Herbes et Épices

Herbes et épices	Bœuf	Canard	Veau	Poulet	Agneau	Porc	Gibier	Poissons	Légumes	Fruits de mers	Pomme terres	Riz , Pâtes	Œufs	Fruits	Pâtisserie	Dessert
Ail en poudre ou granule	●		●	●	●	●	●	●	●	●	●	●			●	
Ail et persil	●		●	●	●	●	●	●	●	●	●	●			●	
All spices moulu	●				●		●		●			●		●	●	●
Aneth			●	●	●	●		●	●	●	●	●	●			
Anis étoilé		●	●	●		●	●	●		●	●			●	●	
Basilic feuilles	●			●	●	●	●		●		●	●			●	
Cannelle	●					●		●	●			●		●	●	●
Cannelle moulu													●	●	●	●
Cari (cury)	●		●		●	●		●	●		●	●				
Céleri graines	●			●	●	●	●	●	●	●		●	●			
Chili flocons	●			●	●	●	●	●	●	●		●			●	
Ciboulette	●			●	●	●	●	●	●	●	●	●	●		●	
Cinq épices chinois	●			●	●	●	●	●	●	●					●	
Citron				●	●	●		●	●	●			●		●	
Citronnelle moulu	●			●	●	●	●	●	●	●						
Clou de girofle	●						●		●			●	●		●	●
Clou de girofle	●					●	●		●							●
Coriandre feuille	●		●	●		●		●	●	●		●				
Coriandre moulu	●		●	●		●		●	●	●		●				
Cumin	●			●	●	●	●	●	●	●	●					
Curcuma	●			●	●	●	●	●	●	●		●	●		●	
Épices mélangées	●				●	●	●		●		●		●	●	●	●
Estragon	●			●	●	●	●	●	●	●	●	●	●			
Gingembre moulu	●	●		●	●	●	●	●	●	●		●	●	●	●	●
Laurier	●		●								●					
Marjolaine	●		●	●	●	●	●	●	●	●	●	●			●	
Menthe flocons	●			●	●	●	●	●		●	●	●		●	●	●
Moutarde sèche	●			●		●	●		●							
Muscade	●				●	●	●		●		●		●	●	●	●
Oignon en poudre	●			●	●	●	●	●	●	●	●	●	●		●	
Origan en feuilles ou en poudre	●		●	●	●	●	●		●		●	●	●		●	

	Bœuf	Canard	Veau	Poulet	Agneau	Porc	Gibier	Poissons	Légumes	Fruits de mers	Pomme terres	Riz , Pâtes	Œufs	Fruits	Pâtisserie	Dessert
Paprika	●		●	●	●	●	●	●	●	●	●	●	●			
Persil flocons	●			●	●	●	●	●	●	●	●	●	●		●	
Poivre blanc	●		●	●	●	●	●	●	●	●	●	●	●		●	
Poivre de cayenne	●			●	●	●	●	●	●	●	●	●				
Poivre moulu, entier	●			●	●	●	●	●	●	●	●	●	●		●	
Poivre de Sichuan		●		●				●						●		●
Romarin feuilles, seché	●		●	●	●	●	●		●		●	●			●	
Safran			●		●			●		●		●	●			
Sauge	●		●	●	●	●	●		●		●	●			●	
Sel d'ail	●			●	●	●	●	●	●	●	●	●	●			
Sésames graines	●			●	●	●	●	●	●	●	●	●	●		●	●
Tabasco									●	●						
Thym	●		●	●	●	●	●	●	●	●	●	●			●	