that the saddle with the green olives was a little more sophisticated while the whole rabbit was more of a peasant dish. Customers like both!

— **ODETTE FADA**, SAN DOMENICO (NEW YORK CITY)

**prunes**  
rice and risotto  
**rosemary**  
saffron  
**sage**  
**salt: kosher, sea**  
sesame seeds  
**shallots**  
soy sauce  
spinach  
star anise  
**STOCKS: chicken, rabbit, veal**

sugar (pinch)

Tabasco sauce

tarragon

**THYME**

**tomatoes and tomato paste**

vegetable puree

**VINEGAR:** balsamic, cider, red wine, sherry, white wine

**WINE:** **dry red, dry white** (e.g., Riesling), Champagne

**Flavor Affinities**

rabbit + bacon + rosemary

rabbit + garlic + potatoes + rosemary + shallots

rabbit + mushrooms + noodles

rabbit + mushrooms + tarragon

rabbit + mustard + red wine

rabbit + vinegar + red wine

rabbit + rosemary + tomato

rabbit + shallots + white beans

## **RADICCHIO**

**Season:** year-round

**Taste:** bitter

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** braise, grill, roast, sear

anchovies

apples

arugula

bacon

beans, esp. shell, white

beef

butter

capers

**CHEESE**, esp. pungent and/or Asiago, blue, dry Jack, feta, **Gorgonzola**,

Gruyère, **PARMESAN**

chicken, esp. roasted

chives

duck

eggs, esp. hard-boiled

**endive**

fennel

figs

fish

**garlic**

horseradish

**ITALIAN CUISINE**

lamb

**lemon: juice, zest**

lime, juice

lobster

mushrooms, wild

**mustard, Dijon**

oil, corn

**OLIVE OIL**

**onions, red**

orange: juice, zest

pancetta

parsley, flat-leaf

pasta

pears

pecans

**pepper: black, white**

pine nuts

pizza

pork

poultry

**prosciutto**

pumpkin and pumpkin oil

red pepper flakes

risotto

rosemary

**salads and salad dressings**

salami

**SALT**

seafood, esp. grilled or roasted

shallots

shrimp

squab

**VINEGAR: BALSAMIC, red wine, sherry**

walnuts

wine, dry white

**Flavor Affinities**

radicchio + arugula + endive

radicchio + Asiago cheese + olive oil + balsamic vinegar

radicchio + duck + risotto + reduced balsamic vinegar

radicchio + fennel + prosciutto

radicchio + Gorgonzola cheese + pears

radicchio + hard-boiled eggs + olive oil + prosciutto + sherry vinegar + walnuts

radicchio + mushrooms + risotto + balsamic vinegar

It's vital that you taste your ingredients to determine the best way to serve them. We got a new **radicchio** in that is so bitter it just won't work as a salad. Instead, we will turn it into a pesto or a tiny garnish.

— **MONICA POPE**, T'AFIA (HOUSTON)

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**Dishes**

**Grilled Radicchio Trevisano with Asiago and Horseradish** — Mario Batali, Babbo (New York City)

**Radicchio Salad with Parmesan Balsamic Vinaigrette** — Hiro Sone and Lissa Doumani, Terra (St. Helena, California) There is a time of year when all there seems to be in the green market is **radishes**. You get sick of seeing them and they are there for months. I needed to create something new and all there was were radishes. So, I came up with a radish salad served with lobster. We blanch turnip rounds and fold in a little baby ginger to get this wonderfully peppery salad. The sauce with the lobster is a pistachio vinaigrette that is bound by onion puree and brightened by the juice that pickled the ginger. We finish the dish with toasted pistachios and add a pistachio oil. The pistachio nut and oil add an earthy quality and depth of flavor to the dish.

— **MICHAEL ANTHONY**, GRAMERCY TAVERN (NEW YORK CITY)

**RADISHES**

**Season:** spring–autumn

**Taste:** pungent

**Function:** heating

**Weight:** light

**Volume:** moderate–loud

**Techniques:** braise, raw

anchovies

avocados

basil

bread: French, rye

**BUTTER**, esp. sweet

celery

cheese, esp. blue, feta

chervil

**chives**

cilantro

crab

cream

**cream cheese**

cucumbers

curry powder

dill

fennel

fish, esp. white

**lemon**, juice

lettuces

lobster

lovage

marjoram

**mint**

olive oil

onions

orange: fruit, juice

oregano

**parsley, flat-leaf**

pears

pecans

**pepper**

rosemary

salads

**SALT**, esp. **SEA**

**scallions**

sesame oil

shallots  
shrimp  
soy sauce  
tamari  
**thyme**  
vinaigrettes  
**VINEGAR: cider, white wine**  
**Flavor Affinities**  
radishes + bread + butter + salt

## **RAISINS**

**Taste:** sweet  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake, raw, stew  
allspice  
**almonds**  
anise  
apples  
apricots, dried  
baked goods (e.g., cookies)  
bananas  
brandy  
**breakfast (e.g., cereals, oatmeal)**  
butter, unsalted  
buttermilk  
caramel  
carrots  
cheese: goat, ricotta  
chestnuts  
chocolate: dark, white  
**cinnamon**  
cloves  
cognac  
crème fraîche  
currants  
custard  
dates

**desserts**

figs, dried

**ginger**

hazelnuts

honey

ice cream

Indian cuisine

Italian cuisine, esp. Venetian

**lemon: juice, zest**

liqueurs, nut

maple syrup

mascarpone

mole sauces

Moroccan cuisine

nutmeg

**nuts**

oatmeal

**orange: juice, zest**

peanuts

pears

pecans

pine nuts

pistachios



prunes

pumpkin

quince

raisins

rice (e.g., pudding)

**RUM**

salads

sour cream



Southern Comfort  
stuffings  
**sugar: brown, white**  
sweet potatoes  
**vanilla**  
**walnuts**  
whiskey  
**wine: red, sweet, white**  
yogurt  
**Flavor Affinities**  
raisins + orange + rum

## **RAMPS (aka wild leeks; see also Leeks, Onions, and Scallions)**

**Season:** spring–summer  
**Weight:** light  
**Volume:** quiet–moderate  
**Techniques:** cook, raw  
asparagus  
bacon  
butter  
carrots  
**cheese, Parmesan**  
chicken  
chives  
cream  
cured meats (e.g., speck)  
**fish** (e.g., halibut, salmon, trout)  
ham  
lentils, green  
mushrooms, wild (e.g., morels)  
olive oil  
onions  
**pasta**  
pepper, black  
pork  
**potatoes**, esp. new  
prosciutto  
risotto

shallots  
stock, chicken  
wine, white

**Flavor Affinities**

ramps + asparagus + morels  
ramps + lentils + pork  
ramps + Parmesan cheese + risotto  
ramps + pasta + speck

**RASPBERRIES**

**Season:** summer

**Taste:** sweet

**Weight:** light

**Volume:** quiet–moderate

**almonds**

apricots

beverages

**blackberries**

**blueberries**

brandy, esp. berry-flavored

buttermilk

caramel

**Champagne**

cheese: goat, ricotta

**CHOCOLATE, ESP. DARK (say some)**

**\*CHOCOLATE, WHITE**

cinnamon

cloves

cognac

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**Dishes**

**Spaghetti with Local Ramps, American Speck, and Parmesan** — Andrew Carmellini, A Voce (New York City)

**Roasted Pork Chop with Spiced Pulled Pork, Green Lentils, and Ramps** — Gray Kunz, Café Gray (New York City)

Cointreau

corn syrup, light

**CREAM**

crème anglaise

crème fraîche

currants, esp. red

**custard**

desserts

figs, esp. fresh

**Framboise**

ginger

graham crackers

**Grand Marnier**

grapefruit

grapes

**hazelnuts**

honey

**ICE CREAM**, vanilla

jams

**Kirsch**

**LEMON**: juice, zest

lemon verbena

**lime**: juice, zest

liqueurs, esp. berry, nut

macadamia nuts

mangoes

maple syrup

mascarpone

melon

**meringue**

milk, sweetened condensed

**mint** (garnish)

**nectarines**

oatmeal

**orange**: juice, zest

**peaches**

peanuts

pears

pecans

pineapple

pine nuts  
pistachios  
plums  
quince  
raspberry preserves  
rhubarb  
rum, dark  
salads: fruit, green

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## Dishes

**Flambéed Peaches with Crepes and Raspberry-Lemon Ice Cream** — Gary Danko, Gary Danko (San Francisco)

**Raspberry Mousse and Star Anise Tuile**  
— Dominique and Cindy Duby, Wild Sweets (Vancouver)

**Almond Tart Shell Filled with Rose Cream and Raspberries with Lychee Granité, and Pistachio Crème Anglaise** — Michael Laiskonis, pastry chef, Le Bernardin (New York City) When working with **raspberries**, I will try not to cook them too much. The problem is that often fresh raspberries are not that great. If I am making a sauce, even in the middle of summer I will use frozen raspberries. You can use frozen fruit as long as it doesn't have sugar or anything else added. The fruit is picked in the field when it is ripe and frozen right away. So, the frozen raspberries will have better flavor than those that have been put in a little carton and shipped across the country. Of course, local farmers' market raspberries are a different story. If I am making a sauce in the summer, the frozen raspberries will taste great. On the other hand, you would not use frozen raspberries on top of a tart.

— **EMILY LUCHETTI**, FARALLON (SAN FRANCISCO)

salt, sea  
sauces  
sour cream  
star anise  
**strawberries**  
**SUGAR:** brown, white  
tequila  
wine: red, sweet (e.g., Riesling)  
**VANILLA**  
**yogurt**

## **AVOID**

chocolate, dark (say some)

## **Flavor Affinities**

raspberries + almonds + lemon

raspberries + almonds + vanilla

raspberries + cream + star anise

raspberries + crème fraîche + lemon

raspberries + custard + mint

raspberries + lemon + peaches

raspberries + sugar + vanilla + white chocolate

## **RED SNAPPER (See Snapper)**

## **RHUBARB**

**Season:** late spring–summer

**Taste:** sour

**Weight:** medium

**Volume:** loud

**Techniques:** bake, puree, sauté, stew

almonds

## **ANGELICA**

apples

bay leaf

berries

blood orange

brandy

**butter, unsalted**

buttermilk

**caramel**

cardamom

cheese: blue, Stilton

chives

chocolate, white

**cinnamon**

citrus fruits

cloves

## **CREAM AND ICE CREAM**

cream cheese

**crème fraîche**

crust: pastry, pie

custard

duck

eggs

fennel

**fish, mild**

foie gras

fruit

game birds

garlic

**GINGER:** fresh, crystallized, powdered

Grand Marnier

grapefruit

grenadine

hazelnuts

**honey**

Kirsch

**lemon: juice, zest**

lime: juice, zest

liver

maple syrup

mascarpone

mint, esp. spearmint

nutmeg

oatmeal

oil, peanut

onions

**orange, juice**

pecans

pepper, black

pies

plums

pork

port

**raspberries**

salt: kosher, sea

sour cream

**\*STRAWBERRIES**

## SUGAR: BROWN, CONFECTIONERS', WHITE

trout

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### Dishes

**Cool Rhubarb Soup with Orange and Mint Fior Di Latte** — Gina DePalma, pastry chef, Babbo (New York City)

**Ricotta Cheesecake with Rhubarb and Sweet Vanilla Cream** — Gina DePalma, pastry chef, Babbo (New York City)

**Rhubarb Stilton and Port Wine Reduction Chocolate** — Dominique and Cindy DUBY, Wild Sweets (Vancouver)

**Rhubarb Consommé, Vanilla-Poached Rhubarb, Strawberry Crisp** — Gale Gand, pastry chef, Tru (Chicago)

**Vanilla Yogurt Mousse, Rhubarb-Citrus Compote, Blood Orange Sorbet, and Coulis** — Michael Laiskonis, pastry chef, Le Bernardin (New York City)

**Warm Apple and Rhubarb Turnovers with Rhubarb-Gewürztraminer Jam and Candied Ginger-Crème Fraîche Ice Cream** — Emily Luchetti, pastry chef, Farallon (San Francisco)

**Rhubarb Napoleon with Mascarpone Cream and Fennel Compote** — Ellie Nelson, pastry chef, Jardinière (San Francisco)

**Old-Fashioned Rhubarb Crisp with Cinnamon-Walnut Ice Cream** — Michael Romano, Union Square Café (New York City)

## **Rhubarb and Angelica Pie**

— Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

## **Rhubarb-Mint Cobbler**

— Jerry Traunfeld, The Herbfarm (Woodinville, Washington)

I like to pair **rhubarb**, caramelized sugar, and blood orange juice — which has more character than orange juice — because their seasons barely overlap. I am not a fan of rhubarb desserts because they always tend to be one note — either very tart, or very sweet to make up for the tartness. Caramel works well with rhubarb because it makes the rhubarb not too sweet.

— **MICHAEL LAISKONIS**, LE BERNARDIN (NEW YORK CITY)

There is not a lot of fruit available in the spring, so that pretty much leaves you with **rhubarb**. The good news is that rhubarb works well in custards and ice creams.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

### **VANILLA**

verbena

vinaigrette

vinegar: cider, raspberry

wild rice

wine, sweet white (e.g., Riesling)

yogurt

### **Flavor Affinities**

rhubarb + blood orange + caramelized sugar

rhubarb + caramel + orange

rhubarb + cardamom + orange

rhubarb + cardamom + sugar + vanilla

rhubarb + cinnamon + cream + walnuts

rhubarb + cream cheese + lime + vanilla

rhubarb + fennel + mascarpone

rhubarb + honey + lemon + vanilla

rhubarb + lemon + yogurt

rhubarb + mint + orange

rhubarb + mint + sugar + vanilla

rhubarb + Stilton cheese + port wine

rhubarb + strawberry + vanilla

## **RICE, WHITE — IN GENERAL**



**Function:** cooling

**Weight:** light–medium

**Volume:** quiet

**Techniques:** boil, steam

anise

bacon

beans

**butter, unsalted**

chicken

cinnamon

**coconut and coconut milk**

cream / milk

curry powder

fish

fish sauce, Thai

garlic

ginger, fresh

lemon, zest

meats

nuts: almonds, pecans, pistachios, walnuts

onions

peas

raisins

rhubarb

**SAFFRON**

salt

shellfish

shrimp

stocks: chicken, vegetable

sugar

tomatoes

vegetables

## **RICE, ARBORIO OR CARNAROLI (aka risotto)**

**Weight:** medium–heavy

**Volume:** quiet

**Techniques:** sauté, then simmer

arugula

asparagus  
bacon  
basil  
butter, unsalted  
celery  
**cheese, Parmesan**  
chicken  
chile peppers, red  
chives  
crab  
fennel  
garlic  
Italian cuisine  
lemon  
lemon thyme  
lime, zest  
**mushrooms (e.g., chanterelles, morels, shiitake)**  
mussels  
mustard seeds  
**onions**  
parsley, flat-leaf  
**peas**  
pepper, black  
prosciutto  
saffron  
scallions  
shallots  
shellfish  
shrimp  
sorrel  
squid  
**stocks: chicken, fish, vegetable**  
tarragon  
thyme  
tomatoes  
truffles  
veal  
vermouth  
**wine: dry red or white**

zucchini blossoms



### **Flavor Affinities**

risotto + artichokes + lemon + prosciutto  
risotto + asparagus + chervil + morel mushrooms  
risotto + asparagus + saffron + scallops  
risotto + bacon + butternut squash + maple syrup + sage  
risotto + chanterelle mushrooms + zucchini blossoms  
risotto + chorizo + clams + saffron  
risotto + corn + Parmesan cheese + scallions  
risotto + corn + Parmesan cheese + shrimp  
risotto + mussels + parsley + peas  
risotto + pancetta + Parmesan cheese + pumpkin  
risotto + peas + prosciutto  
risotto + sweet onions + Parmesan cheese  
risotto + veal + black truffles

## **RICE, BASMATI**

**Function:** cooling

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** boil, simmer

almonds

basil

bay leaves

bell peppers

butter  
buttermilk  
cardamom  
chicken  
chile peppers, esp. dried red  
cinnamon  
coconut  
coriander  
cream / milk  
cumin  
currants  
curry leaves  
fennel seeds  
garam masala  
garlic  
ginger  
**Indian cuisine**  
lamb  
lemon  
lime, juice  
milk  
mint  
nuts  
oil: canola, macadamia  
**onions, esp. green, red**  
orange  
peas  
pepper: black, white  
pistachios  
potatoes  
raisins, yellow  
**saffron**  
**salt, kosher**  
spinach  
sugar  
thyme  
tomatoes and tomato paste

**RICE, CARNAROLI (See Rice, Arborio)**

## **RICE, JASMINE (See Thai Cuisine)**

### **RICE, WILD**

**Weight:** medium

**Volume:** moderate

**Techniques:** simmer

**butter,** unsalted

celery

game

game birds

lemon, zest

Midwestern American cuisine

**oil:** hazelnut, vegetable, walnut

### **Odette Fada of New York's San Domenico on Risotto**

I am from Northern Italy and grew up eating risotto. Back then, we mainly ate risotto Milanese [i.e., saffron risotto, traditionally served with osso buco or with a mild pork sausage crumbled in with some rosemary]. We would also put it in soup — or even just eat it simply with some grated cheese.

I love it because it only takes one pan, and it is ready in 20 minutes! People think it takes a long time but if you were to cook a piece of fish, wash greens, and make a salad dressing, that would take just as long.

You can make risotto with almost anything. I love it with fruit, vegetables, or fish. One of my favorite fruit risottos is a seasonal one with pears and Gorgonzola. The pears give a nice, sweet crunch to the dish. I also like making risotto with Prosecco, strawberries, and nettles.

A classic combination in Italy in fall is game with blueberry jam and mushrooms. I have adapted this and for over twenty years have been serving risotto with porcini mushrooms and blueberries tossed in at the last second.

I also like to make a risotto with fresh herbs like rosemary, thyme, or oregano — and then at the end I'll cover it with an extra-thin slice of lard [pork jowl] that has a mild flavor. It just melts into the risotto and is out of this world.

Each ingredient you add to your risotto will dictate when it should be added. If it is something delicate like a berry, it gets added very late so it will not break up. If you are making a seafood risotto — say, with octopus — it should be added early so it has time to cook all the way through.

olive oil

onions  
**pepper**, ground  
pine nuts  
salt  
sausage, smoked  
**scallions**  
stock, chicken  
tarragon  
walnuts  
wine, dry white

## **RIESLING**

**Weight:** light  
**Volume:** quiet–moderate  
apples  
cheese, esp. blue, soft, triple crème  
chicken  
curries, esp. milder  
duck  
fish  
fruit, esp. summer  
ham, esp. baked  
pork  
salads  
salmon  
salmon, smoked  
scallops  
seafood  
shellfish  
trout, esp. sautéed



## **Dishes**

## **Rose and Almond Panna Cotta**

— Gina DePalma, pastry chef, Babbo (New York City)

## **Tropical Fruit Salad with Rosewater and Sweet Tahini Yogurt** — Brad Farmerie, Public (New York City)

Floral flavors, when done well, can be really amazing. This is also special because it is something that I never grew up with. Someone from India may not find it a big deal.

I tend to think in threes. I'll pair two classic ingredients, and add a third to elevate the combination. I make my own **rose**-flavored dessert that was inspired by [French pastry chef] Pierre Hermé and his rose macaroon with raspberry and lychee, which is one of the greatest things I have tasted in my life. I coat a standard tart shell with a layer of liquid raspberry; on top of that I place a rose parfait, which I pair with lemon and pistachio. To make the rose flavor not so overbearing, I use it in three different forms. I infuse rosebuds [used to make rosewater] in the milk for the parfait, and I also use rose syrup, which adds color and sweetness, and finally rosewater as well. You have to be careful with rose because it can be like eating perfume. That is why I take a lot of care using three layers to make it one flavor.

— **MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)**

## **ROASTED DISHES**

artichokes, Jerusalem  
beef  
beets  
carrots  
celery root  
chicken  
fennel  
ham  
lamb  
onions  
parsnips  
pork  
potatoes  
rutabagas  
shallots  
squash, winter (e.g., butternut)



turkey  
turnips  
veal: loin, rib  
vegetables, root  
venison  
yams

## **ROMAINE (See Lettuce, Romaine)**

## **ROSE (Hips, Petals, Water)**

**Taste:** sweet

**Weight:** light

**Volume:** moderate–loud

almonds

baked goods (e.g., cakes)

cream / milk

desserts

fruit

honey

ice cream

Indian cuisine desserts

lemon

lychee

pistachios

raspberries

rice and rice pudding

vanilla

yogurt

### **Flavor Affinities**

rose + almonds + cream/milk

rose + honey + yogurt

rose + lemon + pistachios

rose + lychee + raspberries

## **ROSEMARY**

**Season:** year-round

**Taste:** pungent

**Weight:** heavy, tough-leaved

**Volume:** loud

**Tips:** Add early in the cooking process.

In winter, rosemary is milder; in summer, it is stronger.

anchovies

apples

apricots

asparagus

bacon

baked goods (e.g., breads, cakes, cookies)

bay leaf

**BEANS, esp. dried, fava, white, green**

beef

**bell peppers**

**bouquet garni (key ingredient)**

braised dishes

**breads**

Brussels sprouts

**butter**

**cabbage**

carrots

cauliflower

celery

**chicken, esp. grilled**

chives

cream

cream cheese

**duck**

**eggs and egg dishes**

**eggplant**

fennel

figs

**FISH, esp. grilled**

focaccia

**French cuisine, esp. Provençal**

fruit

**game: rabbit, venison**

**\*GARLIC**

gin  
grains  
grapefruit: juice, zest  
grapes  
**grilled dishes**, esp. meats, vegetables  
*herbes de Provence* (key ingredient)  
honey  
**Italian cuisine**  
**\*LAMB**  
**lavender**  
**lemon: juice, zest**  
lemon verbena  
lentils  
lime: juice, zest  
liver  
lovage  
mackerel  
marinades  
**marjoram**  
**MEATS, esp. grilled, roasted**  
**Mediterranean cuisine**  
milk  
mint  
**mushrooms**  
mussels  
octopus  
**OLIVE OIL**  
**ONIONS**  
**orange: juice**  
**oregano**  
**parsley**  
parsnips  
pasta  
pears  
**peas**  
pepper, black  
pizza  
polenta  
**PORK**

## **POTATOES**

### **poultry**

radicchio

rice

risotto

### **roasted meats**

### **sage**

salmon

sardines

### **sauces**

### **savory**

scallops, esp. grilled

**Rosemary** has a strong flavor, so it's always going to be the star. It works with strong, assertive fish like swordfish or tuna — and, of course, it is a classic with lamb.

— **DAVID WALTUCK**, CHANTERELLE (NEW YORK CITY)

**Rosemary** works with apples or pears.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

When I think of **rosemary**, I think of octopus. It works so well in a ceviche with octopus, black olives, and potato.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

**Rosemary** can be strong with seafood unless it is a full-flavored seafood. We will skewer mussels with rosemary and panfry them because they work with the piney flavor of the mussels.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

**Rosemary** works well with citrus and honey.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

The Martinique **rums** tend to be drier, while Haitian rums tend to be spicier. I use more spices with rum in general, and herbs with spirits such as gin.

— **JERRI BANKS**, COCKTAIL CONSULTANT (NEW YORK CITY)

I love the combination of **rum** with carrots. Carrot juice provides a bright color that sends a message, especially to women. It has its own natural sweetness, and a little goes a long way. Carrots go beautifully with lemon thyme and orange, but I especially love the combination of carrots and ginger. In the autumn months, I'll combine gold rum with carrot and apple juices and autumn spices. I'll infuse allspice, cinnamon, and nutmeg into a tea or tisane, and add that to the cocktail.

— **JERRI BANKS**, COCKTAIL CONSULTANT (NEW YORK CITY)

shellfish  
sherry  
**shrimp**  
**soups**  
spinach  
squash: summer, **winter**  
steaks  
**stews**  
strawberries  
strongly flavored foods  
sweet potatoes  
**swordfish**  
**thyme**  
**TOMATOES, tomato juice, tomato sauce**  
**tuna**  
veal  
vegetables, esp. grilled, roasted  
vinegar, balsamic  
**wine**  
zucchini (say some)  
**AVOID**  
corn  
Middle Eastern cuisine  
salads  
zucchini (say some)

**Flavor Affinities**  
rosemary + anchovies + garlic  
rosemary + butter + lemon  
rosemary + garlic + lamb  
rosemary + garlic + lemon  
rosemary + garlic + wine  
rosemary + onions + potatoes  
rosemary + Parmesan cheese + polenta  
rosemary + pork + sherry

## **RUM**

**Weight:** light–heavy (light to dark rum)

**Volume:** moderate–loud

apples: fruit, juice

**bananas: fruit, liqueur**

**butter**

butterscotch

**Caribbean cuisine**

carrot: juice

chestnuts

chocolate

cinnamon

**Coca-Cola**

**coconut: fruit, milk, water**

cream and ice cream

fruit juice

**ginger**

grapefruit

**grenadine**

**LEMON: JUICE**

**LIME: JUICE**

maple syrup

maraschino liqueur

**mint**

nutmeg

nuts

**ORANGE: JUICE**

passion fruit

pineapple

pumpkin

punch (key ingredient)

**raisins**

**SPICES:** allspice, cinnamon, nutmeg, star anise

**SUGAR, ESP. BROWN**

tropical fruits

vanilla

vermouth: dry, sweet

**Flavor Affinities**

rum + apples + butter + nuts + vanilla

rum + apples + carrot juice + spices

rum + apples + cinnamon + pumpkin

rum + coconut water + tropical fruits  
rum + lime + banana + sugar  
rum + lime + mint + sugar  
rum + lime + pineapple + sugar

## **RUSSIAN CUISINE**

**beets**

**cabbage**

caraway seeds

**caviar**

cilantro

cinnamon

cloves

cumin

dill

fish: pickled, smoked

fruits and fruit sauces

garlic

ginger

herring

lamb, grilled

meats, skewered and grilled

mint

mushrooms

nutmeg

onions

paprika

parsley

pepper, black

poppy seeds

potatoes

saffron

sausages

**sour cream**

tarragon

vinegar

vodka

yogurt

### **Flavor Affinities**

mushrooms + cloves + pepper + vinegar

## **RUTABAGAS**

**Season:** autumn–spring

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, deep-fry, puree, roast, steam

allspice

**apples**

basil

bay leaf

beets

broccoli

butter, clarified

caraway seeds

cardamom

carrots

cayenne

celery

celery root

cheese: blue, **Gruyère**, Parmesan

chives

cinnamon

**cream**

cream cheese

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## **Dishes**

### **Apple-Rutabaga Soup**

— Patrick O’Connell, The Inn at Little Washington (Washington, Virginia)

cumin

dill

duck

garlic, esp. roasted

ginger

greens, bitter



honey  
lamb  
leeks  
**lemon, juice**  
mace  
maple syrup  
marjoram  
mustard  
nutmeg  
olive oil  
**onions**  
orange, zest  
oregano  
parsley  
parsnips  
pears  
pepper: black, white  
pork  
**potatoes**  
rabbit  
raisins  
rosemary  
saffron  
sage  
salt  
savory  
scallions  
soups  
squash, butternut  
star anise  
stock, chicken  
sweet potatoes  
tarragon  
**thyme**  
tomatoes  
tuna  
turnips  
vanilla  
vinaigrette / vinegar

watercress

**Flavor Affinities**

rutabagas + apples + maple syrup

rutabagas + cheese + potatoes

rutabagas + potatoes + rosemary

## SAFFRON

**Taste:** sour–sweet–bitter

**Function:** cooling

**Weight:** very light

**Volume:** very loud

**Tips:** Add later in the cooking process; saffron is activated by the heat of cooking.

This bright yellow/orange-hued spice is used for its color as well as its flavor.

A little saffron goes a very long way — never add more than necessary.

anise

artichokes

asparagus

basil

beef

### **BOUILLABAISSE**

breads

**cardamom**

carrots

cheese

**chicken**

**cinnamon**

citrus

cloves

coriander

corn

**couscous**

cream and ice cream

cumin

curries

custards

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## Dishes

**Saffron Panna Cotta with “Agrumi Misti” and Blood Orange Sorbetto** —  
Gina DePalma, pastry chef, Babbo (New York City)

I would definitely have **saffron** on hand for Spanish cooking. It lends itself to rice, seafood, meat, and poultry. You can combine saffron and salt together for a saffron salt that is incredibly aromatic. Saffron also works very well on a salad. People forget that saffron is a flower and, sprinkled on a salad, it aromatizes the greens.

— **JOSÉ ANDRÉS**, CAFÉ ATLÁNTICO (WASHINGTON, DC)

**Saffron** has a sweet power. It is a classic flavor to add to shellfish, but the minute you taste the saffron in a dish, there is too much.

— **MICHEL RICHARD**, CITRONELLE (WASHINGTON, DC)

I wanted to come up with a *panna cotta* that was unlike anyone else's. I was walking down the street thinking of Italian dishes and risotto Milanese [which is made with **saffron**] came to mind. This led me to think about saffron, and the idea of adding saffron to my *panna cotta*. After Ruth Reichl mentioned it in the *New York Times* review of Babbo, Mario [Batali] told me I could never take it off the menu!

Saffron has a bright metallic flavor, and with quince — which is floral, delicate, and perfumed — it is wonderful. Over the years, I have found that saffron unexpectedly changes its flavor depending on what fruit is paired with it. Each fruit I work with either turns up its floral component or its metallic flavor. Saffron is great with stone fruits like apples, peaches, pears, plums, and figs. It also works with citrus like blood oranges, kumquats, and grapefruit. On the other hand, it doesn't work with many berries. It makes strawberries a little flat, and is downright awful with cranberries.

— **GINA DEPALMA**, BABBO (NEW YORK CITY)

eggplant

eggs

**fennel**

**FISH**

fruit

game birds

**garlic**

**ginger**

halibut

ice cream

**Indian cuisine**

Italian cuisine

lamb

leeks

**mayonnaise**

meats

**Mediterranean cuisine**

Middle Eastern cuisine

**Moroccan cuisine**

mushrooms

mussels

North African cuisine

nutmeg

onions, esp. Spanish, Vidalia

orange

**paella**

paprika

pepper

**potatoes**

rabbit

*ras el hanout* (ingredient)

**\*RICE**

**\*RISOTTO**

sauces

scallops

**SHELLFISH**

shrimp

**soups**, esp. chicken, fish

**Spanish cuisine**

spinach

squash, winter

stews, esp. fish

**tomatoes**

turbot

vanilla

veal

vegetables

yogurt

**Flavor Affinities**

saffron + fish + rice

saffron + ginger + vanilla

saffron + monkfish + rice

## SAGE

**Season:** late spring–early summer

**Taste:** sweet, bitter, sour

**Weight:** moderate–heavy

**Volume:** loud

**Tips:** Always use cooked (never raw); add near the end of the cooking process.

apples

**asparagus**

bay leaf

**BEANS**, esp. dried, green

beef

blueberries

**bread**

butter

cabbage

caraway

carrots

**CHEESE**, esp. Brie, feta, Fontina, Gruyère, Parmesan, ricotta

**cherries, esp. tart**

**Sage** has a much better flavor when it is cooked first. We will cook it in butter, olive oil, or bacon fat.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

**CHICKEN**, esp. roasted

chickpeas

citrus

**corn**

cream

cream cheese

**duck**

**eggplant**

eggs

European cuisine

**fattier foods, esp. meats**

fennel

**fish, esp. oilier**

French cuisine

game  
game birds  
**garlic**  
ginger, dried  
**goose**  
Greek cuisine  
honey  
Italian cuisine  
lamb  
lemon  
lemon herbs (balm, thyme, verbena)  
**liver**  
lovage  
**marjoram**  
**meats, fattier, richer, and/or roasted**  
Mediterranean cuisine  
mint  
**mushrooms**  
offal  
**olive oil**  
**ONIONS**  
orange  
oregano  
oysters (e.g., stuffing)  
pancetta  
paprika  
parsley, flat-leaf  
**PASTA**, esp. gnocchi, ravioli  
pears  
**peas**  
pepper, black  
**\*PORK**  
**potatoes**  
**poultry**  
**prosciutto**  
pumpkin  
rice  
rich dishes  
**rosemary**

salads: pasta, potato

**sausages**

**savory**

**shellfish**

shrimp

skate

slow-cooked dishes

**soups, esp. legumes**

Spanish cuisine

**squash, winter**

steak

**stews**

stocks

**STUFFING**

swordfish

**thyme**

**tomatoes**

tuna

Every **salad** should have elements of bitter, salt, heat, and texture. For us, the bitter component is often the greens. We use a lot of frisée, radicchio, and endive. But there always needs to be some crunch in a salad. Even if it is a delicate salad, you need to find a way to get a crunch in there. For a delicate salad, you can get crunch using fried shallot rings or crispy sage leaves. We often use nuts for crunch. Our leaf salad has a cashew brittle, which is made by caramelizing sugar then seasoning it with salt, black pepper, a hint of madras curry, a pinch of our Moroccan spice blend (eighteen ingredients), and a pinch of pepper mix (four ingredients) before tossing the nuts in. The other components of the salad are pomegranate seeds, bacon, and a South American blue cheese.

— **SHARON HAGE**, YORK STREET (DALLAS)

When you are eating a **salad**, the greens are the main ingredient, so whatever you add has to elevate them. Lettuce is boring by itself, so you elevate it with the vinaigrette. We will use herbs in our salads, but they must not overpower the greens; they have to be very subtle and used in small amounts. We will use chives or fresh parsley leaves or a combination of the two. We may also add some mint to the mix because it pushes the flavors of the greens.

— **ERIC RIPERT**, LE BERNARDIN (NEW YORK CITY)

**turkey**

**veal**



vegetables, esp. root  
walnuts  
wine, esp. white

**Flavor Affinities**

sage + marjoram + thyme  
sage + parsley + rosemary + thyme  
sage + pasta + walnuts  
sage + stuffing + turkey + walnuts

**SAKE**

**Weight:** light

**Volume:** quiet

cucumber

fish

gin

**JAPANESE CUISINE**

lemon juice

lime juice

salads

sashimi and sushi

shellfish

sugar (simple syrup)

vodka

**Flavor Affinities**

sake + cucumber + lime

**SALADS (See also Lettuces and other vegetables)**

**SALMON (See also Fish — In General)**

**Season:** spring–early autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, broil, grill, marinate, panfry, poach, raw (e.g., sashimi, tartare), roast, sauté, sear, steam

anchovies

apples, esp. Golden Delicious or Granny Smith, and apple cider

artichoke hearts

arugula  
**asparagus** (accompaniment)  
**bacon**  
barbecue sauce  
**basil:** leaf, oil  
bass  
**bay leaf**  
**beans:** fava, flageolets, white  
beets  
beurre blanc  
bread crumbs: regular, *panko*  
Brussels sprouts  
**BUTTER**, unsalted  
cabbage, esp. green, savoy  
capers  
cardamom  
**carrots**  
caviar  
cayenne  
celery  
Champagne  
**chervil**  
**chile peppers:** dried, fresh, green, jalapeño, red, Thai



## **King White Salmon by Gabriel Kreuther of New York City's The Modern**

The **salmon** is roasted, and served with warm, slightly charred cucumbers, which I like because they are rarely used cooked. We use market vegetables that right now are bok choy and peas. I have added some trout caviar for a briny flavor because salmon is on the sweet side. The dish is then finished with a hickory broth.

For the hickory broth, we smoke some hickory chips, wrap them in cheesecloth with juniper berries and peppercorns, and then submerge them in water to make a broth. This creates a smoked sauce that is light and tasty. What we have here is a “wood stock” that makes perfect sense with the salmon because so often salmon is smoked. After the wood comes out, you taste the broth to adjust it. It may need some more water to cut the wood and smoke flavor, or it might need to be reduced to intensify it. We finish the sauce with a little half-and-half, and foam it with a handheld mixer.

**CHIVES** (garnish)

cilantro

cinnamon

citrus

cloves

coconut: shredded, milk

cognac

**coriander**

corn

cornichons

crab

**CREAM, HEAVY**

cream cheese

**crème fraîche**

**cucumbers**

cumin

curry: leaves, powder, sauce (esp. red)

daikon

**dill**

eggs: hard-boiled, scrambled

**fennel**

**fennel seeds**

fenugreek seeds

**GARLIC**

**ginger:** fresh

grapefruit: juice, zest

greens, bitter

**horseradish**

juniper berries

kelp

leeks  
**LEMON:** juice, zest  
lemon, preserved  
lemongrass  
**LENTILS**  
lettuces (e.g., frisée)  
licorice  
**LIME:** juice, leaves, zest  
lovage  
Madeira  
mangoes  
marjoram  
mayonnaise  
**mint, esp. spearmint**  
mirepoix  
mirin  
miso, white

## **Vitaly Paley of Portland's Paley's Place on Cooking Salmon on a Plank**

Salmon is a big part of cooking in the Northwest. We get ours anywhere from Oregon up to Alaska.

The first cooking process that comes to mind in this part of the country is called cedar planking, which is a Native American technique. You see planking in all the best cooking catalogs, but the problem is that you cook the fish, throw it out, and keep the plank because the plank is inevitably more expensive than the fish! So here is one tip: Instead, do what we do and go to a lumber yard and pick up untreated cedar shingles. They come in a huge bundle for \$16.

To get the most out of plank cooking, the salmon needs to be brined or marinated. I have two favorite marinades — one that is wet, and one that is dry. The wet marinade is a 60/40 mixture of soy sauce and cream sherry, lots of sliced ginger, heads of garlic cut in half, and chopped scallions. The sherry adds just a touch of sweetness to the fish, which I like. Let the fish sit in that marinade for a couple of hours and then it is ready to take on the smoke.

The dry marinade is a more traditional marinade of a 60/40 ratio of brown sugar and salt with orange zest [grated] on a microplane [fine grater]. I mix this all together and lavishly rub it over a salmon with the skin on, which protects it from getting too salty or sweet. The sugar in this rub balances out the salt and

adds another dimension to the fish with caramelization happening a lot quicker. The sweetness is almost hidden; it is that “What’s-that-flavor?” aspect to the fish. Marinate for a couple of hours, then wipe off the rub slightly, and it is ready to go. The 60/40 ratio of sugar to salt is good because it is pretty forgiving if you leave the fish in the marinade a half hour too long.

I recommend brushing the plank lightly with some olive oil, throwing it on a hot grill, putting the fish on, and letting it catch on fire, because when the plank is on fire, that is the flavor you are looking for. When the burning plank gets close to the fish, cover the grill to smother the fire and let the smoke do the rest of the work.

**Salmon** has been my favorite fish since I learned to cook it correctly. It is so versatile: you can smoke it, marinate it, or even serve it raw. Because it is rich and fatty, it pairs well with everything from a red wine sauce to a simple vinaigrette.

— MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

Tomato and pineapple with **salmon**: This dish goes back to 1975 when someone gave me a salad of tomato and pineapple. I didn’t know what to do with it, so I stored the idea away. Today, I will cook the tomato, pineapple, a dash of white wine for acid, miso, and the salmon head, which bridges and brings the flavors together. Tomato gets fruitier when cooked with pineapple. The end result doesn’t taste like either tomato or pineapple; it is a new flavor. This sauce is perfect with salmon.

— MICHEL RICHARD, CITRONELLE (WASHINGTON, DC)

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## Dishes

**Salmon Gravlax with Chickpea Pancake, Caviar, and Mustard** — Tom Valenti, Ouest (New York City)

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## Dishes

**Seared Salmon with Potatoes, Leeks, and Mustard-Chive Sauce** — Lidia Bastianich, Felidia (New York City)

**Pistachio-Crusted Salmon Medallions with Garlic Mashed Potatoes, Crispy Fennel, Arugula, Olives, Roasted Peppers, and Savory Tomato Butter** — Bob Kinkead, Kinkead’s (Washington, DC)

**Wild Salmon with Horseradish Crust, Cabbage, and Riesling** — Gabriel Kreuther, The Modern (New York City)

**House-Made Graviax with Scrambled Eggs, Pumpnickel, Herb Crème Fraîche, and Red Onions** — Tony Liu, August (New York City)

**Salmon Rubbed with Ground Red Chile and Lime and Pan Seared. Served with a Tangy, Spicy Tomatillo, Jalapeño, and Lime Juice Sauce** — Zarela Martinez, Zarela (New York City)

**Wild Alaskan Troll Red King Salmon, Yukon Potato Gnocchi, Braised Artichokes and Leeks, Enriched Chicken Jus with Chives and Chervil** — Carrie Nahabedian, Naha (Chicago)

**Signature Sushi: Salmon with Mango Puree; Seared Salmon Belly with Lemon Soy** — Kaz Okochi, Kaz Sushi Bistro (Washington, DC)

**Pistachio-Crusted Salmon with Curried Spinach Salad, Mandarin Orange Vinaigrette** — Monica Pope, T'afia (Houston)

**Salmon with Grilled Vegetables, Baby Artichokes, Israeli Couscous, Warm Vegetable Vinaigrette** — Alfred Portale, Gotham Bar and Grill (New York City)

**Wild Salmon: Barely Cooked Wild Alaskan Salmon; Morels and Spring Vegetables in a Wild Mushroom Pot au Feu** — Eric Ripert, Le Bernardin (New York City)

**Slow-Roasted Scottish Salmon, Caramelized Fennel, Red Wine-Fennel Emulsion** — Rick Tramonto, Tru (Chicago)

**Darjeeling Tea-Cured Salmon with English Cucumber and Crème Fraîche** — Charlie Trotter, Trotter's to Go (Chicago)

**Roasted Salmon with Sweet Corn Flan, Chanterelles, Prosciutto, Zucchini, Corn-Chive Butter, and Shrimp Oil** — Tom Valenti, Ouest (New York City)

**mushrooms**, esp. black trumpet, button, chanterelles, cremini, morels, oysters

mussels

**MUSTARD:** Dijon, whole grain

**mustard seeds**

**nutmeg**

**OIL:** canola, corn, grapeseed, peanut (for cooking), sesame, vegetable (for cooking)

**OLIVE OIL**

olives, esp. black, niçoise, picholine, Provençal

**ONIONS**, esp. pearl, red, Vidalia, white

**orange:** juice, zest

oysters

pancetta

paprika

**PARSLEY, flat-leaf**

peas

**PEPPER: black, green, pink, red, white**

Pernod

pike

**pineapple and pineapple juice**

pistachios

polenta

ponzu sauce

port

**POTATOES**

radishes

ramps

rice (e.g., basmati, sushi)

roe: flying fish, **salmon**

rosemary

saffron

sake

**SALT: kosher, sea**

sauces: béarnaise, beurre blanc, brown butter hollandaise

**scallions**

scallops

**sesame seeds**

**SHALLOTS**

shiso leaves

smoked salmon

sole

**sorrel**

sour cream

soy sauce

spinach

**STOCKS:** chicken, fish, mussels, veal, vegetable

**sugar:** brown, white

**Tabasco sauce**

tamarind

**tarragon**

**THYME**

tilefish

**TOMATOES**



tomatoes, sun-dried

truffles: oil, shaved, white

turmeric

vanilla

vermouth

vinaigrette

**VINEGAR**, e.g., balsamic, champagne, cider, red wine, rice, sherry, white wine

**watercress**

**WINE**: dry white or red (Cabernet Sauvignon, Pinot Noir)

zucchini

### **Flavor Affinities**

salmon + apple + horseradish + rosemary

salmon + avocado + chile peppers + grapefruit

salmon + bacon + cabbage + chestnuts

salmon + bacon + lentils + sherry vinegar

salmon + basil + white beans

salmon + beets + crème fraîche + cucumber + horseradish

salmon + caviar + vermouth

salmon + chervil + chives + leeks + lemon + morels + peas + potatoes

salmon + cucumber + balsamic vinegar

salmon + cucumber + dill

salmon + cucumber + dill + horseradish

salmon + cucumber + tomato

salmon + lemon juice + Dijon mustard

salmon + marjoram + peas



salmon + miso + pineapple + tomato + white wine  
salmon + mustard + scallions  
salmon + orange + tomato  
salmon + peas + potatoes  
salmon + pineapple + tomatoes  
salmon + potato + watercress

## **SALMON, CURED**

**Taste:** salty

**Weight:** medium

**Volume:** moderate–loud

aquavit

avocados

basil

beans, white

bell peppers, red

bread: pumpernickel, rye

caviar

cayenne

Champagne

chives

cream

cream cheese

crème fraîche

**dill**

honey

horseradish

**lemon: juice, zest**

lentils, green

**lime: juice, zest**

mustard: Dijon, dry

olive oil

orange, zest

**pepper: black, white**

potatoes

**salt: kosher, sea**

shallots

sour cream

sugar  
tarragon  
tomatoes

## SALMON, SMOKED

**Taste:** salty

**Weight:** medium

**Volume:** moderate–loud

artichokes

avocados

bell peppers, roasted

**blini**

**bread:** bagels, pumpernickel, rye, white

My signature sushi roll pairs **salmon** with mango puree and sushi rice. However, I wouldn't serve salmon with mango puree as sashimi. The balance would be lost. Also, mango doesn't pair well with either soy sauce or wasabi.

— **KAZ OKOCHI**, KAZ SUSHI BISTRO (WASHINGTON, DC)

We roast **salmon** wrapped in squash blossom and it imparts a slight zucchini flavor to the salmon. The blossom is mild and makes a perfect package for the salmon by steaming it as it cooks. With the salmon we serve a [zucchini] squash cut into spaghetti seasoned with lemon thyme and basil. The herbs work with both the zucchini and the salmon.

— **JERRY TRAUNFELD**, THE HERBFARM (WOODINVILLE, WASHINGTON)

I love combining fruit and proteins. I am one-half Hawaiian, and in Hawaiian cooking a classic dish is Spam cooked with fresh pineapple. I grew up with my father making it for us, and it is delicious. You'll also see a lot of sushi chefs combine kiwi and scallops, as fruit adds a nice cleansing note to the protein you are working with. Our take on this combination is pineapple **salmon** with avocado and quinoa. We cut pineapple very thin, then wrap it around salmon belly, which is very rich. When we cook it, the pineapple gets caramelized and helps cut the fat of the salmon. On the dish is a sweet-hot sauce of avocado, honey, scallions, and serrano chiles. To garnish the dish and add some crunch we add quinoa that is cooked then dried for three days before cooking it in olive oil, which makes it puff like Rice Krispies.

— **KATSUYA FUKUSHIMA**, MINIBAR (WASHINGTON, DC)

breakfast / brunch

**butter:** clarified, unsalted

capers  
**caviar**  
celery  
celery root  
Champagne  
**chervil**  
chicory  
**CHIVES**  
cilantro  
**cream**  
**CREAM CHEESE**  
**crème fraîche**  
**cucumbers**  
cumin  
daikon  
**DILL**  
**eggs**, esp. hard-boiled, and egg salad  
frisée  
**garlic**

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## **Dishes**

**Smoked Salmon with Crispy Potatoes and Horseradish Cream** — Jean Joho, Brasserie Jo (Chicago)

**Rosti Potato Cake with Herb Mascarpone and Fresh-Smoked Salmon** — Monica Pope, T'afia (Houston)

**Leek Tart with Smoked Salmon and Crème Fraîche** — Michel Richard, Citronelle (Washington, DC)

ginger, fresh  
horseradish  
juniper  
**leeks**  
**LEMON: juice**, zest  
lime: juice, zest  
mascarpone  
monkfish  
mussels, smoked  
mustard, Dijon

oil, canola

**olive oil**

onions, esp. red, sweet

orange

oysters

parsley

pasta

**PEPPER: black, white**

Pernod

**potatoes and potato salad**

radishes

salmon

salmon roe

**salt: kosher, sea**

scallions

scallops

**shallots**

shiso leaf

sorrel

**sour cream**

soy sauce

spinach

stocks: clam, fish

Tabasco sauce

tarragon

tea sandwiches

tomatoes

**vinaigrette**

**vinegar:** red wine, rice wine, sherry, white wine

Worcestershire sauce

yogurt (say some)

**AVOID**

mayonnaise

yogurt (say some)

**Flavor Affinities**

smoked salmon + chives + crème fraîche + dill + pumpernickel-rye blini

smoked salmon + chives + dill + scrambled eggs + potatoes

smoked salmon + cream cheese + lemon juice + shallots + sour cream

smoked salmon + cucumber + horseradish + mint  
smoked salmon + dill + horseradish + lemon juice + sour cream

## **SALSIFY**

**Season:** autumn–winter

**Taste:** sweet

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, pan roast, stew

anchovies

**butter**

cheese, Parmesan

chives

cream

duck prosciutto

fish (e.g., halibut)

hollandaise sauce

**LEMON, JUICE**

maple syrup

mascarpone

mayonnaise

mushrooms

nutmeg

oil, peanut

onions

orange

**parsley**

**pepper, black**

polenta

**prosciutto**

rice

sage

salmon, smoked

**salt, kosher**

scallions

shallots

sorrel

We use *fleur de sel* on cold dishes, such as salads. We also use it on meats like

beef, buffalo rib eye, or roast chicken after they are sliced and a moment before serving.

— **SHARON HAGE**, YORK STREET (DALLAS)

**soups**

stock, chicken

**thyme, fresh**

truffles, black

vinaigrettes

**Flavor Affinities**

salsify + Parmesan cheese + prosciutto

**SALT — IN GENERAL**

**Taste:** salty

**Function:** warming

**SALT, FLEUR DE SEL**

chicken

cold dishes

meats

radishes

salads

steak

**SALT, HAWAIIAN**

ceviche

chicken

lamb

meat, esp. barbecued

pork

seafood

steak

vegetables, esp. tomatoes

I like to use **Hawaiian salt** on a dish where I want a little crunch. This holds up better than other salts that will dissolve more quickly. I will use it on ceviche, which has a little broth.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

## **SALT, JAPANESE**

- fish
- foie gras
- salmon
- sashimi
- squid

**Japanese salt** has ground seaweed in it and works on sashimi. I use this in Japanese dishes.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

## **SALT, KOSHER**

- bread
- brines
- charcuterie
- cocktails, esp. rims
- cooking
- cures
- meats
- potatoes
- pretzels
- toasts
- water for blanching or for pasta

We use **kosher salt** primarily for meats.

— **SHARON HAGE**, YORK STREET (DALLAS)

## **SALT, MALDON**

- fish, esp. raw
- finishing dishes
- lobster

[Maldon] is the finest of all **salts** in regard to both flavor and texture. I appreciate its delicacy on fish, especially lobster.

— **DANIEL HUMM**, ELEVEN MADISON PARK (NEW YORK CITY)

## **SALT, SEA — COARSE**

- meats
- seafood

seasoning  
vegetables, hearty

## **SALT, SEA — FINE**

baking  
fish  
seasoning  
vegetables, delicate

For delicate foods like vegetables or fish, we use ground **sea salt** right before it goes into the pan.

— SHARON HAGE, YORK STREET (DALLAS)

## **SALT, SMOKED**

brines, esp. for pork  
chicken  
fish, esp. raw  
meats: barbecued, red  
pork  
potatoes, baked  
seafood  
salmon  
sardines  
steak  
tuna  
vegetarian dishes

The **Danish smoked salt** we use is smoked over Chardonnay vines. For us, using smoked salt provides the flavor of cooking over grape vines as they do in Spain. Smoked salt is also great if you don't have a grill, because even a gas grill can't provide a smoky flavor. I like smoked salt sprinkled on sardines, which in Spain will be cooked over a fire on the beach where they get really smoky. I can give that sense of place by using this salt on my sardines.

— ALEXANDRA RAIJ, TÍA POL (NEW YORK CITY)

## **SALT, TRUFFLE**

egg dishes  
pastas  
popcorn



potatoes  
risotto  
salads and salad dressing

## SALT, VANILLA

chicken  
chocolate, esp. dark  
lamb  
meats



mussels  
nuts  
pork  
pumpkin  
shellfish, esp. lobster or scallops  
squash, winter  
sweet potatoes

## SALTINESS

**Taste:** salty

**Function:** heating; stimulates salivation; enhances the flavors of ingredients

**Tips:** Adding salt to a dish diminishes the effects of bitter, sour, and sweet.

anchovies  
bacon  
capers  
caperberries  
caviar and other fish roe  
cheeses, salty (e.g., feta, manchego, Parmesan, pecorino)  
clams and clam juice

cured meats  
dashi (e.g., Japanese stock)  
finnan haddie  
fish sauce, Asian  
gravlax  
ham  
ingredients with added salt (e.g., chips, nuts)  
kelp  
lemons, preserved  
lox  
nuts, salted  
olives  
oysters  
oyster sauce  
pancetta  
pickles (salty-sour)  
prosciutto  
salmon, smoked  
**salt**  
salt cod  
salt pork  
sardines  
sausages, salty (e.g., chorizo)  
sea urchin  
sea vegetables  
seaweed

If you have a piece of Ibérico or Serrano ham in your refrigerator, you'll eventually end up with this little end of dried-out salt-cured meat. While some might just throw it away, we know there's a lot of flavor left — so we grind it up in a coffee grinder and use it as meat-flavored salt. We call this **“ham salt,”** and will use this on a salad to emphasize the aroma and flavor of pork. . . . In Spain we have *mojama*, which is tuna loin cured like ham. We'll grind it up in a coffee grinder and it becomes tuna salt. When I sear tuna, I will sprinkle this on and emphasize the tuna with its own tuna flavor. It is simple and dramatic. I even showed this technique to the owner of the best tuna restaurant in the world — called El Campero in Barbate, Spain — where he serves tuna a hundred ways. He loved it!

— JOSÉ ANDRÉS, CAFÉ ATLÁNTICO (WASHINGTON, DC)

We use three different kinds of salt — but we also use **capers, anchovies, olives, preserved lemons**, and even **prosciutto** for adding another dimension of saltiness. Even when using these other salty components, 99 percent of the time we'll use them in addition to salt, not instead of it.

— SHARON HAGE, YORK STREET (DALLAS)

## Chefs on Selecting and Using Salt

*Kosher salt has larger, harder crystals and won't break down too fast. I use this for pasta water, brining, curing meat, and charcuterie. I use **French sea salt** (esp. Baleine) for general seasoning. I like Maldon salt a lot. This is what I use for finishing dishes. It has a really fine crystal and the flavor is great. It even gives some crunch and melts like snowflakes. It is great sprinkled on raw fish.*

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

*Salt is now used very often in desserts and unfortunately it doesn't always make sense. I was served a green apple sorbet with salt and it didn't work. Salt does work on sweet oranges, though. If you cut a Cara Cara orange into wedges and sprinkle sea salt on them, they are delicious. Salt also makes sense with caramel and butterscotch. The salt is a contrast to the super sweet, which is why we like PayDay candy bars.*

— GINA DEPALMA, BABBO (NEW YORK CITY)

*I use **Maldon salt** flakes as a salt for finishing dishes, and kosher salt for blanching water or when I roast on salt. I'll sometimes use **smoked salt** with raw fish or in a brine for pork, but it's really strong so you have to be careful with it.*

— BRADFORD THOMPSON, MARY ELAINE'S AT THE PHOENICIAN (SCOTTSDALE, ARIZONA)

*There is salt in almost all of my desserts. However, you would not know it was there until I took it out — which is how it should be. You don't need to taste the salt, but it helps open the palate and stimulates your taste buds. With something fatty like chocolate, you need some salt to brighten it up. I use all sorts of salts with my desserts. We are making a peanut butter and jelly bonbon that I pair with **smoked Brittany sea salt**. **Maldon salt** is shaved and more about texture, because it is not as strong; I would use it on a pancake or something creamy. Fleur de sel is a salt with texture and ocean floral notes, and would go well on our panini which have cheese, arugula, and vinaigrette.*

— JOHNNY IUZZINI, JEAN GEORGES (NEW YORK CITY)

*Salt goes into almost every dough we make and is something that makes flavors pop. Some chefs can go a little overboard, but desserts should still be sweet. Salt works well with caramel and chocolate, obviously. I also use a **vanilla salt** with a classic sweet potato tart that is cut into four slices with a few grains on each*

*slice. The salt reinforces the savoriness of the sweet potato and plays off the brightness of the preserved lemon on the plate.*

— MICHAEL LAISKONIS, LE BERNARDIN (NEW YORK CITY)

*To counteract **oversalting** a dish, you need to increase the volume of whatever you are making. That can be tricky, because you don't want to end up with something too watery. Whenever there is a puree involved, whether it is mashed potatoes or butternut squash soup, I encourage my cooks to make it thick. You can always add, but not take away.*

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

- seeds, salted
- shrimp paste
- smoked foods, esp. fish, meats
- smoked salmon and trout
- soy sauce**
- tamari
- Worcestershire sauce

## SARDINES

**Season:** spring–summer

**Taste:** salty

**Weight:** light

**Volume:** loud

**Techniques:** braise, broil, fry, grill, marinate, poach, sauté

anchovies

basil

bay leaf

bell peppers, red

**bread crumbs**

capers

carrots

cayenne

chives

coriander seeds

currants

eggplant

**fennel**

fennel pollen

**fennel seeds**

French cuisine

**garlic**

ham

Italian cuisine, esp. southern

**lemon: juice, zest**

mirin

oil, peanut

**OLIVE OIL**

**onions: red, white**

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## Dishes

**Marinated Fresh Sardines with Caramelized Fennel and Lobster Oil** —  
Mario Batali, Babbo (New York City)

**Whole Wheat Spaghetti with Fresh Sardines and Walnuts** — David  
Pasternak, Esca (New York City)

orange: juice, zest

**parsley, flat-leaf**

**pasta**

**pepper: black, white**

peppers, piquillo

pine nuts

**raisins, esp. yellow**

red pepper flakes

rosemary

saffron

sage

sake

salt, sea

sour cream

soy sauce

**thyme**

**tomatoes and tomato sauce**

*verjus*

vinaigrette

**vinegar**, e.g., balsamic, red wine, sherry, white wine

walnuts

wine, dry white (e.g., Chenin Blanc, Grenache, Viognier)

zucchini

## **SAUERKRAUT**

**Taste:** sour

**Weight:** medium

**Volume:** loud

**Tips:** Sauerkraut is shredded cabbage that is fermented in salt and spices.

**apples**

**bacon**

**bay leaf**

beans, esp. kidney and/or red

**caraway seeds**

carrots

cider

cloves

duck

Eastern European cuisine

fat: duck, goose

French cuisine, esp. Alsatian

**garlic**

German cuisine

gin

ham: hocks, meat

**JUNIPER BERRIES**

Kirsch

olive oil

**onions**

**pepper, black**

pork, esp. loin

potatoes

rhubarb

salt, kosher

**SAUSAGES**, esp. blood, bratwurst, frankfurter, kielbasa

stock, chicken

vinegar: champagne, white wine

**wine:** dry to off-dry white (e.g., Alsatian, Riesling)

## **SAUSAGES (See also Chorizo)**

**Weight:** light–heavy

**Volume:** quiet–loud

**Techniques:** bake, grill, poach, sauté, stew

**apples**

basil

bay leaf

beans, white

beer

bell peppers: green, red

breakfast

broccoli rabe

butter, unsalted

carrots

celery root

celery seeds

fennel

garlic

leeks

lemon, juice

seeds, salted

shrimp paste

smoked foods, esp. fish, meats

smoked salmon and trout

**soy sauce**

tamari

Worcestershire sauce

## **SARDINES**

**Season:** spring–summer

**Taste:** salty

**Weight:** light

**Volume:** loud

**Techniques:** braise, broil, fry, grill, marinate, poach, sauté

anchovies

basil

bay leaf

bell peppers, red

**bread crumbs**

capers

carrots

cayenne

chives

coriander seeds

currants

eggplant

**fennel**

fennel pollen

**fennel seeds**

French cuisine

**garlic**

ham

Italian cuisine, esp. southern

**lemon: juice, zest**

mirin

oil, peanut

**OLIVE OIL**

**onions: red, white**

orange: juice, zest

**parsley, flat-leaf**

**pasta**

**pepper: black, white**

peppers, piquillo

pine nuts

**raisins, esp. yellow**

red pepper flakes

rosemary

saffron

sage

sake

salt, sea

sour cream

soy sauce

**thyme**

**tomatoes and tomato sauce**

*verjus*

vinaigrette



**vinegar**, e.g., balsamic, red wine, sherry, white wine  
walnuts  
wine, dry white (e.g., Chenin Blanc, Grenache, Viognier)  
zucchini

## **SAUERKRAUT**

**Taste:** sour

**Weight:** medium

**Volume:** loud

**Tips:** Sauerkraut is shredded cabbage that is fermented in salt and spices.

**apples**

**bacon**

**bay leaf**

beans, esp. kidney and/or red

**caraway seeds**

carrots

cider

cloves

duck

Eastern European cuisine

fat: duck, goose

French cuisine, esp. Alsatian

**garlic**

German cuisine

gin

ham: hocks, meat

**JUNIPER BERRIES**

Kirsch

olive oil

**onions**

**pepper, black**

pork, esp. loin

potatoes

rhubarb

salt, kosher

**SAUSAGES**, esp. blood, bratwurst, frankfurter, kielbasa

stock, chicken

vinegar: champagne, white wine

**wine:** dry to off-dry white (e.g., Alsatian, Riesling)

## **SAUSAGES (See also Chorizo)**

**Weight:** light–heavy

**Volume:** quiet–loud

**Techniques:** bake, grill, poach, sauté, stew

**apples**

basil

bay leaf

beans, white

beer

bell peppers: green, red

breakfast

broccoli rabe

butter, unsalted

carrots

celery root

celery seeds

fennel

garlic

leeks

lemon, juice

lentils

Mediterranean cuisine

**mustard, Dijon**

oil, canola

olive oil

**ONIONS: white, yellow**

oregano

parsley, flat-leaf

pasta

pepper, black

**potatoes,** esp. boiled, mashed, pureed

radicchio

rosemary

salt, kosher

sauerkraut

scallops  
shallots  
thyme  
tomatoes  
vinegar, balsamic  
wine, dry white

**Flavor Affinities**

sausages + mustard + sauerkraut  
sausages + onions + potatoes + tomatoes  
sausages + radicchio + white beans

## SAUVIGNON BLANC

**Weight:** medium  
**Volume:** moderate  
asparagus  
chicken  
cilantro  
fish  
garlic  
herbs  
oysters, esp. raw  
peppers  
pork  
salads  
shellfish  
tomatoes  
turkey  
vegetables

## SAVORY

**Weight:** medium, tough-leaved  
**Volume:** moderate–loud (Summer savory is quieter, winter savory is louder.)  
**Tips:** Can stand up to cooking.

Use summer savory with summer vegetables, and winter savory with winter vegetables.

basil

bay leaf

**\*BEANS, esp. dried, summer (e.g., fava, green, lima)**

**beef**

beets

bell peppers

bouquet garni

braised dishes

Brussels sprouts

cabbage

**cheese (e.g., goat) and cheese dishes**

**chicken**

chicken livers

chives

cumin

**eggs and egg dishes**

fennel

fines herbes (ingredient)

**fish, esp. baked or grilled**

**garlic**

*herbes de Provence* (ingredient)

herbs, other (as a blending herb)

kale

**lamb**

lavender

legumes

**lentils**

mackerel

marjoram

**meats, esp. grilled, roasted, stewed**

**Mediterranean cuisine**

mint

**mushrooms**

nutmeg

olives

onions

oregano

paprika

parsley

**peas**  
polenta  
**pork**  
**potatoes**  
poultry, esp. grilled  
rabbit  
rice  
**rosemary**  
sage  
salads and salad dressings  
sauces and gravies  
**soups, esp. tomato-based**  
squash, summer  
stews, esp. meat  
**stuffings** (e.g., poultry)  
tarragon  
**thyme**  
**tomatoes and tomato sauces**  
veal  
**vegetables**, esp. root  
vinegar  
wine, red  
zucchini

**Flavor Affinities**  
savory + garlic + tomatoes

## SCALLIONS

**Season:** summer  
**Weight:** light  
**Volume:** moderate  
**Techniques:** braise, grill, raw, sauté, stir-fry  
anise  
basil  
bay leaf  
bell peppers  
**butter**, unsalted  
carrots  
cheese: goat, Parmesan

chile peppers  
cilantro  
cinnamon  
cloves  
**cream**  
cream cheese  
curry  
dill  
egg dishes  
garlic  
greens, bitter  
honey  
Japanese cuisine  
Korean cuisine  
lemon, juice  
mushrooms  
mustard, Dijon  
nutmeg  
**olive oil**  
oregano  
paprika  
**parsley**  
pepper, white  
potatoes  
rice  
rosemary  
sage  
salt, kosher  
sesame oil  
sugar  
Thai cuisine  
**thyme**  
tomatoes  
vinegar

## **SCALLOPS**

**Season:** summer–autumn

**Taste:** sweet, esp. bay scallops

**Weight:** light–medium

**Volume:** quiet

**Techniques:** broil, deep-fry, gratin, grill, marinate, pan sear, poach, raw, roast, sauté, sear, steam, stir-fry, tartare

almonds

apples, esp. Granny Smith

artichokes

arugula

asparagus

**avocado**

**bacon and other cured meats** (e.g., Serrano ham)

**basil**

bay leaf

beans: cannellini, fava, green, haricots verts, lima

**bell peppers:** red, green, yellow

bread crumbs

Brussels sprouts

**BUTTER:** brown, clarified, unsalted

capers

**carrots and carrot juice**

cauliflower, esp. pureed

caviar

**cayenne**

celery

Champagne

cheese: Asiago, Parmesan

**chervil**

**chile peppers:** jalapeño, poblano

Chinese cuisine

**chives** (garnish)

**cilantro**

citron

citrus

clams

cloves

coconut and coconut milk

**corn**

coriander

crab

**cream**

cream cheese

crème fraîche

cucumbers

curry powder

dashi

dill

duck fat

**edamame**

eggs, hard-boiled

fennel

fennel seeds

fish sauce, Thai

French cuisine

**GARLIC****ginger**

grapefruit: juice, zest

gremolata

ham

haricots verts

honey

horseradish

kaffir lime

kiwi fruit

**leeks****LEMON: juice, zest**

lemongrass

lemon thyme

lentils

**LIME: juice, zest**

lobster

mango

marjoram

mascarpone

mint

morels

**mushrooms:** button, chanterelle, cremini, Japanese, porcini, portobello, shiitake

mussels



mustard, Dijon

**OIL:** canola, corn, grapeseed, peanut, vegetable

oil: almond, hazelnut

olive oil

**onions**, esp. red, white, yellow

orange: juice, zest

pancetta

**PARSLEY, flat-leaf**

passion fruit

pasta

peas

**PEPPER:** black, white

Pernod

pineapple

pomegranates and pomegranate juice

potatoes, esp. mashed

red pepper flakes

rice

rosemary

saffron

sake

salmon roe

salsify

**SALT:** kosher, sea

sauce, béchamel

sausages, chorizo

**scallions**

sea urchin

sesame: seeds, oil

**SHALLOTS**

shrimp

sole

soy sauce

**spinach**

squash, butternut

squid

**stocks:** chicken, clam, fish, shrimp, veal, vegetable

sugar

Tabasco sauce

tarragon, fresh

**THYME, FRESH**

**tomatoes:** canned, fresh, paste

truffles, esp. black, white

tuna

turnips

vanilla

vermouth

vinaigrette

**VINEGAR:** balsamic, champagne, cider, red wine, rice wine, sherry, tarragon, white wine

watercress

**WINE, DRY WHITE (e.g., Chablis, Chardonnay, Meursault, Riesling, Sauvignon Blanc)**

**Vermouth**

yuzu juice

zucchini

**Flavor Affinities**

scallops + almonds + cauliflower

scallops + apples + bacon + watercress

scallops + apples + tarragon

scallops + asparagus + butter + lemongrass

scallops + avocado + lemon + lobster

scallops + bacon + chives

scallops + bacon + garlic + chanterelle mushrooms

scallops + bacon + leeks

scallops + basil + caviar + chives + tomatoes

scallops + basil + chicken stock + duck fat + garlic + lemon juice + tomatoes

scallops + basil + grapefruit

scallops + bay leaf + vanilla

scallops + Brussels sprouts + pancetta

scallops + carrot juice + pomegranate juice

scallops + cauliflower + cream

scallops + cilantro + lemon + sake

scallops + coriander + crab + lemon + thyme

scallops + dashi + Japanese mushrooms

scallops + edamame + mint

scallops + fennel + lemon + parsley  
scallops + fennel + orange + rosemary  
scallops + garlic + mushrooms  
scallops + ginger + mint  
scallops + ginger + scallions  
scallops + ham + pineapple  
scallops + kaffir lime + lemongrass + peanuts  
scallops + parsley + salmon roe

## SCANDINAVIAN CUISINE

aquavit  
cardamom, esp. in baked goods  
cinnamon  
cucumbers  
**dill**  
fruits, esp. stewed  
ginger  
herring, pickled  
juniper berries  
nutmeg  
onions  
salmon, cured (aka gravlax)  
soups, fruit  
sour cream

### **Flavor Affinities**

apples + cinnamon + sugar  
cardamom + ginger + cinnamon + nutmeg + cloves  
cucumbers + dill + onions + sugar + vinegar

## SCOTCH

**Weight:** medium–heavy

**Volume:** moderate–loud

### **bitters**

Earl Grey tea

gin

ginger

lemon, juice

lime, juice  
orange, juice  
soda  
tamarind syrup  
**vermouth**

**Flavor Affinities**

scotch + Earl Grey tea + tamarind syrup  
scotch + ginger + lemon juice

**SEAFOOD — IN GENERAL (See also specific fish and Shellfish)**

**Tips:** Tap these ideas when cooking a medley of assorted seafood.

apples, esp. green  
avocados  
brandy, dry  
capers  
citrus  
fennel  
fruit  
**garlic**  
ginger

**LEMON JUICE**

mint  
Old Bay seasoning  
olive oil  
olives  
onions  
**parsley, flat-leaf**  
pepper: white, black  
red pepper flakes  
rosemary  
saffron  
**salt**  
shallots  
sherry  
vinaigrettes  
vinegars  
wine: dry white (e.g., Sancerre, Soave)

**Flavor Affinities**

seafood + brandy + sherry

seafood + fennel + lemon + mint

seafood + green apple + ginger

**SESAME OIL (See Oil, Sesame)****SESAME SEEDS, BLACK**

**Taste:** bitter

**Weight:** light

**Volume:** quiet

**Tips:** Use whole seeds.

apples

**Asian cuisine**

**bananas**

**Chinese cuisine**

fish

**Japanese cuisine**

lemon, juice

meats

mirin

rice

salt

seafood

sesame seeds, white

soy sauce

vegetables

vinegar, rice wine

**SESAME SEEDS, WHITE**

**Taste:** sweet

**Function:** heating

**Weight:** light

**Volume:** quiet

**Tips:** Toast before using; use ground or whole.

allspice

apples

Asian cuisines

**baked goods (e.g., bagels, breads, cakes, cookies)**

bananas

beef

beets

**breads and breadsticks**

cardamom

**chicken**

chickpeas

chile peppers

Chinese cuisine (e.g., dim sum)

cilantro

cinnamon

cloves

coriander

duck

eggplant

**fish**

garlic

ginger

**honey**

hummus

ice cream

Indian cuisine

Japanese cuisine

lamb

Lebanese cuisine

legumes

lemon

meats

mole sauces

**Middle Eastern cuisine**

**noodles**

nutmeg

orange

oregano

paprika

pepper

rice  
**SALADS** (green, pasta) and salad dressings  
scallions  
scallops  
sesame oil  
shellfish  
shrimp  
soy sauce  
**spinach**  
stir-fried dishes  
sugar  
sumac  
**tahini paste** (key ingredient)  
thyme  
Turkish cuisine  
vanilla  
vegetables, esp. cold, green  
zucchini

**Flavor Affinities**

sesame seeds + honey + tahini paste + vanilla  
sesame seeds + garlic + soy sauce + spinach

**SHALLOTS**

**Season:** summer

**Taste:** sweet

**Botanical relatives:** chives, garlic, leeks, onions

**Weight:** light–medium

**Volume:** moderate

**Techniques:** blanch, braise, deep-fry, fry, roast, sauté, stir-fry

**Tips:** Shallots are milder than garlic or onions.

beef

**butter**

capers

chicken

chives

cod

cognac

cream  
fish, esp. baked, grilled  
French cuisine, esp. sauces  
**garlic**  
halibut  
lemon, juice  
meats, esp. grilled, roasted  
**mustard, Dijon**  
nutmeg  
**olive oil**  
oysters  
parsley, flat-leaf  
pasta  
pepper, white  
port  
**salads and salad dressings**  
salt  
sauces (e.g., béarnaise, bordelaise, red wine)  
sherry  
squash, butternut  
steak  
stock, chicken  
sugar (pinch)  
**tarragon**  
**thyme**  
tomatoes  
veal  
vinaigrettes  
**vinegar:** balsamic, champagne, cider, red wine, sherry, white wine  
wine

## **SHELLFISH (See also Crab, Lobster, Scallops, Shrimp, etc.)**

**Season:** summer  
almonds  
bacon  
basil  
celery  
chives



cilantro  
coconut  
cream  
curry  
fennel  
fines herbes (i.e., chervil, chives, parsley, tarragon)  
fruit  
garlic  
ginger  
**grapefruit**  
hoisin sauce  
**LEMON**  
lemongrass  
Old Bay seasoning  
**orange**  
saffron  
tarragon  
tomatoes  
vanilla  
vinegar  
watermelon  
wines, dry white (e.g., Sauvignon Blanc)

**Flavor Affinities**

shellfish + almonds + vanilla  
shellfish + curry + lemongrass  
shellfish + saffron + cream

**SHIITAKE MUSHROOMS (See Mushrooms — Shiitakes)**

**SHISO LEAF**

**Weight:** light  
**Volume:** moderate–loud  
**Techniques:** raw  
apples  
avocados  
basil  
beef  
cabbage

chicken  
chives  
clams  
**crab**  
cucumbers  
**fish, esp. fried or oily**  
fried foods  
ginger  
**Japanese cuisine**  
Korean cuisine  
lemon  
lemongrass  
lime  
meat  
melon  
mint  
miso  
noodles  
onions  
orange  
parsley  
pears  
pickles  
prawns  
radishes  
rice  
**salads:** green, fruit  
sea urchin  
**seafood**  
shrimp  
soups  
soy sauce  
**sushi and sashimi**  
tempura  
turnips  
vinegar  
wasabi  
yellowtail

### **Flavor Affinities**

shiso leaf + avocado + crab

shiso leaf + clams + onions

## **SHORT RIBS (See Beef — Short Ribs)**

## **SHRIMP (See also Shellfish)**

**Season:** year-round

**Weight:** light-medium (depending on size)

**Volume:** quiet

**Techniques:** bake, barbecue, boil, broil, deep-fry, grill, poach, roast, sauté, steam, stir-fry

allspice

almonds

apples and apple cider

artichokes

**arugula**

asparagus

**avocado**

**bacon**

**basil**

**bay leaf**

**beans:** black, cranberry, fava, green, white

beer

**bell peppers, red**

bonito flakes (e.g., Japanese)

brandy

bread crumbs, *panko*

brown butter sauce

**butter**, unsalted

cabbage: green, red

Cajun cuisine

capers

**carrots and carrot juice**

caviar

**cayenne**

**celery**

**celery root**

chervil  
chicory  
**CHILE PEPPERS**, e.g., ancho, chipotle, dried red, jalapeño, serrano  
chili oil  
chili paste  
chili powder  
chili sauce  
Chinese cuisine  
**chives**  
**cilantro** (garnish)  
**cinnamon**  
**clams**  
cloves  
coconut: milk, shredded  
cognac  
coriander  
corn  
**CRAB**  
**cream**  
Creole cuisine  
cucumbers  
cumin  
curry leaf  
**curry powder or sauce**  
dill  
eggs  
endive  
fennel  
fennel seeds  
fish, white  
fish sauce, Thai  
**\*GARLIC**  
**ginger**  
greens, esp. beet, dandelion, collard, mustard, turnip  
grits  
hazelnut oil  
honey  
horseradish  
Japanese cuisine

kaffir lime leaf

ketchup

Korean cuisine

leeks

**LEMON: juice, zest**

lemongrass

lettuce

**lime:** leaves, juice, whole, zest

lobster

mango

marjoram

mayonnaise

Mediterranean cuisine

melon, cantaloupe

Mexican cuisine

**mint**

mirin

monkfish

**mushrooms,** (e.g., chanterelles, shiitakes)

mussels

**mustard:** country, Dijon, dry (sauce)

mustard seeds

nutmeg

**OIL:** canola, corn, grapeseed, peanut, vegetable

oil: peanut, sesame (for drizzling)

**Old Bay seasoning**

**olive oil**

olives, black

**ONIONS,** esp. red, Spanish, white

**orange:** juice, zest

oregano

oysters

paprika

**parsley, flat-leaf**

pasta

peanuts

**PEPPER: black, white**

pesto

pike

pineapple and pineapple juice  
pine nuts  
pistachios  
pumpkin  
radishes  
red pepper flakes  
rice (e.g., Arborio, bomba)  
risotto  
**rosemary**  
rum, dark  
**saffron**  
sage  
sake  
salsa  
**SALT: kosher, sea**  
sauce, romesco  
sausages (e.g., andouille)  
**scallions**  
scallops  
**sesame:** oil, seeds  
**shallots**  
shiso leaf  
snow peas  
sour cream  
Southern cuisine  
**soy sauce**  
spinach  
squid  
squid ink  
star anise  
**stocks:** chicken, clam, fish, shrimp  
sugar: brown, white  
sweet potatoes  
Tabasco sauce  
tarragon  
tea sandwiches  
tempura  
Thai cuisine  
**thyme,** lemon

## **TOMATOES and tomato paste**, sun-dried

turmeric

vanilla

vermouth

Vietnamese cuisine

vinaigrette

**winegar**: balsamic, rice wine, sherry, tarragon, wine

wasabi

watercress

## **WINE: dry white, rice, Sauternes**

Worcestershire sauce

yogurt

yuzu juice

zucchini

## **Flavor Affinities**

shrimp + bacon + chives

shrimp + basil + garlic + jalapeño chile

shrimp + black beans + coriander

shrimp + cayenne + cinnamon + orange

shrimp + cepes mushrooms + curry powder + Dijon mustard

shrimp + chiles + lime juice + brown sugar

shrimp + coriander + tarragon

shrimp + crab + Old Bay seasoning

shrimp + crab + pistachio nuts + watercress

shrimp + garlic + grits + mascarpone + tomato

shrimp + garlic + lime

shrimp + garlic + mustard + tarragon

shrimp + ginger + green apple + saffron

shrimp + horseradish + ketchup + lemon

shrimp + white beans + bell pepper + orange + sausage

## **SKATE**

**Season:** summer

**Weight:** medium–heavy

**Volume:** quiet–moderate

**Techniques:** broil, grill, poach, roast, sauté, steam

almonds

anchovies

arugula

bay leaf

**butter and butter sauces** (e.g., brown butter)

**CAPERS**

carrots

cayenne

celery and celery leaves

chives

cilantro

**clams**

cloves

dill

eggplant

fennel

**garlic**

leeks

**LEMON, juice**

lemon balm

lovage

mustard, Dijon

**OIL:** canola, peanut, sesame, vegetable

**OLIVE OIL**

**onions**

orange, juice

**parsley, flat-leaf**

parsnips

pasta

**pepper:** black, green, white

pistachios

polenta

ponzu sauce

potatoes

pumpkin seeds

rosemary

saffron

**sage**

sake

**salt: kosher, sea**

shallots



shrimp  
spinach  
squid  
star anise  
tapenade  
tarragon  
thyme  
tomatoes and tomato paste  
vinaigrette  
**VINEGAR:** balsamic, red wine, rice wine, sherry  
walnuts  
**wine:** dry white, red

### **Flavor Affinities**

skate + butter + pistachios  
skate + capers + garlic + lemon juice  
skate + capers + sherry vinegar  
skate + fennel + onions  
skate + garlic + sage

## **SLOW-COOKED**

**Season:** autumn–winter

**Tips:** These herbs and flavorings taste better with longer cooking.

For the opposite of slow-cooked, see **Freshness**.

cumin  
garlic  
ginger  
horseradish  
onions  
oregano  
rosemary  
shallots  
thyme

## **SMOKED SALMON (See Salmon, Smoked)**

## **SMOKINESS**

**Tips:** Add a smoky component to provide a “meaty” flavor to a dish or to counteract the richness of certain meats and seafoods.

bacon  
barbecued foods  
beer, smoked  
cheese, smoked  
chile peppers, chipotle  
duck, smoked  
fish, smoked (e.g., salmon, trout)  
grilled foods  
ham, smoked  
liquid smoke  
paprika, smoked  
salmon, smoked  
salt, smoked  
sausage, smoked  
tea, Lapsang Souchong  
whiskey, scotch

## **SNAP PEAS (aka sugar snap peas)**

**Season:** spring  
**Taste:** sweet  
**Weight:** light  
**Volume:** quiet  
**Techniques:** blanch, raw, steam, stir-fry  
almonds  
basil  
brown butter sauce  
butter  
**carrots**  
celery  
**chervil**  
chives  
cilantro  
cream  
curry  
dill

garlic  
ginger  
halibut  
leeks  
lemon, juice  
marjoram  
**mint**  
mushrooms  
nutmeg  
olive oil  
onions  
oregano  
parsley  
pepper, white  
potatoes  
rice  
rosemary  
saffron  
**sage**  
salmon  
scallions  
**sesame oil**  
**sesame seeds**  
shrimp  
stock, vegetable  
tarragon  
thyme  
yogurt

**Flavor Affinities**

snap peas + brown butter + sage

**SNAPPER (aka red snapper)**

**Season:** late spring–early autumn

**Weight:** medium

**Volume:** moderate

**Techniques:** bake, braise, broil, deep-fry, grill, poach, roast, sauté, steam, stir-fry

almonds

apricots, esp. dried  
artichokes  
basil (garnish)  
**bay leaf**  
**bell peppers:** green, red, yellow  
butter, unsalted  
cabbage  
capers  
carrots  
cayenne  
celery and celery leaves  
**chile peppers:** chipotle, jalapeño  
**chives**  
cilantro  
clams  
coconut  
coriander  
couscous  
crab  
cream  
cumin  
dill  
fennel  
fennel seeds  
five-spice powder  
**GARLIC**  
ginger  
grapefruit  
hazelnuts  
**leeks**  
**LEMON:** fruit, juice, zest  
lemon thyme  
lime, juice  
mint  
miso: dried, white  
mushrooms: cepes, chanterelles  
mustard, Dijon  
**OIL:** canola, corn, grapeseed, vegetable  
**OLIVE OIL**

olives: black, kalamata

**onions: red, white**

**orange: juice, zest**

papaya

paprika

**parsley, flat-leaf**

peas, sugar snap

**pepper: black, white**

pesto

pistachios, esp. as crust

port

**potatoes**

red pepper flakes

rice

rosemary

saffron

**SALT:** kosher, sea

sauces: brown butter, hollandaise, romesco

sausage, esp. spicy

scallions

seaweed (for presentation)

sesame

**shallots**

shrimp

spinach

star anise

stocks: chicken, fish

sugar

sweet potatoes

tarragon

**thyme**

**TOMATOES:** canned, fresh, paste

turnips

**vinegar:** red wine, sherry, white

**wine, dry white**

**Flavor Affinities**

snapper + clams + romesco sauce + sausage

snapper + fennel + olives + orange + saffron

snapper + coconut + crab + papaya  
snapper + garlic + potatoes + rosemary  
snapper + lemon + thyme + tomatoes

## SOLE

**Weight:** light

**Volume:** quiet

**Techniques:** pan sear, poach, sauté, steam  
artichokes

asparagus

basil: sweet, lemon

bass

bay leaf

beans, fava

bread crumbs

**BUTTER**, unsalted

buttermilk

capers

carrots

**cayenne**

celery and celery leaves

**chervil**

**CHIVES**

coriander

cornmeal

couscous

cream

dill

endive

French cuisine

**garlic**

ginger

greens, collard

**LEMON:** juice, slices

lobster

mayonnaise

Mediterranean cuisine

milk

mint, esp. spearmint

**mushrooms: button, morels**

mussels

noodles

**oil:** canola, corn, grapeseed, olive, peanut, vegetable

olive oil

onions, esp. white

oysters

paprika

**PARSLEY, flat-leaf**

peas

**PEPPER: black, pink, white**

potatoes

quince

ramps

salmon

**SALT: kosher, sea**

sauces: brown butter, hollandaise

**SHALLOTS**

shrimp

**spinach**

star anise

**stock, fish**

**TARRAGON**

thyme

**tomatoes**

truffles

vinegar, balsamic

watercress

**WINE, DRY WHITE** (e.g., Chablis)

**Flavor Affinities**

sole + butter + lemon + parsley

sole + paprika + potatoes

## **SORREL**

**Season:** spring–autumn

**Taste:** sour

**Weight:** medium, soft-leaved

**Volume:** moderate–loud

**Tips:** Always use fresh; as a soft-leaved herb, it will lose flavor in sauces, soups.

almonds

apples

avocados

bacon

basil

**BUTTER, UNSALTED**

carrots

caviar

**chard**

**CHEESE:** Emmental, goat, **Gruyère, Parmesan,** pecorino, **ricotta,** Swiss

chervil

chicken

chives

cilantro

collard greens

**CREAM**

**crème fraîche**

cucumbers

dandelion greens

dill

**EGGS: egg-based dishes, omelets**

escarole

**FISH**

French cuisine

garlic

grapes

greens

leeks

lemon, juice

lemon verbena

**lentils, esp. green**

lettuce

lovage

marinades

meats



mint  
mushrooms  
mussels  
**mustard**  
nutmeg  
olive oil  
**onions**  
paprika  
**parsley, flat-leaf**  
parsnip  
**pepper:** black, white  
pork  
**potatoes,** esp. new, russet  
poultry  
rice  
**salads** (say some)  
**salmon**  
salmon, smoked  
**salt**  
**sauces, cream**  
**seafood**  
shad  
shallots  
shellfish  
**SOUPS,** esp. creamy vegetable  
sour cream  
**SPINACH**  
**STOCKS: chicken, veal, vegetable**  
stuffings  
tarragon  
tea sandwiches  
thyme, lemon  
tomatoes  
trout  
veal  
vegetarian dishes  
**vinegar, red wine**  
watercress  
wine, dry white

## **AVOID**

salads (say some)

### **Flavor Affinities**

sorrel + butter + chicken stock

sorrel + garlic + spinach

sorrel + leeks + potatoes

sorrel + nutmeg + ricotta cheese

## **SOUR CREAM**

**Taste:** sour

**Weight:** medium–heavy

**Volume:** moderate–loud

**Tips:** Use fresh, or cook at low temperatures only.

baked goods (e.g., cakes, cookies)

borscht

caviar

desserts

dill

dips

European cuisine, esp. eastern and northern

fruit

horseradish

Hungarian cuisine

lemon, juice

mustard

paprika

pepper

**potatoes, esp. baked**

Russian cuisine

salads and salad dressings

sauces

Scandinavian cuisine

soups

## **SOURNESS**

**Taste:** sour

**Function:** heating; stimulates appetite; increases thirst

**Tips:** Sourness tends to sharpen other flavors.

In small doses, sour notes enhance bitterness, while in large doses, they suppress bitterness.

apples, tart (e.g., Granny Smith, Winesap)

blackberries

buttermilk

caraway seeds

cheese, sour (e.g., chèvre, other goat cheese)

cherries, sour

citrus

cloves

coriander

cornichons

cranberries

cream cheese

cream of tartar

crème fraîche

currants

fermented foods

fruits: sour, unripened

galangal

ginger

grapefruit

grapes, green

kaffir lime

kiwi fruit

kumquats

**lemon: juice, zest**

lemon, preserved

lemongrass

**lime: juice, zest**

milk, goat's

miso

mushrooms, enoki

orange: juice, zest

pickled foods

plums, esp. unripe

ponzu  
quince  
rhubarb  
rose hips  
sauces, reduced-wine  
sauerkraut  
sorrel  
sour cream  
soy sauce  
sumac  
tamarind  
tomatoes, esp. green  
*verjus*  
**vinegars**  
whey  
**wine, dry**  
yogurt  
yuzu

## **SOUS-VIDE COOKING**

What *sous-vide* [“under vacuum”] cooking does is give you a long, very controlled cooking time. I like to use it on vegetables because no air hits the vegetable. All the white vegetables come out really white. It also keeps the whiteness in fruits like apples and pears.

— DANIEL HUMM, ELEVEN MADISON PARK (NEW YORK CITY)

## **SOUTHEAST ASIAN CUISINES**

**Tips:** Balance hot + sour + salty + sweet tastes.

chile peppers  
coconut milk  
curries  
**fish sauce**  
galangal  
ginger  
lemongrass  
**lime**  
mint

soy sauce  
sugar  
tamarind  
vegetables: fresh, fermented

**Flavor Affinities**

chile peppers + fish sauce + lime + sugar  
fish sauce + lime + tamarind

**SOUTHERN CUISINE (AMERICAN)**

baked goods, e.g., biscuits  
barbecue  
black-eyed peas  
chicken, esp. fried  
gravy  
greens, esp. collard  
grits  
ham  
pies  
pork  
potatoes  
rice  
sweet potatoes  
tea: iced, sweet

**SOUTHWESTERN CUISINE (AMERICAN)**

avocados  
**beans**  
beef  
cheese  
chicken  
chiles  
chocolate  
cilantro  
cinnamon  
corn  
limes  
nuts

onions  
pork  
rice  
squash  
tomatoes  
tortillas

## SOY SAUCE

**Taste:** salty

**Weight:** light

**Volume:** moderate–loud

**Tips:** Add at the end of the cooking process, or to finish a dish. Use in stir-fries.

basil  
beef  
broccoli  
chicken  
Chinese cuisine  
coriander  
fish: cooked, raw  
garlic  
**ginger**  
**honey**  
Japanese cuisine  
Korean cuisine  
lime juice  
lobster, raw  
marinades  
meats  
mirin  
molasses  
orange zest  
peanuts  
red pepper flakes  
salt  
scallions  
seafood

sesame oil  
sugar  
wasabi

**Flavor Affinities**

soy sauce + coriander + honey  
soy sauce + garlic + ginger  
soy sauce + molasses + sugar

**SPANISH CUISINE**

almonds  
anchovies  
bay leaf  
bread  
chorizo  
custards  
**eggs**  
fish  
fruits  
garlic  
ham, Serrano  
hazelnuts  
lemon  
meats, esp. roasted  
**olive oil**  
olives  
onion  
orange  
paprika, sweet  
parsley  
peppers, esp. guindilla or piquillo, esp. roasted  
pine nuts  
pomegranates  
**pork**  
rice  
roasts  
saffron  
shellfish  
sherry

soups  
stews  
thyme  
tomatoes  
vanilla  
vegetables  
vinegar, sherry  
walnuts

**Flavor Affinities**

almonds + garlic + olive oil  
almonds + olive oil  
garlic + olive oil  
garlic + onions + paprika + rice + saffron  
garlic + onions + parsley  
red peppers + onions + tomatoes  
tomatoes + almonds + olive oil + roasted red peppers

**SPICES (See also individual spices)**

**SPINACH (See also Greens — In General)**

**Season:** year-round

**Taste:** bitter

**Function:** cooling

**Weight:** medium

**Volume:** moderate

**Techniques:** boil, raw, sauté, steam, stir-fry, wilt

almonds

**anchovies**

apples

**bacon**

basil

**\*BUTTER, unsalted**

cayenne

chard

**CHEESE:** aged, Comté, Emmental, feta, goat, Parmesan, ricotta

chicken, esp. grilled

chickpeas

chives



crab

**CREAM / MILK**

cream cheese

crème fraîche

cumin

curry

**dill**

**eggs, esp. hard-boiled**

fennel

fish (e.g., striped bass)

French cuisine

**GARLIC**

ginger

greens, collard

Indian cuisine

Italian cuisine

Japanese cuisine

lamb, esp. grilled

**lemon, juice**

lentils

**lovage**

marjoram

mascarpone

mint, esp. spearmint

**mushrooms, esp. shiitake**

**mustard, Dijon**

mustard seeds

**NUTMEG**

**OIL:** canola, peanut, sesame, vegetable, **walnut**

**olive oil**

**onions, esp. sweet**

pancetta

paprika, sweet

parsley

pasta

pecans

**PEPPER: black, white**

pesto

**pine nuts**

**potatoes**

prosciutto

quince

**raisins**

red pepper flakes

saffron

**SALT:** kosher, sea

salt cod

sauces: béchamel, Mornay

scallions

**SESAME SEEDS**

**shallots**

shrimp

smoked salmon

**sorrel**

sour cream

**soy sauce**

stocks: chicken, vegetable

**sugar** (pinch)

Tabasco sauce

thyme, fresh

tomatoes

tuna

vinaigrette, esp. sherry

**VINEGAR:** balsamic, cider, red wine, rice wine, sherry

**walnuts**

yogurt

**Flavor Affinities**

spinach + bacon + garlic + onions + cider vinegar

spinach + bacon + walnuts

spinach + chives + goat cheese + mascarpone

spinach + cumin + garlic + lemon + yogurt

spinach + fennel + Parmesan cheese + portobello mushrooms + balsamic vinegar

spinach + feta cheese + lemon juice + oregano

spinach + garlic + mushrooms

spinach + garlic + sorrel

## SPRING

**Weather:** typically warm

**Techniques:** pan roast and other stovetop methods

**artichokes** (peak: March–April)

**asparagus:** green, purple, white (peak: April)

beans, fava (peak: April–June)

cauliflower (peak: March)

crayfish

dandelion greens (peak: May–June)

fiddlehead ferns

**garlic, green** (peak: March)

**greens: salad, spring**

lamb, spring

leeks

lemons, Meyer

lettuces

lighter dishes

limes, key

loquats

mushrooms, morel (peak: April)

onions: spring, Vidalia (peak: May)

oranges, navel (peak: March)

**peas** (peak: May)

ramps (peak: May)

rhubarb (peak: April)

soft-shell crabs

sorrel (peak: May)

soufflés

spices, cooling (e.g., white peppercorns)

**strawberries**

tomatoes, heirloom

watercress

zucchini blossoms

## SPROUTS

**Season:** year-round

**Function:** cooling

**Weight:** light

**Volume:** quiet

**Techniques:** sauté, steam, stir-fry

**Tips:** Cook for less than 30 seconds, or they'll wilt.

cucumbers

egg salad

**salads**, esp. more delicate sprouts

sandwiches

stir-fried dishes, esp. heartier sprouts

## SQUAB

**Weight:** medium

**Volume:** moderate

**Techniques:** braise, broil, grill, roast, sauté

bacon

beans, fava

beets

cabbage

cherries

fennel

figs

foie gras

garlic

juniper berries

lentils

mushrooms, wild, esp. porcini

mustard

olive oil

olives

onions

pancetta

pears

peas

pepper, black

prunes

rice and risotto

rosemary

sage

salt  
vinegar, balsamic  
wine, esp. red

## **SQUASH, ACORN (See also Pumpkin; Squash, Butternut; and Squash, Winter)**

**Season:** autumn–winter  
**Taste:** sweet  
**Weight:** medium–heavy  
**Volume:** moderate  
**Techniques:** bake, mash  
**allspice**  
bay leaf  
**butter, esp. brown**  
**cheese,** Parmesan  
**cinnamon**  
cream  
eggs, custard  
garlic  
ginger, fresh  
maple syrup  
mascarpone  
mushrooms, esp. shiitake  
**nutmeg**  
nuts  
olive oil  
onions, esp. cipollini  
parsley  
pork  
**SAGE**  
salt, kosher  
sugar, brown  
thyme  
vanilla  
vinegar, sherry

### **Flavor Affinities**

acorn squash + custard + sage  
acorn squash + ginger + maple syrup

## **SQUASH, BUTTERNUT (See also Pumpkin; Squash, Acorn; and Squash, Winter)**

**Season:** early autumn

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** bake, braise, mash, roast, steam, tempura-fry

### **allspice**

anchovies

apples, esp. green

artichokes, Jerusalem

bacon

basil

### **bay leaf**

bourbon

bread crumbs

brown butter

## **BUTTER, UNSALTED**

carrots

cayenne

celery

celery root

**CHEESE:** Fontina, **goat**, Gruyère, **PARMESAN**, pecorino, **ricotta**, ricotta

salata

chervil

chestnuts

chickpeas

chile peppers, esp. fresh green, jalapeño

chili sauce

chives

cilantro

### **cinnamon**

cloves

### **coconut milk**

coriander

couscous

### **cream**

crème fraîche

cumin  
curry: paste (yellow), powder  
duck  
fenugreek  
fish sauce, Thai  
**garlic**  
**ginger:** fresh, ground  
honey  
Japanese cuisine (e.g., tempura)  
leeks  
**lemon, juice**  
lemongrass  
**lime, juice**  
maple syrup  
marjoram  
mascarpone  
mint  
Moroccan cuisine  
mushrooms, esp. porcini  
**nutmeg**  
nuts  
**OIL:** canola, grapeseed, peanut, **pumpkin seed**, vegetable  
**olive oil**  
**ONIONS, esp. red**  
orange, juice  
pancetta  
**parsley, flat-leaf**  
parsnips  
pears  
**PEPPER: black, white**  
pork  
potatoes  
pumpkin seeds  
red pepper flakes  
risotto  
rosemary  
**SAGE**  
salsify  
**SALT:** kosher, sea

shallots  
shrimp  
soups  
sour cream  
**spinach**  
**STOCKS: chicken, vegetable**  
**sugar:** brown, white  
tarragon  
**thyme**  
truffle oil  
vanilla  
vinegar: balsamic, champagne, sherry  
walnuts  
watercress  
wine: dry white, Vin Santo  
yams  
yogurt

**Flavor Affinities**

butternut squash + anchovies + bread crumbs + onions + pasta  
butternut squash + bacon + maple syrup + sage  
butternut squash + bay leaf + nutmeg  
butternut squash + cilantro + coconut + ginger  
butternut squash + crème fraîche + nutmeg + sage  
butternut squash + ricotta cheese + rosemary  
butternut squash + risotto + sage

**SQUASH, KABOCHA (See also Squash, Winter)**

**Flavor Affinities**

kabocha squash + coconut + sweet curry  
— DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

**SQUASH, SPAGHETTI (See also Squash, Winter)**

**Season:** early autumn–winter  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake, boil, or steam; then sauté  
bacon  
basil



bell peppers  
cheese: feta, Gorgonzola, Parmesan  
chicken  
chives  
duck  
garlic  
ginger  
honey, chestnut  
olive oil  
olives, black  
oregano  
parsley, flat-leaf  
pasta  
pepper, ground  
salt  
seafood: fish, scallops  
tomatoes  
vinaigrette

## **SQUASH, SUMMER (See also Zucchini)**

**Season:** summer

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** bake, blanch, boil, braise, deep-fry, grill, sauté, steam, stir-fry

**basil**

bell peppers

butter

**cheese:** goat, Gruyère, mozzarella, Parmesan

**chile peppers:** dried red, fresh green

**chives**

cinnamon

coconut

coriander

corn

cream

cumin

curry leaves

dill

eggplant  
**garlic**  
lemon, juice  
**marjoram**  
mint  
mustard seeds, black  
**olive oil**  
**onions**  
**oregano**  
**parsley, flat-leaf**  
pecans  
pepper, black  
rosemary  
**sage**  
salt  
sausage, Italian  
**thyme**  
tomatoes  
turmeric  
walnuts  
yogurt

## **SQUASH, WINTER (See also Pumpkin; Squash, Acorn; and Squash, Butternut)**

**Season:** autumn–winter

**Weight:** medium–heavy

**Volume:** moderate

**Techniques:** bake, braise, grill, mash, puree, roast, sauté, steam

**allspice**

**APPLES:** cider, fruit, juice

**bacon**

**BUTTER**

caraway seeds

cayenne

celery, leaves

**cheese:** Fontina, Gruyère, Parmesan, pecorino, Romano

chili powder

cinnamon

**cloves**

coconut milk

**coriander**

**cream**

**cumin**

curry

**GARLIC**

**ginger**

honey

lamb

leeks

lemongrass

lime, juice

**maple syrup**

marjoram

mushrooms

mustard

**NUTMEG**

nuts

**olive oil**

**ONIONS**

**orange:** juice, zest

oregano

paprika, sweet

**parsley, flat-leaf**

**pasta,** esp. ravioli

pears

pecans

pork

pumpkin

pumpkin seeds

quince

radicchio

red pepper flakes

risotto

**rosemary**

**SAGE**

savory

soups

**stocks:** chicken, vegetable

**SUGAR, BROWN**

**THYME**

truffles, white

vinegar, sherry

walnuts

wild rice

**Flavor Affinities**

winter squash + butter + garlic + sage

winter squash + garlic + olive oil + parsley

winter squash + onions + Parmesan cheese + chicken stock

## **SQUASH BLOSSOMS (See Zucchini Blossoms)**

### **SQUID (aka calamari)**

**Weight:** light–medium

**Volume:** quiet

**Techniques:** deep-fry, grill, marinate, roast, salad, sauté, stew  
aioli

almonds

anchovies

arugula

basil

**bay leaf**

beans, white

**bell peppers:** green, red, yellow

butter, unsalted

cabbage: green, red

caperberries

capers

carrots

cayenne

celery

chard

chile peppers, esp. piquillo

chives

chorizo

cilantro

cloves  
cornichons  
cornmeal (for breading)  
couscous, esp. Israeli  
currants  
**GARLIC**  
ginger  
hoisin sauce  
honey  
ketchup  
Italian cuisine  
leeks  
**LEMON, JUICE**  
lime, juice  
lobster  
marjoram  
mayonnaise  
Mediterranean cuisine  
melon, esp. cantaloupe, watermelon  
oil: grapeseed, peanut (for frying), walnut  
**OLIVE OIL**  
olives, esp. black, kalamata  
onions, esp. sweet, white  
orange, zest  
oregano  
**PARSLEY, FLAT-LEAF**  
pasta  
**PEPPER: black, white**  
pine nuts  
polenta  
potatoes, new  
red pepper flakes  
rice: Arborio, bomba  
risotto  
saffron  
salads  
**SALT: kosher, sea**  
scallions  
scallops

sesame seeds

**shallots**

shiso

**shrimp**

soy sauce

squid ink

**stock, fish**

sugar

Tabasco sauce

tarragon

**thyme**

**tomatoes**

**VINEGAR:** balsamic, red wine, rice wine, sherry, white wine

walnuts

**wine, dry white**

yuzu juice

zucchini

**Flavor Affinities**

squid + aioli + anchovies

squid + basil + bell peppers + chiles + garlic + orange + tomatoes + red wine

squid + garlic + lemon + parsley

**STAR ANISE (See Anise, Star)**

**STEAK (See Beef)**

**STRAWBERRIES**

**Season:** late spring–summer

**Taste:** sweet–sour

**Weight:** light

**Volume:** moderate

**Techniques:** raw, sauté

**Tips:** Adding sugar enhances strawberry flavor, as does adding an acid such as citrus juice or vinegar.

**almonds**

amaretto

apricots, pureed  
**bananas**  
berries  
biscuit  
**blackberries**  
**blueberries**  
boysenberries  
brandy  
buttermilk  
caramel  
cardamom  
**Champagne**  
Chartreuse  
**cheese: Queso de los Beyos, ricotta**  
chocolate: dark, white  
**cinnamon**  
cloves  
cognac  
coriander  
**\*CREAM AND ICE CREAM**  
cream cheese  
crème de cassis  
**crème fraîche**  
crust: pastry, pie  
**custard**  
elderflower syrup  
gelatin (for texture)  
ginger  
gooseberries  
grapefruit  
grapes  
grappa  
guava  
hazelnuts  
**honey**  
**KIRSCH**  
kumquats  
**LEMON:** juice, zest  
lemon verbena

**lime:** juice, zest

liqueurs, berry or orange (e.g., Cointreau, **curaçao**, Framboise, **GRAND MARNIER**)

loquats

mangoes

maple syrup

**mascarpone**

**melon**

**mint** (for garnish)

nutmeg

oatmeal

**ORANGE:** juice, zest

papaya

passion fruit

**peaches**

peanuts

pecans

**pepper, black**

pies

**pineapple**

pine nuts

pistachios

plums

pomegranates

**port**

**RASPBERRIES**

**\*RHUBARB**

rum

sake

**sherry**

shortcake

**SOUR CREAM**

**\*SUGAR:** brown, white

tarts

**VANILLA**

**\*VINEGAR, BALSAMIC, ESP. AGED**

walnuts

**WINE: RED OR ROSÉ** (e.g., **Beaujolais**, Cabernet Sauvignon), **sweet white** (e.g., Moscato d'Asti, Muscat, Riesling, Sauternes, Vin Santo)



yogurt  
zabaglione

**AVOID**

salt

**Flavor Affinities**

strawberries + almonds + cream  
strawberries + almonds + olive oil + balsamic vinegar  
strawberries + almonds + rhubarb  
strawberries + balsamic vinegar + black pepper  
strawberries + black pepper + ricotta cheese + red wine  
strawberries + Champagne +  
Grand Marnier  
strawberries + rhubarb + sugar

**STRIPED BASS (See Bass, Striped) STUFFING**

**Season:** autumn–winter

**Weight:** medium–heavy

**Volume:** quiet–moderate

apples  
bread crumbs  
butter, unsalted  
celery  
chestnuts  
chicken fat  
chicken livers  
corn bread  
garlic  
mushrooms (e.g., shiitakes)  
olive oil  
onions  
parsley, flat-leaf  
pecans  
pepper: black, white  
prosciutto  
rosemary  
sage  
salt, kosher  
sausage, esp. chicken, pork

stocks: chicken, turkey  
thyme  
walnuts

## **SUGAR**

**Taste:** sweet

**Function:** cooling

**Tips:** Balance sweetness with acid (e.g., vinegar) and salt. Avoid dark brown sugar with maple syrup, as the combination is too intense.

## **SUGAR, PALM**

**Taste:** sweet

**Tips:** Avoid with lighter dishes, which would be overwhelmed.

coconut  
curries  
custards  
desserts  
Indian cuisine  
tamarind  
Thai cuisine

## **SUGAR SNAP PEAS (See Snap Peas)**

## **SUMAC**

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate

allspice

**avocados**

**beets**

cheese, feta

**CHICKEN, ESP. ROASTED**

chickpeas

chile peppers

chili powder

coriander

cucumbers

cumin

eggplant

fennel

**FISH, ESP. GRILLED**

garlic

ginger

kebabs

**lamb**

Lebanese cuisine

lemon, juice

**lentils**

lime

**meats, esp. grilled**

Middle Eastern cuisine

mint

Moroccan cuisine

**onions**

orange

oregano

paprika

parsley

**pepper, black**

pine nuts

pomegranates

rosemary

**salads and salad dressings**

**salt**

seafood

**sesame seeds**

shellfish

stewed dishes

**thyme**

**tomatoes**

**Turkish cuisine**

**vegetables**

walnuts

**yogurt**

## **Flavor Affinities**

sumac + lamb + black pepper

sumac + salt + sesame seeds + thyme (aka Middle Eastern *za'atar*)

## **SUMMER**

**Weather:** typically hot

**Techniques:** barbecue, grill, marinate, panfry, pan roast, raw

apricots (peak: June)

basil

beans, fava

**beans, green** (peak: August)

blackberries (peak: June)

blueberries (peak: July)

boysenberries (peak: June)

**cherries**

chilled dishes and beverages

**corn** (peak: July/August)

**cucumbers** (peak: August)

**eggplant**

figs (peak: August)

fish

flowers, edible

garlic (peak: August)

grapes

grilled dishes

herbs, cooling (e.g., basil, cilantro, dill, fennel, licorice, marjoram, mint)

ice cream

ices

limes (peak: June)

mangoes

**melons** (peak: August)

**nectarines** (peak: July)

okra (peak: August)

onions (peak: August)

onions, red (peak: July)

**peaches** (peak: July/August)

pears, Bartlett (peak: August)

peppers

picnics  
**plums** (peak: August)  
puddings, summer  
raspberries (peak: June, August)  
raw foods (e.g., salads)  
salads: fruit, green, pasta  
salsas, fresh  
shellfish  
sorbets  
soups, cold  
spices, cooling (e.g., peppercorns, white; turmeric, etc.)  
**squash, summer**  
steaming  
strawberries  
tomatillos (peak: August)  
**tomatoes**  
vegetables, green leafy  
Vidalia onions (peak: June)  
watermelon  
zucchini (peak: July)

## **SUNCHOKES (See Artichokes, Jerusalem) SWEDISH CUISINE**

allspice  
bay leaf  
cardamom  
cinnamon  
cloves  
**DILL**  
fish  
ginger  
herring, pickled  
meatballs  
mushrooms  
mustard  
nutmeg  
onions  
peas  
pepper

pickled dishes (e.g., fish, meat, vegetables)

potatoes

shellfish

soups, esp. fruit

sugar

**AVOID**

garlic

piquancy

**Flavor Affinities**

beef + bay leaf + dill + nutmeg + onions

herring + sour cream + vinegar

red wine + allspice + cinnamon + cloves + raisins + sugar

veal + allspice + onions

**SWEETBREADS**

**Weight:** medium

**Volume:** moderate

**Techniques:** braise, deep-fry, grill, pan roast, sauté

artichokes, Jerusalem

asparagus

**BACON**

butter, unsalted

cabbage

**capers**

celery

celery root

cream

fennel

fennel seeds

flour (for dredging)

French cuisine

**garlic**

greens

ham

hazelnuts

honey

Italian cuisine

**lemon, juice**

liver, esp. duck  
Madeira  
mushrooms, esp. wild (e.g., chanterelles, morels)  
mustard  
oil, peanut  
**olive oil**  
onions: red, white  
**parsley, flat-leaf**  
peas  
pecans  
**PEPPER: black, white**  
port  
raisins  
salt: kosher, sea  
scallions  
**shallots**  
soy sauce  
spinach  
stock, chicken  
**sugar**  
thyme, fresh  
truffles, black  
vermouth  
**VINEGAR: balsamic, red, rice, sherry, white**  
wine, white

### **Flavor Affinities**

sweetbreads + asparagus + morels  
sweetbreads + bacon + capers  
sweetbreads + bacon + garlic  
sweetbreads + bacon + onions + sherry vinegar  
sweetbreads + capers + lemon  
sweetbreads + celery + truffles, black  
sweetbreads + hazelnuts + red wine vinegar + walnuts  
sweetbreads + Madeira  
sweetbreads + mustard + raisins

## **SWEETNESS**

**Taste:** sweet

**Function:** cooling; sweetness satiates the appetite

**Tips:** The colder the food or drink, the less the perception of sweetness. Sweetness tends to round out flavors, while acidity sharpens them.

apple: cider, fruit, juice

apricots

bananas

barley

basil, sweet

beans

beets

bell peppers: red, yellow

brandies, fruit (e.g., Calvados)

butter

caramel

carrots

cherries, sweet

chestnuts

chocolate: dark, milk, white

clementines

cloves

cocoa, sweetened

coconut and coconut milk

corn

corn syrup

crab

cream

currants

daikon

dates

figs

fruits: dried, ripe

fruit juices

garlic, roasted

ginger, candied

grapes

guava

hoisin sauce

**honey**



jicama  
ketchup  
lentils  
licorice  
liqueurs, sweet  
lobster  
lotus root  
lychee nuts  
Madeira  
mangoes  
**maple syrup**  
melons (e.g., cantaloupe, honeydew)  
milk  
**mirin** (Japanese sweetener)  
**molasses**  
nectarines  
onions: cooked, sweet (e.g., Vidalia)  
oranges, sweet (e.g., navel)  
papaya  
parsnips  
passion fruits  
peaches  
pears  
peas and sugar snap peas  
persimmons  
pimentos  
pineapple  
plantains, esp. ripe  
plums, sweet  
plum sauce  
pomegranates  
potatoes  
prunes  
pumpkin  
raisins  
raspberries  
rice  
roasted foods  
sake

scallops, esp. bay  
sherry, sweet (e.g., cream, oloroso)  
shrimp  
squash, winter (e.g., acorn, butternut)  
strawberries  
**sugar: brown, palm, white**  
sweet potatoes  
tangerines  
tomatoes  
vermouth, sweet  
vinegar, balsamic  
watermelon  
wheat  
wines, sweet

## **SWEET POTATOES**

**Season:** autumn–winter  
**Taste:** sweet  
**Weight:** medium–heavy  
**Volume:** moderate–loud  
**Techniques:** bake, boil, deep-fry, fry, grill, mash, roast, sauté, steam  
**allspice**  
anise  
**apples and apple juice**  
bacon  
bananas  
basil  
**bay leaf**  
beans  
bell peppers: green, red  
**bourbon**  
brandy  
**BUTTER**, unsalted  
caramel  
cheeses  
chestnuts  
**chile peppers**  
chives

chocolate, white

**cilantro**

**CINNAMON**

cloves

coconut

coriander

cranberries

**cream**

crème fraîche

cumin

curry powder

custards

dates

dill

duck

figs, dried

fruits and fruit juices

**garlic**

**ginger**

greens, bitter

ham

hazelnuts

**honey**

kale

ketchup

leeks

lemon: juice, zest

**lime, juice**

liqueurs: nut, orange

**maple syrup**

meats, esp. roasted

**molasses**

mushrooms, chanterelle

mustard, esp. Dijon

**NUTMEG**

oatmeal

**oil:** nut, peanut, sesame

**olive oil**

**onions,** esp. red

**ORANGE:** juice, zest

paprika, smoked

**parsley, flat-leaf**

peanuts

pears

**pecans**

**pepper: black, white**

persimmons

pineapple

pork

potatoes: new, red

poultry, esp. roasted

prosciutto

pumpkin

pumpkin seeds

raisins

red pepper flakes

rosemary

**rum**

sage

**salt, kosher**

sausage: andouille, chorizo

sesame seeds

sour cream

stock, chicken

**SUGAR, BROWN**

tarragon

**thyme**

tomatoes

vanilla

vinegar: balsamic, cider

**walnuts**

whiskey

wine, sweet

Worcestershire sauce

yogurt

**Flavor Affinities**

sweet potatoes + allspice + cinnamon + ginger

sweet potatoes + apples + sage  
sweet potatoes + bacon + onions + rosemary  
sweet potatoes + chile peppers + lemon zest  
sweet potatoes + chorizo sausage + orange  
sweet potatoes + cilantro + lime juice  
sweet potatoes + kale + prosciutto  
sweet potatoes + maple syrup + pecans

## **SWISS CHARD (See Chard) SWORDFISH**

**Season:** early summer–early autumn

**Weight:** heavy

**Volume:** quiet–moderate

**Techniques:** braise, broil, grill, poach, sauté, sear, steam, stir-fry  
apples, esp. Granny Smith

bacon

basil

bay leaf

beans, white

bread crumbs

butter

capers

cajonata

carrots

cayenne

celery

chili powder

cilantro

coconut milk

coriander

cream

cumin

**currants**

curry

fennel

**garlic**

**lemon: juice, zest**

lemon, preserved

lemongrass

**lime:** juice, leaf (kaffir), zest  
mint

**OIL,** corn

**olive oil**

**olives, esp. black**

onions, esp. pearl

orange, juice

oregano

**parsley, flat-leaf**

**pepper:** black, red

pineapple

**pine nuts**

*pistou*

potatoes

red pepper flakes

rosemary

saffron

salt: kosher, sea

scallions

shallots

star anise

**stocks: chicken, fish, shrimp**

Tabasco sauce

**tomatoes and tomato sauce**

vinegar, balsamic

**wine, dry white**

## **SZECHUAN CUISINE (See also Chinese Cuisine)**

**Volume:** loud

**Techniques:** braise, pickle, roast, simmer, steam, stir-fry

bamboo shoots

beef

cabbage, Chinese

chicken

chile peppers

chili paste

duck

garlic

ginger  
meats, smoked  
peanuts  
**PORK**  
soy sauce  
**\*SZECHUAN PEPPER**  
tangerine peel, dried  
wine, rice

## **SZECHUAN PEPPER**

**Taste:** sour, hot, pungent  
**Weight:** light–medium  
**Volume:** loud  
**Tips:** Add at the end of the cooking process.

Asian cuisines  
beans, black  
chicken  
chile peppers  
Chinese cuisine  
curry powder  
**duck**  
five-spice powder (key ingredient)  
fried dishes  
fruits, citrus  
game  
game birds  
garlic  
**ginger**  
grilled dishes  
honey  
lemon  
lime  
**meats, esp. fattier**  
mushrooms  
onions  
orange  
peppercorns: black, green, white

**pork**

quail

**salt**

scallions

sesame: oil, seeds

soy sauce

squid

**star anise**

stir-fried dishes

Tibetan cuisine

**Flavor Affinities**

Szechuan pepper + ginger + star anise



## TAMARIND

**Season:** spring–early summer

**Taste:** sour

**Weight:** medium

**Volume:** moderate–loud

**Tips:** Add at the beginning of the cooking process.

African cuisine

allspice

almonds

Asian cuisines

bananas

beans

beverages, esp. fruit

cabbage

cardamom

Central American cuisine

**chicken**

chickpeas

**chile peppers, esp. Thai**

**chili powder**

Chinese cuisine

**chutneys**

cilantro

cinnamon

cloves

**coconut and coconut milk**

coriander

**cumin**

**curries, curry paste, curry powder**

dates

duck

fennel seeds

fenugreek

**fish**

**fish sauce**

fruits

game

garlic

**ginger**

greens

honey

**INDIAN CUISINE**

Indonesian cuisine

Jamaican cuisine

lamb

Latin American cuisine

**lentils**

**lime, juice**

mangoes

marinades

meats

**Middle Eastern cuisine**

mint

mushrooms

**mustard**

oil, grapeseed

onions, red

orange

paprika

peaches

peanuts

pears

pepper, black

pineapple

**pork**

potatoes

poultry

**rice**

sauces

scallops

sea bass

shellfish

shrimp

soups

Southeast Asian cuisine

soy sauce

**star anise**

stews

**sugar: brown, palm, white**

Thai basil

**Thai cuisine**

**turmeric**

vegetables

vinaigrette

Worcestershire sauce (key ingredient)

**yogurt**

**Flavor Affinities**

tamarind + chicken + yogurt

## **TANGERINES (see Oranges, Mandarin) TARRAGON**

**Season:** late spring–summer

**Taste:** sweet

**Weight:** light

**Volume:** loud

**Tips:** Add at the end of the cooking process.

**acidic foods and flavors** (e.g., citrus)

anise

apples

apricots

artichokes

asparagus

basil (say some)

bass

bay leaf

beans, green

beef

**beets**

broccoli

capers

**carrots**

cauliflower

celery seeds

**cheese**, esp. goat, ricotta

**chervil**

**\*CHICKEN**

**chives**

chocolate

corn

crab and crab cakes

cream

crème fraîche

dill

**EGGS AND EGG DISHES** (e.g., omelets), egg salad

**fennel bulb**

fennel seeds

finest herbes (key ingredient)

**FISH**

**French cuisine**

game

game birds

garlic

**grapefruit**

greens, bitter

halibut

leeks

**LEMON, JUICE**

lemon herbs (balm, thyme, verbena)

lentils

lettuces (e.g., frisée)

**lime**

**lobster**

lovage

marjoram

mayonnaise

meats, white

**melon**

mint

**mushrooms**

mussels

**mustard**: Dijon, Chinese (ingredient and complement)

olive oil

onions  
orange, juice  
oysters  
paprika  
**PARSLEY**  
pasta  
peaches  
peas  
pepper, black  
Pernod  
pork  
**potatoes**  
**poultry**  
rabbit  
radishes  
rice  
salads (e.g., fruit, green) and salad dressings  
salmon  
salsify  
**sauc**es, e.g., **BÉARNAISE** (key ingredient), creamy, hollandaise, tartar  
savory  
scallops  
shallots  
**SHELLFISH**  
shrimp  
sole  
soups  
sorrel  
soy sauce  
**spinach**  
squash, summer  
steaks  
stock, vegetable  
stuffings  
**TOMATOES**  
veal  
vegetables  
vinaigrette  
**VINEGAR**, esp. champagne, sherry, white wine

wine, red  
zucchini  
**AVOID**  
basil (say some)  
desserts  
oregano  
rosemary  
sage  
savory  
sweet dishes

**Flavor Affinities**

tarragon + anise + celery seeds  
tarragon + chicken + lemon  
tarragon + orange + seafood

**TECHNIQUES**

We believe that food preparation is 60 percent ingredients and 40 percent **technique.**

— DOMINIQUE AND CINDY DUBY, WILD SWEETS (VANCOUVER)

**TEQUILA**

**Weight:** medium  
**Volume:** moderate  
chile peppers  
cilantro  
Cointreau  
fruit juice  
ginger  
grenadine  
**lemon, juice**

**LIME, JUICE**

**MEXICAN CUISINE**

**orange, juice**  
pomegranate, juice  
sage  
**salt**  
sugar  
vermouth: dry, sweet

**Flavor Affinities**

tequila + cilantro + lime

tequila + Cointreau + lime juice + pomegranate juice

tequila + Cointreau + lime juice + sage

tequila + lime juice + salt

**TEX-MEX CUISINE (See Mexican Cuisine, Southwestern Cuisine) THAI CUISINE**

**Tips:** Authentic Thai cuisine strives for a balance of hot + sour + salty + sweet.

basil, Thai

bell peppers

**CHILE PEPPERS**

**cilantro**

**coconut**

coriander

cumin

**curries**

fish

**fish sauce**

**garlic**

ginger

herbs, fresh

**lemongrass**

lime

mint

noodles, as in Pad Thai

**peanuts**

rice

shrimp paste

sugar

**turmeric**

vegetables

**Flavor Affinities**

chile peppers + cilantro + coconut milk

chile peppers + curry

chile peppers + curry + fish sauce

chile peppers + curry + peanuts  
chile peppers + fish sauce  
chile peppers + garlic  
chile peppers + peanuts

## **THYME**

**Season:** early summer

**Weight:** medium

**Volume:** moderate–loud

**Tips:** Add at the beginning of the cooking process; use dried or fresh.

allspice

apples

bacon

basil

### **BAY LEAF**

**beans, esp. dried, green**

beef

beer

bell peppers

**bouquet garni** (key ingredient, along with bay leaf, marjoram, parsley)

braised dishes

bread and other baked goods

broccoli

Brussels sprouts

cabbage

caramel

**carrots**

casseroles

celery

**CHEESE: FRESH, GOAT**

**CHICKEN, esp. roasted**

chile peppers

**chives**

chowders, clam

cloves

cod

coriander



**corn**

cranberries

curries

dates

dill

**eggplant**

eggs and egg dishes

fennel

figs

**FISH**

French cuisine

fruits, dried

game

garlic

Greek cuisine

gumbos

*herbes de Provence* (ingredient)

honey

**Italian cuisine**

Jamaican cuisine

jerk seasoning

**lamb, esp. grilled, roasted**

lavender

leeks

legumes

**lemon**

lemon verbena

lentils

**lovage**

marinades

**marjoram**

**MEATS and meat loaf**

Mediterranean cuisine

**Middle Eastern cuisine**

mint

mole sauce

**MUSHROOMS**

mustard

nutmeg

olive oil

## **ONIONS**

orange

**oregano**

oysters, esp. stewed

paprika

**parsley**

parsnips

pasta and pasta sauces

pâtés

pears

peas

pepper

**pork**, esp. roasted

## **POTATOES**

poultry

rabbit

rice

roasts

## **ROSEMARY**

sage

salads and salad dressings

**saucés**, esp. rich and/or tomato saucés, red wine

sausages

## **SAVORY**

seafood

**SOUPS**, esp. vegetable

Spanish cuisine

spinach

## **STEWES**

stocks

stuffings

tarragon

## **TOMATOES**

**vegetables**, esp. winter

venison

vinaigrettes

wine, red, and red wine saucés

zucchini

**Flavor Affinities**

thyme + goat cheese + olive oil

thyme + savory

**THYME, LEMON (See Lemon Thyme) TOFU**

**Weight:** light

**Volume:** quiet

**Techniques:** grill, sauté, stir-fry, tempura-fry

asparagus

cabbage, esp. napa

garlic

ginger

**Japanese cuisine**

miso

mushrooms

noodles, esp. soba, udon

rice, esp. fried

salads and salad dressings

scallions

**sesame: oil, seeds**

soups

soy sauce

tamari

teriyaki

**TOMATILLOS**

**Season:** year-round

**Taste:** sour

**Weight:** light–medium

**Volume:** moderate

avocado

chicken

chile peppers, fresh (e.g., jalapeño, serrano)

**cilantro**

cucumber

fish

garlic

grilled dishes

guacamole  
lime  
**Mexican cuisine**  
onions  
pork  
salsas, esp. green  
salt: kosher, sea  
scallions  
shellfish  
shrimp  
sour cream  
stews  
tequila  
**tomatoes**

## **TOMATOES**

**Season:** summer–early autumn  
**Taste:** sour, sweet  
**Function:** heating  
**Weight:** medium  
**Volume:** moderate  
**Techniques:** bake, broil, confit, fry, grill, raw, roast, sauté, stew  
aioli  
allspice  
almonds  
anchovies  
**arugula**  
avocados  
**\*BASIL: lemon, purple**  
**bay leaf**  
beans: fava, green  
beets  
**BELL PEPPERS:** red, green, yellow  
bread, bread crumbs  
broccoli  
butter, unsalted  
capers  
carrots

cauliflower

cayenne

celery and celery salt

**CHEESE:** blue, Cabrales, cheddar, feta, **goat**, **Gorgonzola**, **mozzarella**, **Parmesan**, **pecorino**, ricotta, ricotta salata, sheep's milk

chervil

chicken

chickpeas

**chile peppers:** chipotle, habanero, jalapeño, serrano, and/or dried sweet

chili

chili sauce

**chives**

**cilantro**

cinnamon

coconut milk

coriander

corn

crab

cream

cream cheese

**cucumbers**

cumin

curry

dill

eggplant

eggs

**fennel**

fennel seeds

fish, esp. poached, grilled

French cuisine

**GARLIC**

garlic chives

ginger

ham

hazelnuts

honey

horseradish

Italian cuisine

lamb

lavender  
leeks  
legumes  
**LEMON:** juice, zest  
lemon balm  
lime, juice  
lovage  
Madeira  
mango  
**marjoram**  
mayonnaise  
meats  
Mediterranean cuisine  
melon, esp. cantaloupe, honeydew  
Mexican cuisine  
**mint,** esp. spearmint  
mushrooms  
mustard, esp. whole grain  
oil: grapeseed, vegetable  
okra  
**OLIVE OIL**  
**olives:** black, niçoise  
**ONIONS,** esp. pearl, red, Spanish, sweet, Vidalia, white, yellow  
orange, juice  
oregano  
paprika, esp. sweet  
**parsley,** flat-leaf  
**pasta and pasta sauces**  
peas  
**PEPPER: black, white**  
pineapple  
**pizza**  
port  
raspberries  
red pepper flakes  
rice  
rosemary  
saffron  
sage

**salads, green**

**SALT:** *fleur de sel*, kosher, sea

sandwiches

**sauces**

**shallots**

shellfish

soups

Spanish cuisine

squash

**stews**

**stocks / broths:** beef, chicken, vegetable

strawberries

**sugar** (pinch)

Tabasco sauce

tarragon

**THYME**

tomato paste

veal

vinaigrettes

**VINEGAR:** balsamic, raspberry, red wine, rice, sherry, tarragon, white, wine

**watermelon**

wine: red, rosé, vermouth, white

yogurt

zucchini

**Flavor Affinities**

tomatoes + avocado + basil + crab

tomatoes + avocado + lemon

tomatoes + basil + chervil + garlic + tarragon

tomatoes + basil + goat cheese

tomatoes + basil + mozzarella cheese + garlic + olive oil + balsamic vinegar

tomatoes + basil + olive oil + orange juice + prosciutto + watermelon

tomatoes + basil + oregano + thyme

tomatoes + basil + ricotta cheese

tomatoes + chile peppers + garlic + onions

tomatoes + fennel + Gorgonzola cheese

tomatoes + garlic chives + lemon basil

tomatoes + horseradish + lemon

tomatoes + olive oil + balsamic vinegar

## TROUT

**Season:** midsummer

**Weight:** medium

**Volume:** moderate–loud

**Techniques:** bake, broil, grill, panfry, pan roast, poach, roast, sauté, steam

### **almonds**

anchovies

apples: cider, fruit

bacon

bay leaf

beans, green

bell peppers, esp. red

bread crumbs

### **brown butter sauce**

### **butter, unsalted**

capers

carrots

cayenne

celery

cheese: manchego, Parmesan

chili powder

corn

crayfish

cream

escarole

fines herbes

garlic

ham, esp. Serrano

leeks

### **lemon, juice**

lentils

mint

mushrooms

**oil:** canola, peanut

olive oil

onions



oregano  
parsley  
pine nuts  
**parsley, flat-leaf**  
pepper: black, white  
potatoes  
**sage**  
salt, kosher  
sauces, béarnaise  
shallots  
stock, mushroom  
thyme  
tomatoes  
vinegar, esp. sherry, wine  
**wine:** dry red, white

### **Flavor Affinities**

trout + bacon + lentils + sherry vinegar  
trout + capers + lemon

## **TROUT, SMOKED**

**Taste:** salty  
**Weight:** medium  
**Volume:** loud  
apples  
beans, green  
bell pepper, roasted **red**  
**cayenne**  
chives  
corn  
**cream**  
**crème fraîche**  
**dill**  
greens, baby  
**horseradish**  
**lemon, juice**  
marjoram  
nutmeg  
**olive oil**

**pepper: black, white**

purslane

radishes

salt, sea

**sour cream**

walnut oil

wine, white (e.g., Riesling)

**Flavor Affinities**

smoked trout + apples + horseradish

smoked trout + crème fraîche + dill

smoked trout + horseradish + lemon juice + olive oil + purslane

## **TRUFFLES, BLACK**

**Season:** winter

**Weight:** light

**Volume:** loud (in a subtle way!)

**Techniques:** shave

bacon

beef

cauliflower

chicken

cod

**eggs: chicken, quail**

foie gras

**French cuisine**

langoustines

lemon, juice

**mushrooms (e.g., ceps, morels)**

olive oil

pears

**potatoes**

rabbit

scallops

shellfish

stock, chicken

tarragon

vinegar, balsamic

## TRUFFLES, PACIFIC NORTHWEST

**Season:** autumn

**Weight:** light

**Volume:** moderate–loud (in a subtle way!)

beef, esp. with black truffles

butter

celery root

crab, esp. with white truffles

eggs

game birds, esp. with black truffles

leeks, melted, esp. with black truffles

meats, red, esp. with black truffles

pasta, esp. with white truffles

potatoes, esp. with white truffles

salads, esp. with white truffles

seafood, esp. with white truffles

shellfish, esp. with white truffles

vegetables, root, esp. with white truffles

## TRUFFLES, WHITE (and White Truffle Oil) (See also Oil, Truffle)

**Season:** autumn

**Weight:** light

**Volume:** loud (in a subtle way!)

**Techniques:** shave

**Tips:** Shave over dishes at the last minute.

artichokes, Jerusalem

butter

cheese, Parmesan

cream / milk

**eggs**

**Italian cuisine**

onions

**pasta**

pears

pepper

potatoes

prosciutto

**risotto**

salt

thyme

**Flavor Affinities**

truffles + eggs + pasta

## TUNA

**Season:** summer–autumn

**Weight:** heavy

**Volume:** moderate

**Techniques:** braise, broil, grill, poach, raw (e.g., sushi, tartare), sauté, sear, steam, stir-fry

aioli

**anchovies**

arugula

asparagus

**avocado**

bacon

**basil**

bass, black

bay leaf

**beans: black, fava, green, white**

beets

**bell peppers, esp. green, red, yellow**

**butter, unsalted**

cabbage, green

capers

caponata

carrots

caviar

cayenne

celery

chervil

**CHILE PEPPERS:** dried or fresh, esp. green (e.g., jalapeño, Thai)

chili oil

chili sauce

**CHIVES**

**CILANTRO**

coconut milk

cognac

**coriander**

corn

cornichons

**cucumbers**

cumin

curry

daikon

dashi

dill

eggs (e.g., hard-boiled)

fennel

fennel pollen

fennel seeds

fish sauce, Thai

frisée

**GARLIC**

**GINGER:** pickled, fresh, juice

honey

jicama

leeks

**LEMON:** juice, zest

lettuce, red oak

**LIME, juice**

mayonnaise

mint, esp. spearmint

mirepoix

mirin

miso, sweet

mizuna

**mushrooms:** cultivated, shiitakes

**mustard:** Dijon, seeds

nectarines

noodles: angel hair, vermicelli, rice

nori

**OIL:** canola, grapeseed, peanut, sesame, vegetable

**olive oil**

**olives**, esp. black, kalamata, niçoise

**ONIONS**: green, pearl, red, Spanish, spring  
orange, blood or regular, juice

pancetta

paprika

**PARSLEY**, flat-leaf

passion fruit

pasta

**PEPPER**: black, green, white

pine nuts

potatoes

prosciutto

**radicchio**

**radishes**

rice

rosemary

sage

sake

**SALT**: kosher, sea

**SCALLIONS**

scallops

**SESAME**: oil, seeds

shallots

shiso

**SOY SAUCE**

spinach

stock, chicken

sugar

sweet potatoes

Tabasco sauce

tahini

tarragon

**THYME**

**TOMATOES**, tomato juice, tomato paste

veal and veal cheeks

vinaigrette

**VINEGAR**: balsamic, champagne, red wine, rice wine, sherry, white wine

vodka

**wasabi**

watercress

wine: dry red (Grenache, Pinot Noir, Syrah), rosé

yuzu: juice, rind

### **Flavor Affinities**

tuna + aioli + capers + tomatoes

tuna + anchovies + green beans + olives + potatoes

tuna + arugula + bacon

tuna + avocado + ginger + radish

tuna + avocado + lemon + soy sauce

tuna + beets + lemon

tuna + black pepper + cilantro + cucumber + soy sauce

tuna + cilantro + cumin

tuna + cilantro + dill + garlic + mint

tuna + cilantro + dill + mint

tuna + cucumber + ginger + miso + shiso

tuna + fennel + fennel pollen

tuna + ginger + mustard

tuna + ginger + vinaigrette

tuna + jalapeño chile + cilantro + ginger + sesame oil + shallots + soy sauce

tuna + lemon + olive oil + tomatoes + watercress

tuna + sesame + wasabi

## **TURBOT**

**Weight:** medium

**Volume:** quiet–moderate

**Techniques:** bake, broil, grill, poach, roast, sauté, steam

asparagus

**butter, unsalted**

Champagne

chervil

chives

crème fraîche

fennel

garlic

ginger

hollandaise sauce

leeks

**lemon: juice, zest**

marjoram  
miso  
mushrooms  
olive oil  
**parsley, flat-leaf**  
**pepper: black, white**  
potatoes, esp. red, white  
rosemary  
saffron  
sage  
**salt, sea**  
shallots  
spinach  
**stocks: fish, mussel**  
tarragon  
tomatoes  
vanilla  
wine: Champagne, white

### **Flavor Affinities**

turbot + butter + lemon + marjoram  
turbot + caviar + Champagne  
turbot + lemon + miso + mushrooms

## **TURKEY**

**Season:** summer–autumn  
**Weight:** medium  
**Volume:** quiet  
**Techniques:** braise, grill, poach, roast, sauté, stir-fry  
allspice  
apples  
bacon  
bay leaf  
bread crumbs  
butter, unsalted  
cardamom  
carrots  
celery  
cheese: white sheep or goat's milk (similar to feta)



**chestnuts**

chile peppers: dried red (esp. sweet); fresh green

cinnamon

cloves

corn bread

**cranberries**

cumin

fenugreek leaves

figs, dried

garam masala

**garlic**

ginger

grapes, white

innards: turkey heart, liver

juniper berries

leeks

lemon, juice

lime, juice

**mushrooms, esp. wild** (e.g., chanterelles)

**oil:** canola, grapeseed, peanut, vegetable

olive oil

**onions, esp. sweet, white**

orange, juice

paprika

parsnips

parsley, flat-leaf

**pepper: black, white**

phyllo dough

pine nuts

**potatoes**

raisins, esp. yellow

rosemary

**sage**

**salt, kosher**

sausage, esp. Italian

shallots

soy sauce

spinach

stocks: chicken, turkey

**stuffing**

sugar

tarragon

thyme

tomatoes

vermouth, dry

walnuts

wine, dry white, rosé

yogurt

**TURKISH CUISINE**

beef

chicken

cinnamon, esp. in desserts

cloves, esp. in desserts

cumin

dill

eggplant

fish

garlic

goat / sheep cheese

honey, esp. in desserts

kebabs, meat, esp. lamb

**lamb, esp. grilled**

lemon

mint: dried, fresh

nutmeg, esp. in desserts

olive oil

onions

paprika

parsley

pepper, black

phyllo dough

rice

sesame seeds

spinach

tomatoes

walnuts

yogurt

**Flavor Affinities**

chicken + garlic + paprika + parsley

cumin + lemon + parsley

eggplant + garlic + meat + onions + tomatoes

fish + dill + lemon + black pepper

lamb + cumin + dill + mint

**TURMERIC**

**Season:** year-round

**Taste:** bittersweet; pungent

**Function:** heating

**Weight:** light–medium

**Volume:** medium

Asian cuisine

beans

beef

butter

Caribbean cuisine

cheese

**chicken**

chile peppers

chutneys

cilantro

cloves

coconut milk

coriander

cumin

**\*CURRY LEAVES, POWDER**

eggplant

eggs

fennel

**fish**

garlic

ginger

**Indian cuisine**

Indonesian cuisine

kaffir lime, leaves

lamb  
lemongrass  
lentils  
meats, esp. white  
Middle Eastern cuisine  
**Moroccan cuisine**  
**mustard**  
**mustard seeds**  
North African cuisine  
paella  
paprika  
parsley  
pepper  
pickles  
pork  
potatoes  
poultry  
*ras el hanout* (key ingredient)  
**rice**  
sauces, esp. creamy  
sausage  
seafood  
shallots  
shellfish  
shrimp  
soups  
Southeast Asian cuisine  
spinach  
stewed dishes  
tamarind  
**Thai cuisine**  
vegetables, esp. root  
yogurt

**Flavor Affinities**  
turmeric + cilantro + cumin + garlic + onion + paprika + parsley + pepper  
(Moroccan chermoula)  
turmeric + coriander + cumin (Indian cuisine)

## **TURNIP GREENS (See Greens, Turnip) TURNIPS**

**Season:** year-round

**Taste:** sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

**Techniques:** boil, braise, deep-fry, roast, simmer, steam

bacon

bay leaf

**butter, unsalted**

carrots

celery root

cheese, Parmesan

**cream**

curry

dill

duck, esp. roasted

garlic

honey

juniper berries

lamb

leeks

lemon, juice

marjoram

nutmeg

onions, esp. green, yellow

parsley

pepper: black, white

poppy seeds

pork, esp. roasted

**potatoes**

prosciutto

**salt:** kosher, rock, sea

shiso

stock, chicken

sugar (pinch)

sweet potatoes

**thyme**

vinegar

## UMAMI

**Taste:** savory or savory + salty  
aged foods (e.g., cheese)  
anchovies  
beef, esp. aged  
bonito flakes  
broccoli  
carrots  
cheese, aged (e.g., blue, Gruyère, Parmesan, Roquefort)  
chicken  
clams  
cured foods  
fermented foods  
fish sauce, Asian  
grapefruit  
grapes  
ketchup  
lobster  
mackerel  
meats  
miso  
mushrooms, esp. shiitake  
oysters  
pork  
potatoes  
ripe ingredients  
sardines  
sauces, meat-based  
scallops  
seafood  
seaweed, dried  
soy beans  
soy sauce  
squid  
steaks, esp. dry-aged, grilled  
stocks, meat-based  
sweet potatoes  
tea, green

tomatoes and tomato sauce  
truffles  
tuna  
vinegar, balsamic  
walnuts

## **VANILLA**

**Taste:** sweet  
**Weight:** medium  
**Volume:** quiet  
allspice  
almonds  
apples  
apricots  
**BAKED GOODS, e.g., cakes, cookies**  
bay leaf  
beans, black  
beef  
berries  
**beverages** (e.g., eggnog, soft drinks)  
brown butter  
butter  
butterscotch  
**cakes**  
candies  
caramel  
cardamom  
cheese, ricotta  
chicken  
chiles  
**CHOCOLATE**  
cilantro  
**cinnamon**  
**cloves**  
coconut  
**COFFEE**  
**cookies**  
**CREAM AND ICE CREAM**

cream cheese

**custards**

**DESSERTS**

**eggs**

figs

fish

**fruits**, esp. poached

ginger

honey

**\*ICE CREAM**

lamb

lavender

**lemon: juice, zest**

lemongrass

lobster

mascarpone

meats

melon

Mexican cuisine

milk

mint

mussels

nutmeg

nuts

orange

peaches

pears

plums

pork

puddings

rhubarb

rice

rosemary

saffron

salads, fruit

scallops

seafood

seeds: poppy, sesame

shellfish



soups  
stocks  
strawberries  
**SUGAR**  
tamarind  
**tea**  
tomatoes  
vegetables (e.g., root)  
vinegar, balsamic  
whiskey  
wine, Champagne  
yogurt

**Flavor Affinities**

vanilla + almonds + cream + whiskey  
vanilla + bay leaf + brown butter  
vanilla + chicken + cream

**VEAL — IN GENERAL**

**Season:** spring

**Weight:** light–medium

**Volume:** quiet

**Techniques:** braise (shanks), pan roast (chops), roast, stew (breast, shoulder)

almonds

anchovies

apples

asparagus

basil

**bay leaf**

beans, esp. flageolets, haricots verts

beef, short ribs

beets

bell peppers: green, red, yellow

brandy

bread and bread crumbs

butter, unsalted

capers

caraway seeds

**carrots**

**celery**

celery root

cheese: Emmental, Gruyère, Parmesan, Swiss

chervil

chile peppers

**chives**

cider

coconut milk

**cream**

crème fraîche

cucumbers, sautéed

dill

eggs, esp. hard-boiled

French cuisine

**GARLIC**

gremolata

ham: smoked, hock

hazelnuts

Italian cuisine

leeks

**LEMON:** juice, zest

lemon verbena

lime: juice, leaves

Madeira

marjoram

milk

**MUSHROOMS:** button, chanterelle, morels, oyster, porcini, shiitake, white, wild

mustard, Dijon

nutmeg

**OIL:** canola, corn, peanut, vegetable

olive oil

olives, black

**ONIONS,** esp. pearl, sweet, white

orange: juice, zest

**parsley,** flat-leaf

parsnips

pasta, esp. fettuccine

peas, spring  
**PEPPER:** black, white  
polenta  
potatoes  
prosciutto  
rice  
rosemary  
sage  
**SALT:** kosher, sea  
**shallots**  
spaetzle  
spinach  
**STOCKS:** beef, chicken, veal, vegetable  
tarragon  
thyme  
**TOMATOES:** canned, paste, plum, sauce  
truffles  
tuna  
turnips  
vanilla  
vinegar: balsamic, champagne  
watercrêss  
**WINE, DRY WHITE**  
zucchini

### **Flavor Affinities**

veal + asparagus + morels  
veal + basil + lemon  
veal + capers + lemon  
veal + cream + mushrooms  
veal + cucumber + mustard  
veal + garlic + Parmesan cheese + tomatoes  
veal + gremolata + orange  
veal + Marsala wine + mushrooms  
veal + orange + polenta  
veal + prosciutto + sage

## **VEAL — BREAST**

**Techniques:** braise, grill, roast

beans, white  
cheese, Fontina  
garlic  
olive oil  
onions, esp. Spanish  
pancetta  
parsley, flat-leaf  
rosemary  
stock, chicken  
thyme  
wine, white

## VEAL — CHEEKS

When we make **veal cheek** osso buco on polenta, each dish gets a squeeze of orange and orange zest on it.

— ANDREW CARMELLINI, A VOCE (NEW YORK CITY)

## VEAL — CHOP

**Techniques:** braise, grill, pan roast, sauté, stuff  
artichokes  
basil  
beans, esp. fava  
broccoli rabe  
butter  
Campari  
capers  
chives  
cilantro  
coriander  
**garlic**  
ginger  
gnocchi  
leeks  
**lemon, juice**  
Madeira  
marjoram  
mint  
mirin

miso  
mushrooms (e.g., black trumpet)  
**mushrooms, wild**, esp. chanterelle, porcini  
mustard, Dijon  
**olive oil**  
olives: black, kalamata  
onions  
parsley, flat-leaf  
peas  
pepper, white  
pine nuts  
polenta  
potatoes  
prosciutto  
radishes  
red pepper flakes  
salt  
sesame: oil, seeds  
shallots  
soy sauce  
stock, chicken  
sugar, brown  
thyme  
tomatoes, sun-dried  
watercress  
wine, dry white

### **Flavor Affinities**

veal chop + artichokes + basil  
veal chop + celery root + cream + Dijon mustard  
veal chop + garlic + chanterelle mushrooms  
veal chop + leeks + peas  
veal chop + leeks + polenta  
veal chop + mushrooms + watercress

## **VEAL — LOIN**

**Techniques:** braise, grill, pan roast, roast, sauté  
arugula  
basil

cheese, Fontina  
chestnuts  
cider, apple  
citrus  
cranberries  
garlic  
mushrooms, wild (e.g., chanterelles, morels)  
nuts (e.g., almonds, hazelnuts, pine nuts, pistachios)  
onions  
oregano  
pasta  
pumpkin  
risotto  
rosemary  
sage  
stock, veal  
tarragon  
thyme  
tomatoes  
wine, red

## **VEAL — SHANKS**

**Techniques:** braise  
bay leaf  
carrots  
celery  
cilantro  
cinnamon  
cumin  
**garlic**  
gremolata  
horseradish  
**lemon:** juice, zest  
marjoram  
mushrooms, porcini  
olive oil  
olives  
**onions, esp. red, white**

oranges  
osso buco (ingredient)

**parsley**

pepper

pine nuts

raisins, yellow

risotto

rosemary

salt

**stocks: chicken, veal**

thyme

**tomatoes: paste, sauce**

truffles, white

**WINE, WHITE**

**Flavor Affinities**

veal shanks + capers + gremolata + olives

veal shanks + lemon + olives

veal shanks + onions + tomatoes

veal shanks + tomatoes + thyme

## **VEAL — TENDERLOIN**

**Techniques:** braise, grill, sauté, sear

asparagus

bacon

basil

capers

cheese, Fontina

cream

ham

mushrooms, morel

mustard, Dijon

onions, red

sage

tarragon

thyme

truffle oil

wine, white

**Flavor Affinities**

veal tenderloin + asparagus + morel mushrooms

veal tenderloin + cream + morel mushrooms

veal tenderloin + garlic + pancetta

**VEGETABLES (See specific vegetables)**

**Tips:** Onion enhances the flavor of vegetables, and brings out their sweetness.

**VEGETABLES, ROOT (See specific root vegetables, e.g., Carrots)**

**Techniques:** roast

**VEGETARIAN DISHES**

**Tips:** To add a deep, meaty flavor to vegetarian dishes — without adding meat — try:

chile peppers, chipotle — use adobo sauce from canned chiles

liquid smoke

miso

mushrooms

onions, roasted

paprika, smoked

shallots, roasted

soy sauce

**VENISON (See also Game — In General)**

**Season:** autumn

**Weight:** heavy

**Volume:** moderate–loud

**Techniques:** braise, broil, grill, roast, sauté

American cuisine

**apples**

artichoke, Jerusalem

**bacon**

**bay leaf**

beets



bourbon  
brandy  
Brussels sprouts  
butter, unsalted  
cabbage, red  
cardamom  
**carrots**  
celery  
cheese, Asiago  
cherries, dried or fresh, esp. black  
chervil  
chestnuts  
chiles  
chives  
cinnamon  
cloves  
cognac  
coriander  
corn  
**cranberries**  
cream  
currants, dried or fresh, esp. red  
curries and curry powder  
fennel  
**garlic**  
gin  
ginger: grated, ground, minced  
greens: arugula, chicory, dandelion, mâche, radicchio, spinach  
honey  
horseradish  
huckleberries  
**JUNIPER BERRIES**  
lemon, juice  
lemongrass  
lime, juice  
Marsala  
mirepoix  
**mushrooms:** button, porcini, shiitake, **wild**  
mustard

nectarines

nutmeg

nuts: almonds, cashews

**oil:** canola, grapeseed, peanut, walnut

olive oil

## **ONIONS**

orange: juice, zest

pancetta

parsley, flat-leaf

parsnips

peaches

## **PEARS**

**PEPPER:** black, green, pink, Szechuan, white

pineapple

pomegranate

port

potatoes

pumpkin

raisins

**rosemary**

sage

salt, kosher

savory

**shallots**

soy sauce

spinach

squash: acorn, butternut

star anise

**STOCKS:** beef, chicken, venison

sweet potatoes

**thyme**

tomatoes and tomato paste

turnips, esp. yellow

vinegar: balsamic, red wine, rice, sherry

watercress

**WINE:** red (e.g., Cabernet Sauvignon), dry white

## **Flavor Affinities**

venison + curry + pomegranate seeds

venison + garlic + juniper berries + rosemary  
venison + garlic + peppercorns  
venison + garlic + rosemary + tomatoes + red wine  
venison + parsnips + pepper  
venison + pears + rosemary

## VERJUS

**Taste:** sour–sweet

**Tips:** Use instead of vinegar or lemon juice, or as a seasoning.

*Verjus* is often more wine friendly than vinegar.

apples

apricots

asparagus

berries

cheese, goat

chicken

cranberries

cucumbers

fennel

**fish** (e.g., halibut, salmon, tuna)

foie gras

### **FRUIT**

garlic

ginger

herbs (e.g., dill, mint, thyme)

lamb

lettuces

marinades

meat

melon

mustard, Dijon

olive oil

onions

pears

pomegranate

pork

poultry

quail

quince

rabbit

## **SALADS: FRUIT, GREEN**

**sauces**

**shellfish** (e.g., crab, scallops, shrimp)

soups

soy sauce

spinach

strawberries

sugar: brown, white

tuna

vegetables

vinegar, rice wine

## **VIETNAMESE CUISINE**

basil, Thai

bean sprouts

beef, in soup (*pho*)

chicken

chile peppers

**cilantro**

cucumbers

fish

**fish sauce**

garlic

ginger

lemon

**lemongrass**

lettuce

lime

milk, sweetened condensed (e.g., in coffee)

mint

noodles

pork

raw foods

**rice**

scallions

shallots  
shellfish  
shrimp  
star anise  
sugar

**Flavor Affinities**

chile peppers + fish sauce + lemon  
fish sauce + herbs  
fish sauce + lemon

## VINEGAR — IN GENERAL

I use a variety of **vinegars** and right now I am using cider vinegar, balsamic, and white balsamic. What vinegar you grab really depends on how far you can push the product. When we make a walnut sauce, it can handle a good-sized dash of cider vinegar. In a fluke tartare, we'll only use a drop of vinegar.

— MICHAEL ANTHONY, GRAMERCY TAVERN (NEW YORK CITY)

## VINEGAR, BALSAMIC

**Taste:** sour, sweet

**Weight:** medium–heavy (depending on age)

**Volume:** moderate–loud

**Tips:** Use when you want a sweet, low-acid vinegar.

Add at end of cooking (and never boil!) or use to finish a dish.

apricots  
arugula  
basil  
beans, green  
bell peppers: green, red  
berries, esp. strawberries  
**brown butter**  
cabbage  
cheese, Parmesan  
cherries  
chicken  
chicory  
eggplant  
endive

fish, esp. white

fruit

greens, salad

grilled dishes

hazelnut oil

honey

**Italian cuisine**

marinades

**meats**

**mustard, esp. Dijon**

**mustard: dry, seeds**

oil

**onions**

pepper, black

radicchio

raspberries

**SALADS AND SALAD DRESSINGS**

sesame oil

steak

**\*STRAWBERRIES**

**\*TOMATOES**

**vegetables**

vinaigrette

vinegar: red wine, sherry (blending vinegars)

walnut oil

watercress

white truffle oil

**Flavor Affinities**

balsamic vinegar + brown butter + fish

white balsamic vinegar + white truffle oil + whole grain mustard

## **VINEGAR, BANYULS**

**Taste:** sour–sweet

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Can substitute for red wine vinegar. Use to deglaze a pan.

beets

cheese: blue, Parmesan  
cream  
**duck**  
fish  
foie gras  
honey  
lettuces  
marinades  
meats  
mushrooms  
nuts  
**oil: hazelnut, walnut**  
olive oil  
pears  
pepper, black  
quail  
**salads and salad dressings**  
salmon, ivory  
salt  
sauces  
scallops  
shellfish  
tomatoes  
vegetables  
walnuts

**Flavor Affinities**

Banyuls vinegar + blue cheese + lettuce + pears + walnuts

**VINEGAR, CABERNET SAUVIGNON**

We finish most of our *jus* for meat dishes with **cabernet vinegar**. If you use it at the beginning of the cooking process, it cooks out because it is so light.

— BRAD FARMERIE, PUBLIC (NEW YORK CITY)

**VINEGAR, CHAMPAGNE**

**Taste:** sour

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Champagne vinegar is the most delicate vinegar.

artichokes  
avocados  
delicate dishes  
fennel  
fish  
greens, delicate salad (e.g., baby greens, butter lettuce)  
leeks  
oils: nut, truffle  
olive oil  
potatoes  
raspberries  
salads  
shellfish  
strawberries  
vegetables

## **VINEGAR, CHARDONNAY**

**Chardonnay vinegar** is a sweet acid, so you don't have to add additional sugar to your pickling mixture.

— **BRAD FARMERIE**, PUBLIC (NEW YORK CITY)

## **VINEGAR, CIDER**

**Taste:** sour  
**Weight:** light  
**Volume:** quiet–moderate  
American cuisine  
apples  
coleslaw  
fruits, esp. in salads  
ginger  
grains  
herbs  
oil  
pears  
peas  
pork  
salads and salad dressings  
sauces



smoked fish  
smoked meats  
sugar

**Flavor Affinities**

cider vinegar + ginger + sugar

**VINEGAR, FRUIT**

**Taste:** sour, sweet

**Weight:** light

**Volume:** quiet–moderate

avocados  
chicken  
fruit salads  
hazelnut oil  
meats, white  
oils, esp. nut  
peanut oil  
pears  
salads and salad dressings  
turkey  
walnut oil  
**AVOID**  
cheese  
eggs

**VINEGAR, ICE WINE**

**Taste:** sour, sweet

**Weight:** light

**Volume:** quiet–moderate, with 5 percent acidity

**berries**

**FOIE GRAS, ESP. TERRINE**

fruit  
lobster  
oil: grapeseed  
onions  
oysters  
peaches

**salads**  
sauces  
scallops  
seafood  
sorbets  
strawberries  
vegetables

## **VINEGAR, MALT**

**Taste:** sour  
**Weight:** light  
**Volume:** loud, with moderate acidity  
**Tips:** Sprinkle on foods judiciously.

dressings  
fish, fried  
oil: hazelnut, peanut  
olive oil  
pickles  
**AVOID**  
sauces

## **VINEGAR, RED WINE**

**Taste:** sour  
**Weight:** light–medium  
**Volume:** loud, with high acidity  
**Tips:** Red wine vinegar can stand up to spices and stronger herbs.

beans, green  
chard  
cherries  
chicken  
cinnamon  
**cold dishes**  
dandelion greens  
**greens: salad, stronger**  
grilled dishes  
heartier dishes

kale  
**marinades**  
**meat, red**  
mushrooms  
mustard  
**oils, nut**  
**olive oil**  
**salads and salad dressings**  
sauces  
spinach  
tomatoes  
vinaigrettes

## VINEGAR, RICE WINE

**Taste:** sour, sweet  
**Weight:** light  
**Volume:** quiet, with lower acidity  
**Asian cuisine**  
cilantro  
coriander  
cucumbers  
fruit, esp. salads  
ginger  
honey  
**Japanese cuisine**  
lemon  
mirin  
noodles  
**oils: peanut, sesame**  
pepper: black, pink  
rice (e.g., for sushi)  
salads  
salmon  
scallions  
sesame seeds  
soups, esp. creamy, potato  
soy sauce  
star anise

wasabi

## **VINEGAR, SHERRY**

**Taste:** sour, sweet

**Weight:** light

**Volume:** moderate

apples

asparagus

**beans**

chicken

cucumbers

duck

figs

**fish**

gazpacho

greens, esp. bitter

meat dishes

mustard, grainy

nuts

**oils: nut, walnut**

onions

orange

pancetta

pears

radicchio

rich dishes

salad dressings

salads, esp. with apples, nuts, pears

sauces

**Spanish cuisine**

tomatoes

tortilla, Spanish

vegetables

## **VINEGAR, TARRAGON (herb-flavored vinegar)**

**Taste:** sour

**Weight:** light

**Volume:** moderate–loud

endive  
lettuces, esp. Bibb, iceberg, romaine  
oil, mild (e.g., peanut)  
olive oil

## **VINEGAR, VINCOTTO (Cooked Wine)**

**Taste:** sour–sweet

**Weight:** medium–heavy

**Volume:** moderate–loud

almonds

bacon

**cheese, burrata**

desserts

fennel

figs

**fruit**

**Italian cuisine**

peaches

pears

plums

meats, esp. grilled, roasted

salads and salad dressings

yogurt

## **VINEGAR, WHITE WINE**

**Taste:** sour

**Weight:** light

**Volume:** quiet–moderate

**Tips:** Can substitute champagne vinegar if needed.

artichokes

avocados

delicate dishes

fennel

fish

leeks

oils: safflower, sunflower

olive oil (extra virgin)

potatoes  
shellfish

## **VODKA**

**Weight:** light–medium

**Volume:** quiet

amaretto

apples and apple juice

beef consommé

beet juice

berries

blackberries

caraway

carrots, juice

caviar

celery and leaves

celery root

cilantro

cinnamon

cloves

coffee

coconut

cranberry juice

cream

cucumber

currants, black

ginger

grapefruit juice

honey

horseradish

kaffir lime leaf

Kahlúa

**LEMON, JUICE**

lemongrass

lemon thyme

lemon verbena

licorice

**lime, juice**

mangoes  
maraschino liqueur  
melon  
oats  
olives, green  
**orange, juice**  
pepper, black  
pineapple juice  
Polish cuisine  
pomegranate juice  
raspberries  
rose

### **RUSSIAN CUISINE**

smoked fish  
star anise  
**sugar** (simple syrup)  
tomato juice  
triple sec  
vanilla

### **Flavor Affinities**

vodka + amaretto + cream + Kahlúa  
vodka + apple + beet + caraway + horseradish  
vodka + apple + cinnamon + cloves + cranberry  
vodka + beef consommé + celery leaf + horseradish  
vodka + blackberries + black pepper + rose  
vodka + carrot juice + lemon thyme + lime  
vodka + celery + lime juice  
vodka + cilantro + coconut + lime + sugar  
vodka + cilantro + lime  
vodka + coffee + cream  
vodka + cranberry + orange  
vodka + cranberry + star anise  
vodka + grapefruit + maraschino liqueur  
vodka + honey + oats  
vodka + lemon + lemon verbena  
vodka + lime + pineapple

**WALNUT OIL (See Oil, Walnut) WALNUTS (See also Nuts — In**

## General)

**Season:** autumn

**Taste:** bitter, sweet

**Function:** heating

**Weight:** medium–heavy

**Volume:** quiet–moderate

almonds

anise

**APPLES**

apricots

Armagnac

**bananas**

bourbon

brandy

breakfast (e.g., pancakes, waffles)

**butter, unsalted**

buttermilk

**caramel**

carrots

**cheese: blue, Cheddar, goat, Parmesan, ricotta, Roquefort, Stilton**

cherries

chestnuts

chicken

**chocolate:** dark, milk, white

cinnamon

coffee

cognac

**cookies**

corn syrup: light, dark

cranberries

**cream**

cream cheese

crème fraîche

cumin

dates

**ENDIVE**

**figs, esp. dried**

garlic



ginger  
grapefruit  
grapes  
hazelnuts  
**HONEY**  
ice cream  
Italian sauces  
kumquats  
lemon: juice, zest  
liqueurs, orange  
**maple syrup**  
mascarpone  
Mediterranean cuisine  
Mexican sauces  
molasses  
nectarines  
oatmeal  
olive oil  
**orange: juice, zest**  
peaches  
**PEARS**  
pecans  
pepper, esp. white  
persimmons  
pine nuts  
plums  
pomegranates  
port  
praline  
**PRUNES**  
pumpkin  
**quince**  
raisins  
raspberries  
rum  
salads  
salt  
sauces  
stuffings

**SUGAR: brown, confectioners', white**

sweet potatoes

tea

**vanilla**

**walnut oil**

whiskey

wine: dry, sweet

yogurt

**Flavor Affinities**

walnuts + anise + dried figs + orange

walnuts + apples + honey

walnuts + caramel + prunes

walnuts + coffee + cream

walnuts + cumin + prunes

**WARMING**

**Function:** Ingredients believed to have warming properties; useful in cold weather.

alcohol

barley

chile peppers

coffee

cranberries

fruits, dried (e.g., dates)

garlic

grains (e.g., polenta, quinoa)

honey

hot beverages

meat, red

mustard

nuts

oils: almond, mustard

olive oil

onions

spices, warming (e.g., black pepper, cayenne, cinnamon, cloves, ginger, nutmeg, turmeric)

vegetables, root (e.g., carrots, potatoes)

vinegar

walnuts

## **WASABI**

**Taste:** hot

**Weight:** medium

**Volume:** very loud

avocados

beef

crab

cream

**fish**

**ginger** (e.g., with seafood)

**JAPANESE CUISINE**

mirin

miso

olive oil

onions, green

rice

salmon

sauces

seafood

sesame: oil, seeds

shrimp

**soy sauce**

**sushi and sashimi**

tofu

tuna

vinegar, rice wine

## **WATER CHESTNUTS**

**Season:** summer–fall

**Taste:** sweet

**Weight:** light–medium

**Volume:** quiet

**Techniques:** raw, stir-fry

bacon

chicken

Chinese cuisine

garlic  
ginger  
scallions  
sesame: oil, seeds  
soy sauce  
sugar  
vinegar, rice wine

## **WATERCRESS**

**Season:** spring, autumn  
**Taste:** bitter, sweet  
**Weight:** light  
**Volume:** moderate  
**Techniques:** raw  
almonds  
apples  
asparagus, esp. white  
bacon  
bean sprouts  
beef, esp. roasted  
beets  
bell peppers, esp. red  
**butter, unsalted**  
buttermilk  
**cheese: blue, goat, pecorino**  
chervil  
chicken, esp. roasted  
Chinese cuisine  
chives  
cilantro  
**cream**  
crème fraîche  
**cucumbers**  
duck  
eggs  
**endive**  
fennel  
fish

fish sauce, Asian  
French cuisine  
garlic  
ginger  
Italian cuisine  
lamb  
**leeks**  
lemon, juice  
lime, juice  
**mascarpone**  
meats, roasted  
mint  
mushrooms  
mustard  
**OIL:** grapeseed, sesame, vegetable, walnut  
**OLIVE OIL**  
**onions:** red, white, yellow  
orange  
oysters  
**parsley, flat-leaf**  
pears  
peas  
**pepper: black, white**  
**potatoes**  
radicchio  
rice  
salads  
salmon  
**salt: kosher, sea**  
scallions  
scallops  
seafood  
sesame seeds, black  
sesame oil  
shallots  
shrimp  
smoked salmon  
sorrel  
soups, esp. Asian, vegetable

soy sauce

**STOCKS:** chicken, fish, seafood, vegetable

sugar (pinch)

tarragon

tea sandwiches

tomatoes

veal

vinaigrette

**vinegar:** champagne, red wine, rice, sherry

walnuts

wine: rice, white

yogurt

### **Flavor Affinities**

watercress + almonds + green apple + pecorino cheese

watercress + bacon + cream

watercress + endive + Roquefort cheese + walnuts

watercress + ginger + lemon + shrimp

## **WATERMELON**

**Season:** summer

**Taste:** sweet

**Weight:** light

**Volume:** quiet–moderate

**Techniques:** raw

anise hyssop

basil

beverages

blackberries

blueberries

**CHEESE: FETA, goat**

chili powder

cilantro

cinnamon

cream

cucumber

fennel

honey

jicama

kaffir lime  
**lemon: juice, zest**  
lime, juice  
melon, esp. cantaloupe  
**mint**  
olive oil  
orange  
parsley, flat-leaf  
**pepper: black, white**  
pistachios  
pomegranate  
raspberries  
salads, fruit  
**salt: kosher, sea**  
sorbet  
soups, esp. chilled  
sugar: brown, white  
tequila  
**tomatoes**  
vanilla  
**vinegar: balsamic, rice, sherry**

### **Flavor Affinities**

watermelon + cilantro + cream + tequila  
watermelon + fennel + lemon juice + parsley + salt  
watermelon + feta cheese + red onions  
watermelon + kaffir lime + vanilla

## **WHISKEY (See also Bourbon)**

**Weight:** heavy  
**Volume:** loud  
allspice  
chocolate  
cinnamon  
cream and ice cream  
dried fruits  
figs  
ginger or ginger ale  
honey

lemon juice  
orange curaçao  
pears  
spices: cinnamon, star anise  
sugar: brown, white  
sweet potatoes  
vanilla

**Flavor Affinities**

whiskey + cinnamon + dried fruits + ginger + lemon + star anise  
whiskey + lemon + orange curaçao

**WILD RICE (See Rice, Wild) WINE (See individual varietals)**  
**WINTER**

**Weather:** typically cold

**Techniques:** bake, braise, glaze, roast, simmer, slow-cook

bananas

beans

beef

braised dishes

broccoli (peak: February)

**Brussels sprouts** (peak: December)

**cabbage**

caramel

chocolate

citrus fruit

dates (peak: December)

game

grains, heavy

**grapefruit** (peak: February)

**greens, winter**

**lemons** (peak: January)

lentils

**limes**

lobster

maple syrup

mushrooms, wild (peak: December)

mussels

**orange, mandarin** (peak: January)



passion fruit  
pears (peak: December)  
plantains  
pork  
**potatoes**  
roasted dishes  
**root vegetables**  
rosemary  
sage  
soups  
spices, warming  
squashes, winter  
squid  
stewed dishes  
sunchoke  
sweet potatoes (peak: December)  
**tangerines** (peak: January)  
turnips (peak: December)  
venison  
water chestnuts (peak: February)  
yams (peak: December)

## **YAMS (See Sweet Potatoes) YOGURT**

**Taste:** sour

**Function:** heating

**Weight:** medium–heavy

**Volume:** moderate–loud

almonds

apricots

bananas

beef

beets

blackberries

blueberries

breakfast

cardamom

cayenne

chicken

**chickpeas**

cilantro

cinnamon

coconut

coriander

**CUCUMBER**

cumin

curry

desserts

dill

Eastern Mediterranean cuisine

eggplant

fruit

**garlic**

grapes

Greek cuisine

honey

Indian cuisine

lamb

**LEMON: JUICE, ZEST**

lemon, preserved

lime

mangoes

maple syrup

meats

Middle Eastern cuisine

**mint**

nectarines

nutmeg

nuts

oatmeal

okra (e.g., Indian cuisine)

**onions**

**orange: juice, zest**

parsley

pasta

peaches

pecans

pepper, white

pineapple  
pistachios  
potatoes  
radishes  
raisins  
raspberries  
rhubarb  
saffron  
salt, kosher  
scallions  
squash  
strawberries  
sugar: brown, white  
tamarind  
Turkish cuisine  
**vanilla**  
veal  
vegetables  
walnuts  
zucchini

**Flavor Affinities**

yogurt + apricots + pistachios  
yogurt + caramel + pine nuts + balsamic vinegar  
yogurt + cilantro + garlic  
yogurt + garlic + lemon + salt

**YUZU FRUIT**

**Season:** winter–spring  
**Taste:** sour  
**Weight:** light–medium  
**Volume:** loud  
apricots  
beef  
beverages  
caramel  
carrots  
ceviche  
chicken

Chinese cuisine

**fish, esp. sweeter, either cooked or raw (e.g., ceviche, sashimi)**

flounder

fluke

garlic

gin

ginger

grapefruit

greens

hamachi

hoisin sauce

**Japanese cuisine**

lemon

mangoes

**mirin**

miso and miso soup

mushrooms, Japanese

**OIL: canola, GRAPESEED, vegetable**

**olive oil**

onions, esp. green

**orange, juice**

pepper, black

poultry

rice

salmon

**scallops**

**seafood**

sesame seeds

shellfish

**shrimp**

**soy sauce:** regular, white

sugar

tea, green

teriyaki

Thai basil

tofu

tuna

vinegar, rice wine

vodka

## **Flavor Affinities**

yuzu + caramel + grapefruit + green tea

## **ZUCCHINI (See also Summer Squash)**

**Season:** spring–summer

**Taste:** sweet, astringent

**Function:** cooling

**Weight:** light–medium

**Volume:** quiet–moderate

**Techniques:** fry, grill, pan roast, roast, sauté

### **BASIL**

**bell peppers:** green, red, yellow

bread crumbs

### **butter**

**CHEESE:** cheddar, **dry feta**, **goat**, Gruyère, mozzarella, **PARMESAN**, **pecorino**, queso fresco, **RICOTTA**

**chile peppers:** dried red (e.g., chipotle), fresh green (e.g., jalapeño)

chives

cilantro

cinnamon

coriander

corn

cream

curry leaf

dill

### **EGGPLANT**

fish

French cuisine, esp. Provençal

### **GARLIC**

Italian cuisine

**lemon:** juice, zest

lemon balm

lemon thyme

### **marjoram**

meats

mint

mustard seeds, esp. black

**OIL:** pecan, vegetable, walnut

**OLIVE OIL**

olives, esp. black, niçoise

**ONIONS**, esp. Spanish, white

oregano

**PARSLEY, FLAT-LEAF**

pasta

**pecans**

**PEPPER: BLACK, WHITE**

Pernod

pesto

pine nuts

red pepper flakes

rice or risotto

rosemary

saffron

sage

salmon

**SALT: KOSHER, SEA**

sausage, esp. chorizo

scallions

scallops

sesame seeds

shallots

shrimp

sour cream

squash, yellow

stocks: chicken, veal, vegetable

tarragon

**THYME**

**TOMATOES**

**vinegar:** balsamic, champagne, red wine, sherry, white

walnuts

wine, dry white

yogurt

zucchini blossoms

**Flavor Affinities**

zucchini + basil + garlic

zucchini + cream + Parmesan cheese

zucchini + eggplant + garlic + onions + tomatoes

zucchini + pecorino cheese + pecan oil + pecans

zucchini + Pernod + walnut oil

**ZUCCHINI BLOSSOMS (See also Zucchini)**

**Season:** early summer

**Weight:** light

**Volume:** quiet

**Techniques:** fry, steam

basil

**cheese:** goat, mozzarella, Parmesan, ricotta

corn

eggs

flour

Italian cuisine

lobster

marjoram

Mexican cuisine

**olive oil**

onions

parsley, flat-leaf

**pepper, black**

pesto

risotto

sage

salads

salt, kosher

savory

**shrimp**

soup

stock, chicken

**tomatoes and tomato sauce**

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— SANDRA DAY O’CONNOR

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— ANDREW DORNENBURG AND KAREN PAGE

April 2008

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**Karen Page** and **Andrew Dornenburg** are the award-winning team behind some of today's most groundbreaking books on gastronomy, including their most recent, *What to Drink with What You Eat*, the first book in history to win both the International Association of Culinary Professionals Cookbook of the Year Award and the Georges Dubeouf Wine Book of the Year Award. Their previous books *Becoming a Chef*, *Dining Out*, and *The New American Chef* were all winners of or finalists for Gourmand World Cookbook, IACP, and/or James Beard book awards. The couple, frequent guests on radio (National Public Radio) and television (*Good Morning America* and *Today*), were cited as two of a dozen "international culinary luminaries" in the Winter 2007 issue of the Relais & Châteaux magazine *L'Ame & L'Esprit*, along with Gael Greene, Patrick O'Connell, Alice Waters, and Tim and Nina Zagat. Since March 2007, they have penned a weekly column for the *Washington Post*, in which capacity they served as judges of the Oyster Riot wine pairing competition. A native of Detroit, Karen Page holds degrees from Northwestern and the Harvard Business School. San Francisco native Andrew Dornenburg is a former restaurant chef who studied with the legendary Madeleine Kamman at the School for American Chefs and was cited by Regis Philbin on *Regis and Kelly* as one of the most famous former employees of McDonald's, along with Jeff Bezos, Jay Leno, and Sharon Stone. Paired personally as well as professionally, the couple have been married since 1990, when they ran the Montreal International Marathon together on their honeymoon. They reside in New York City. Their Web site is [www.becomingachef.com](http://www.becomingachef.com).

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After a twenty-year corporate career, **Barry Salzman**, a Harvard MBA who ran a large global media organization employing thousands of people, embarked on a career transition to pursue his passion on a full-time basis. He is a professional photographer focused primarily on lifestyle, food, and travel. Salzman is a winner of the international Golden Light award, which is judged by Jeff Rosenheim, associate photography curator of the Metropolitan Museum of Art, and Susan White, photography director for *Vanity Fair*. Salzman's work has appeared in such publications as *Vanity Fair*, *Vogue Entertaining + Travel*, *Harper's Bazaar*, *AdNews*, *Australian Geographic*, and *OutTraveler*. His work can be seen at [www.barrysalzman.net](http://www.barrysalzman.net).