

STUDIO 5 FALL SPICE HINTS

Nutmeg:

Pasta dishes

Cream sauces

Desserts

Potatoes

Squash

Spinach

Pork

White meats

Ginger:

Soups

Stews

Rice dishes

Pork

Duck

Goose

Carrots

Squash

Cinnamon:

Stews

Curries

Dry rubs

Beets

Root vegetables

Spaghetti sauce

Sweet Potatoes

Rice dishes

Cloves:

Beans (legumes)

Onions

Sweet potatoes

Winter squash

Stews

Braised meats

Curries

Fruit dishes