

SEASONING BLENDS

Cheat Sheet



GREEK

Dried oregano
Dried basil
Dried dill
Onion powder
Garlic powder
Salt
Black pepper



ITALIAN

Dried Basil
Garlic powder
Dried Oregano
Onion powder
Dried Parsley
Rosemary
Black pepper
Red pepper flakes



CAJUN

Cayenne
Paprika
Garlic powder
Onion powder
Dried parsley
Dried Thyme
Black pepper
Salt



JERK

Garlic powder
Cayenne pepper
Onion powder
Dried thyme leaves
Dried parsley
Paprika
Cinnamon
All spice
Red pepper flakes
Nutmeg
Salt



ALL-PURPOSE

Paprika
Garlic powder
Onion powder
Ground coriander
Dried oregano
Dried dill
Red pepper flakes
Black pepper
Salt



POULTRY

Dried thyme
Dried rosemary
Dried Marjoram
Dried sage
Nutmeg
Dried basil
Black pepper
Salt



SEAFOOD

Bay leaf
White pepper
Paprika
Ginger powder
Cardamom
Celery seed
Salt



STEAK

Cayenne
Garlic powder
Onion powder
Brown sugar
Mustard powder
Black pepper
Salt



BBQ

Brown sugar
Smoked paprika
Chili powder
Garlic powder
Onion powder
Cayenne pepper
Cumin
Salt
Black pepper



TACO

Chili powder
Garlic powder
Onion powder
Dried oregano
Paprika
Ground cumin
Salt
Black pepper



CHIPOTLE

Chipotle pepper powder
Chili powder
Paprika
Ground cumin
Garlic powder
Dried oregano
Ground coriander
Salt



CURRY

Ground Ginger
Chili powder
Coriander seeds
Turmeric Powder
Cumin
Cardamom
mustard seeds
Black pepper