

# Basics of Seasoning Your Foods Frugally

## Seasoning Soups and Stews

### **Start with a Mirepoix**

Finely chop an onion, a peeled carrot, and a rib of celery. Saute until lightly browned and translucent. Alternately, you could use a bell pepper instead of a carrot.

*To save time, buy a bag of frozen mirepoix mix.*

### **Boullion**

To add flavor, add chicken soup base, onion soup base or boullion to your soups and stews.

### **Keep the Bones**

For extra flavor, use soup bones, and cuts of meat and chicken with bones in when making soups and stews. Debone before serving.

## “Indian Cuisine”

### **Herbs and Spices to Use**

Curry Paste or Powder, Garam Marsala, Ginger, coriander, cumin, cinnamon, cloves

### **Condiments**

plain yogurt, coconut milk, chutneys

## “Chinese Take Out”

### **Start Your Stir-Fry Right**

Heat a wok or large skillet with a small amount of sesame oil and grated fresh ginger (or powdered ginger), and Chinese Five Spices blend. Stir fry the meat first in small batches, then add your vegetables.

### **Seasonings**

Chinese Five Spices, Cinnamon, Ginger, Lemongrass, Sesame Oil, Star Anise, Rice Vinegar

### **Condiments**

Teriyaki, Soy Sauce, Wasabi, Plum Duck Sauce

## “Tex-Mex” Flavors

### **Seasonings**

Chili Powder, Coriander, Cumin, Oregano, Onions, Onion Powder, Tomato Sauce, fresh cilantro

### **Condiments**

Sour Cream or Plain Yogurt, Taco Sauce, Hot Sauce, Grated Cheese, Salsa, Guacamole

## “Italian and Mediterranean”

### **Seasonings**

Garlic, Fennel Seed, Rosemary, Basil (especially fresh), Oregano, Capers, Thyme, Parsley, Lemon Zest

### **Condiments**

Cheese (Mozarella, Feta, Parm), Olive Oil, Balsamic Vinegar, Lemon Juice

## Provencal Flavors

### **Seasonings**

Dijon, Tarragon, Herbes De Provence Blend

*Tarragon has a strong licorice flavor that doesn't go well with other things. But it tastes great with Dijon Mustard or dry mustard seed.*

## Middle Eastern

### **Seasonings**

Za'atar Blend, Thyme, Sesame, Cumin, Coriander, Fresh Parsley, Fresh Mint, Fresh Garlic

### **Condiments**

Fresh Yogurt, Olive Oil, Tahini, Lemon Juice