

POPULAR SPICE BLENDS



Spice blends are an easy way to build big flavor in any dish. These options give you an idea of combinations you can make using spices you may already have in your pantry for easy, affordable salt-free seasoning!

Curry Powder

- ½ tsp Cardamom
- 2 Tbsp Cumin
- 1 tsp Dry Mustard
- ½ tsp Cayenne Powder or Paprika
- 2 tsp Ginger
- ½ tsp Black Pepper
- 1 1/2 Tbsp Turmeric
- 2 Tbsp Coriander

Italian Seasoning

- 1 ½ tsp Oregano
- ½ tsp Basil
- ½ tsp Rosemary
- 1 tsp Thyme
- 1 tsp Marjoram
- ½ tsp Sage

Chai Spice

- ½ tbsp Nutmeg
- ½ Tbsp Clove
- ½ tsp Allspice
- 3 Tbsp Cinnamon
- 1 Tbsp Cardamom
- 1 Tbsp Ginger

Cajun Blackened Seafood

- 2 Tbsp Smoked Paprika
- 1 tsp Garlic Powder
- 1 Tbsp Onion Powder
- 1 Tbsp Cayenne
- 1 tsp Black Pepper
- ½ tsp Oregano
- ½ tsp Basil
- ½ tsp Thyme

Poultry Magic

- ½ tsp Paprika
- ½ tsp Cayenne
- ½ tsp Black Pepper
- ¼ tsp Thyme
- ¼ Oregano
- ¼ tsp Sage
- 1/8 tsp Cumin
- ¼ tsp Garlic Powder
- ¼ tsp Onion Powder

Poultry Seasoning

- 1 ½ tsp Thyme
- 1 tsp Marjoram
- ¾ tsp Rosemary
- 2 tsp Sage
- ½ tsp Black Pepper
- ½ tsp Nutmeg

Taco Seasoning

- 1 Tbsp Chili Powder
- ½ Tbsp Cumin
- ½ tsp Onion Powder
- ¼ tsp Garlic Powder
- ¼ tsp Red Pepper Flakes
- ½ tsp Oregano
- 1 tsp Black Pepper

Chinese Five Spice

- 6 Star Anise Pods
- 2 Tbsp Fennel Seeds
- 2 tsp Sichuan Peppercorn
- 1 ½ tsp Clove
- 2 Tbsp Cinnamon

Garam Masala

- 1 tsp Chili Pepper
- 2 Tbsp Cinnamon
- 2 Tbsp Coriander
- 1 tsp Cumin
- ½ tsp Clove
- 2 Bay Leaves
- ½ tsp Cardamom



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