

Herb Cooking Companion Chart

● Flavor blends well ▲ Flavor blends very well

	Basil	Bay Leaf	Chives	Coriander	Dill	Fennel	Lemon Balm	Mint	Oregano	Parsley	Rosemary	Sage	Savory	Tarragon	Thyme
Meat															
Fish	●	●	●		●	●			●	●	●	●	●	●▲	●
Beef	●	●				●			●	●	●	●	●	●	●
Pork	●	●			●				●	●	●	●▲	●	●	●
Poultry	●	●	●		●				●	●	●	●	●	●	●
Lamb	●	●		●	●		●	●		●	●	●	●	●	●
Vegetables															
Asparagus			●				●					●	●	●	●
Beans	●				●							●	●▲		●
Broccoli	●				●		●		●					●	●
Cabbage	●		●		●	●							●		●
Carrots	●		●		●▲			●		●		●	●	●	●
Onions					●	●			●	●	●	●	●		●
Potatoes			●		●▲	●			●	●	●	●		●	●
Spinach	●		●		▲						●		●		●
Tomatoes	●▲		●						●	●	●		●		●
Salad Dressings															
Mayonnaise	●		●		●						●		●	●	
Vinegar and oil	●		●		●				●		●	●	●	●	●
Miscellaneous															
Eggs	●		●▲	●	●	●			●	●	●	●	●	●	●
Rice	●					●				●				●	●
Breads			●		●	●			●		●	●			●
Fruit							●	●			●			●	