

SALT-FREE SPICE GUIDE

POULTRY

- Chicken *Sage, Thyme, Rosemary*
- Turkey *Marjoram, Oregano*
- Duck *Star Anise, Ginger*

RED MEAT

- Beef *Cumin, Garlic, Black Pepper*
- Lamb *Mint, Rosemary, Garlic*
- Pork *Coriander, Sage, Fennel*

SEAFOOD

- White Fish *Dill, Lemon Peel, Chives*
- Salmon *Tarragon, Mustard Powder*
- Shellfish *Paprika, Cayenne, Parsley*

VEGETABLES

- Root Veg *Nutmeg, Cinnamon, Thyme*
- Greens *Lemon Juice, Garlic, Chili*
- Beans *Cumin, Savory, Bay Leaf*

THE "AROMATIC" BASE

- Saute *Onion, Garlic, Celery*
- Fresh *Zest, Vinegar, Herb Oils*

HEAT & SMOKE

- Smoky *Smoked Paprika, Chipotle*
- Sharp *Dry Mustard, White Pepper*