GREAT ENERGY · AUTOIMMUNE RECOVERY METHOD

AIP Core Food List

The foods to enjoy during the Core elimination phase

Prepared for Daniela · June 16, 2026 · 411 foods

This is the complete 'yes' list, grouped by category. Each food carries a short profile in five parts: what it is, where it comes from, what it tastes like, how you would use it, and the dishes it shows up in. Foods marked Moderation are eaten in smaller amounts because they are starchy or sweet. Foods marked Nutrient-dense are standout sources in the AIP nutrient-density teaching.

Leafy vegetables

38 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Amaranth leaves *callaloo, chaulai, een choy* Leafy vegetable **Nutrient-dense**	**What it is** These are the tender edible leaves of the amaranth plant, a cousin of spinach and chard in the Amaranthaceae family. **Origin** Native to the Americas and now grown across the tropics; common in Caribbean, West African, South Asian, and Chinese cooking. **Taste** You get a mild, slightly earthy green close to spinach, and it turns soft once cooked. **How to use** Cook these rather than eat them raw - saute them, steam them, or simmer them into soups and stews. **Shows up in** Caribbean callaloo, Indian chaulai bhaji, stir-fried een choy with garlic, simple greens sauteed in olive oil
Arugula Leafy vegetable	**What it is** A peppery leafy green in the mustard family that you eat as the leaf. **Origin** Native to the Mediterranean region and long used in Italian cooking. **Taste** It is sharp and peppery with a little bitterness, and the leaf stays tender and delicate. **How to use** Build a raw salad on it, or wilt it into a warm dish right at the end so it keeps some life. **Shows up in** simple arugula salad with olive oil and lemon, wilted arugula sauteed in olive oil and garlic, arugula pesto
Beet greens Leafy vegetable **Nutrient-dense**	**What it is** These are the leafy tops of the beet plant, close kin to chard and spinach, and you can eat the whole leaf and stem. **Origin** Native to the Mediterranean coast and used across European, Middle Eastern, and Italian cooking. **Taste** Earthy with a mild bitter edge, tender in the leaf and crisp and faintly sweet in the stem. **How to use** Cook them like chard, sauteed or steamed until they wilt, with garlic and olive oil, or drop them into a soup. **Shows up in** garlic-sauteed beet greens, beet greens in broth, steamed greens with olive oil and lemon
Bok choy Leafy vegetable	**What it is** This is a Chinese cabbage with crisp white stalks and dark green leaves, a cousin of broccoli and kale. **Origin** Native to China and central to Chinese and broader East Asian cooking. **Taste** You get a mild, slightly sweet flavor, with juicy stalks and leaves that go soft as they cook. **How to use** Stir-fry it, steam it, or drop it into a broth, and you can also halve the baby heads and sear them as a side. **Shows up in** Garlic stir-fried bok choy, bok choy in broth, steamed baby bok choy

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Broccoli rabe Leafy vegetable	**What it is** A leafy green in the Brassica family, grown for its slim stalks, leaves, and tight little buds. **Origin** Native to the Mediterranean and a staple of southern Italian cooking. **Taste** It has a clean, pleasant bitterness and a pungent edge, with a stem that stays tender-crisp. **How to use** Blanch it first to soften the bite, then saute it in olive oil with garlic, or braise it as a simple side. **Shows up in** Sauteed broccoli rabe with garlic and olive oil, blanched rabe with lemon, braised rabe greens.
Brussels sprout Leafy vegetable	**What it is** A small leafy bud that grows in tight rows along the stalk of a cabbage-family plant. **Origin** Associated with Belgium and northern Europe, and common in European and North American cooking. **Taste** Cooked, it turns mildly sweet and nutty, with a faint cabbage bitterness and a firm, dense bite. **How to use** Halve them and roast, pan-sear, or steam them as a side, or shave them raw into a slaw. **Shows up in** Roasted Brussels sprouts with olive oil and garlic, shaved raw sprout salad, pan-seared sprouts with bacon.
Cabbage Leafy vegetable	**What it is** A dense, round head of tightly packed leaves from a cruciferous plant in the Brassica family. **Origin** Native to coastal Europe and the Mediterranean, central to European, Eastern European, Korean, and Chinese cooking. **Taste** Raw, it is mild with a little pepper to it, and cooking turns it sweet and tender. **How to use** Shred it raw into a slaw, drop it into soup, braise it, roast it in wedges, or ferment it. **Shows up in** coleslaw, braised red cabbage, sauerkraut, kimchi, cabbage soup, roasted cabbage wedges
Carrot tops Leafy vegetable	**What it is** The leafy green tops of the carrot plant, an herb in the same family as parsley. **Origin** Eaten across Mediterranean, Middle Eastern, and Latin American home cooking where the whole root and top are used. **Taste** They taste grassy and a little bitter, with a faint echo of carrot and parsley. **How to use** Chop them fine and treat them like a soft herb, blend them into a pesto or sauce, or stir them into soups and broths. **Shows up in** carrot-top pesto, herb sauces, vegetable broth, chimichurri-style green sauce
Chicory Leafy vegetable	**What it is** A leafy plant in the daisy family grown for its bitter leaves, and in some varieties for its root. **Origin** Native to Europe and the Mediterranean, central to Italian, French, and Belgian cooking. **Taste** You get crisp leaves with a clear bitterness that softens once you cook them. **How to use** Eat the leaves raw in a salad, or braise, grill, or saute them to take the bitter edge down. **Shows up in** braised chicory, grilled radicchio, puntarelle salad, sauteed chicory greens
Chinese broccoli *gai lan, kai-lan* Leafy vegetable	**What it is** A leafy cabbage relative grown for its thick stems, flat blue-green leaves, and small flower buds, all of it edible. **Origin** Native to China and standard in Cantonese and broader Chinese cooking. **Taste** You get a little bitterness and an earthy note up top, and the stems stay crisp and juicy. **How to use** Blanch it or stir-fry it, and split the thicker stems so they finish cooking right when the leaves do. **Shows up in** Garlic stir-fried gai lan, blanched gai lan with coconut aminos, gai lan in clear broth
Choy sum *yu choy* Leafy vegetable	**What it is** A leafy green in the cabbage family that you eat whole, the tender stems, the leaves, and the little yellow flower buds together. **Origin** Native to China and standard across southern Chinese and Cantonese cooking. **Taste** Mild and a touch sweet, with a crisp, juicy stem and soft leaves. **How to use** Stir-fry it fast over high heat, or blanch it and serve it as a plain green on the side. **Shows up in** garlic stir-fried choy sum, blanched greens with ginger, greens in clear broth

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Chrysanthemum greens *tong ho, shungiku* Leafy vegetable	**What it is** These are the tender leaves and stems of an annual chrysanthemum, a relative of the daisy that you eat as a leafy green. **Origin** Native to the Mediterranean and East Asia, central to Chinese, Japanese, Korean, and Cantonese cooking. **Taste** You get an aromatic green with a slight bitterness and a grassy, herbal note, tender when young and a little stringy as it ages. **How to use** Blanch it briefly or add it at the very end of cooking so it keeps its aroma, the way you would in a soup, a hot pot, or a quick stir-fry. **Shows up in** Chinese garlic stir-fried tong ho, Japanese shungiku in nabe hot pot, Korean ssukgat namul, Cantonese soups.
Collard greens Leafy vegetable **Nutrient-dense**	**What it is** This is a large, sturdy dark leafy green in the brassica family, the same family as cabbage. **Origin** Long established in the American South and in West African and Brazilian cooking. **Taste** You taste a slight bitterness and a cabbage note, and the firm, chewy leaf softens the longer you cook it. **How to use** Braise or slow-simmer them until tender, or blanch a leaf and use it as a wrap in place of a tortilla. **Shows up in** Long-braised collards with broth and onion, Brazilian couve a mineira, collard leaf wraps
Cress Leafy vegetable	**What it is** A small, fast-growing green in the mustard family that you eat as young leaves and stems. **Origin** Native to western Asia and Europe and used in European and Middle Eastern cooking. **Taste** It is peppery and tangy with a crisp, fine texture. **How to use** Use it raw as a garnish or a salad green, or stir it into soup right at the end. **Shows up in** cress salad, garnish over soups, blended into green soups
Dandelion greens Leafy vegetable **Nutrient-dense**	**What it is** These are the leaves of the same dandelion that grows in your yard, eaten as a bitter salad green and a cooking green. **Origin** Native to Eurasia and common in Italian, Greek, and broader Mediterranean cooking. **Taste** Sharply bitter with a peppery edge, tender when the leaves are young and tougher as they age. **How to use** Eat the young leaves raw in a salad, or saute and braise the older ones to soften the bite, often with garlic and olive oil. **Shows up in** Italian-style sauteed dandelion greens, braised dandelion with garlic, dandelion greens in broth
Endive Leafy vegetable	**What it is** This is a tight, pale chicory grown in the dark so it stays light-colored, a relative of the daisy. **Origin** Developed in Belgium and used across Belgian, French, and northern European cooking. **Taste** It is crisp with a gentle bitterness that eases off toward the pale base. **How to use** Eat the leaves raw or in a salad, or braise or roast them to soften the bite. **Shows up in** Endive salad, braised endive, roasted endive halves, endive leaves used as scoops
Kale Leafy vegetable **Nutrient-dense**	**What it is** A dark leafy green in the Brassica family, and you will find it as curly, lacinato, and red. **Origin** Native to the eastern Mediterranean and Asia Minor, now common across Northern European and American cooking. **Taste** It is earthy with a slight bitterness, and the sturdy leaves soften as soon as you cook them. **How to use** Massage it raw into a salad, saute it, drop it into soup, or roast it into crisp chips. **Shows up in** Massaged kale salad, sauteed kale with garlic, kale chips, kale and sausage soup.
Komatsuna *Japanese mustard spinach* Leafy vegetable	**What it is** A leafy green in the cabbage family with tender leaves and slim stems. **Origin** Native to Japan and used across Japanese and other East Asian cooking. **Taste** Mild and faintly mustardy, gentler than spinach, with crisp stems and soft leaves. **How to use** Cook it fast in a stir-fry, a soup, or a simmered dish, or use the young leaves raw in a salad. **Shows up in** Komatsuna stir-fry, miso soup with greens, Japanese ohitashi (blanched dressed greens).

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Lettuce Leafy vegetable	**What it is** A leafy salad green that comes in loose-leaf, romaine, butterhead, and crisphead forms, all from the daisy family. **Origin** Native to the Mediterranean and western Asia, a staple across European and American cooking. **Taste** Crisp and watery, mild, with a faint sweetness or a slight bitterness depending on the leaf. **How to use** Most often you eat it raw as a salad base or a wrap, and now and then you can grill it or wilt it into soup. **Shows up in** green salads, lettuce wraps, grilled romaine, lettuce cups, wilted lettuce soup
Mache *lamb's lettuce* Leafy vegetable	**What it is** A small, tender salad green also called lamb's lettuce or corn salad. **Origin** Native to Europe and long grown in France, where it is a classic winter salad green. **Taste** The leaves are soft and velvety, mild and nutty with a quiet sweetness. **How to use** Eat it raw as a delicate salad green, and dress it lightly so the leaves stay whole. **Shows up in** French mache salad, mixed green salads, salads with beets and walnuts
Malabar spinach *basella, pui* Leafy vegetable	**What it is** A climbing vine with thick, glossy leaves you use as a green, not related to true spinach. **Origin** Native to tropical Asia, common in Indian, Filipino, Chinese, and West African cooking. **Taste** Mild and a little earthy, with a juicy, slightly slippery texture that thickens as it cooks. **How to use** Stir-fry it, simmer it into soups and stews, or add it to a curry near the end of cooking. **Shows up in** pui shak, stir-fried Malabar spinach, Filipino vegetable stews, leafy curries
Mizuna Leafy vegetable	**What it is** A Japanese mustard green with feathery, deeply cut leaves. **Origin** Native to East Asia and common in Japanese cooking. **Taste** It is mild with a light peppery edge, and the leaves stay tender and crisp. **How to use** Eat it raw in a salad, or drop it into something hot at the very end so it just wilts. **Shows up in** Raw mizuna salad, mizuna wilted into broth, quick-sauteed mizuna with garlic
Moringa leaves *drumstick leaves, malunggay* Leafy vegetable **Nutrient-dense**	**What it is** The small green leaves of the moringa tree, cooked and eaten as a vegetable. **Origin** Native to the foothills of the Himalayas in northern India and common in South Asian, Filipino, and African cooking. **Taste** Earthy and a little bitter, close to spinach, and it softens as you cook it. **How to use** Stir it into soups and broths near the end, or saute it as a green. **Shows up in** ginger-chicken moringa soup, sauteed moringa greens, moringa in coconut broth
Mustard greens Leafy vegetable **Nutrient-dense**	**What it is** These are the peppery leaves of the mustard plant, a leafy green in the same family as cabbage. **Origin** Native to the Himalayan region of Asia, common in Southern US, Chinese, Indian, and African cooking. **Taste** Raw, they bite you with a sharp pepperiness that mellows into something milder and savory once cooked, and the leaves stay sturdy. **How to use** Braise or saute them slowly to soften that bite, or shred them raw into a salad when they are young and tender. **Shows up in** Southern braised greens with smoked meat, Indian sarson ka saag, Chinese stir-fried gai choy, pickled mustard greens.
Napa cabbage Leafy vegetable	**What it is** This is a loose-headed Chinese cabbage with pale, crinkled leaves, in the brassica family. **Origin** Native to East Asia; central to Chinese, Korean, and Japanese cooking. **Taste** You get a mild, sweet, faintly peppery cabbage with crisp ribs and tender leaves. **How to use** Eat it raw in slaws, cook it quickly in stir-fries and soups, or salt and ferment it. **Shows up in** Kimchi, napa cabbage stir-fry, Asian-style slaw, cabbage and pork dumpling filling
Pumpkin leaves and tips Leafy vegetable	**What it is** The young leaves and tender shoot tips of the pumpkin plant, cooked as a green. **Origin** Common in West African, Southern African, and parts of Asian and Caribbean cooking. **Taste** It is mild and a little earthy and grassy, and it turns soft once you cook it. **How to use** Always cook these, usually braised or simmered as a stewed side or in soup. **Shows up in** stewed pumpkin leaves, braised greens with onion and coconut milk, added to vegetable soups

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Purslane Leafy vegetable	**What it is** This is a succulent leafy plant with fleshy leaves and stems that you eat as a vegetable. **Origin** Eaten across the Mediterranean, the Middle East, Mexico, and South Asia. **Taste** Mildly sour and a little salty, crisp and juicy, with a slight slippery quality. **How to use** Use it raw in a salad, or cook it briefly into a soup or stew where it thickens things lightly. **Shows up in** Mexican verdolagas stews, Turkish purslane salad, Levantine purslane salads, purslane in soup
Radicchio Leafy vegetable	**What it is** This is a red-and-white chicory that grows into a small head, a relative of the daisy. **Origin** Northern Italy, especially the Veneto, and common in Italian cooking. **Taste** Raw, it is bitter and crunchy, and it turns mellow and sweeter once you cook it. **How to use** Shred it raw into a salad, or grill, roast, or braise it as a side until it goes soft. **Shows up in** Grilled radicchio, roasted radicchio wedges, radicchio salad
Sea kale Leafy vegetable	**What it is** A coastal perennial in the Brassica family, eaten for its pale young shoots and leaves. **Origin** Native to the rocky coasts of Europe, historically grown in British kitchen gardens. **Taste** It is mild, a little sweet, and nutty, close to asparagus once the shoots are blanched. **How to use** Steam or boil the pale forced shoots and serve them as a spring vegetable. **Shows up in** Steamed sea kale shoots, sea kale with olive oil and lemon, blanched sea kale as a side.
Sorrel Leafy vegetable	**What it is** A leafy green herb in the buckwheat family, known for its sour leaves. **Origin** Native to Europe and Asia, common in French, Eastern European, and Caribbean cooking. **Taste** Sharp, lemony, and tart, with thin, tender leaves that wilt the moment they hit heat. **How to use** Use a little raw in a salad, or cook it down into a sauce or soup where you want the tartness to lead. **Shows up in** Sorrel soup, French sorrel sauce for fish, sorrel folded into greens.
Spinach Leafy vegetable **Nutrient-dense**	**What it is** A tender dark leafy green from the amaranth family, where you eat both the leaf and the stem. **Origin** Native to Persia, widely used in Mediterranean, Middle Eastern, and Indian cooking. **Taste** Raw, it is mild with a slight mineral note, and once cooked it softens into a soft, earthy green. **How to use** Eat it raw in a salad, or wilt, saute, or stir it quickly into soups and stews. **Shows up in** spinach salad, sauteed garlic spinach, palak-style greens, spinach soup, creamed coconut spinach
Sweet potato leaves *camote tops* Leafy vegetable	**What it is** The edible leaves and tender shoots of the sweet potato vine. **Origin** A common green across West Africa, the Philippines, and East and Southeast Asia. **Taste** They are mild and a little earthy, and they turn tender as they cook. **How to use** Stir-fry them quickly, blanch them, or simmer them into soups and stews; they are not usually eaten raw. **Shows up in** Filipino sauteed camote tops, West African leaf stews, garlic stir-fried greens
Swiss chard Leafy vegetable **Nutrient-dense**	**What it is** A leafy vegetable in the beet family with large green leaves and edible colored stalks. **Origin** Native to the Mediterranean, long used in Italian, French, and North African cooking. **Taste** The leaves are earthy and mildly bitter, the stalks crunchy and turning tender as they cook. **How to use** Saute, braise, or wilt it into soup, and give the stalks a little more time than the leaves. **Shows up in** sauteed chard with garlic, chard stalk gratin, Provencal greens, chard in broth
Taro leaves *callaloo, luau leaf, dasheen leaf* Leafy vegetable	**What it is** The large heart-shaped leaves of the taro plant. **Origin** Native to Southeast Asia and used across the Pacific Islands, the Caribbean, India, and parts of Africa. **Taste** Cooked through, it turns earthy and spinach-like with a soft texture. **How to use** Always cook it long and all the way through, never raw, usually simmered or steamed. **Shows up in** Hawaiian luau leaf stew, Caribbean callaloo, taro leaf simmered in coconut milk

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Tatsoi Leafy vegetable	**What it is** An Asian green in the cabbage family that grows in a flat rosette of spoon-shaped leaves. **Origin** Native to China and used in Chinese and broader East Asian cooking. **Taste** Mild with a light mustard note, crisp when raw and tender once it wilts. **How to use** Eat the young leaves raw in a salad, or stir-fry it quickly and wilt it into soups. **Shows up in** tatsoi salad, quick stir-fried tatsoi, tatsoi wilted into broth
Turnip greens Leafy vegetable **Nutrient-dense**	**What it is** These are the leafy tops of the turnip, eaten as a green in the same family as cabbage and kale. **Origin** Long eaten across Europe, the American South, and East Asia. **Taste** You get a slightly bitter, earthy green with a firm texture that softens as it cooks. **How to use** Braise or simmer them slowly until they go tender, or saute them with garlic and good fat as a side. **Shows up in** Southern braised turnip greens, Italian-style sauteed greens with garlic and olive oil, greens simmered in broth.
Water spinach *kangkong, ong choy* Leafy vegetable	**What it is** This is a semi-aquatic leafy green with hollow stems, in the morning glory family. **Origin** Native to South and Southeast Asia; common in Chinese, Filipino, Thai, and Vietnamese cooking. **Taste** You get a mild, grassy green with crunchy hollow stems and tender leaves. **How to use** Stir-fry it fast over high heat or drop it into soups, and remember the stems and leaves cook at different rates. **Shows up in** Garlic-stir-fried kangkong, Filipino adobong kangkong, water spinach in clear soup
Watercress Leafy vegetable **Nutrient-dense**	**What it is** An aquatic green in the mustard family that you eat as the leaf and stem. **Origin** Native to Europe and Asia and used in English, French, and Chinese cooking. **Taste** It is peppery and a little bitter, and the stem stays crisp and juicy. **How to use** Eat it raw in a salad, or wilt it quickly into soup or a stir-fry at the end. **Shows up in** watercress salad, watercress soup, watercress added to broths and stir-fries

Non-starchy vegetables

17 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Artichoke Vegetable	**What it is** This is the edible flower bud of a thistle, and you eat the fleshy bases of the leaves and the heart at the center. **Origin** Native to the Mediterranean and central to Italian, French, and Spanish cooking. **Taste** Nutty and mildly sweet, with a tender heart and firm, meaty leaf bases. **How to use** Boil, steam, braise, or roast it whole, scrape the leaves with your teeth and eat the heart, or braise just the hearts in olive oil. **Shows up in** steamed whole artichokes, Roman-style braised artichokes (carciofi alla romana), olive-oil-braised artichoke hearts
Asparagus Vegetable	**What it is** These are the young shoots of a perennial plant in the lily family, eaten as a green vegetable. **Origin** Native to Europe and western Asia and used across Mediterranean and European cooking. **Taste** You taste a grassy, lightly sweet flavor, with tender tips and a firmer stalk. **How to use** Roast, grill, steam, or blanch it, drop it into soup, and serve it as a side or in a salad. **Shows up in** Roasted asparagus, grilled asparagus, asparagus soup, blanched asparagus salad
Banana flower *banana blossom* Vegetable	**What it is** The large purple blossom of the banana plant, which you cook and eat as a vegetable. **Origin** Used across Southeast Asian and South Indian cooking, including Thai, Vietnamese, and Sri Lankan dishes. **Taste** Raw it is starchy and a little astringent, and once cooked it turns tender and close to artichoke. **How to use** Slice it thin for a raw salad, or soak it first to soften the bitterness, then simmer or stir-fry. **Shows up in** Thai banana blossom salad, Sri Lankan banana flower stir-fry, South Indian banana flower poriyal.

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Banana stem Vegetable	**What it is** The tender inner core of the banana plant's stem, eaten as a vegetable. **Origin** Used in South Indian, Sri Lankan, and Southeast Asian cooking. **Taste** Mild, faintly sweet, and fibrous, with a crisp, watery crunch. **How to use** Slice it thin and cook it in a stir-fry, a simmered dish, or a soup, or press it into a juice. **Shows up in** South Indian banana stem thoran, banana stem stir-fry, Thai banana stem soup.
Broccoli Vegetable	**What it is** The flower head and stalk of a cruciferous plant in the Brassica family, both of them edible. **Origin** Developed from wild cabbage in Italy, now common across European, American, and Asian cooking. **Taste** Raw, it is grassy and a little bitter, and roasting or steaming brings out a nutty sweetness. **How to use** Steam it, roast it, stir-fry it, blanch it for a salad, or blend it into soup. **Shows up in** roasted broccoli, steamed broccoli, broccoli stir-fry, broccoli soup, broccoli salad
Broccolini *baby broccoli* Vegetable	**What it is** A green vegetable with long thin stalks and small florets, a cross between broccoli and Chinese broccoli. **Origin** A modern hybrid developed in Japan, now common in American and European cooking. **Taste** It is sweeter and milder than broccoli, with a stem that stays tender and snappy. **How to use** Roast, steam, saute, or grill it whole and serve it as a side; the stems and florets cook together. **Shows up in** roasted broccolini with garlic, sauteed broccolini with lemon, grilled broccolini
Capers Vegetable	**What it is** The pickled or salted unopened flower buds of the caper bush. **Origin** Native to the Mediterranean basin, central to Italian, Sicilian, and southern French cooking. **Taste** Sharp, briny, and tangy, with a concentrated savory bite. **How to use** Rinse them first, then scatter them over fish or vegetables, or stir them into a sauce as a salty accent. **Shows up in** caper and lemon sauce for fish, caper relish, roasted vegetables with capers, tapenade-style olive blends
Cardoon Vegetable	**What it is** A thistle related to the artichoke, eaten for its long celery-like stalks. **Origin** Native to the Mediterranean and used in Italian, French, and Spanish cooking. **Taste** You get a mild bitterness and an artichoke note, and the firm, fibrous stalk softens as it cooks. **How to use** Trim it and boil it until tender, then braise or bake it, and never eat it raw. **Shows up in** Braised cardoon, cardoon simmered in broth, baked cardoon gratin made dairy-free
Cauliflower Vegetable	**What it is** A cool-season vegetable in the cabbage family that you eat for its dense white flower head. **Origin** Developed in the Mediterranean region and used across European, Indian, and Middle Eastern cooking. **Taste** Mild and nutty when you roast it, soft and almost sweet when you steam it. **How to use** Roast it in florets, steam it, or pulse it raw into cauliflower rice for a grain-free base. **Shows up in** roasted cauliflower, cauliflower rice, mashed cauliflower, cauliflower soup
Celery Vegetable	**What it is** This is a crisp stalk vegetable, and you eat both the ribs and the leaves. **Origin** Native to the Mediterranean and marshland regions, a base vegetable in European and global cooking. **Taste** It is crunchy and watery with a clean, slightly salty flavor and a faint bitterness. **How to use** Eat it raw as a crudite, or dice it as part of the aromatic base you saute at the start of a soup, stew, or stock. **Shows up in** Mirepoix base for soups and stocks, braised celery, celery sticks with dips, chopped into salads and slaws.

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Drumstick pod *moringa pod, saijan* Vegetable	**What it is** This is the long, slender green seed pod of the moringa tree, and it is not a legume. **Origin** Native to South Asia; a staple in South Indian and Sri Lankan cooking. **Taste** The inner pulp is mild and slightly grassy, a little like asparagus, while the fibrous skin stays behind. **How to use** Cut it into segments and simmer it in curries and stews, then scrape the soft pulp from the skin at the table. **Shows up in** South Indian drumstick sambar-style stew, drumstick and coconut curry, drumstick in lentil-free vegetable stews
Fennel Vegetable	**What it is** A vegetable you eat in three parts, the bulb, the stalk, and the feathery fronds, in the carrot family. **Origin** Native to the Mediterranean and central to Italian and southern European cooking. **Taste** It is sweet with a mild anise note, crisp when raw and silky once cooked. **How to use** Slice it thin and raw into a salad, or roast, braise, and caramelize it as a side. **Shows up in** shaved fennel salad, roasted fennel wedges, braised fennel, fennel added to roasted vegetables
Fiddlehead fern *ostrich fern* Vegetable	**What it is** This is the young coiled frond of the ostrich fern, picked in spring before it unfurls. **Origin** Foraged in spring across northeastern North America, also eaten in parts of East Asia. **Taste** Grassy and nutty, somewhere between asparagus and green beans, with a firm bite. **How to use** Always cook them fully, boiling first and then sauteing or steaming, and serve them as a spring side; never eat them raw. **Shows up in** boiled-then-sauteed fiddleheads with garlic, steamed fiddleheads with lemon, fiddleheads in spring vegetable dishes
Nopal *cactus paddle* Vegetable	**What it is** This is the flat pad of the prickly pear cactus, eaten as a vegetable once you trim off the spines. **Origin** Native to Mexico and a staple of Mexican cooking. **Taste** It tastes tart and green, with a tender texture that turns a little slippery as it cooks. **How to use** Grill, boil, or saute it in strips, and serve it as a side or fold it into eggs and meat. **Shows up in** Grilled nopales, nopales salad, sauteed nopales with onion
Rhubarb Vegetable	**What it is** A perennial grown for its thick edible stalks, and you discard the leaves because they are toxic. **Origin** Native to Asia, long cultivated in Europe and North America for cooking. **Taste** It is very tart and sour, with a firm, fibrous stalk that goes soft once you cook it. **How to use** Stew or roast it with a sweetener to settle the sourness, and use it in compotes and sauces. **Shows up in** Stewed rhubarb compote, roasted rhubarb, rhubarb sauce.
Romanesco Vegetable	**What it is** A cabbage-family vegetable with a spiraled, pointed green head, related to broccoli and cauliflower. **Origin** Associated with Italy and Italian cooking. **Taste** Mild and nutty, gentler than broccoli, firm and crunchy raw and tender once cooked. **How to use** Break it into florets and roast, steam, or blanch it as a side, or eat it raw. **Shows up in** Roasted romanesco with olive oil and lemon, steamed romanesco florets, romanesco in vegetable soup.
Squash blossom Vegetable	**What it is** The golden flower of squash and zucchini plants in the Cucurbitaceae family, tender enough to eat. **Origin** Used in Mexican and Italian cooking, where squash is widely grown. **Taste** Delicate and lightly sweet, with a faint squash flavor and a soft texture. **How to use** Eat them raw in a salad, drop them into soup, or stuff them and cook them gently. **Shows up in** stuffed squash blossoms, squash blossom soup, squash blossom quesadilla filling, squash blossom saute

Allium-family vegetables

8 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Chives Allium vegetable	**What it is** A slender herb in the onion family, the thin green leaves of the chive plant. **Origin** Native to Europe and Asia and used widely in French and Northern European cooking. **Taste** They carry a mild, fresh onion flavor with a soft, grassy bite. **How to use** Snip them raw over a finished dish, or stir them in right at the end of cooking. **Shows up in** herb garnish on soups, chive-topped roasted vegetables, herb oils
Garlic Allium vegetable	**What it is** The pungent edible bulb of an allium plant, made up of individual cloves. **Origin** Native to Central Asia, foundational across nearly every world cuisine. **Taste** Sharp and hot raw, and it turns sweet, mellow, and nutty once you cook it. **How to use** Mince, crush, or roast it to flavor almost any dish, and cook it gently to soften its bite. **Shows up in** roasted garlic, garlic-infused oil, garlic and herb marinades, slow-cooked confit garlic
Garlic chives *Chinese chives, nira, gow choy* Allium vegetable	**What it is** A flat-leaved allium in the garlic and onion family, grown for its leaves and flower stalks. **Origin** Native to China and central to Chinese, Korean, and other East Asian cooking. **Taste** It tastes like a gentle garlic, softer than the raw clove, with a tender bite. **How to use** Cut it into lengths and add it near the end of a stir-fry, or scatter it raw over a dish. **Shows up in** Stir-fried garlic chives, garlic chives folded into omelets, chopped raw over noodles or soup
Leek Allium vegetable	**What it is** An allium related to onion and garlic that you eat for its long white and pale-green stalk. **Origin** Native to the Mediterranean and Middle East and a staple of French and British cooking. **Taste** Mild and sweet, gentler than onion, and it turns silky when you cook it slowly. **How to use** Slice it and soften it as the aromatic base for soups, or braise it whole as a side. **Shows up in** leek and potato soup, braised leeks, leeks softened into broths and stews
Onion Allium vegetable	**What it is** This is an edible bulb in the allium family, the aromatic you build so many dishes on. **Origin** One of the oldest cultivated vegetables, foundational to nearly every world cuisine. **Taste** Raw it is pungent and sharp, and as it cooks it turns sweet, mellow, and savory. **How to use** Saute or caramelize it as a flavor base, roast it whole, or slice it thin and use it raw. **Shows up in** Caramelized onions, roasted onion wedges, onion as a soffritto base, raw rings in salads.
Ramp *wild leek* Allium vegetable	**What it is** This is a wild spring onion with broad flat leaves and a small white bulb, in the allium family. **Origin** Native to eastern North America; a foraged spring vegetable in Appalachian and broader American cooking. **Taste** You get a pungent, garlicky bite that is sweeter and milder than mature garlic. **How to use** Use it raw or lightly cooked - saute, grill, or puree the leaves and bulbs as a seasonal accent. **Shows up in** Grilled ramps in olive oil, ramp pesto, sauteed ramps as a side, pickled ramp bulbs
Scallion Allium vegetable	**What it is** A young, mild onion in the allium family, pulled before the bulb swells, also called green onion. **Origin** Used widely across East Asian, Southeast Asian, and Western cooking. **Taste** It tastes like fresh, gentle onion, with the white end sharper and the green tops soft. **How to use** Scatter it raw to finish a dish, or cook it into a stir-fry, soup, or broth. **Shows up in** scallion garnish over soups and meats, stir-fried with greens, scallion oil
Shallot Allium vegetable	**What it is** This is a small allium bulb that grows in clustered cloves, milder and more delicate than an onion. **Origin** Long grown across Europe and Southeast Asia and central to French and Thai cooking. **Taste** Mild and sweet with a hint of garlic, softer than a regular onion. **How to use** Mince it raw into a dressing, soften it as the base of a dish, or roast or fry it until crisp. **Shows up in** French shallot vinaigrette, crispy fried shallots, roasted whole shallots, shallots in pan sauces

Roots, tubers, and bulbs (starchy carbs)

31 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Arrowroot Root / tuber	**What it is** This is a starch milled from the root of a tropical plant, sold as a fine white powder. **Origin** Native to tropical South America and the Caribbean and used widely as a thickener. **Taste** It is nearly flavorless, and it leaves whatever you thicken with it clear and glossy. **How to use** Whisk it into liquids to thicken a sauce, soup, or filling, or use it to bind and coat in grain-free baking. **Shows up in** Thickened pan sauces, fruit glazes, grain-free coatings, gravies
Bamboo shoot Root / tuber	**What it is** The young shoot of the bamboo plant, harvested while it is still tender, before it hardens. **Origin** Central to Chinese, Japanese, Thai, and other East and Southeast Asian cooking. **Taste** It is mild and a little sweet, with a crisp, satisfying crunch. **How to use** Boil it first to take out the bitterness, then slice it into stir-fries, soups, and braises. **Shows up in** Bamboo shoot stir-fry, Japanese takenoko in dashi broth, Thai bamboo shoot curry (made nightshade-free).
Beet Root / tuber	**What it is** A starchy root vegetable with edible roots and greens. **Origin** Native to the Mediterranean and used widely in European, Middle Eastern, and Eastern European cooking. **Taste** Sweet and earthy, with dense, firm flesh that turns tender when you cook it. **How to use** Roast, boil, or steam it as a side, grate it raw into a salad, or puree it into a soup. **Shows up in** Roasted beets with olive oil, borscht, grated raw beet salad, beet and citrus salad.
Burdock Root / tuber	**What it is** A long, slender taproot of the burdock plant in the daisy family. **Origin** Native to Eurasia, a staple in Japanese cooking where it is known as gobo. **Taste** Earthy and a little sweet, with a crisp, fibrous bite. **How to use** Scrub it, slice it thin, then braise it, simmer it in soup, or stir-fry it. **Shows up in** kinpira gobo (without seed oils), burdock simmered in broth, burdock soup, braised burdock
Carrot Root / tuber	**What it is** A starchy root vegetable, the swollen taproot of the carrot plant. **Origin** Originating in Central Asia and now used in nearly every world cuisine. **Taste** It is sweet and earthy, crisp when raw and softer and sweeter once cooked. **How to use** Eat it raw, or roast, steam, puree, or simmer it into soups and stews as a base vegetable. **Shows up in** roasted carrots, carrot ginger soup, glazed carrots, raw carrot salad
Cassava *yuca* Root / tuber	**What it is** A starchy root of a shrub that you have to cook before eating. **Origin** Native to South America, a staple across Latin America, the Caribbean, and West and Central Africa. **Taste** Mild and starchy, with firm, dense flesh and a faint nutty note. **How to use** Boil, fry, or mash it, or grind it into flour, always cooking it through to remove its natural compounds. **Shows up in** boiled yuca with garlic mojo, fried yuca, cassava flatbread, mashed cassava
Celeriac Root / tuber	**What it is** The knobby swollen root of a celery variety, in the carrot and parsley family. **Origin** Native to the Mediterranean and northern Europe and common in French and German cooking. **Taste** It carries a nutty, celery-like flavor, and the flesh is dense and starchy. **How to use** Peel it and roast it, mash it, or simmer it into soup, and you can also shred it raw. **Shows up in** Mashed celeriac, roasted celeriac, celeriac soup, raw celeriac remoulade made with AIP mayo
Chinese yam *nagaimo, shan yao, mountain yam* Root / tuber	**What it is** A climbing-vine tuber you eat as a starchy root, also used in Chinese herbal cooking. **Origin** Native to China and used across Chinese, Japanese, and Korean kitchens. **Taste** Mild and slightly sweet, crisp and slippery raw and soft and starchy once cooked. **How to use** Grate it raw into a smooth, slippery puree as they do in Japan, or simmer it in soups and stews. **Shows up in** grated nagaimo (tororo), Chinese yam soup, simmered yam in clear broth

Food	What it is · Origin · Taste · How to use · Shows up in
Daikon Root / tuber	**What it is** This is a large white radish you eat as a root vegetable. **Origin** Native to East and Southeast Asia, central to Japanese, Korean, and Chinese cooking. **Taste** Raw it is mild, juicy, and a little peppery, and once you cook it, it turns sweet and tender. **How to use** Simmer it in broth, grate it raw as a condiment, pickle it, or shred it into a salad. **Shows up in** Japanese simmered daikon in dashi, grated daikon oroshi, Korean kkakdugi pickle, daikon in soups and stews.
Ginger Root / tuber	**What it is** This is the knobby underground rhizome of the ginger plant. **Origin** Native to Southeast Asia; foundational across Asian, Indian, and Caribbean cooking. **Taste** You get a sharp, warming, pungent flavor, and when it is fresh the flesh is fibrous and juicy. **How to use** Grate, slice, or mince it as an aromatic for stir-fries, soups, braises, and teas; you rarely eat it on its own. **Shows up in** Ginger and scallion sauce, ginger tea, ginger-garlic aromatic base for stir-fries, ginger broth
Horseradish Root / tuber	**What it is** A pungent root in the mustard family that you grate and use as a condiment. **Origin** Native to eastern Europe and used in central and eastern European, German, and English cooking. **Taste** Fresh, it is sharp, hot, and clears your sinuses, and it mellows as it cooks. **How to use** Grate it raw into a sauce or dressing, or use a little to season a cooked dish. **Shows up in** fresh grated horseradish, horseradish sauce for roast meat and fish, horseradish stirred into mashed root vegetables
Jerusalem artichoke *sunchoke* Root / tuber	**What it is** This is the knobbly tuber of a sunflower species, and despite the name it has nothing to do with the globe artichoke. **Origin** Native to North America and adopted into French and broader European cooking. **Taste** Sweet and nutty, crisp when raw and smooth and creamy once cooked. **How to use** Roast it, puree it into soup, saute it, or slice it thin and eat it raw, and you can leave the skin on. **Shows up in** roasted sunchokes, sunchoke soup, shaved raw sunchoke salad, pan-fried sunchokes
Jicama Root / tuber	**What it is** This is the round, crisp root of a Mexican vine, eaten as a vegetable. **Origin** Native to Mexico and Central America and common in Mexican cooking. **Taste** It is sweet, watery, and very crunchy, and it stays crisp even after you cut it. **How to use** Eat it raw in sticks or slices, shred it into a slaw, or cook it briefly so it keeps its crunch. **Shows up in** Jicama sticks with lime, jicama slaw, jicama salad
Kohlrabi Root / tuber	**What it is** A swollen-stem vegetable in the Brassica family, and you eat both the bulb-like base and the leaves. **Origin** Developed in Northern Europe, common in German and Eastern European cooking. **Taste** It is crisp, mild, and faintly sweet like a broccoli stem, and it grows gentler when cooked. **How to use** Eat it raw in a slaw or salad, or roast it, steam it, or add it to soup. **Shows up in** Kohlrabi slaw, roasted kohlrabi, kohlrabi and carrot soup.
Lotus root Root / tuber	**What it is** The crisp, starchy underwater stem of the lotus plant, with a lacy pattern of holes when you slice it. **Origin** Native to Asia and used in Chinese, Japanese, Korean, and Indian cooking. **Taste** Mildly sweet and starchy, staying crunchy through light cooking. **How to use** Slice it and stir-fry, braise, or simmer it in soup, or steam it as a side. **Shows up in** Stir-fried lotus root, Japanese simmered renkon, lotus root soup, braised lotus root.
Malanga *yautia, cocoyam, tannia* Root / tuber	**What it is** A starchy underground tuber in the taro family, with brown hairy skin and crisp flesh. **Origin** Native to tropical South America, a staple in Caribbean and Latin American cooking. **Taste** Nutty and earthy, with a starchy, slightly grainy texture once it is cooked. **How to use** Peel it and boil it, mash it, roast it, or fry it, the way you would use a potato or a yam. **Shows up in** boiled malanga, malanga mash, malanga fritters, malanga in stews and soups

Food	What it is · Origin · Taste · How to use · Shows up in
Parsnip Root / tuber	**What it is** A starchy cream-colored root vegetable, a relative of the carrot. **Origin** Native to Eurasia and a staple of traditional British and Northern European cooking. **Taste** It is sweet and nutty with a slightly peppery edge, and it turns soft and creamy when cooked. **How to use** Roast, mash, or puree it, or simmer it into soups and stews as a sweet starchy base. **Shows up in** roasted parsnips, parsnip puree, parsnip soup, root vegetable roast
Purple yam *ube* Root / tuber	**What it is** A starchy tuber in the true yam genus with vivid purple flesh. **Origin** Native to Southeast Asia, prominent in Filipino cooking and across the tropics. **Taste** Mildly sweet and earthy, soft and starchy once it is cooked. **How to use** Boil or steam it and then mash it, or cook it down into sweet preparations. **Shows up in** ube halaya, steamed purple yam, mashed ube, ube-based desserts
Radish Root / tuber	**What it is** The crisp edible root of a plant in the cabbage family. **Origin** Native to Asia and Europe and used worldwide across many cuisines. **Taste** Raw it is peppery and sharp, and cooking turns it mild and a little sweet. **How to use** Eat it raw whole or sliced, or roast or braise it to soften that bite. **Shows up in** Raw sliced radish, roasted radishes, radish pickles, radish in clear soup
Rutabaga Root / tuber	**What it is** A root vegetable in the cabbage family, a cross between turnip and cabbage. **Origin** Originated in northern Europe and central to Scandinavian and British cooking. **Taste** Earthy and mildly sweet with a little bitter edge, firm raw and tender once cooked. **How to use** Roast it in chunks, mash it, or cube it into stews as a starchy root. **Shows up in** mashed rutabaga, roasted rutabaga, rutabaga in root-vegetable stew
Salsify *oyster plant* Root / tuber	**What it is** This is a slender taproot sometimes called the oyster plant, because of how it tastes. **Origin** Native to the Mediterranean, used in traditional European cooking, especially French and Italian. **Taste** It is mild and faintly sweet with a hint of oyster or artichoke, and it goes creamy once cooked. **How to use** Peel it, then boil, roast, or saute it, and soak it in a little acidulated water first so it does not brown. **Shows up in** Roasted salsify, salsify simmered in broth, sauteed salsify with herbs, pureed salsify.
Scorzonera *black salsify* Root / tuber	**What it is** This is a long, slender root with dark skin and white flesh, a relative of salsify in the Asteraceae family. **Origin** Native to southern Europe; used in traditional European, especially French and Belgian, cooking. **Taste** You get a mild, faintly sweet root with a delicate nutty note, and it turns tender once you peel and cook it. **How to use** Peel it first, then boil, steam, roast, or braise it as a root vegetable side. **Shows up in** Boiled scorzonera in olive oil and herbs, roasted scorzonera, scorzonera in clear vegetable soups
Sweet potato Root / tuber **Nutrient-dense**	**What it is** A starchy storage root in the morning glory family, and not a nightshade. **Origin** Native to Central and South America and used across the Americas, West Africa, and Asia. **Taste** It is sweet and creamy, and the flesh goes soft and moist once cooked. **How to use** Roast it, bake it, mash it, or cut it into wedges and cook it in the oven as a starchy side. **Shows up in** baked sweet potato, roasted sweet potato wedges, mashed sweet potato, sweet potato added to stews
Tapioca *cassava starch* Root / tuber	**What it is** This is a starch pulled from the cassava root, sold as flour, pearls, or flakes. **Origin** Originates in South America and used widely in Brazilian and Southeast Asian cooking. **Taste** Neutral with a faint sweetness, cooking up chewy, gelatinous, and see-through. **How to use** Use it to thicken and bind, to make chewy pearls, or as a grain-free flour for baking and flatbreads. **Shows up in** tapioca pearls, Brazilian tapioca crepes, grain-free flatbreads, fruit fillings thickened with tapioca starch

Food	What it is · Origin · Taste · How to use · Shows up in
Taro Root / tuber	**What it is** This is a starchy corm from a broad-leaved tropical plant, and you always cook it before eating. **Origin** Native to Southeast Asia and used across the Pacific, Asia, Africa, and the Caribbean. **Taste** It is mild and nutty, with a dense, slightly sticky texture once cooked. **How to use** Boil, steam, roast, or mash it as your starch, or add it to a stew or braise. **Shows up in** Poi, mashed taro, taro added to stews, roasted taro
Tigernut Root / tuber	**What it is** A small edible tuber from a sedge plant, and despite the name it is not a true nut. **Origin** Native to North and East Africa and the Mediterranean, traditional in Spain and West Africa. **Taste** It is sweet and nutty, with a chewy, fibrous bite. **How to use** Eat it raw or soaked, grind it into flour, or press it into a plant-based milk. **Shows up in** Spanish horchata de chufa, tigernut flour baked goods, soaked tigernuts as a snack.
Turnip Root / tuber	**What it is** A starchy root vegetable in the cabbage family, with edible roots and greens. **Origin** Native to Europe and Asia, common in European, Middle Eastern, and Asian cooking. **Taste** Mildly peppery and a little sweet when young, mellowing to soft and sweet once cooked. **How to use** Roast, mash, or boil it as a side, drop it into a stew or soup, or shave it thin and raw. **Shows up in** Roasted turnips, mashed turnip, turnips in vegetable stew, glazed turnips.
Wasabi Root / tuber	**What it is** The pungent rhizome of a plant in the Brassica family, grated down into a green paste. **Origin** Native to Japan and central to Japanese cooking. **Taste** Sharp and hot, with a fast heat that clears your sinuses and then fades. **How to use** Grate it fresh and serve it in a tiny amount as a condiment alongside fish and other dishes. **Shows up in** fresh grated wasabi with sashimi, wasabi paste as a condiment, wasabi dressing
Water chestnut Root / tuber	**What it is** The crisp underwater corm of an aquatic sedge, not a true nut. **Origin** Native to Asia and a staple in Chinese and Southeast Asian cooking. **Taste** It is mildly sweet and very crunchy, and it stays crisp even after cooking. **How to use** Slice it into stir-fries and soups for texture, or eat it cooked as a crisp addition. **Shows up in** stir-fries, Chinese soups, minced meat fillings
Yacon Root / tuber	**What it is** A crisp tuber in the daisy family that you eat as a sweet root vegetable. **Origin** Native to the Andes of South America, traditional in Peruvian and Andean cooking. **Taste** Sweet, juicy, and crunchy, closer to a fruit than to a starchy potato. **How to use** Eat it raw and crisp in a salad, cook it lightly, or reduce it down into a syrup. **Shows up in** raw yacon salad, yacon syrup, sliced yacon snacks, Andean root salads
Yam Root / tuber	**What it is** A large starchy tuber from a tropical vine, and not the same thing as a sweet potato. **Origin** Native to Africa and Asia and central to West African, Caribbean, and Pacific cooking. **Taste** It is starchy and mildly sweet, with dry, dense flesh. **How to use** Boil it, roast it, or pound it, and let it sit at the center of the meal as your starch. **Shows up in** Boiled yam, roasted yam, West African pounded yam

Vegetable-like fruits

22 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Acorn squash Vegetable-fruit	**What it is** A small ridged winter squash named for its acorn shape, eaten as a starchy vegetable. **Origin** Native to North and Central America and long part of Indigenous American cooking. **Taste** Mildly sweet and nutty, with smooth, soft flesh once you roast it. **How to use** Halve it and roast it, then eat it from the skin or scoop it out and puree it. **Shows up in** roasted acorn squash halves, stuffed acorn squash, acorn squash soup

Food	What it is · Origin · Taste · How to use · Shows up in
Avocado Vegetable-fruit	**What it is** This is a buttery, single-seeded fruit that you use the way you would a vegetable. **Origin** Native to south-central Mexico, central to Mexican and Central American cooking. **Taste** It is rich, creamy, and mild, with a smooth flesh that carries its fat well. **How to use** Eat it raw, mash it into a spread or dressing, slice it over a dish, or blend it into a smoothie. **Shows up in** Guacamole (without nightshade additions), sliced avocado in salads, avocado-based dressings, avocado smoothies.
Bitter melon Vegetable-fruit	**What it is** This is a warty green gourd in the cucurbit family, eaten as a vegetable. **Origin** Native to South Asia; common in Indian, Chinese, Southeast Asian, and Caribbean cooking. **Taste** It is distinctly bitter, with crisp, watery flesh that softens once you cook it. **How to use** Slice and salt it, or blanch it, to draw out some of the bitterness, then stir-fry, stuff, or simmer it. **Shows up in** Stir-fried bitter melon, Indian karela sabzi, stuffed bitter melon, bitter melon in clear soup
Bottle gourd *opo, lauki, calabash* Vegetable-fruit	**What it is** A pale green gourd you eat young as a vegetable. **Origin** Used widely in Indian, Southeast Asian, and East Asian cooking. **Taste** It is very mild and slightly sweet, with soft, watery flesh once cooked. **How to use** Always cook it, usually peeled and simmered in a curry, stew, or soup. **Shows up in** lauki curry, bottle gourd soup, simmered bottle gourd with onion and spices
Butternut squash Vegetable-fruit	**What it is** This is a tan-skinned winter squash with dense orange flesh. **Origin** Native to the Americas and used across North American, Italian, and Middle Eastern cooking. **Taste** Sweet and nutty, with dense flesh that turns silky when you cook it. **How to use** Roast it, steam it, or puree it into soup, and you can also cube it for stew or spiralize it as a noodle. **Shows up in** roasted butternut squash, butternut squash soup, butternut puree, butternut noodles
Chayote Vegetable-fruit	**What it is** This is a pale green, pear-shaped gourd in the squash family, eaten as a vegetable. **Origin** Native to Mexico and Central America and used across Latin American and Caribbean cooking. **Taste** It is very mild and lightly sweet, crisp when raw and soft once you cook it. **How to use** Slice it raw into a salad, or boil, steam, saute, or roast it as a side. **Shows up in** Chayote salad, sauteed chayote, chayote in soups, roasted chayote
Cucumber Vegetable-fruit	**What it is** A long, watery fruit of the gourd family that you eat as a vegetable. **Origin** Native to South Asia, now used in cuisines worldwide. **Taste** It is cool, crisp, and mild, and it holds a lot of water. **How to use** Eat it raw in a salad, slice it to snack on, or quick-pickle it. **Shows up in** Cucumber salad, smashed cucumbers with garlic, quick cucumber pickles.
Delicata squash Vegetable-fruit	**What it is** A winter squash with thin, cream-and-green striped skin you can eat. **Origin** A North American squash used in American cooking. **Taste** Sweet and creamy, close to sweet potato, with smooth flesh and a tender skin. **How to use** Slice it into rings or half-moons and roast it, skin and all, or stuff and bake it whole. **Shows up in** Roasted delicata rings, stuffed delicata squash, delicata in autumn vegetable bowls.
Ivy gourd *tindora, kundru, tendli* Vegetable-fruit	**What it is** A small green climbing gourd in the Cucurbitaceae family, eaten while it is young and tender. **Origin** Native to Asia and Africa, common in Indian, Thai, and Southeast Asian cooking. **Taste** Mild and slightly bitter, crisp at first and softening as it cooks. **How to use** Slice it and stir-fry it, saute it, simmer it, or eat it raw when it is very young. **Shows up in** stir-fried ivy gourd, tindora sabzi (without nightshades), sauteed ivy gourd with spices
Kabocha squash *Japanese pumpkin* Vegetable-fruit	**What it is** A small green winter squash, also called Japanese pumpkin. **Origin** Widely grown in Japan and central to Japanese home cooking. **Taste** The flesh is dense, dry, and very sweet, almost like chestnut, and the skin is edible. **How to use** Roast, steam, or simmer it, and serve it as a side or pureed into soup. **Shows up in** Japanese simmered kabocha, roasted kabocha wedges, kabocha soup

Food	What it is · Origin · Taste · How to use · Shows up in
Okra Vegetable-fruit	**What it is** The edible green seed pod of a flowering plant in the mallow family. **Origin** Native to Africa, central to West African, Southern US, Indian, and Caribbean cooking. **Taste** Mild and grassy, with a slippery interior that thickens whatever you cook it in. **How to use** Stew it to thicken a dish, or roast, grill, or fry it to keep it firmer and less slippery. **Shows up in** roasted okra, stewed okra, okra in stews, grilled okra
Olive Vegetable-fruit	**What it is** The small fruit of the olive tree, cured before you eat it and pressed for oil. **Origin** Native to the Mediterranean and foundational to Mediterranean and Middle Eastern cooking. **Taste** It is salty and savory with firm, oily flesh, and it runs anywhere from briny to mellow. **How to use** Eat it cured on its own, chop it into a dish, or simmer it with meat and vegetables. **Shows up in** Olive and herb tapenade, olives braised with chicken, marinated olives, olives in a roasted vegetable medley
Plantain Vegetable-fruit	**What it is** A large starchy cooking banana you eat as a vegetable, not as a sweet fruit. **Origin** Originating in Southeast Asia and central to Caribbean, West African, and Latin American cooking. **Taste** Starchy and mild when green, sweeter and softer as it ripens to yellow-black. **How to use** Fry, bake, or boil it green for a savory starch, or fry it ripe for a sweeter side. **Shows up in** tostones (twice-fried green plantain), maduros (fried ripe plantain), boiled plantain, baked plantain
Pointed gourd *parwal, parval* Vegetable-fruit	**What it is** This is a small green gourd, a member of the squash and cucumber family, eaten as a vegetable. **Origin** Native to the Indian subcontinent, common in Indian, Bangladeshi, and Nepali cooking. **Taste** It is mild and slightly sweet, with crisp flesh and small soft seeds you eat right along with it. **How to use** Slice and saute it, stuff it, or simmer it into a curry or stir-fry. **Shows up in** Indian parwal sabzi, stuffed pointed gourd (dolma-style), pointed gourd in light curries and stir-fries.
Pumpkin Vegetable-fruit	**What it is** This is a large orange-fleshed winter squash in the cucurbit family. **Origin** Native to the Americas; used worldwide in autumn cooking and across Asian and Caribbean dishes. **Taste** You get a mildly sweet, earthy flesh that turns smooth and dense once cooked. **How to use** Roast, steam, or simmer it, then serve it as a side or puree it into soups and bakes. **Shows up in** Roasted pumpkin wedges, pumpkin soup, pumpkin puree, mashed pumpkin with coconut
Ridge gourd *luffa, turai, Chinese okra* Vegetable-fruit	**What it is** A ridged green gourd you eat young as a vegetable. **Origin** Used in Indian, Chinese, and Southeast Asian cooking. **Taste** It is mild and slightly sweet, with a spongy, tender texture once cooked. **How to use** Peel it and cook it, usually sauteed or simmered in a curry or stir-fry. **Shows up in** ridge gourd curry, stir-fried ridge gourd, ridge gourd in light broths
Snake gourd *chichinda, padwal* Vegetable-fruit	**What it is** This is a long, slender green gourd in the same family as cucumber and squash. **Origin** Native to South and Southeast Asia and central to Indian and Sri Lankan cooking. **Taste** Mild with a slight bitterness and a soft, watery flesh once cooked. **How to use** Always cook it, sliced into curries, stir-fries, and stews, and scrape out the seeds and pith first. **Shows up in** South Indian snake gourd curry, snake gourd stir-fry, snake gourd in coconut-based stews
Spaghetti squash Vegetable-fruit	**What it is** This is a winter squash whose cooked flesh pulls apart into long strands. **Origin** A cultivated variety of Cucurbita, used widely in North American cooking. **Taste** It is mild and faintly sweet, and the strands stay separate after cooking. **How to use** Roast, bake, or steam it, then scrape the flesh into strands and use it as a vegetable base. **Shows up in** Roasted spaghetti squash, squash strands with olive oil and herbs, baked squash halves

Food	What it is · Origin · Taste · How to use · Shows up in
Squash Vegetable-fruit	**What it is** The fruit of gourd-family plants, split into summer types like zucchini and winter types like butternut. **Origin** Native to the Americas, central to Mexican and North American cooking and now used worldwide. **Taste** Summer squash is mild and tender, and winter squash is sweet and dense. **How to use** Saute or grill the summer kinds, and roast, puree, or add the winter kinds to soup. **Shows up in** Roasted butternut squash, sauteed zucchini, butternut squash soup, spaghetti squash.
Tinda *apple gourd, Indian round gourd* Vegetable-fruit	**What it is** A small round green gourd in the cucumber family, eaten as a vegetable. **Origin** Native to the Indian subcontinent and used in Indian and Pakistani cooking. **Taste** Mild and a little sweet, with soft, tender flesh once cooked. **How to use** Peel it and cook it in a simmered or sauteed dish, often as a curry-style vegetable. **Shows up in** Tinda sabzi, stuffed tinda, tinda cooked with onion and spices.
Winter melon Vegetable-fruit	**What it is** A large pale gourd in the Cucurbitaceae family with mild white flesh. **Origin** Native to Southeast Asia, widely used in Chinese, Indian, and Southeast Asian cooking. **Taste** Very mild and faintly sweet, going soft and translucent as it cooks. **How to use** Cube it and simmer it in soups and stews, braise it, or stir-fry it. **Shows up in** winter melon soup, braised winter melon, winter melon stir-fry
Zucchini Vegetable-fruit	**What it is** A soft-skinned summer squash, harvested young. **Origin** Developed in Italy from squashes brought from the Americas and now common worldwide. **Taste** It is mild and a little sweet, with tender flesh and a lot of water in it. **How to use** Saute, grill, or roast it, spiralize it into noodles, or add it to soups. **Shows up in** grilled zucchini, zucchini noodles, sauteed zucchini, roasted summer squash

Berries

21 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Acai Berry	**What it is** The dark purple berry of a palm, usually sold as frozen pulp or powder. **Origin** Native to the Amazon basin of Brazil, traditional in northern Brazilian cooking. **Taste** Earthy and tart with a faint chocolate note, and on its own there is very little sweetness. **How to use** Blend the frozen pulp into thick bowls and smoothies, and sweeten it with other fruit. **Shows up in** acai bowls, acai smoothies, blended fruit purees
Bilberry Berry	**What it is** A small dark wild berry closely related to the blueberry. **Origin** Native to northern Europe and used in Scandinavian, British, and Eastern European cooking. **Taste** It is tart and intense, with soft juicy flesh that stains everything it touches. **How to use** Eat it fresh, or cook it down into a sauce or compote. **Shows up in** Bilberry compote, bilberry sauce, bilberries stirred into coconut yogurt
Blackberry Berry	**What it is** A clustered berry that grows on a bramble in the rose family. **Origin** Native to temperate Europe, Asia, and the Americas and common in European and North American cooking. **Taste** Sweet-tart and juicy, soft, with small seeds you notice. **How to use** Eat them fresh, cook them down into a compote, or fold them into baked fruit dishes. **Shows up in** blackberry compote, blackberry crumble, fresh blackberries, blackberry coulis
Blueberry Berry	**What it is** This is a small blue-purple berry that grows on a shrub in the heath family. **Origin** Native to North America, widely used in North American and European cooking. **Taste** It is sweet-tart and juicy with soft skin and a gentle, mild flavor. **How to use** Eat them fresh, cook them down into a compote or sauce, or fold them into a batter. **Shows up in** Blueberry compote, fresh blueberries over fruit, blueberry sauce, blended into smoothies.

Food	What it is · Origin · Taste · How to use · Shows up in
Camu camu Berry **Nutrient-dense**	**What it is** This is a small, sour reddish berry from an Amazonian shrub in the myrtle family. **Origin** Native to the flooded rainforests of the Amazon basin in Peru and Brazil. **Taste** It is intensely tart and acidic, which is why you rarely eat it fresh. **How to use** Use it as a freeze-dried tart powder stirred into drinks, smoothies, and chilled dishes for a sour note. **Shows up in** Camu camu powder in smoothies, stirred into fruit purees, blended into chilled coconut drinks
Cloudberry Berry	**What it is** A small amber berry in the rose family, in the same genus as the raspberry. **Origin** Native to northern boreal and Arctic regions and central to Nordic cooking. **Taste** It is tart and a little sweet, with soft, juicy flesh and a distinct musky note. **How to use** Eat it fresh, or cook it down into a compote, jam, or dessert sauce. **Shows up in** cloudberry jam, cloudberry compote, cloudberries served over Nordic desserts
Cranberry Berry	**What it is** This is a small, tart red berry that grows on low vines in a bog. **Origin** Native to North America and tied to North American and especially New England cooking. **Taste** Sharply tart and astringent raw, mellowing to bright and tangy once you cook it with a sweetener. **How to use** Cook it down into a sauce or compote, simmer it into a relish, or use it dried in a trail mix. **Shows up in** cranberry sauce, cranberry relish, cranberry compote, dried cranberries in snacks
Currant Berry	**What it is** These are small, tart berries that grow in clusters on a shrub, and you find them in red, white, and black. **Origin** Native to Europe and northern Asia and common in northern and eastern European cooking. **Taste** They are sharp and tart with a thin skin, and the black ones are more aromatic. **How to use** Eat them fresh, cook them down into a sauce or compote, or turn them into a preserve or drink. **Shows up in** Currant jelly, currant compote, redcurrant sauce, black currant cordial
Elderberry Berry	**What it is** Small dark berries from the elder shrub, and you only eat them cooked, since raw they are unpalatable and mildly toxic. **Origin** Native to Europe and North America, traditional in European country cooking. **Taste** Once cooked, they are tart and earthy, with a deep, slightly bitter flavor. **How to use** Cook them down into syrups, jams, and cordials, and never eat them raw. **Shows up in** Elderberry syrup, elderberry jam, elderberry cordial.
Gooseberry Berry	**What it is** A small, round, translucent berry from a thorny shrub. **Origin** Native to Europe and Asia, common in British and Northern European cooking. **Taste** Tart and sharp when green, sweeter when ripe, with a firm skin and a juicy inside. **How to use** Cook it down with a little sweetening for a sauce or compote, or eat it ripe out of hand. **Shows up in** Gooseberry compote, stewed gooseberries, gooseberry sauce for fish.
Grape Berry	**What it is** A small round fruit that grows in clusters on a vine, eaten fresh or dried. **Origin** Native to the Mediterranean and western Asia, central to European and Middle Eastern cooking. **Taste** Sweet and juicy with a snap of skin, running anywhere from tart to honeyed. **How to use** Eat them fresh, roast them, dry them into raisins, or press them for juice. **Shows up in** fresh grapes, roasted grapes, raisins, grape juice, frozen grapes
Huckleberry Berry	**What it is** A small dark wild berry, a close relative of the blueberry. **Origin** Native to North America, especially the Pacific Northwest and mountain West. **Taste** It is tart and lightly sweet, with a deeper, wilder flavor than a blueberry. **How to use** Eat them fresh, or cook them down into sauces, compotes, and preserves. **Shows up in** huckleberry compote, huckleberry jam, fruit sauces

Food	What it is · Origin · Taste · How to use · Shows up in
Lingonberry Berry	**What it is** A small tart red berry from a low evergreen shrub, related to the cranberry. **Origin** Native to northern Europe and the boreal forests, central to Scandinavian cooking. **Taste** Sharp, tart, and a little bitter, with firm flesh. **How to use** Cook it into sauces, jams, and compotes to serve alongside meats, or stir it into preserves. **Shows up in** lingonberry sauce, lingonberry jam, lingonberry compote
Loganberry Berry	**What it is** A cane berry that is a cross between a blackberry and a raspberry. **Origin** Bred in California in the late 1800s and grown in temperate regions for fresh use and preserves. **Taste** It is tart and aromatic, with a soft, seedy texture. **How to use** Eat it fresh, or cook it into a compote or fruit sauce. **Shows up in** Loganberry compote, loganberry coulis, loganberries over coconut cream
Mulberry Berry	**What it is** A soft, elongated berry that grows on mulberry trees. **Origin** Native to Asia, with white mulberry from China and black mulberry from western Asia, used across Asian and Mediterranean cooking. **Taste** Sweet and mild, sometimes faintly tart, with a delicate, juicy texture. **How to use** Eat them fresh, dry them for a snack, or simmer them into syrups and compotes. **Shows up in** dried mulberries, mulberry syrup, fresh mulberries, mulberry compote
Muscadine Berry	**What it is** This is a thick-skinned grape that grows wild in the warm Southeastern US. **Origin** Native to the Southeastern United States, central to Southern American foodways. **Taste** It is musky and sweet, with a tough skin and a soft, seedy pulp inside. **How to use** Eat them fresh by squeezing the pulp out of the skin, or cook them down into a preserve or juice. **Shows up in** Muscadine jelly and preserves, muscadine juice, fresh muscadines eaten out of hand.
Oregon grape Berry	**What it is** This is a small, dusky-blue tart berry from an evergreen shrub, and despite the name it is not a true grape. **Origin** Native to western North America, including the Pacific Northwest. **Taste** It is sharply tart and astringent, too sour to enjoy raw in any quantity. **How to use** Cook it with a sweetener to tame the tartness and set it into a spread, or use it for the juice. **Shows up in** Oregon grape jelly, Oregon grape and other-berry preserves, tart berry sauce
Raspberry Berry	**What it is** An aggregate berry in the rose family, made of many small drupelets. **Origin** Native to Europe and northern Asia and used across European and North American cooking. **Taste** It is sweet-tart and aromatic, with a soft, delicate texture. **How to use** Eat it fresh, blend it into a puree, or cook it into a compote or sauce. **Shows up in** fresh raspberries, raspberry compote, raspberry coulis, raspberry chia jam
Salmonberry Berry	**What it is** This is an orange-to-red relative of the raspberry, in the rose family. **Origin** Native to the Pacific coast of North America and long eaten by Indigenous peoples of the region. **Taste** Mildly sweet and watery, gentler than a raspberry, with soft seedy flesh. **How to use** Eat it fresh by the handful or cook it into jam or compote, and use it soon after you pick it. **Shows up in** fresh salmonberries, salmonberry jam, salmonberry compote
Sea buckthorn Berry	**What it is** These are small, bright orange berries from a thorny shrub. **Origin** Native to Europe and Asia and used in Northern European, Russian, and Central Asian cooking. **Taste** They are very tart and sharp, with a tangy, almost citrusy edge. **How to use** Press them into juice, cook them into a sauce or preserve, or blend them into a drink, since they are too sour to eat raw on their own. **Shows up in** Sea buckthorn juice, sea buckthorn sauce, sea buckthorn preserves

Food	What it is · Origin · Taste · How to use · Shows up in
Strawberry Berry	**What it is** A soft red berry in the rose family, grown for its sweet flesh and the tiny seeds across its surface. **Origin** The common garden strawberry was bred in Europe from American species, now grown worldwide. **Taste** It is sweet with a light tartness, and the flesh is juicy and tender. **How to use** Eat them fresh, slice them over a dish, blend them into a smoothie, or cook them into a sauce. **Shows up in** Fresh strawberries, strawberry compote, strawberry smoothie.

Rosaceae-family fruits

10 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Apple Fruit (rose family)	**What it is** A tree fruit in the rose family, one of the most widely grown fruits there is. **Origin** Originating in Central Asia and grown and used worldwide. **Taste** Anywhere from tart to sweet, with crisp, juicy flesh that softens when you cook it. **How to use** Eat it raw out of hand, slice it into a salad, or bake, stew, or cook it into a sauce. **Shows up in** Applesauce, baked apples, apple compote, sliced apple in salads.
Apricot Fruit (rose family)	**What it is** A small stone fruit with velvety skin from a tree in the rose family. **Origin** Native to Central Asia and China, common in Mediterranean and Middle Eastern cooking. **Taste** Sweet-tart and floral, with soft, juicy flesh when it is ripe. **How to use** Eat them fresh, roast them, poach them, dry them, or simmer them into a compote. **Shows up in** fresh apricots, dried apricots, roasted apricots, apricot compote, poached apricots
Cherry Fruit (rose family)	**What it is** A small stone fruit that comes in both sweet and sour types. **Origin** Native to Europe and Asia and used across European and Middle Eastern cooking. **Taste** Depending on the type it runs from sweet to tart, with juicy, firm flesh. **How to use** Eat them fresh, simmer them into sauces and compotes, or roast them alongside meats. **Shows up in** cherry compote, roasted cherries, cherry sauce for pork or duck
Medlar Fruit (rose family)	**What it is** A small brown pome fruit in the rose family that you eat only after it softens through bletting. **Origin** Native to southwest Asia and southeastern Europe, traditional in old European cooking. **Taste** Once it has bletted, it is soft and spiced, like apple butter with notes of date and tamarind. **How to use** Spoon it raw once it is bletted, or cook it down into preserves and pastes. **Shows up in** medlar jelly, medlar paste, spooned ripe medlar
Nectarine Fruit (rose family)	**What it is** A smooth-skinned stone fruit, which is really just a kind of peach. **Origin** Native to China and grown across temperate regions and the Mediterranean. **Taste** It is sweet with a touch of tartness, and the flesh stays firm and juicy. **How to use** Eat it fresh out of hand, slice it into a salad, or grill or roast it. **Shows up in** Sliced fresh nectarine, grilled nectarines, roasted nectarine with cinnamon
Peach Fruit (rose family)	**What it is** A juicy stone fruit in the rose family. **Origin** Native to China and used widely in Chinese, European, and American cooking. **Taste** Sweet and floral, with soft, juicy flesh when it is ripe. **How to use** Eat them fresh, grill or roast them, or cook them into compotes and baked fruit dishes. **Shows up in** grilled peaches, peach compote, baked peaches, fresh sliced peaches
Pear Fruit (rose family)	**What it is** This is a sweet pome fruit that grows on the pear tree, a cousin of the apple. **Origin** Native to Europe and Asia, used across European, American, and East Asian cooking. **Taste** When it is ripe it is sweet and fragrant, with soft flesh that can turn a little grainy. **How to use** Eat it fresh, or poach, roast, or cook it down into a sauce or compote. **Shows up in** Poached pears, roasted pear halves, pear compote, sliced fresh pear in salads.

Food	What it is · Origin · Taste · How to use · Shows up in
Plum Fruit (rose family)	**What it is** This is a stone fruit related to peaches, cherries, and apricots. **Origin** Cultivated widely across Europe, Asia, and the Americas. **Taste** You get sweet-tart juicy flesh with a tarter skin, and it goes soft when ripe. **How to use** Eat it fresh out of hand, or roast, stew, or cook it down into sauces and spreads. **Shows up in** Roasted plums, stewed plum compote, plum sauce, dried plums (prunes)
Quince Fruit (rose family)	**What it is** A hard, aromatic pome fruit in the rose family, related to the apple and pear. **Origin** Native to the Caucasus and used in Middle Eastern, Iberian, and Balkan cooking. **Taste** Raw it is astringent and hard, and slow cooking turns it fragrant, sweet, and rosy-pink. **How to use** Almost always cook it, slow-poached or stewed until tender, or set into a paste. **Shows up in** poached quince, stewed quince, slow-cooked quince added to braised meats
Rosehip Fruit (rose family)	**What it is** This is the fruit the rose leaves behind after the bloom fades, in the rose family. **Origin** Gathered across Europe, Scandinavia, and the Middle East and used in their cooking and teas. **Taste** Tart and fruity, somewhere between apple and plum, with a fibrous seedy center you strain out. **How to use** Simmer and strain it for syrup, jam, or tea, and always remove the seeds and the fine hairs first. **Shows up in** rosehip syrup, rosehip jam, rosehip tea, Scandinavian rosehip soup

Melons

6 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Cantaloupe Melon	**What it is** This is a round melon with orange flesh and a netted rind. **Origin** Cultivated from melons of African and Asian origin and eaten worldwide. **Taste** When ripe, it is sweet, soft, and juicy, with a musky scent. **How to use** Eat it raw in wedges or cubes, blend it into a chilled soup, or add it to a fruit salad. **Shows up in** Melon wedges, cantaloupe fruit salad, chilled cantaloupe soup, melon balls
Honeydew Melon	**What it is** A smooth-skinned melon in the gourd family with pale green flesh. **Origin** Part of the muskmelon group grown across the Mediterranean, Middle East, and the Americas. **Taste** It is sweet, mild, and very juicy, with a soft texture. **How to use** Eat it raw, chill and cube it, blend it, or wrap it as an appetizer. **Shows up in** Honeydew fruit salad, chilled honeydew slices, honeydew agua fresca.
Horned melon Melon	**What it is** A spiky-skinned melon in the gourd family with bright green, jelly-like flesh inside. **Origin** Native to sub-Saharan Africa and used in African cooking and as a novelty fruit elsewhere. **Taste** Mild and tart, somewhere between cucumber and banana, with a watery, seed-filled jelly. **How to use** Scoop the inner pulp and eat it fresh, spoon it over fruit, or blend it into a drink. **Shows up in** Eaten fresh from the rind, horned melon in fruit cups, blended into smoothies.
Melon pear Melon	**What it is** A small egg-shaped fruit of the pepino plant, eaten as a sweet fruit. **Origin** Native to the Andes region of South America. **Taste** Mildly sweet, tasting somewhere between melon and pear, with soft, juicy flesh. **How to use** Eat it fresh out of hand, slice it into a fruit salad, or add it to a chilled dish. **Shows up in** fresh pepino slices, pepino in fruit salad, chilled pepino
Persian melon Melon	**What it is** A large netted muskmelon, similar to cantaloupe. **Origin** Originating in Persia and grown across the Middle East and Central Asia. **Taste** It is sweet and floral, with soft, juicy orange flesh. **How to use** Eat it fresh and chilled, cut into wedges or cubes, on its own or in a fruit salad. **Shows up in** fresh melon wedges, melon fruit salad, chilled melon plates

Food	What it is · Origin · Taste · How to use · Shows up in
Watermelon Melon	**What it is** A large vine fruit in the gourd family with sweet, watery red or yellow flesh. **Origin** Native to Africa, now grown and eaten worldwide in warm-season cooking. **Taste** Very sweet, juicy, and crisp, with a high water content. **How to use** Eat it fresh in slices or cubes, blend it into a drink, or chill it as a refresher. **Shows up in** watermelon slices, watermelon agua fresca, watermelon and mint salad, chilled watermelon

Citrus-family fruits

19 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Blood orange Citrus fruit	**What it is** A sweet orange variety with deep red flesh. **Origin** Associated with Sicily and the Mediterranean, now grown in many warm regions. **Taste** It is sweet with a berry-like, slightly tart edge. **How to use** Eat it fresh, juice it, or segment it into a salad, and use the juice in dressings and sauces. **Shows up in** Blood orange salad, fresh blood orange juice, blood orange and olive oil dressing
Buddha's hand Citrus fruit	**What it is** A fingered citron that grows in finger-like segments and is almost all rind, with no pulp or juice. **Origin** Native to India and China and used in Chinese and Japanese cooking and for fragrance. **Taste** A sweet, floral citrus aroma with no sourness, and a mild rind that is not bitter. **How to use** Zest it or slice it thin to perfume a dish, or candy it, since there is no juice to use. **Shows up in** candied Buddha's hand, zest for flavoring, sliced as an aromatic garnish
Calamansi *calamondin* Citrus fruit	**What it is** This is a small round citrus grown mostly for its juice, a hybrid in the same family as lemons and oranges. **Origin** Native to the Philippines and Southeast Asia, central to Filipino cooking. **Taste** It is very sour and aromatic, landing somewhere between a lime and a mandarin. **How to use** Squeeze it for its juice to sour and season a dish, or build a drink around it. **Shows up in** Calamansi juice drink, calamansi marinade for grilled meat and fish, dipping sauces, squeezed over noodles.
Clementine Citrus fruit	**What it is** This is a small, seedless, easy-peel citrus, a type of mandarin. **Origin** A mandarin hybrid associated with North Africa and the Mediterranean. **Taste** It is sweet, juicy, and low in acid, with very little tartness. **How to use** Eat it fresh as a snack, break it into segments for salads, or juice it. **Shows up in** Fresh clementine segments in salads, clementine juice, clementine in fruit bowls
Finger lime *citrus caviar* Citrus fruit	**What it is** A small, elongated citrus fruit whose flesh forms tiny juice pearls. **Origin** Native to the rainforests of eastern Australia and used in modern Australian cooking. **Taste** It is a sharp, tangy citrus burst, with a popping, caviar-like texture. **How to use** Use the pearls raw to finish a dish, scattered over seafood, salad, or fruit. **Shows up in** finger lime pearls over oysters and fish, scattered over salads, finishing on fruit
Grapefruit Citrus fruit	**What it is** This is a large citrus fruit with pink, red, or white flesh. **Origin** Originated in the Caribbean and grown widely in subtropical regions including Florida and Texas. **Taste** Tart and bitter with enough sweetness to balance it, and very juicy. **How to use** Eat it fresh in segments or halved, juice it, or broil it, and segment it into a salad. **Shows up in** grapefruit segments, fresh grapefruit juice, broiled grapefruit, citrus salad

Food	What it is · Origin · Taste · How to use · Shows up in
Kaffir lime Citrus fruit	**What it is** This is a citrus tree grown for its fragrant double leaves and bumpy-skinned fruit. **Origin** Native to tropical Southeast Asia and central to Thai, Lao, Cambodian, and Indonesian cooking. **Taste** The leaf and zest are intensely aromatic and floral-citrus, and the juice is sharp, so you use it sparingly. **How to use** Tear or slice the leaves into a curry or soup, and use the zest to flavor a paste or broth. **Shows up in** Thai curries, tom yum soup, fragrant broths, curry pastes
Key lime Citrus fruit	**What it is** A small, seedy citrus fruit, more aromatic and tart than the common Persian lime. **Origin** Native to Southeast Asia, now associated with the Florida Keys and Mexican cooking. **Taste** It is sharply tart and intensely aromatic, with a touch of bitterness. **How to use** Juice it and zest it to brighten your dishes, drinks, and desserts. **Shows up in** Key lime juice in dressings, fresh key limeade, key lime over fish or vegetables.
Kumquat Citrus fruit	**What it is** A small oval citrus fruit you eat whole, skin and all. **Origin** Native to China and used in Chinese and other East Asian cooking. **Taste** A sweet, fragrant rind around tart, sour flesh, eaten together for a sweet-sour bite. **How to use** Eat it whole and fresh, slice it into a salad, or cook it into marmalade or compote. **Shows up in** Whole fresh kumquats, candied kumquats, kumquat marmalade, sliced kumquat in salads.
Lemon Citrus fruit	**What it is** A bright yellow citrus fruit you reach for when you want its sour juice and aromatic zest. **Origin** Native to Asia, central to Mediterranean, Middle Eastern, and global cooking. **Taste** Sharply sour and bright, with fragrant, slightly bitter zest. **How to use** Juice it into dressings, marinades, and drinks, zest it for flavor, or preserve it in salt. **Shows up in** lemon vinaigrette, preserved lemons, lemon water, lemon-herb marinade, lemon zest seasoning
Lime Citrus fruit	**What it is** A small green citrus fruit. **Origin** Originating in Southeast Asia and central to Mexican, Thai, and Caribbean cooking. **Taste** It is sharp and acidic, with an aromatic, zesty peel. **How to use** Use the juice and zest to brighten a dish, marinate proteins, or finish a sauce. **Shows up in** lime marinades, ceviche, Thai dressings, lime-dressed slaws
Mandarin Citrus fruit	**What it is** A small, loose-skinned citrus fruit that peels easily into segments. **Origin** Native to East and Southeast Asia, common across Chinese and Mediterranean cooking. **Taste** Sweet and fragrant, low in acid, with segments that come apart easily. **How to use** Eat it fresh out of hand, drop the segments into a fruit salad, or juice it. **Shows up in** fresh mandarin segments, mandarin in fruit salad, mandarin juice
Meyer lemon Citrus fruit	**What it is** A citrus thought to be a cross between a lemon and a mandarin or orange. **Origin** Originated in China and popularized in California cooking. **Taste** It is sweeter and less sharp than a regular lemon, and the rind is fragrant and floral. **How to use** Juice it and zest it into dressings, sauces, and marinades, or use it to brighten a cooked dish. **Shows up in** Meyer lemon vinaigrette, roasted chicken with Meyer lemon, Meyer lemon zest over fish
Orange Citrus fruit	**What it is** A sweet citrus fruit you eat for its segments, its juice, and its zest. **Origin** Originating in southern China and Southeast Asia and used in cuisines worldwide. **Taste** Sweet and tangy, with juicy segments and aromatic zest. **How to use** Eat it fresh, juice it, or use the zest and segments to brighten savory and sweet dishes. **Shows up in** fresh orange segments, orange juice, orange zest in marinades, orange and herb salad
Orangelo Citrus fruit	**What it is** This is a citrus hybrid of grapefruit and orange. **Origin** Originated in Puerto Rico, where it is grown and eaten. **Taste** It is sweeter and far less bitter than grapefruit, with juicy segments. **How to use** Eat it fresh as segments or halves, or squeeze it for juice. **Shows up in** Fresh orangelo halves, orangelo juice, segments in fruit salads.

Food	What it is · Origin · Taste · How to use · Shows up in
Pomelo Citrus fruit	**What it is** This is the largest citrus fruit, with a thick rind and firm segments, and it is an ancestor of the grapefruit. **Origin** Native to Southeast Asia; common in Thai, Vietnamese, and Chinese cooking. **Taste** It is mildly sweet and less bitter than grapefruit, with firm, dry-textured segments that hold their shape. **How to use** Peel it and break it into firm segments to eat fresh or toss into savory salads. **Shows up in** Thai pomelo salad (yam som-o), fresh pomelo segments, pomelo in citrus salads
Tangelo Citrus fruit	**What it is** A citrus fruit that is a cross between a tangerine and a grapefruit or pomelo. **Origin** A cultivated citrus hybrid grown widely in the United States and elsewhere. **Taste** It is sweet and juicy with a tart edge, and the skin peels off easily. **How to use** Eat it fresh out of hand, or juice it and segment it into a salad. **Shows up in** fresh tangelo segments, tangelo juice, tangelo in citrus salads
Tangerine Citrus fruit	**What it is** This is a small, loose-skinned citrus fruit, a type of mandarin. **Origin** Originating in East Asia and named for the port of Tangier, grown across subtropical regions. **Taste** Sweet with a light tartness, bright and juicy, and the segments pull apart easily. **How to use** Peel it and eat it as a snack, juice it, or add the segments to a salad or dessert. **Shows up in** fresh tangerine segments, tangerine juice, tangerine in fruit salad
Yuzu Citrus fruit	**What it is** This is a small, knobbly yellow citrus fruit, used mostly for its zest and juice. **Origin** Grown in East Asia and central to Japanese and Korean cooking. **Taste** It is highly aromatic and tart, tasting like a cross between lime, lemon, and mandarin. **How to use** Use the juice and zest to season a dressing, sauce, or broth, since you rarely eat the flesh. **Shows up in** Ponzu sauce, yuzu dressing, yuzu used in dashi-based broths, yuzu marmalade

Tropical fruits

40 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Acerola Tropical fruit	**What it is** A small red tropical fruit that looks like a cherry, also called Barbados cherry. **Origin** Native to the Caribbean, Central America, and northern South America. **Taste** It is tart and juicy, with soft skin and a mildly sweet finish. **How to use** Eat it fresh when it is ripe, or press it into juice and puree, since it spoils quickly. **Shows up in** Acerola juice, acerola puree, fresh acerola cherries.
Ambarella *June plum, hog plum, amra* Tropical fruit	**What it is** A tropical tree fruit with firm flesh and a fibrous pit. **Origin** Native to the South Pacific and Southeast Asia, used in Southeast Asian, South Asian, and Caribbean cooking. **Taste** Tart and crisp when green, sweeter and softer when ripe, with a pineapple-mango note. **How to use** Eat it fresh when ripe, slice it green into a salad, or turn it into juice or pickles. **Shows up in** Ambarella juice, green ambarella salad, ambarella chutney, fresh ripe slices.
Atemoya Tropical fruit	**What it is** A tropical fruit that crosses cherimoya and sugar apple, with pale, custardy flesh. **Origin** A bred hybrid grown in tropical and subtropical regions worldwide. **Taste** Sweet and creamy, with notes of vanilla and pineapple. **How to use** Eat it fresh by scooping out the soft flesh, or chill it and blend it. **Shows up in** fresh atemoya scooped from the shell, chilled atemoya, atemoya in fruit blends
Banana Tropical fruit	**What it is** A soft, sweet tropical fruit. **Origin** Originating in Southeast Asia and grown throughout the tropics. **Taste** When ripe it is sweet and creamy, with soft flesh. **How to use** Eat it fresh, mash it into batters, blend it into smoothies, or bake and fry it. **Shows up in** banana smoothies, mashed banana in grain-free baking, fried plantain-style banana

Food	What it is · Origin · Taste · How to use · Shows up in
Black sapote *chocolate pudding fruit* Tropical fruit	**What it is** A tropical fruit in the persimmon family with soft, dark brown flesh when ripe. **Origin** Native to Mexico and Central America, used in Mexican and Caribbean cooking. **Taste** Mild, sweet, and custard-like, with a soft pudding texture and a faint hint of cocoa. **How to use** Scoop it ripe and eat it raw, blend it into a puree, or fold it into a chilled dessert. **Shows up in** black sapote puree, blended fruit desserts, spooned ripe sapote
Breadfruit Tropical fruit	**What it is** A large starchy tropical fruit you cook and eat like a vegetable. **Origin** Native to the Pacific Islands and Southeast Asia and used across the Pacific and Caribbean. **Taste** Ripe it is starchy and mildly sweet, and cooked young it is more like a potato. **How to use** Roast it, boil it, or steam it, treat it as your starch, and never eat it raw. **Shows up in** Roasted breadfruit, boiled breadfruit, mashed breadfruit
Canistel *egg fruit* Tropical fruit	**What it is** A tropical fruit in the sapote family with dense, dry flesh. **Origin** Native to southern Mexico and Central America and used across the Caribbean and Southeast Asia. **Taste** Sweet with a dry, mealy texture, much like a cooked egg yolk or pumpkin. **How to use** Eat it fresh once it is fully soft, or puree it into shakes and custard-like blends. **Shows up in** fresh ripe canistel, canistel puree, canistel blended into shakes
Cherimoya Tropical fruit	**What it is** This is a heart-shaped tropical fruit in the custard apple family, with creamy white flesh. **Origin** Native to the Andean valleys of South America, eaten across Latin America and Spain. **Taste** It is sweet and creamy with notes of banana, pineapple, and pear, and a texture close to custard. **How to use** Eat it fresh by spooning the flesh straight from the skin, chill it first, or blend it into a drink. **Shows up in** Chilled cherimoya eaten with a spoon, cherimoya blended into juices and smoothies, spooned over fruit.
Coconut Tropical fruit	**What it is** This is the large seed of the coconut palm, and you use its white flesh, water, milk, and oil. **Origin** Native to the tropics; central to Southeast Asian, Indian, Caribbean, and Pacific cooking. **Taste** The flesh is rich and mildly sweet, the water is light and refreshing, and the milk is creamy. **How to use** Eat it fresh or dried, grate it into dishes, or press it into the milk, cream, and oil you cook and bake with. **Shows up in** Coconut milk curries, coconut-braised vegetables, toasted coconut flakes, coconut cream desserts
Date Tropical fruit	**What it is** The sweet fruit of the date palm, a stone fruit you eat dried or fresh. **Origin** Native to the Middle East and North Africa and central to those cuisines. **Taste** It is very sweet and rich, with soft, sticky, almost caramel-like flesh. **How to use** Eat it whole, chop it into a dish, or blend it as a natural sweetener and binder. **Shows up in** stuffed dates, date paste, dates blended into energy bites, dates in tagines
Dragonfruit Tropical fruit	**What it is** This is the fruit of a climbing cactus, with bright skin and flesh flecked with tiny seeds. **Origin** Native to the Americas and now widely grown and eaten across Southeast Asia. **Taste** Mildly sweet and refreshing, soft in texture, with tiny seeds that give a little crunch. **How to use** Eat it fresh, scooped from the skin or cubed, blend it into a smoothie or bowl, or add it to a fruit salad. **Shows up in** fresh dragonfruit, dragonfruit smoothie bowls, dragonfruit in fruit salad
Durian Tropical fruit	**What it is** This is a large, spiky tropical fruit with soft, custardy flesh around big seeds. **Origin** Native to Southeast Asia and widely eaten in Malaysia, Indonesia, and Thailand. **Taste** It is rich, sweet, and custard-like, with a strong, pungent aroma you notice right away. **How to use** Eat it fresh from the pod, or use it in sweet dishes and drinks. **Shows up in** Fresh durian, durian sticky rice, durian smoothies, durian ice cream

Food	What it is · Origin · Taste · How to use · Shows up in
Feijoa *pineapple guava* Tropical fruit	**What it is** A green egg-shaped tropical fruit in the myrtle family, also called pineapple guava. **Origin** Native to the highlands of southern Brazil and nearby South America, popular in New Zealand. **Taste** It is aromatic and sweet-tart, with grainy flesh that tastes of pineapple and guava. **How to use** Scoop it out and eat it fresh with a spoon, or cook it into a puree or compote. **Shows up in** Fresh feijoa, feijoa puree, feijoa compote.
Fig Tropical fruit	**What it is** A soft, sweet fruit from the fig tree, with edible skin and tiny seeds inside. **Origin** Native to the Mediterranean and Western Asia, central to Mediterranean and Middle Eastern cooking. **Taste** Honey-sweet and jammy, with soft flesh and a faint crunch from the seeds. **How to use** Eat it fresh, dry it for a snack, roast it, or cook it into a compote or jam. **Shows up in** Fresh figs, roasted figs, fig compote, dried figs as a snack.
Guava Tropical fruit	**What it is** A round tropical fruit in the myrtle family with fragrant flesh and small seeds you can eat. **Origin** Native to Central America and the Caribbean, common in Latin American and Asian cooking. **Taste** Sweet and musky, with a perfumed aroma and soft, grainy flesh. **How to use** Eat it fresh, blend it into a drink, or cook it down into a paste or preserve. **Shows up in** fresh guava, guava juice, guava paste, stewed guava
Jabuticaba *Brazilian grape tree* Tropical fruit	**What it is** A round dark-purple Brazilian fruit that grows right on the tree trunk. **Origin** Native to Brazil and eaten widely there. **Taste** It is sweet and a little tart, with grape-like jelly flesh inside a thick skin. **How to use** Eat it fresh out of hand, or cook it down into juices, jellies, and preserves. **Shows up in** jabuticaba juice, jabuticaba jelly, fruit preserves
Jackfruit Tropical fruit	**What it is** A very large tropical fruit in the fig family, sweet when ripe and starchy and savory when unripe. **Origin** Native to South and Southeast Asia, common in Indian, Sri Lankan, and Filipino cooking. **Taste** Ripe it is sweet and floral, and young green jackfruit is neutral with a meaty, shreddable texture. **How to use** Eat it ripe and fresh, or boil, curry, or shred the young fruit as a savory main. **Shows up in** young jackfruit curry, shredded jackfruit, ripe jackfruit eaten fresh, jackfruit stew
Java plum *jamun, black plum* Tropical fruit	**What it is** A small dark purple tropical fruit from an evergreen tree in the myrtle family. **Origin** Native to South Asia and Southeast Asia and common in Indian cooking. **Taste** It is sweet-tart and astringent enough to dry your mouth, with thin juicy flesh around one seed. **How to use** Eat it fresh, often with a pinch of salt, or turn it into juice or a preserve. **Shows up in** Fresh jamun with salt, jamun juice, jamun fruit relish
Jujube *Chinese date, ber* Tropical fruit	**What it is** A small round fruit from the jujube tree, eaten fresh or dried. **Origin** Native to China and South Asia and central to Chinese and Korean cooking. **Taste** Crisp and apple-like when fresh, sweet and chewy like a date once dried. **How to use** Eat them fresh as a snack, or dry them and simmer them into soups, teas, and broths. **Shows up in** dried jujube tea, jujube simmered in broth, fresh jujubes, jujube in slow-cooked soups
Kiwi Tropical fruit	**What it is** This is a small brown fuzzy fruit with green flesh, the berry of a woody vine. **Origin** Native to China, widely cultivated in New Zealand and used globally. **Taste** It is sweet-tart and bright, soft inside, with tiny black seeds you eat right along with it. **How to use** Eat it fresh, peeled or scooped with a spoon, slice it into a salad, or blend it into a drink. **Shows up in** Fresh kiwi slices, kiwi in fruit salad, kiwi blended into smoothies, kiwi as a dessert garnish.
Longan *dragon eye* Tropical fruit	**What it is** This is a small round tropical fruit with translucent flesh and a dark seed, a relative of lychee. **Origin** Native to southern Asia; common in Chinese and Southeast Asian cooking. **Taste** You get a sweet, floral, musky fruit with juicy, slightly firm flesh. **How to use** Peel it and eat it fresh, add it to fruit cups, or simmer it in sweet soups and broths. **Shows up in** Fresh longan, dried longan in sweet soups, longan in chilled fruit desserts

Food	What it is · Origin · Taste · How to use · Shows up in
Loquat Tropical fruit	**What it is** A small orange stone fruit in the rose family, eaten fresh or cooked. **Origin** Native to southeastern China and used in Chinese, Japanese, and Mediterranean cooking. **Taste** It is sweet-tart and juicy, soft in texture, tasting somewhere between apricot and citrus. **How to use** Eat it fresh out of hand, or poach it and cook it down into a compote or preserve. **Shows up in** fresh loquats, loquat compote, poached loquats, loquat preserves
Lychee Tropical fruit	**What it is** This is a small tropical fruit with a rough red rind and translucent white flesh around a single seed. **Origin** Native to southern China and central to Chinese and Southeast Asian cooking. **Taste** Sweet and floral, juicy and grape-like, around one seed. **How to use** Peel it and eat it fresh, add it to a fruit salad or dessert, or use it in a drink or sorbet. **Shows up in** fresh lychees, lychee sorbet, lychee in fruit salad, lychee drinks
Mamey sapote Tropical fruit	**What it is** This is a large tropical fruit with soft orange-red flesh around a single big seed. **Origin** Native to Mexico and Central America and used across Latin American and Caribbean cooking. **Taste** It is sweet and creamy, tasting like a mix of sweet potato, pumpkin, and apricot. **How to use** Scoop it and eat it fresh, or blend it into a shake or a frozen treat. **Shows up in** Fresh mamey, mamey smoothies and batidos, mamey sorbet
Mango Tropical fruit	**What it is** A large tropical stone fruit in the cashew family, with a single flat pit. **Origin** Native to South Asia, central to Indian, Southeast Asian, and Latin American cooking. **Taste** Ripe it is sweet and fragrant, and green it is tart and firm. **How to use** Eat it fresh, blend it, or dice it into a salad, and shred the green fruit into savory dishes. **Shows up in** Fresh mango slices, mango salsa, green mango salad, mango smoothie.
Mangosteen Tropical fruit	**What it is** A tropical fruit with a thick purple rind and white segmented flesh inside. **Origin** Native to Southeast Asia and used across Southeast Asian cooking. **Taste** Sweet and lightly tangy, with soft, juicy, delicate segments. **How to use** Almost always eaten fresh, the rind cracked open and the segments lifted out by hand. **Shows up in** Fresh mangosteen, mangosteen in tropical fruit plates, mangosteen blended into drinks.
Papaya Tropical fruit	**What it is** A large tropical fruit with orange flesh and a center full of black seeds. **Origin** Native to Central America, used across tropical Asian, Latin American, and Caribbean cooking. **Taste** Ripe, it is mildly sweet and musky, and green it is crisp and tart. **How to use** Eat the ripe fruit fresh or blended, and shred the green, unripe fruit into a salad. **Shows up in** fresh papaya with lime, green papaya salad, papaya smoothie, papaya fruit bowl
Passionfruit Tropical fruit	**What it is** A round tropical fruit with aromatic, seedy pulp. **Origin** Native to South America and used across the tropics and in Brazilian and Australian cooking. **Taste** It is intensely tart and floral, with crunchy seeds you can eat. **How to use** Spoon the fresh pulp over a dish, strain it into juice, or stir it into sauces and desserts. **Shows up in** passionfruit coulis, fresh passionfruit pulp, tropical fruit sauces
Pawpaw Tropical fruit	**What it is** The fruit of a temperate North American tree with soft yellow custard-like flesh. **Origin** Native to eastern North America, used in regional American cooking. **Taste** Sweet and tropical, like a mix of banana and mango, with a soft custard texture. **How to use** Eat it fresh and spoon it straight from the skin, or puree it into chilled and baked preparations. **Shows up in** fresh pawpaw, pawpaw puree, pawpaw quick bread
Persimmon Tropical fruit	**What it is** A round orange fruit from the Diospyros tree, grown in warm and temperate places. **Origin** Native to China and Japan, with varieties grown in East Asia and the Mediterranean. **Taste** Fully ripe it is honey-sweet, underripe it turns astringent, and the flesh runs soft to crisp by variety. **How to use** Eat it fresh when ripe, slice it into a salad, or roast it, and you can also dry it. **Shows up in** Fresh sliced persimmon, persimmon salad, roasted persimmon, dried persimmon

Food	What it is · Origin · Taste · How to use · Shows up in
Pineapple Tropical fruit	**What it is** A tropical fruit that grows as a single mass of fused berries on a low plant. **Origin** Native to South America and used across tropical and Southeast Asian cooking. **Taste** Sweet and tart, with bright acidity and juicy, fibrous flesh. **How to use** Eat it fresh, grill it, or cook it into savory dishes, where its acidity tenderizes meat. **Shows up in** grilled pineapple, fresh pineapple, pineapple in savory braises, pineapple salsa (nightshade-free)
Pomegranate Tropical fruit	**What it is** This is a round fruit with a leathery rind packed with juicy arils, the little seed-filled jewels inside. **Origin** Native to the region from Iran to northern India, central to Middle Eastern and Persian cooking. **Taste** The arils are sweet-tart and juicy, with a crisp seed at the center of each one. **How to use** Scatter the arils raw over a dish, or juice the fruit and reduce it into a syrup for cooking. **Shows up in** Pomegranate arils over salads, pomegranate molasses in marinades and dressings, fresh pomegranate juice.
Rambutan Tropical fruit	**What it is** This is a small tropical fruit with a soft spiny red rind and translucent flesh, a relative of lychee. **Origin** Native to Southeast Asia, especially Malaysia and Indonesia. **Taste** It is sweet and mildly tart, with juicy, grape-like flesh around a central seed. **How to use** Peel it and eat it fresh, or add it to fruit salads and chilled desserts. **Shows up in** Fresh rambutan, rambutan in tropical fruit salad, rambutan in chilled coconut desserts
Rose apple *wax apple, jambu* Tropical fruit	**What it is** A crisp, bell-shaped tropical fruit, also called wax apple or jambu. **Origin** Native to Southeast Asia and used across Southeast Asian and South Asian cooking. **Taste** It is mildly sweet and very crisp and watery, like a light apple-pear. **How to use** Eat it fresh and raw, sliced onto a fruit plate or into a salad. **Shows up in** fresh rose apple slices, rose apple in fruit salads, rose apple with a pinch of salt
Salak *snake fruit* Tropical fruit **Moderation**	**What it is** This is a palm fruit with a scaly brown skin, called snake fruit for how it looks. **Origin** Native to Indonesia and Malaysia and eaten across Southeast Asia. **Taste** Sweet and tangy, firm and crisp, with a noticeably astringent, tannic edge. **How to use** Peel off the scaly skin and eat it fresh, or have it pickled or candied as they do where it grows. **Shows up in** fresh peeled salak, pickled salak, candied salak
Santol *cotton fruit* Tropical fruit	**What it is** This is a round tropical fruit with a thick rind and tart white pulp around large seeds. **Origin** Native to Southeast Asia and used in Thai, Filipino, and Indonesian cooking. **Taste** It runs from sour to sweet-sour, with soft pulp that clings to the seeds. **How to use** Eat it fresh, often with a little salt, or cook it into a sour relish or preserve. **Shows up in** Fresh santol with salt, santol preserves, sour santol relish
Sapodilla *chiku, sapota* Tropical fruit	**What it is** A round brown tropical fruit with soft, grainy flesh, also called chiku or sapota. **Origin** Native to southern Mexico and Central America, widely eaten in India and Southeast Asia. **Taste** It is very sweet, with a malty, brown-sugar flavor and a soft, slightly grainy texture. **How to use** Eat it fresh and ripe, scooped right from the skin, or blend it into a shake. **Shows up in** Fresh sapodilla, chikoo milkshake (made dairy-free), sapodilla puree.
Soursop *guanabana, graviola* Tropical fruit	**What it is** A large green spiny tropical fruit with soft white pulp. **Origin** Native to tropical Central and South America and the Caribbean, used in Latin American and Caribbean cooking. **Taste** Sweet and tart, close to pineapple and citrus, with a soft, custard-like, fibrous pulp. **How to use** Eat it fresh, or more often strain and blend it into a juice or a frozen drink. **Shows up in** Soursop juice, soursop smoothies, soursop agua fresca, fresh pulp.

Food	What it is · Origin · Taste · How to use · Shows up in
Star fruit Tropical fruit	**What it is** A ribbed tropical fruit, also called carambola, that forms a star when you slice it crosswise. **Origin** Native to Southeast Asia, used in Southeast Asian, Indian, and Caribbean cooking. **Taste** Crisp and juicy, sweet-tart with a light citrus note. **How to use** Eat it fresh in slices, add it to a salad, or juice it. **Shows up in** fresh star fruit slices, star fruit in fruit salad, star fruit juice
Sugar apple *sweetsop, custard apple, sitaphal* Tropical fruit	**What it is** A knobby green tropical fruit, also called sweetsop or sitaphal. **Origin** Native to tropical America and widely grown in India and Southeast Asia. **Taste** It is very sweet and creamy, with custard-like segments around black seeds. **How to use** Scoop the soft pulp and eat it fresh, or blend it into drinks and purees. **Shows up in** fresh sugar apple, sitaphal puree, blended fruit drinks

Edible mushrooms

8 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Chanterelle Mushroom	**What it is** A wild golden, funnel-shaped edible mushroom. **Origin** Foraged across Europe and North America, prized in French and Nordic cooking. **Taste** Mild, fruity, and slightly peppery, with a firm, meaty texture. **How to use** Saute it in fat to draw off the moisture, or add it to soups and braises near the end. **Shows up in** sauteed chanterelles, chanterelles in broth, mushroom saute with herbs
Cremini Mushroom	**What it is** A brown cultivated mushroom, the same species as the white button and, grown longer, the portobello. **Origin** A cultivated mushroom used widely across Western cooking. **Taste** It is earthy and savory, deeper than a white button, and it holds a firm texture. **How to use** Saute it, roast it, or simmer it into soups and braises. **Shows up in** Sauteed cremini mushrooms, roasted cremini, cremini in a meat braise, mushroom soup made dairy-free
Morel Mushroom	**What it is** A wild edible mushroom with a honeycombed, pitted cap. **Origin** Foraged across temperate North America, Europe, and Asia and prized in French cooking. **Taste** Deeply earthy and nutty, with a meaty texture, and you always cook it through. **How to use** Saute it in fat or simmer it in cream-free sauces and broths, always cooked thoroughly. **Shows up in** sauteed morels, morels in pan sauce, morels folded into broths
Oyster mushroom Mushroom	**What it is** This is a fan-shaped mushroom that grows in clusters on wood. **Origin** Found worldwide, widely used in East Asian and European cooking. **Taste** It is mild and savory with a faint seafood-like note, and the texture stays tender with a little chew. **How to use** Saute or roast it, or add it to a soup or stir-fry, cooking it quickly over higher heat. **Shows up in** Sauteed oyster mushrooms with garlic, roasted oyster mushrooms, oyster mushrooms in stir-fries and broths.
Porcini Mushroom	**What it is** This is a meaty wild mushroom with a thick stem and brown cap, in the Boletus genus. **Origin** Foraged across Europe and North America; prominent in Italian and French cooking. **Taste** You get a deeply savory, nutty mushroom with a firm, meaty texture, and dried it turns intensely earthy. **How to use** Saute or roast it fresh, or dry and rehydrate it, and use the soaking liquid to deepen broths and sauces. **Shows up in** Sauteed porcini in olive oil and garlic, porcini broth, dried porcini in stews and braises

Food	What it is · Origin · Taste · How to use · Shows up in
Portobello Mushroom	**What it is** A large, mature brown cremini mushroom. **Origin** A cultivated mushroom used widely in Western and Italian-American cooking. **Taste** It is meaty and savory, with a dense, firm texture once cooked. **How to use** Roast, grill, or saute it, and use the whole cap as a meat-like base. **Shows up in** grilled portobello caps, roasted portobello, sauteed portobello slices, stuffed portobello with vegetables
Shiitake Mushroom	**What it is** This is a cultivated brown-capped mushroom grown on hardwood logs. **Origin** Native to East Asia and central to Japanese, Chinese, and Korean cooking. **Taste** Rich and savory, with a meaty, slightly chewy cap. **How to use** Saute, roast, or simmer the caps into broths and stir-fries, and save the tough stems to flavor a stock. **Shows up in** sauteed shiitake, shiitake in broth, roasted shiitake, shiitake stir-fry
Truffle Mushroom	**What it is** This is an aromatic underground fungus that grows near tree roots and is harvested as a seasoning. **Origin** Found in Europe, especially Italy and France, and used in fine European cooking. **Taste** It is deeply earthy and pungent with a strong aroma, so you use only a little. **How to use** Shave it raw over a finished dish, or infuse it into a fat to carry its aroma. **Shows up in** Shaved fresh truffle over dishes, truffle-infused oil, truffle added to egg dishes

Meat and game

19 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Antelope Meat / game	**What it is** Lean red game meat from antelope species such as pronghorn. **Origin** Eaten in North American and African game cooking. **Taste** It is lean and mild, a little sweet, with a clean game flavor. **How to use** Because it is so lean, cook it quickly to rare or medium-rare, or slow-braise the tougher cuts. **Shows up in** Grilled antelope steak, antelope stew, slow-braised antelope shoulder.
Bacon Meat / game	**What it is** Cured pork, usually from the belly or back, sliced thin. **Origin** A staple of European and North American cooking. **Taste** Salty, savory, and smoky, crisping at the edges as the fat renders. **How to use** Fry or bake it until crisp as a side, or chop it in to add fat and savor to vegetables and dishes. **Shows up in** Crisp pan-fried bacon, bacon-wrapped vegetables, bacon stirred through Brussels sprouts or greens.
Bear Meat / game	**What it is** Dark, rich red game meat from wild or hunted bear. **Origin** A traditional game meat in North American, Scandinavian, and Eastern European hunting cuisines. **Taste** Strong, rich, and a little sweet, with a firm, fatty texture. **How to use** Slow-cook it, braise it, stew it, or roast it, and always cook it through. **Shows up in** braised bear roast, bear stew, slow-roasted bear, bear sausage
Beef Meat / game	**What it is** The meat of cattle, used in cuts and ground form. **Origin** Eaten across nearly every world cuisine, central to American, European, and Latin American cooking. **Taste** It is rich and savory, tender or firm depending on the cut and how you cook it. **How to use** Roast, braise, grill, sear, or slow-cook it, or use it ground in many dishes. **Shows up in** pot roast, braised beef, beef stew, seared steak, ground beef skillets

Food	What it is · Origin · Taste · How to use · Shows up in
Bison *buffalo* Meat / game	**What it is** Red meat from the American bison, a large grazing animal sometimes called buffalo. **Origin** Native to North America, central to Indigenous and modern American cooking. **Taste** Lean and slightly sweet, much like beef but with less fat. **How to use** Roast, grill, or braise it, and cook it gently because the low fat dries out quickly. **Shows up in** bison roast, ground bison patties, braised bison, grilled bison steak
Boar Meat / game	**What it is** The meat of wild or wild-type pig, a red game meat. **Origin** Hunted and raised across Europe and used in European game cooking, especially Italian and German. **Taste** It is richer, leaner, and more intense than farmed pork, with a slightly gamey edge. **How to use** Slow-cook, braise, or stew it to tenderize, and you can also roast it. **Shows up in** Braised wild boar, slow-cooked boar stew, roasted boar leg
Caribou Meat / game	**What it is** Lean red game meat from caribou, the North American reindeer. **Origin** A traditional food of Arctic and subarctic Indigenous peoples in Canada, Alaska, and the far north. **Taste** Rich, lean, and slightly sweet, with a clean game flavor and very little fat. **How to use** Roast it, braise it, or sear it quickly, since the lean meat overcooks easily. **Shows up in** roasted caribou, braised caribou stew, seared caribou steak
Elk Meat / game	**What it is** This is a lean red game meat from elk, a large member of the deer family. **Origin** Eaten in North America and parts of Europe and Scandinavia as game. **Taste** It is lean and mildly gamey, close to venison but a touch milder, with very little fat. **How to use** Cook it rare to medium so it stays tender, grilling or pan-searing the steaks, or slow-braise the roasts. **Shows up in** Seared elk steak, slow-braised elk roast, elk in stews, ground elk patties.
Goat Meat / game	**What it is** This is the meat of the domestic goat, a lean red meat. **Origin** Eaten widely across the Caribbean, South Asia, Africa, the Middle East, and Latin America. **Taste** It is lean, slightly gamey, and savory, tender when you slow-cook it and tough when you rush it. **How to use** Braise, stew, or slow-roast it on the bone so the lean muscle has time to break down. **Shows up in** Caribbean curry goat, slow-braised goat stew, roasted goat shoulder, birria-style stewed goat
Hare Meat / game	**What it is** Wild game meat from the hare, a larger relative of the rabbit. **Origin** Used in European cooking, especially French, British, and Italian game traditions. **Taste** It is dark, lean, and strongly gamey, with firm meat that rewards slow cooking. **How to use** Braise it or slow-cook it over a long time so the lean meat turns tender. **Shows up in** braised hare, slow-cooked hare stew, jugged hare
Horse Meat / game	**What it is** This is lean red meat from the horse, eaten as a game-style meat. **Origin** Eaten in parts of Europe and Central Asia, including France, Italy, and Japan. **Taste** Lean and slightly sweet, finer-grained and a touch gamier than beef. **How to use** Cook it like lean beef, grilled or pan-seared as a steak or braised, and in some cuisines it is served raw. **Shows up in** seared horse steak, braised horse meat, Japanese basashi (where raw is traditional)
Kangaroo Meat / game	**What it is** This is a lean red game meat, taken from kangaroo in the wild. **Origin** Native to Australia and used in modern Australian cooking. **Taste** It is rich and gamey with a deep red color, and it is so lean it toughens if you overcook it. **How to use** Cook it quickly and serve it rare to medium-rare, whether you grill, sear, or roast it. **Shows up in** Grilled kangaroo steak, seared kangaroo fillet, roasted kangaroo loin

Food	What it is · Origin · Taste · How to use · Shows up in
Lamb Meat / game	**What it is** The meat of young sheep, and you will find it as chops, leg, shoulder, and ground. **Origin** Central to Mediterranean, Middle Eastern, Indian, and North African cooking. **Taste** It is rich and distinctive, tender, with a good amount of fat. **How to use** Roast it, grill it, braise it, or use it ground, depending on the cut you have. **Shows up in** Roast leg of lamb, grilled lamb chops, braised lamb shoulder, lamb kebabs (made nightshade-free).
Moose Meat / game	**What it is** A large wild game animal in the deer family, eaten as red meat. **Origin** Hunted in northern North America and Scandinavia, used in those regional and game cooking traditions. **Taste** Lean, dark, and rich with a mild gamey note, tougher than beef and quick to overcook. **How to use** Braise or stew the tough cuts, roast or grill the tender ones, and grind the rest for burgers. **Shows up in** Moose stew, roast moose, moose burgers, braised moose pot roast.
Mutton Meat / game	**What it is** The meat of an adult sheep, darker and richer than young lamb. **Origin** Used across British, Middle Eastern, Indian, and Central Asian cooking. **Taste** Deep, gamey, and robust, with a firm texture that rewards long cooking. **How to use** Slow-braise it, stew it, or roast it to soften the tougher cuts. **Shows up in** mutton stew, slow-braised mutton, mutton curry (without nightshades), roast mutton
Pork Meat / game	**What it is** The meat of pigs, used in many cuts and in ground and cured forms. **Origin** Central to Chinese, European, and American cooking among many others. **Taste** It is mild and savory, with fat and tenderness that vary by cut. **How to use** Roast, braise, grill, slow-cook, or grind it; shoulder and belly reward long, slow cooking. **Shows up in** slow-roasted pork shoulder, braised pork, pulled pork, ground pork dishes
Rabbit Meat / game	**What it is** Lean white meat from domestic or wild rabbit. **Origin** Long eaten across Europe, central to French, Italian, and Spanish cooking. **Taste** Mild and lean, much like chicken, with delicate firm meat. **How to use** Braise or stew it to keep the lean meat moist, or roast it whole. **Shows up in** braised rabbit, rabbit stew, roasted rabbit with herbs
Veal Meat / game	**What it is** The meat of a young calf, pale and tender. **Origin** Common in Italian, French, and Central European cooking. **Taste** It is mild and delicate, with a fine, tender texture. **How to use** Roast it, braise it, or cook it gently in the pan, and save the bones for stock. **Shows up in** Braised veal shank (osso buco style, no wine if preferred), roasted veal, veal bone broth
Venison *deer* Meat / game	**What it is** Lean red game meat from deer. **Origin** A traditional game meat across Europe, North America, and beyond. **Taste** Rich and lean, with an earthy, slightly sweet flavor and very little fat. **How to use** Roast it, braise it low and slow, or sear it quickly and keep it rare so it stays tender. **Shows up in** venison roast, venison stew, seared venison loin, venison sausage

Poultry

10 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Chicken Poultry	**What it is** This is common domestic poultry, the protein you can take in almost any direction. **Origin** Domesticated from the Southeast Asian jungle fowl, eaten in nearly every cuisine. **Taste** It is mild and savory, with leaner white breast meat and richer dark leg meat. **How to use** Roast, grill, poach, or braise it, or simmer the bones into broth. **Shows up in** Roast chicken, grilled chicken, poached chicken, chicken bone broth, braised chicken thighs.

Food	What it is · Origin · Taste · How to use · Shows up in
Dove Poultry	**What it is** This is a small wild game bird with dark meat, closely related to pigeon and squab. **Origin** Hunted and eaten across the American South, the Mediterranean, and parts of Latin America. **Taste** You get rich, lean, dark meat with a mild gamey flavor. **How to use** Sear or grill it quickly so the small breasts do not dry out, or braise it whole. **Shows up in** Grilled dove breasts, braised dove, roasted whole dove with herbs
Duck Poultry	**What it is** Poultry from the domesticated duck, a fattier waterfowl. **Origin** Used across French, Chinese, and many European and Asian cuisines. **Taste** It is rich and savory, with dark meat and a thick layer of fat under the skin. **How to use** Roast it whole, sear the breasts, or slow-cook it, and save the rendered fat to cook with. **Shows up in** roast duck, seared duck breast, duck confit, duck fat-roasted vegetables
Goose Poultry	**What it is** This is a large, fatty domestic poultry bird. **Origin** Long raised across Europe and central to German, French, and British holiday cooking. **Taste** Rich and dark, with plenty of fat and a deeper flavor than chicken or turkey. **How to use** Roast it whole and save the rendered fat for cooking, and slow-cook or confit the legs. **Shows up in** roast goose, goose confit, goose fat for roasting vegetables
Grouse Poultry	**What it is** This is a wild game bird with dark meat, hunted across moorland and high open country. **Origin** Found across the British Isles, Europe, and North America and tied to British game cooking. **Taste** It is strongly gamey and rich, with dark, lean meat. **How to use** Roast it whole, often wrapped in fat to keep it moist, and serve it with its own juices. **Shows up in** Roast grouse, pot-roasted grouse, grouse with its pan juices
Guinea hen Poultry	**What it is** A small game bird, the domesticated guinea fowl, leaner than chicken. **Origin** Native to Africa, used in French and West African cooking. **Taste** It is mildly gamey and richer than chicken, with lean, firm meat that can dry out on you. **How to use** Roast, braise, or pot-roast it, and bard or baste it to keep it moist. **Shows up in** Roast guinea hen, braised guinea fowl, pot-roasted guinea hen with herbs.
Ostrich Poultry	**What it is** A large flightless bird whose dark, lean meat cooks like red meat rather than poultry. **Origin** Native to Africa and farmed widely, used in South African and other game cooking. **Taste** Deep red and lean with a mild, beef-like flavor, tender as long as you do not overcook it. **How to use** Cook it quickly to medium-rare, grilled or pan-seared as steaks, or ground. **Shows up in** Grilled ostrich steak, seared ostrich fillet, ostrich burgers.
Pheasant Poultry	**What it is** A lean game bird with pale meat, a little richer than chicken. **Origin** Native to Asia, naturalized and hunted across Europe and North America. **Taste** Mild and slightly gamey, with lean meat that dries out if you overcook it. **How to use** Roast it, braise it, or pot-cook it, and bard it with fat to keep it moist. **Shows up in** roast pheasant, braised pheasant, pheasant in broth, pot-roasted pheasant
Quail Poultry	**What it is** A small game bird, eaten whole or in pieces. **Origin** Used in French, Mediterranean, and East Asian cooking. **Taste** It is tender and mildly gamey, with delicate dark meat. **How to use** Roast, grill, or pan-sear it whole or spatchcocked; it cooks fast because it is so small. **Shows up in** roasted quail, grilled quail, pan-seared quail
Turkey Poultry	**What it is** Poultry from the domesticated turkey, a large bird native to the Americas. **Origin** Native to North America, central to American and now global holiday cooking. **Taste** Mild and lean, with white and darker leg meat and a clean, savory flavor. **How to use** Roast it whole, or break it into parts to roast, braise, or grind for everyday meals. **Shows up in** roast turkey, turkey meatballs, ground turkey, braised turkey legs

Fish

29 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Anchovy Fish Nutrient-dense	**What it is** A small oily saltwater fish, usually salt-cured or eaten fresh. **Origin** Common across the Mediterranean and in Italian, Spanish, and Southeast Asian cooking. **Taste** Cured it is intensely savory and salty, and fresh it is milder and cleaner. **How to use** Melt it into a sauce or dressing to build depth, or eat it fresh, grilled or fried. **Shows up in** Anchovies melted into olive oil with garlic, fresh grilled anchovies, anchovy added to braised greens
Arctic char Fish	**What it is** A cold-water fish related to salmon and trout. **Origin** Native to Arctic and subarctic waters and a staple of northern and Scandinavian cooking. **Taste** Mild and clean, somewhere between salmon and trout, with tender pink flesh. **How to use** Roast it, pan-sear it, or bake it whole, and crisp the skin. **Shows up in** pan-seared arctic char, roasted arctic char fillet, baked whole char
Bass Fish	**What it is** This covers a range of white-fleshed fish, including sea bass and freshwater bass. **Origin** Caught in oceans, lakes, and rivers worldwide and used across many cuisines. **Taste** It is mild and slightly sweet, with firm white flesh that flakes apart. **How to use** Roast it whole, or bake, pan-sear, grill, or steam the fillets. **Shows up in** Whole roasted sea bass, pan-seared bass fillet, steamed bass with herbs, grilled bass.
Bonito Fish	**What it is** This is a medium oily fish in the same family as mackerel and tuna. **Origin** Caught in temperate and tropical seas; central to Japanese, Spanish, and Mediterranean cooking. **Taste** It is rich and full-flavored with firm, dark meat, more pronounced than tuna. **How to use** Grill, sear, or simmer it fresh, and know it is also dried and shaved into flakes for broth. **Shows up in** Grilled bonito, seared bonito, dashi from bonito flakes, Spanish bonito in olive oil
Carp Fish	**What it is** A freshwater fish in the carp family. **Origin** Used in Central and Eastern European, Chinese, and Jewish cooking. **Taste** It is mild and slightly sweet, with soft, sometimes oily flesh and many fine bones. **How to use** Bake, poach, braise, or steam it whole, often as part of a holiday dish. **Shows up in** baked whole carp, braised carp, steamed carp, gefilte fish (poached fish patties)
Catfish Fish	**What it is** This is a freshwater, bottom-feeding fish with smooth, scaleless skin. **Origin** Eaten widely in the American South and across Southeast Asia and West Africa. **Taste** Mild and slightly sweet, with firm, moist white flesh. **How to use** Pan-fry it, bake it, grill it, or simmer it into a stew or soup. **Shows up in** blackened catfish, grilled catfish, catfish in spiced stew, baked catfish fillets
Cod Fish	**What it is** This is a mild white-fleshed saltwater fish that breaks into large flakes. **Origin** From the cold North Atlantic and North Pacific and central to many coastal European cuisines. **Taste** It is mild and slightly sweet, with firm, large flakes. **How to use** Bake, roast, poach, or sear it, or add it to a chowder or stew. **Shows up in** Baked cod, poached cod, fish chowder, roasted cod fillet
Eel Fish	**What it is** A long, snake-like fish with rich, fatty flesh. **Origin** Eaten in Japanese, Italian, British, and Northern European cooking. **Taste** It is rich, fatty, and tender, with a mild flavor. **How to use** Grill it, smoke it, or stew it, and in Japanese cooking it is glazed and broiled. **Shows up in** Japanese grilled unagi, smoked eel, eel stew.
Gar Fish	**What it is** A long, armored freshwater fish with firm white flesh. **Origin** Native to North America, used in Southern US and Gulf Coast cooking. **Taste** Mild and firm, with dense meat that holds together when you cook it. **How to use** Fillet it and pan-fry or grill it, or work it into a stew or fish balls. **Shows up in** Fried gar, grilled gar fillet, gar in fish stew.

Food	What it is · Origin · Taste · How to use · Shows up in
Haddock Fish	**What it is** A lean white-fleshed saltwater fish in the cod family. **Origin** From the cold North Atlantic, central to British and Northern European cooking. **Taste** Mild and a little sweet, with tender, flaky flesh. **How to use** Bake it, poach it, pan-sear it, or steam it, and traditionally it is smoked. **Shows up in** baked haddock, poached haddock, pan-seared haddock, smoked haddock
Hake Fish	**What it is** A lean white-fleshed ocean fish in the cod family. **Origin** Common in Spanish, Portuguese, and South African cooking. **Taste** It is mild and slightly sweet, with soft, flaky white flesh. **How to use** Bake, poach, pan-fry, or steam it, and handle it gently because the flesh is delicate. **Shows up in** baked hake, poached hake, pan-fried hake fillets
Halibut Fish	**What it is** A large, lean flatfish with firm white flesh. **Origin** From the cold North Atlantic and North Pacific, common in Nordic and Pacific Northwest cooking. **Taste** Mild and clean, with firm, meaty white flesh. **How to use** Roast, pan-sear, or poach it, and cook it just to done because the lean flesh dries easily. **Shows up in** roasted halibut, pan-seared halibut, poached halibut, halibut with herbs
Herring Fish **Nutrient-dense**	**What it is** A small oily saltwater fish from the North Atlantic and Baltic. **Origin** Central to Scandinavian, Dutch, and Northern European cooking. **Taste** It is rich and oily with a soft texture, sharp when pickled and salty when cured. **How to use** Eat it pickled, smoked, salt-cured, or fresh from the pan. **Shows up in** Pickled herring, smoked herring, pan-fried fresh herring
Mackerel Fish **Nutrient-dense**	**What it is** An oily saltwater fish with rich, dark flesh. **Origin** Caught across the Atlantic and Pacific and central to Japanese, Mediterranean, and Northern European cooking. **Taste** Strong, rich, and oily, with a pronounced flavor and firm flesh. **How to use** Grill, broil, or pan-sear it, and use acid like citrus to balance the oil. **Shows up in** grilled mackerel, broiled mackerel with lemon, pan-seared mackerel
Mahi-mahi Fish	**What it is** This is a firm, lean saltwater fish, also called dolphinfish. **Origin** Caught in warm tropical and subtropical waters, common in Hawaiian, Caribbean, and Latin American cooking. **Taste** It is mild and slightly sweet, with firm, dense flesh that holds together when you cook it. **How to use** Grill, pan-sear, or bake it as fillets or steaks. **Shows up in** Grilled mahi-mahi, pan-seared mahi-mahi, baked mahi-mahi with herbs and citrus.
Marlin Fish	**What it is** This is a large oceanic billfish with firm, meaty flesh. **Origin** Caught in warm offshore waters; eaten in Hawaiian, Japanese, and Latin American coastal cooking. **Taste** It is firm, dense, and mildly sweet, with a steak-like texture. **How to use** Cut it into steaks and grill, sear, or smoke it, and keep an eye on it since it can dry out if overcooked. **Shows up in** Grilled marlin steaks, smoked marlin, seared marlin
Monkfish Fish	**What it is** A firm-fleshed saltwater fish, where the tail is the part you usually eat. **Origin** Used in French, Spanish, Portuguese, and broader European cooking. **Taste** It is mild and slightly sweet, with dense, firm, lobster-like flesh. **How to use** Roast, sear, or poach it, and know it holds up to bolder cooking. **Shows up in** roasted monkfish tail, pan-seared monkfish, monkfish in seafood stews

Food	What it is · Origin · Taste · How to use · Shows up in
Perch Fish	**What it is** This is a freshwater fish with firm white fillets. **Origin** Found across North America and Europe and common in Great Lakes and European cooking. **Taste** Mild and clean with a slight sweetness, and flesh that flakes while staying firm. **How to use** Pan-fry or bake the fillets; it is the classic choice for a simple fish fry. **Shows up in** pan-fried perch, baked perch fillets, lake perch fish fry
Pollock Fish	**What it is** This is a mild white-fleshed fish, a close relative of cod. **Origin** From the North Atlantic and North Pacific and widely used in North American and European cooking. **Taste** It is mild and slightly sweet, with a softer, finer flake than cod. **How to use** Bake, pan-fry, or poach it, or work it into a fish soup or patties. **Shows up in** Baked pollock, pan-fried pollock, fish cakes, pollock in chowder
Salmon Fish **Nutrient-dense**	**What it is** An oily, pink-fleshed fish, wild or farmed, and you can buy it fresh, smoked, or canned. **Origin** Found in the North Atlantic and Pacific, central to Nordic, Pacific Northwest, and Japanese cooking. **Taste** It is rich and buttery, with a firm flake. **How to use** Roast it, grill it, pan-sear it, poach it, or cure and smoke it. **Shows up in** Roasted salmon fillet, grilled salmon, poached salmon, cured gravlax.
Sardine Fish **Nutrient-dense**	**What it is** A small, oily saltwater fish eaten whole or filleted. **Origin** Fished worldwide, central to Mediterranean, Portuguese, and Spanish cooking. **Taste** Rich, savory, and oily, with soft flesh and a pronounced taste of the sea. **How to use** Grill it fresh, or eat it tinned, added to a salad or a simple plate with lemon and olive oil. **Shows up in** Grilled fresh sardines, tinned sardines with lemon, sardines over greens.
Snapper Fish	**What it is** A lean saltwater fish, most often red snapper, with firm white flesh. **Origin** From warm coastal waters, common in Caribbean, Gulf Coast, and Southeast Asian cooking. **Taste** Mildly sweet and nutty, with firm, moist flesh. **How to use** Roast or bake it whole, pan-sear it, grill it, or steam it. **Shows up in** whole roasted snapper, pan-seared snapper, steamed snapper with ginger, grilled snapper
Sole Fish	**What it is** A thin flatfish with delicate white fillets. **Origin** Prized in French and European coastal cooking. **Taste** It is mild and slightly sweet, very tender, with a fine flake. **How to use** Pan-fry, steam, or bake it quickly; the thin fillets cook in minutes. **Shows up in** pan-fried sole, sole meuniere style, baked sole fillets
Swordfish Fish	**What it is** A large ocean fish that yields dense, meaty steaks. **Origin** Caught in warm and temperate seas, central to Mediterranean and Sicilian cooking. **Taste** Mild and meaty, with a firm, steak-like texture. **How to use** Grill or sear it as thick steaks, since it holds together well over high heat. **Shows up in** grilled swordfish steak, seared swordfish, swordfish skewers
Tilapia Fish	**What it is** A mild freshwater white fish, widely farmed. **Origin** Native to Africa and the Middle East, now farmed and eaten worldwide. **Taste** It is very mild and a little sweet, with tender, flaky white flesh. **How to use** Bake it, pan-fry it, grill it, or steam it, and it takes on whatever you season it with. **Shows up in** Baked tilapia with herbs, pan-fried tilapia, grilled tilapia with lemon
Trout Fish **Nutrient-dense**	**What it is** A freshwater fish related to salmon. **Origin** Native to cold streams and lakes across the Northern Hemisphere and common in European and American cooking. **Taste** Mild and a little nutty, with delicate, flaky flesh. **How to use** Pan-fry, bake, or grill it, often whole with herbs. **Shows up in** pan-fried trout, baked whole trout with herbs, grilled trout

Food	What it is · Origin · Taste · How to use · Shows up in
Tuna Fish Nutrient-dense	**What it is** This is a large oily saltwater fish with dense, meaty flesh. **Origin** Caught in oceans worldwide, central to Japanese, Mediterranean, and coastal cooking. **Taste** It is rich and meaty, buttery when raw, firming up as it cooks and drying out if you take it too far. **How to use** Sear it rare, grill it as steaks, or eat it raw as sashimi where you trust the sourcing. **Shows up in** Seared tuna steak, grilled tuna, tuna sashimi, tuna nicoise-style salad.
Turbot Fish	**What it is** This is a flatfish valued as a lean, white-fleshed fish. **Origin** Caught in the North Atlantic and Mediterranean; valued in French and broader European cooking. **Taste** It is delicate, sweet, and clean, with firm white flesh that holds together. **How to use** Roast, poach, steam, or pan-sear it, and keep it simple so the flesh can show. **Shows up in** Roasted whole turbot, poached turbot, pan-seared turbot with herbs and olive oil
Walleye Fish	**What it is** A freshwater fish in the perch family, native to North America. **Origin** Used widely in North American, especially Upper Midwest and Canadian, cooking. **Taste** It is mild, slightly sweet, and delicate, with light, flaky white flesh. **How to use** Pan-fry, bake, or grill the fillets, and keep it simple so the mild flavor shows. **Shows up in** pan-fried walleye fillets, baked walleye, grilled walleye

Shellfish

10 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Clam Shellfish Nutrient-dense	**What it is** This is an edible saltwater bivalve with a hinged shell. **Origin** Eaten along coastlines worldwide, including New England, Italy, and East Asia. **Taste** Briny and sweet, tender to slightly chewy depending on the size. **How to use** Steam them open in broth, simmer them into a chowder or soup, or grill them, and eat the small ones whole. **Shows up in** steamed clams in broth, clam chowder, grilled clams, clams in white wine and garlic
Crab Shellfish Nutrient-dense	**What it is** This is a shellfish valued for the sweet meat in its body and claws. **Origin** Harvested from coastal waters worldwide and central to many seafood cuisines. **Taste** It is sweet and delicate, with tender, slightly briny meat. **How to use** Steam or boil it and pick the meat from the shell, serve it warm or chilled, or fold it into a salad or cakes. **Shows up in** Steamed crab, crab salad, crab cakes, picked crab meat
Crawfish Shellfish Nutrient-dense	**What it is** A small freshwater crustacean that looks like a miniature lobster, also called crawdad or crayfish. **Origin** Central to Louisiana Cajun and Creole cooking, also eaten in Scandinavia and China. **Taste** It is sweet and mild, with firm tail meat. **How to use** Boil them whole with seasonings, or pick out the tail meat for stews and dishes. **Shows up in** Louisiana crawfish boil, crawfish etouffee (made grain- and nightshade-free), Swedish crayfish boil.
Lobster Shellfish Nutrient-dense	**What it is** A large marine shellfish known for the meat in its tail and claws. **Origin** Fished in cold Atlantic waters, central to New England and coastal European cooking. **Taste** Sweet and rich, with firm, tender meat. **How to use** Boil or steam it and serve it whole, or pick the meat for a salad or a warm dish. **Shows up in** Steamed whole lobster, lobster tail, lobster salad with olive oil and lemon.

Food	What it is · Origin · Taste · How to use · Shows up in
Mussel Shellfish **Nutrient-dense**	**What it is** A bivalve mollusk in a dark hinged shell, cooked until the shell opens. **Origin** Harvested along Atlantic and Mediterranean coasts, central to French, Belgian, and Spanish cooking. **Taste** Briny and a little sweet, with tender, plump meat. **How to use** Steam them open in broth, simmer them in soup, or add them to a seafood dish. **Shows up in** steamed mussels in broth, mussels in coconut broth, mussel soup, mussels with herbs
Octopus Shellfish **Nutrient-dense**	**What it is** A cephalopod mollusk eaten as seafood, with firm tentacles and body. **Origin** Central to Mediterranean, Japanese, and Korean coastal cooking. **Taste** It is mild and briny, with a firm, springy texture when you cook it right. **How to use** Simmer or braise it slowly until tender, then often grill or char it and slice it. **Shows up in** Galician-style boiled octopus, grilled octopus, braised octopus
Oyster Shellfish **Nutrient-dense**	**What it is** A bivalve shellfish that you eat from its shell. **Origin** Harvested along coasts worldwide, central to French, Japanese, and US coastal cooking. **Taste** Briny and oceanic, soft and slippery, and a touch sweeter once you cook it. **How to use** Eat it raw on the half shell, or grill, roast, or add it to stews and soups. **Shows up in** oysters on the half shell, grilled oysters, oyster stew, roasted oysters
Scallop Shellfish **Nutrient-dense**	**What it is** A shellfish you eat for the round muscle that holds its shell closed. **Origin** Harvested in cold coastal waters and used in French, American, and East Asian cooking. **Taste** It is sweet and delicate, with a tender, firm texture. **How to use** Sear it fast over high heat, or poach or steam it gently, and cook it only briefly. **Shows up in** Pan-seared scallops, scallops poached in broth, grilled scallops
Shrimp Shellfish **Nutrient-dense**	**What it is** A small crustacean shellfish you eat for its sweet, firm tail meat. **Origin** Caught and farmed worldwide and used across nearly every coastal cuisine. **Taste** Sweet and briny, with a firm, snappy bite when you cook it right. **How to use** Cook it quickly by sauteing, grilling, poaching, or roasting, since it toughens fast. **Shows up in** garlic shrimp, grilled shrimp skewers, poached shrimp, shrimp in coconut broth
Squid Shellfish **Nutrient-dense**	**What it is** This is a mollusc you eat for its body tube and tentacles, the same thing you know as calamari. **Origin** Caught worldwide, central to Mediterranean, Spanish, and East Asian cooking. **Taste** It is mild and slightly sweet, firm and springy, and it turns rubbery the moment you overcook it. **How to use** Cook it one of two ways, either very fast over high heat or slowly braised, so it stays tender. **Shows up in** Grilled squid, quick-seared calamari, braised squid in broth, squid in seafood stews.

Sea vegetables

7 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Arame Sea vegetable **Nutrient-dense**	**What it is** This is a mild brown sea vegetable sold in dark, thin shredded strands. **Origin** Harvested off the coasts of Japan; used in Japanese cooking. **Taste** It is mild, faintly sweet, and gently briny, and it turns tender once you soak it. **How to use** Rehydrate it in water, then simmer it or add it to sauteed vegetable dishes and salads. **Shows up in** Arame and vegetable saute, arame salad, arame simmered with carrot and onion
Dulse Sea vegetable **Nutrient-dense**	**What it is** A red edible seaweed harvested from cold Atlantic and Pacific coasts. **Origin** Traditional in Irish, Icelandic, and Atlantic Canadian coastal cooking. **Taste** It is salty and savory with a mild smoky note, chewy when raw and crisp when dried. **How to use** Eat it dried as is, crumble it as a seasoning, or simmer it into soup and broth. **Shows up in** dried dulse snack, dulse flakes as seasoning, dulse added to broths and soups

Food	What it is · Origin · Taste · How to use · Shows up in
Hijiki Sea vegetable **Nutrient-dense**	**What it is** This is a dark brown-to-black sea vegetable sold dried in short strands. **Origin** Harvested off the coasts of Japan, Korea, and China and used in Japanese cooking. **Taste** Mild and savory with a faint note of the ocean, firm and a little chewy once it rehydrates. **How to use** Soak it to rehydrate, then simmer it in a seasoned broth and serve it as a small side. **Shows up in** simmered hijiki side dish, hijiki with carrots and aburaage (use AIP-safe seasonings), hijiki salad
Kombu Sea vegetable **Nutrient-dense**	**What it is** This is a thick, dried brown kelp sold in flat sheets, used as a sea vegetable. **Origin** Harvested off Japan and foundational to Japanese cooking. **Taste** It is deeply savory and briny, giving a dish a strong umami backbone. **How to use** Simmer it to make a stock and then lift it out, or slow-cook it until tender enough to eat. **Shows up in** Kombu dashi, simmered kombu, kombu added to broths
Nori Sea vegetable **Nutrient-dense**	**What it is** A red seaweed dried into thin sheets, eaten as a sea vegetable. **Origin** Central to Japanese and Korean cooking. **Taste** It is savory and briny, delicate and crisp, and it softens as soon as it meets moisture. **How to use** Wrap rolls and rice in it, crumble it as a garnish, or eat it as a snack sheet. **Shows up in** Sushi and hand rolls, nori-wrapped vegetables, crumbled nori garnish, roasted nori snacks.
Samphire *sea bean, glasswort* Sea vegetable	**What it is** A crisp, salty coastal plant eaten as a sea vegetable. **Origin** Grows on European and other coastlines and used in British and European coastal cooking. **Taste** Naturally salty and briny, with a crunchy, succulent texture. **How to use** Eat it raw, or steam or blanch it briefly as a side, often alongside fish. **Shows up in** Steamed samphire with fish, blanched samphire side, raw samphire in seafood plates.
Wakame Sea vegetable **Nutrient-dense**	**What it is** A soft, silky edible seaweed sold dried, which you rehydrate before using. **Origin** Native to the waters around Japan and Korea, central to both cuisines. **Taste** Mildly briny and a little sweet, with a smooth, slippery texture. **How to use** Rehydrate it and add it to soups, salads, and broths. **Shows up in** wakame seaweed salad, miso-style soup with wakame, wakame in broth

Offal / organ meats

6 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Bones *for bone broth* Organ meat **Nutrient-dense**	**What it is** Animal bones, usually beef, poultry, or fish, used to make broth. **Origin** A base ingredient in traditional cooking worldwide. **Taste** They give you a savory, rich, gelatinous stock with deep flavor. **How to use** Simmer them slowly with water, vegetables, and herbs to make broth and stock. **Shows up in** bone broth, beef stock, chicken stock, fish stock
Heart Organ meat **Nutrient-dense**	**What it is** A muscular organ meat, most often from beef, lamb, or chicken. **Origin** Eaten across many traditional cuisines, including Peruvian, Japanese, and European cooking. **Taste** Lean and rich with a firm texture, milder than most other organ meats. **How to use** Grill it on skewers, sear it quickly, or slow-braise it whole until tender. **Shows up in** grilled heart skewers, seared sliced heart, braised beef heart
Kidney Organ meat **Nutrient-dense**	**What it is** An organ meat, the kidneys of beef, lamb, pork, or veal. **Origin** Used in traditional British, French, and many other European and Asian cuisines. **Taste** It is strongly flavored and rich, firm in texture, and you often soak it first to mellow it. **How to use** Trim it, soak it, then either pan-cook it quickly or braise it slowly. **Shows up in** Devilled kidneys, braised kidneys, kidney in a slow-cooked stew

Food	What it is · Origin · Taste · How to use · Shows up in
Liver Organ meat **Nutrient-dense**	**What it is** An organ meat, most often from beef, chicken, or lamb. **Origin** Used across nearly every traditional cuisine, from French to Middle Eastern. **Taste** Rich, mineral, and iron-forward, with a smooth, dense texture when you do not overcook it. **How to use** Sear it quickly while it is still pink inside, or blend it into pates and ground meat. **Shows up in** seared liver with onions, chicken liver pate, liver blended into ground meat, grilled lamb liver
Spleen Organ meat **Nutrient-dense**	**What it is** This is an organ meat, or offal, from cattle, lamb, or pork. **Origin** Eaten in traditional offal cooking across the Mediterranean, Middle East, and Asia. **Taste** It is soft and rich, with a strong iron-like flavor and a slight bitterness. **How to use** Grill, pan-fry, or braise it, or grind it into a pate or stuffing. **Shows up in** Sicilian-style cooked spleen, grilled spleen, braised spleen, spleen ground into offal mixtures.
Tongue Organ meat **Nutrient-dense**	**What it is** This is a cut of organ meat, the tongue muscle, most often beef or lamb. **Origin** Eaten across European, Mexican, Jewish, and East Asian traditions. **Taste** Slow-cooked, it is rich, tender, and beefy, and once you peel the outer skin the texture is smooth and fine. **How to use** Simmer or braise it low and slow until tender, then peel and slice it, and you can sear the slices. **Shows up in** Braised beef tongue, Mexican lengua tacos (on compliant wraps), sliced simmered tongue

Animal fats

9 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Bacon fat Animal fat	**What it is** Rendered fat you save from cooking bacon, an animal cooking fat. **Origin** A staple cooking fat in American Southern and broader Western home cooking. **Taste** It is rich and savory, carrying a distinct smoky, salty bacon flavor. **How to use** Cook with it as you would any fat, to saute, roast, or fry and add savory depth. **Shows up in** sauteed greens in bacon fat, roasted vegetables in bacon fat, bacon-fat seared meats
Lard Animal fat	**What it is** This is rendered pork fat, sold as a soft white cooking fat. **Origin** Used across European, Mexican, and American cooking as a traditional cooking fat. **Taste** Clean and faintly savory, smooth and soft, and nearly neutral when it is good quality. **How to use** Use it for frying, roasting, and sauteing at high heat, and as the fat in grain-free baking. **Shows up in** fried and roasted dishes cooked in lard, lard-based grain-free pie crust, lard for searing meats
Leaf lard Animal fat	**What it is** This is the soft fat rendered from around a pig's kidneys, the cleanest grade of lard. **Origin** A traditional cooking fat across European and American kitchens. **Taste** It is clean and neutral, with little pork flavor, and it stays firm at room temperature. **How to use** Use it for high-heat frying and roasting, and for a tender grain-free pastry. **Shows up in** Frying and searing, roasting vegetables, grain-free pie crust
Pan drippings Animal fat	**What it is** The rendered fat and browned juices left in your pan after you roast meat. **Origin** A foundational element of Western roasting and traditional home cooking. **Taste** It is deeply savory and concentrated, carrying the flavor of the meat you cooked. **How to use** Use it as a cooking fat, or as the base for a pan sauce or gravy. **Shows up in** Pan sauce from drippings, grain-free gravy, vegetables roasted in drippings.

Food	What it is · Origin · Taste · How to use · Shows up in
Poultry fat Animal fat	**What it is** Rendered fat from chicken, duck, or goose, used as a cooking fat. **Origin** Used across European and Jewish cooking, where duck fat and schmaltz are traditional. **Taste** Rich and savory with a soft texture, carrying the flavor of the bird it came from. **How to use** Use it for roasting, sauteing, and basting vegetables and meats. **Shows up in** Duck-fat roasted vegetables, schmaltz for sauteing, poultry fat basted roasts.
Salo Animal fat	**What it is** Cured slabs of pork back fat, salted and often seasoned. **Origin** A traditional food of Ukrainian, Russian, and Eastern European cooking. **Taste** Rich and savory, with a firm, creamy fat. **How to use** Slice it thin and eat it as is, or render it down to cook other foods. **Shows up in** sliced cured salo, rendered salo for cooking, salo with garlic
Schmaltz Animal fat	**What it is** Rendered chicken or goose fat, a soft cooking fat. **Origin** A staple of Ashkenazi Jewish cooking. **Taste** It is rich and savory, with a deep poultry flavor. **How to use** Use it to roast, saute, and fry, or to add richness to a dish. **Shows up in** roasted vegetables in schmaltz, schmaltz-fried onions, savory cooking fat
Strutto Animal fat	**What it is** Rendered pork fat, or lard, known by its Italian name strutto. **Origin** Traditional across Italian cooking, especially in central and southern Italy. **Taste** Clean and savory pork fat, soft and spreadable when it is cool. **How to use** Use it as your cooking fat for frying, roasting, and sauteing, or as a baking fat. **Shows up in** fried foods cooked in lard, roasted vegetables in strutto, lard-based flatbreads
Tallow Animal fat	**What it is** Rendered beef or lamb fat, solid at room temperature. **Origin** A traditional cooking fat in European and many other meat-based cuisines. **Taste** It is mild, savory, and clean, with a beefy note. **How to use** Use it as a high-heat fat for frying, roasting, and searing. **Shows up in** Tallow-fried plantains, roasted vegetables in tallow, tallow-seared meats

Plant fats and oils

6 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Avocado oil Plant fat / oil	**What it is** A cooking oil pressed from the flesh of the avocado. **Origin** Made from avocados native to south-central Mexico and used in modern whole-food cooking. **Taste** Mild, buttery, and a little grassy, with almost no aroma. **How to use** Use it for high-heat cooking, roasting, and searing, or raw in dressings, since its smoke point is high. **Shows up in** roasting vegetables, searing meat and fish, oil-and-vinegar dressing, homemade mayonnaise
Coconut oil Plant fat / oil	**What it is** This is a fat pressed from coconut flesh that stays solid at room temperature. **Origin** From the coconut palm, central to South and Southeast Asian and Pacific cooking. **Taste** It is mild and faintly sweet with a coconut aroma, or neutral once it is refined. **How to use** Use it for medium-heat sauteing, roasting, and baking, and as the cooking fat in a curry. **Shows up in** Sauteing vegetables, roasting root vegetables, base fat for curries, grain-free baking.
Olive oil Plant fat / oil	**What it is** This is an oil pressed from olives, the fruit of the olive tree. **Origin** Native to the Mediterranean; the foundational fat of Mediterranean cooking. **Taste** It runs from grassy and peppery to smooth and buttery, depending on the grade and where it comes from. **How to use** Use it raw to finish and dress dishes, and for low-to-medium-heat cooking like sauteing and roasting. **Shows up in** Salad dressings, drizzled over roasted vegetables, garlic-and-oil sautes, herb-infused finishing oil

Food	What it is · Origin · Taste · How to use · Shows up in
Palm oil Plant fat / oil	**What it is** A plant oil pressed from the fruit of the oil palm, reddish when unrefined. **Origin** Central to West African and parts of Brazilian and Southeast Asian cooking. **Taste** Unrefined red palm oil is earthy and savory, and refined palm oil is neutral. **How to use** Cook with it to fry and stew, or use it as the base for a sauce or stew. **Shows up in** West African palm oil stews, palm oil rice dishes, frying and sauteing
Palm shortening Plant fat / oil	**What it is** This is a solid, flavorless cooking fat made from refined palm oil with some of the unsaturated fat taken out. **Origin** Derived from the oil palm of West Africa, sold as a neutral baking and frying fat. **Taste** Essentially flavorless, firm and smooth and spreadable at room temperature. **How to use** Use it as a butter substitute in grain-free, dairy-free baking and for high-heat frying. **Shows up in** dairy-free grain-free cookies and biscuits, frostings, pie crusts, fried foods
Red palm oil Plant fat / oil	**What it is** This is an oil pressed from the fruit of the oil palm, deep red-orange from its carotenes. **Origin** From West Africa and central to West African and some Brazilian cooking. **Taste** It is earthy and distinctive, and it lends a strong color to whatever you cook in it. **How to use** Use it as a cooking fat for a stew or braise where you want that color and flavor. **Shows up in** West African stews, braised dishes, sauteing with red palm oil

Probiotic / fermented foods

8 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Fermented fish Fermented food **Nutrient-dense**	**What it is** Fish preserved by salting and fermentation, sold as pastes, sauces, and whole preserved fish. **Origin** Found across Southeast Asian, Nordic, and other coastal cooking traditions. **Taste** It is intensely savory, salty, and pungent. **How to use** Use a little as a seasoning to build depth, or eat it as a preserved side. **Shows up in** Fish sauce in dressings and braises, fermented fish paste seasoning, Nordic fermented herring.
Fermented meat Fermented food **Nutrient-dense**	**What it is** Meat preserved through fermentation, often as a cured dry sausage. **Origin** A traditional preservation method across European and many other cuisines. **Taste** Tangy, savory, and concentrated, with a firm, dense texture. **How to use** Eat it in small amounts as a cured snack, or slice it into a dish for flavor. **Shows up in** Dry-cured fermented sausage, sliced cured meat, fermented meat as a savory bite.
Kombucha Fermented food **Nutrient-dense**	**What it is** A fermented, lightly fizzy drink made by culturing sweetened tea with a living culture. **Origin** Originated in East Asia, now made and drunk worldwide. **Taste** Tangy and tart, with a light fizz and a touch of sweetness. **How to use** Drink it chilled on its own, or use it as a tangy base for other drinks. **Shows up in** plain kombucha, fruit-infused kombucha, kombucha spritzers
Kvass Fermented food **Nutrient-dense**	**What it is** A lightly fermented tangy drink, made here from fermented beets. **Origin** An Eastern European and Russian ferment. **Taste** It is sour, salty, and earthy, with a fizzy edge. **How to use** Sip it in small amounts as a probiotic drink, or use it as a sour base in cold soups. **Shows up in** beet kvass, fermented vegetable tonics, cold beet soup base
Lacto-fermented fruit Fermented food **Nutrient-dense**	**What it is** Fruit naturally fermented in a salt brine by lactic acid bacteria. **Origin** A traditional preservation method used across many cultures worldwide. **Taste** Tangy and sour, with a mild fizz and a softened texture. **How to use** Serve it in small amounts as a sour condiment alongside savory dishes. **Shows up in** fermented lemons, lacto-fermented berries, fermented fruit relish

Food	What it is · Origin · Taste · How to use · Shows up in
Lacto-fermented vegetables Fermented food **Nutrient-dense**	**What it is** Vegetables preserved by salt fermentation, which cultivates beneficial bacteria. **Origin** A traditional preservation method across Eastern Europe, Korea, and many other cultures. **Taste** They are sour and tangy, crisp or softened depending on the vegetable. **How to use** Eat them cold in small amounts, as a condiment or a side alongside your meal. **Shows up in** Sauerkraut, fermented carrots, fermented cabbage and vegetable medleys (no pepper for AIP)
Non-dairy kefir Fermented food **Nutrient-dense**	**What it is** A cultured, fermented drink made from a non-dairy base like coconut or water, carrying live probiotic cultures. **Origin** A dairy-free adaptation of traditional kefir, which originated in the Caucasus region. **Taste** Tangy and a little sour, thin to creamy depending on the base. **How to use** Drink it on its own in small amounts, or blend it into a smoothie as a probiotic addition. **Shows up in** coconut kefir drink, kefir smoothie, kefir as a culture starter
Sauerkraut Fermented food **Nutrient-dense**	**What it is** This is cabbage fermented in its own brine by the lactic-acid bacteria already on the leaves. **Origin** Associated with Central and Eastern European cooking, especially German and Polish. **Taste** It is sour, tangy, and salty, with a texture that stays crisp-tender. **How to use** Eat it cold as a raw fermented condiment or side, or warm it gently so you keep the live cultures. **Shows up in** Sauerkraut as a side, forkfuls alongside meat, sauerkraut folded into slaws, served with sausages (non-AIP).

Herbs and AIP-safe spices

42 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Asafetida Herb / spice	**What it is** This is a pungent resin ground into a powder from the root of a giant fennel relative. **Origin** Native to Iran and Afghanistan; a staple seasoning in Indian cooking. **Taste** Raw it is sharp and sulfurous, and cooked in fat it mellows into a savory, onion-and-garlic-like depth. **How to use** Bloom a tiny pinch in hot oil at the start of a dish to build a savory base. **Shows up in** Tempered into Indian vegetable dishes, added to lentil-free curries for depth, bloomed in oil as an aromatic
Basil Herb / spice	**What it is** An aromatic leaf herb in the mint family. **Origin** Native to tropical Asia and central to Italian and Mediterranean cooking. **Taste** It is sweet and aromatic with a peppery, slightly clove-like note and a tender leaf. **How to use** Use it fresh, torn or chopped in at the end of cooking, or blend it into a sauce. **Shows up in** basil pesto (dairy-free), torn basil over roasted vegetables, basil in soups and salads
Bay leaf Herb / spice	**What it is** This is the aromatic dried leaf of the bay laurel tree. **Origin** Native to the Mediterranean and used across European, Indian, and Latin American cooking. **Taste** Herbal and faintly woody with a subtle eucalyptus note that releases slowly as it cooks. **How to use** Drop it in whole as a soup, stock, or braise simmers, then fish it out before serving; you do not eat it. **Shows up in** bay leaf in broth and stock, braises, soups, slow-cooked stews
Chamomile Herb / spice	**What it is** These are the small daisy-like flowers of an herb, used dried or fresh. **Origin** Native to Europe and western Asia and used across European herbal traditions. **Taste** They are mild and sweet, with a faint apple-like, floral note. **How to use** Steep it as a tea, or infuse it into a liquid to lend a gentle floral note. **Shows up in** Chamomile tea, chamomile infusions, chamomile-poached fruit

Food	What it is · Origin · Taste · How to use · Shows up in
Chervil Herb / spice	**What it is** A delicate leafy herb in the carrot family, with fine, fern-like leaves. **Origin** Native to the Caucasus and eastern Europe, a classic French culinary herb. **Taste** It is mild and sweet with a faint anise note, more subtle than parsley. **How to use** Add it raw or right at the end of cooking so you keep its delicate flavor, and use it as a garnish. **Shows up in** Chervil in fines herbes blends, chervil garnish on soups, herb dressings with chervil.
Cilantro Herb / spice	**What it is** The fresh leaf of the coriander plant, used as an herb. **Origin** Used widely in Mexican, Indian, Thai, Middle Eastern, and Latin American cooking. **Taste** Bright, fresh, and citrusy, with soft leaves you add at the end of cooking. **How to use** Use it fresh as a garnish, stir it into a salsa or chutney, or blend it into a sauce. **Shows up in** Cilantro-lime garnish, green chutney, cilantro folded through soups and salads.
Cinnamon Herb / spice	**What it is** A warm, sweet spice made from the dried inner bark of trees in the laurel family. **Origin** Native to Sri Lanka and Southeast Asia, used across global sweet and savory cooking. **Taste** Warm, sweet, and woody, with a faintly spicy edge. **How to use** Add it ground or in sticks to baked goods, stews, drinks, and fruit dishes. **Shows up in** cinnamon-spiced stewed fruit, cinnamon in slow-cooked meats, cinnamon tea, cinnamon-baked apples
Clove Herb / spice	**What it is** The dried unopened flower bud of a tropical evergreen tree. **Origin** Native to the Indonesian Maluku Islands and used in Indian, Middle Eastern, and European cooking. **Taste** It is warm, sweet, and pungent, with a strong aromatic intensity. **How to use** Use it whole or ground in small amounts to spice braises, broths, and stewed fruit. **Shows up in** spiced broths, mulled fruit compotes, slow braises
Culantro *recao, sawtooth coriander, ngo gai* Herb / spice	**What it is** A long, serrated-leaf herb, stronger than but related in flavor to cilantro. **Origin** Native to the tropical Americas, common in Caribbean, Latin American, and Southeast Asian cooking. **Taste** Bold and pungent, like concentrated cilantro, and it holds up to heat. **How to use** Chop it into stews, sauces, and marinades, and add it during cooking rather than only at the end. **Shows up in** sofrito, recao-based seasoning blends, ngo gai in soups, herb marinades
Curry leaf Herb / spice	**What it is** The aromatic leaf of the curry tree, a leaf spice that has nothing to do with curry powder. **Origin** Native to South Asia and central to South Indian and Sri Lankan cooking. **Taste** It is citrusy and nutty, and it really opens up its aroma when you fry it. **How to use** Fry it in hot fat at the start of cooking so its aroma carries through the whole dish. **Shows up in** Curry leaves tempered in coconut oil, curry leaf over sauteed vegetables, curry leaf in coconut-based stews
Dill weed Herb / spice	**What it is** The feathery green leaves of the dill plant, an herb in the carrot family. **Origin** Native to the Mediterranean and western Asia and central to Scandinavian, Eastern European, and Middle Eastern cooking. **Taste** Fresh and grassy with a light anise note and a delicate aroma. **How to use** Add it fresh near the end of cooking or raw, since heat dulls it, and it pairs beautifully with fish. **Shows up in** dill with salmon, dill in cucumber salad, dill folded into broths, herb sauces
Epazote Herb / spice	**What it is** This is a pungent leafy herb you use as a seasoning, in the same family as amaranth. **Origin** Native to Mexico and Central America, central to Mexican cooking. **Taste** It is strong and pungent, with notes of citrus and mint and a resinous edge. **How to use** Add it to a simmering dish, especially when you are cooking pulses and stews, and use it sparingly. **Shows up in** Epazote in bean pots (for reintroduction), Mexican soups, quesadilla fillings (without dairy/nightshade), simmered into broths.

Food	What it is · Origin · Taste · How to use · Shows up in
Fennel leaf Herb / spice	**What it is** These are the feathery green fronds of the fennel plant. **Origin** Native to the Mediterranean; used across Italian, French, and Middle Eastern cooking. **Taste** You get a soft anise-licorice flavor, lighter and fresher than the bulb. **How to use** Use them fresh as a herb, chopped over finished dishes or stirred in near the end of cooking. **Shows up in** Fennel fronds over roasted fish, chopped into salads, blended into herb sauces
Fingerroot *krachai, Chinese keys* Herb / spice	**What it is** An aromatic rhizome in the ginger family with finger-like roots, also called krachai. **Origin** Used in Thai, and broader Southeast Asian and Indonesian cooking. **Taste** It is pungent and peppery, earthy, with a slightly medicinal ginger-like note. **How to use** Slice or pound it into a curry paste or a stir-fry to season the cooked dish. **Shows up in** Thai fish curries, fingerroot in stir-fries, pounded into curry pastes
Galangal Herb / spice	**What it is** This is an aromatic rhizome related to ginger, with firm, pale flesh. **Origin** Native to Southeast Asia and central to Thai, Indonesian, and Malaysian cooking. **Taste** Sharp, citrusy, and piney, more peppery and woody than ginger. **How to use** Slice or pound it into a curry paste, soup, or broth; cook it rather than eating it raw in chunks. **Shows up in** Thai tom kha-style coconut soup, Southeast Asian curry pastes, galangal in simmered broths
Garlic powder Herb / spice	**What it is** This is dried, ground garlic, sold as a fine powder. **Origin** Made from garlic, a bulb used in nearly every world cuisine. **Taste** It is concentrated and savory, milder and sweeter than raw garlic. **How to use** Stir it into a rub, a marinade, or any dish where you want even garlic flavor without fresh cloves. **Shows up in** Spice rubs, marinades, seasoning blends, roasted vegetable seasoning
Holy basil *tulsi, kaprao* Herb / spice	**What it is** An aromatic leafy herb in the mint family, also called tulsi or kaprao. **Origin** Native to the Indian subcontinent, central to Thai and Indian cooking. **Taste** It is peppery and clove-like, sharper and more pungent than sweet basil. **How to use** Add it at the very end of a stir-fry or curry so the aroma stays bright, or steep it as a tea. **Shows up in** Thai stir-fries with holy basil (made nightshade-free), holy basil tea, herb-finished braises.
Lavender Herb / spice	**What it is** The fragrant flower buds of the lavender plant, used as a culinary herb. **Origin** Native to the Mediterranean, used in Provencal French cooking. **Taste** Floral and aromatic with a faintly piney, slightly bitter edge, so use it sparingly. **How to use** Use a tiny amount to flavor sweets, syrups, teas, and herb blends. **Shows up in** Lavender tea, lavender in herbes de Provence, lavender-infused syrup or honey.
Lemon balm *melissa* Herb / spice	**What it is** A lemon-scented leafy herb in the mint family. **Origin** Native to the Mediterranean and western Asia, used in European herbal cooking. **Taste** Bright and lemony, with a soft minty undertone. **How to use** Chop it fresh into salads and dishes, or steep it in hot water and drinks. **Shows up in** lemon balm tea, lemon balm in fruit salad, lemon balm garnish, infused water
Lemon verbena Herb / spice	**What it is** An aromatic leaf herb from a flowering shrub. **Origin** Native to South America and used in French and Spanish cooking. **Taste** It is bright, lemony, and floral, with a clean herbal note. **How to use** Steep it into infusions and syrups, or use it to flavor cooked fruit and poaching liquids. **Shows up in** lemon verbena tea, herb-infused poached fruit, herbal syrups
Lemongrass Herb / spice	**What it is** A tall aromatic grass whose lower stalk you use as a herb. **Origin** Native to tropical Asia, central to Thai, Vietnamese, and Indonesian cooking. **Taste** Bright, citrusy, and floral, with a fibrous, firm stalk. **How to use** Bruise it and simmer it whole in broth, or mince it finely into pastes and marinades. **Shows up in** lemongrass broth, lemongrass marinade, lemongrass-infused soups, herb paste

Food	What it is · Origin · Taste · How to use · Shows up in
Lovage Herb / spice	**What it is** A tall leafy herb in the carrot and parsley family. **Origin** Native to the Mediterranean and used in European, especially Central and Eastern European, cooking. **Taste** It tastes like celery, only stronger than celery itself. **How to use** Chop it into soups and broths, or use it as a fresh herb in a cooked dish. **Shows up in** Lovage soup, lovage in bone broth, lovage chopped over braised meats
Mace Herb / spice	**What it is** A warm spice from the lacy red aril that wraps the nutmeg seed. **Origin** Native to the Banda Islands of Indonesia and used in Indian, Caribbean, and European cooking. **Taste** Warm and aromatic, like nutmeg but more delicate and a little peppery. **How to use** Grind a small amount into savory braises, spiced dishes, and slow-cooked roots. **Shows up in** mace in spiced stews, mace in braised meats, mace with roasted squash
Marjoram Herb / spice	**What it is** This is an aromatic herb in the mint family, a close and gentler cousin of oregano. **Origin** Native to the Mediterranean and Western Asia, used in Mediterranean and European cooking. **Taste** It is sweet, mild, and floral, softer than oregano, with a warm aroma. **How to use** Add it near the end of cooking or use it fresh, since its flavor fades under long heat. **Shows up in** Herb rubs for roasted meats, marjoram in soups and stews, sprinkled over roasted vegetables, in herb blends.
Mitsuba *Japanese parsley* Herb / spice	**What it is** This is a trifoliate green herb in the parsley family. **Origin** Native to East Asia; used in Japanese cooking. **Taste** It is fresh and mild, sitting somewhere between parsley and celery. **How to use** Add it right at the end as a garnish so its delicate flavor and color hold. **Shows up in** Mitsuba over clear soups, garnish for steamed dishes, scattered over rice-free bowls
Onion powder Herb / spice	**What it is** A dried, ground seasoning made from onions, an allium-based spice. **Origin** Used broadly as a pantry seasoning across many Western cuisines. **Taste** It is concentrated savory onion, milder and sweeter than the fresh bulb. **How to use** Stir it into a spice blend, a rub, a dressing, or a cooked dish for onion flavor. **Shows up in** spice rubs for meat, seasoning blends, stirred into soups and dressings
Oregano Herb / spice	**What it is** This is an aromatic herb in the mint family, used fresh or dried. **Origin** Native to the Mediterranean and central to Italian, Greek, and Mexican cooking. **Taste** Pungent and peppery with a warm, savory, slightly bitter note that grows stronger when dried. **How to use** Use it to season roasted meats and vegetables, dressings, and marinades, adding it during or after cooking. **Shows up in** Greek-style roasted meats, oregano in marinades and dressings, herb-roasted vegetables
Pandan *pandanus, screwpine leaf* Herb / spice	**What it is** These are the long green leaves of a tropical plant, used whole or as an extract for flavor and color. **Origin** Native to Southeast Asia and central to Thai, Malaysian, Indonesian, and Filipino cooking. **Taste** It is sweet, grassy, and aromatic, with a note people often compare to tropical vanilla. **How to use** Tie the leaves into a knot and simmer them in rice, broth, or a braise, then lift them out, or juice them for color. **Shows up in** Pandan rice, pandan-infused coconut dishes, pandan extract in sweets
Parsley Herb / spice	**What it is** A leafy herb in the carrot family, sold as flat-leaf and curly. **Origin** Native to the Mediterranean, used in cuisines across Europe and the Middle East. **Taste** It is fresh, grassy, and mildly peppery. **How to use** Chop it fresh to finish a dish, or use it by the handful in herb salads and sauces. **Shows up in** Tabbouleh-style herb salad, parsley garnish, gremolata, herb sauces.

Food	What it is · Origin · Taste · How to use · Shows up in
Peppermint Herb / spice	**What it is** An aromatic leaf in the mint family, used fresh or dried. **Origin** Native to Europe and used widely across many cuisines. **Taste** Cool, sharp, and minty, with a clean finish. **How to use** Steep it for tea, infuse it into a drink, or use it fresh in cold dishes and as a garnish. **Shows up in** Peppermint tea, mint-infused water, fresh mint with fruit.
Perilla *shiso, egoma, beefsteak leaf* Herb / spice	**What it is** An aromatic leaf in the mint family, used green or purple-red, also called shiso. **Origin** Native to East Asia, central to Japanese, Korean, and Vietnamese cooking. **Taste** Aromatic and herbal, with notes of mint, anise, and citrus. **How to use** Eat it fresh as a wrap or a garnish, or layer it into a dish. **Shows up in** perilla leaf wraps, shiso garnish, perilla in fresh herb salads
Rosemary Herb / spice	**What it is** A woody aromatic herb in the mint family, the needle-like leaves of an evergreen shrub. **Origin** Native to the Mediterranean and central to Italian, French, and Provencal cooking. **Taste** It is piney and resinous, with a strong aroma. **How to use** Use it fresh or dried to flavor roasted meats, vegetables, and broths. **Shows up in** rosemary roasted vegetables, rosemary roast chicken, herb-infused olive oil
Saffron Herb / spice	**What it is** The dried red stigmas of a crocus flower, used as a spice. **Origin** Long cultivated across Persia, the Mediterranean, and India, central to Persian, Spanish, and Indian cooking. **Taste** Floral, honeyed, and slightly bitter, and it lends a deep golden color. **How to use** Steep it in warm liquid to release its color and flavor, then stir that into the dish. **Shows up in** saffron rice, saffron broth, saffron-infused braises
Sage Herb / spice	**What it is** An aromatic leaf herb in the mint family. **Origin** Native to the Mediterranean and common in Italian, British, and Middle Eastern cooking. **Taste** It is earthy, a little peppery, and savory, with a soft, fuzzy leaf. **How to use** Cook it into meats and fats, or fry it in oil until it crisps and use it as a garnish. **Shows up in** Sage fried in tallow or olive oil, sage with roasted poultry, sage in pork or meat dishes
Savory Herb / spice	**What it is** A leafy culinary herb in the mint family, with a summer form and a winter form. **Origin** Native to the Mediterranean and used in southern European and Provencal cooking. **Taste** Peppery and pungent, somewhere between thyme and mint, with a slightly resinous edge. **How to use** Add it to slow-cooked dishes and braises, and use it to season meats and broths. **Shows up in** savory in braised meats, savory in herb blends (herbes de Provence), savory with roasted vegetables
Spearmint Herb / spice	**What it is** This is an aromatic herb in the mint family. **Origin** Native to Europe and Asia, used across Mediterranean, Middle Eastern, and South Asian cooking. **Taste** It is cool, sweet, and refreshing, with a softer bite than peppermint. **How to use** Use it fresh, chopped into a dish or steeped, and add it raw so you keep its brightness. **Shows up in** Fresh mint in salads, mint tea, mint chutney, mint with roasted lamb or vegetables.
Tarragon Herb / spice	**What it is** This is a slender aromatic herb with narrow leaves, in the Asteraceae family. **Origin** Associated with French cooking, where it is one of the classic fines herbes. **Taste** You get a sweet anise-licorice flavor with a gentle peppery edge. **How to use** Use it fresh to finish dishes, or infuse it into sauces, dressings, and vinegar. **Shows up in** Tarragon-infused vinegar, herb sauces for chicken and fish, tarragon in salad dressings
Thai basil *horapha* Herb / spice	**What it is** An aromatic leaf herb in the mint family, a basil variety with purple stems. **Origin** Central to Thai, Vietnamese, and broader Southeast Asian cooking. **Taste** It carries anise and licorice notes, and the leaf is sturdy enough to hold up to heat. **How to use** Stir it into a stir-fry, curry, or soup near the end of cooking. **Shows up in** Thai basil stir-fries, Thai basil in curries, added to noodle soups

Food	What it is · Origin · Taste · How to use · Shows up in
Thyme Herb / spice	**What it is** This is a small-leaved aromatic herb in the mint family. **Origin** Native to the Mediterranean and central to French and broader European cooking. **Taste** Earthy and a little minty, with a subtle floral, lemony note. **How to use** Add it to soups, braises, and roasts, often still on the sprig, and into marinades and herb blends. **Shows up in** thyme in braises and stocks, roasted chicken and vegetables with thyme, thyme marinades
Turmeric Herb / spice	**What it is** This is a bright orange root in the ginger family, used fresh or dried and ground. **Origin** Native to South Asia and central to Indian and Southeast Asian cooking. **Taste** It is earthy and a little bitter, with a warm, mild peppery note and a strong yellow color. **How to use** Stir it into a curry, braise, or broth, or grate it fresh into a dish or a drink. **Shows up in** Curries, golden milk, turmeric-spiced rice, turmeric broth
Vanilla Herb / spice	**What it is** The cured seed pod of a climbing orchid, used as whole beans, extract, or paste. **Origin** Native to Mexico, now grown in Madagascar, Tahiti, and other tropical regions. **Taste** It is sweet, warm, and floral, with a deep aromatic finish. **How to use** Steep it into a liquid, or stir it into a batter or cream to add a sweet aroma. **Shows up in** Vanilla-infused coconut milk, vanilla in baked goods, vanilla bean custards (made dairy-free).
Vietnamese coriander *rau ram, laksa leaf* Herb / spice	**What it is** An aromatic leaf herb in the buckwheat family, unrelated to true coriander. **Origin** Native to Southeast Asia and central to Vietnamese and Malaysian cooking. **Taste** Peppery and citrusy with a faint heat and soft, slim leaves. **How to use** Use it raw as a fresh herb in salads, soups, and herb plates, added at the end. **Shows up in** Vietnamese herb plates, rau ram in salads, fresh leaves over soups.

Beverages

9 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Black tea Beverage	**What it is** A fully oxidized tea brewed from the dried leaves of the Camellia sinensis plant. **Origin** Originated in China and India, drunk worldwide. **Taste** Bold and brisk, with malty, slightly astringent notes. **How to use** Steep it in hot water and drink it hot or iced. **Shows up in** hot black tea, iced black tea, spiced black tea
Coconut milk *additive-free* Beverage	**What it is** A rich liquid pressed from grated coconut flesh, used as a dairy-free base. **Origin** Central to South and Southeast Asian, Caribbean, and Pacific cooking. **Taste** It is creamy and mildly sweet, with a rich coconut flavor. **How to use** Use it as the cooking liquid for curries and soups, as a base for sauces, or blended into drinks. **Shows up in** coconut curries, coconut soups, dairy-free creamy sauces, smoothies
Coconut water Beverage	**What it is** The clear liquid found inside young green coconuts. **Origin** From the tropics worldwide, a everyday drink in Southeast Asia, India, and the Caribbean. **Taste** Lightly sweet and nutty, with a thin, refreshing body. **How to use** Drink it fresh and chilled, or use it as a cooking liquid for grains and braises. **Shows up in** chilled coconut water, coconut water smoothies, coconut-poached dishes
Green tea Beverage	**What it is** A drink made from the unoxidized leaves of the tea plant. **Origin** Native to China and central to Chinese and Japanese drinking traditions. **Taste** It is grassy with a light bitterness and a clean, vegetal finish. **How to use** Steep it in hot water and drink it plain, hot or chilled. **Shows up in** Steeped hot green tea, iced green tea, matcha whisked into water

Food	What it is · Origin · Taste · How to use · Shows up in
Matcha Beverage	**What it is** A finely ground powder made from shade-grown green tea leaves. **Origin** Developed in Japan within the Japanese tea tradition. **Taste** Vegetal and grassy, with a savory umami depth and a gentle bitterness. **How to use** Whisk it with hot water into tea, or blend it into drinks and smoothies. **Shows up in** whisked matcha tea, matcha coconut-milk latte, matcha smoothie
Mineral water Beverage	**What it is** This is naturally sourced water carrying dissolved minerals, sometimes carbonated. **Origin** Drawn from mineral springs, consumed worldwide. **Taste** It is clean with a faint mineral character, plain or sparkling. **How to use** Drink it as it is, serve it chilled, or use the sparkling kind as a base for a drink. **Shows up in** Sparkling mineral water with citrus, mineral water as a table drink, mixed with fruit juice as a spritz.
Rooibos tea Beverage	**What it is** This is a caffeine-free herbal tea brewed from the fermented leaves of a South African shrub. **Origin** Native to the Cederberg region of South Africa. **Taste** It is naturally sweet, smooth, and mildly woody, with no bitterness. **How to use** Steep it in hot water as a caffeine-free tea and drink it hot or iced. **Shows up in** Hot rooibos tea, iced rooibos, rooibos brewed with ginger or citrus peel
Sparkling water Beverage	**What it is** Water charged with carbon dioxide for carbonation, plain and unsweetened. **Origin** Used worldwide as a beverage and mixer. **Taste** It is clean and neutral with a fizzy, effervescent bite. **How to use** Drink it on its own, over ice with citrus, or use it as a non-alcoholic mixer. **Shows up in** sparkling water with lemon or lime, fruit-infused sparkling water, citrus spritzers
Water Beverage	**What it is** This is plain drinking water, the base of nearly all cooking and the drink you reach for most. **Origin** Universal across every cuisine and the foundation of cooking everywhere. **Taste** Clean and neutral, with small differences that come from its mineral content. **How to use** Drink it on its own, and use it to boil, steam, simmer, and braise, and as the base of broths and stocks. **Shows up in** boiling and steaming, broths and stocks, infused waters with cucumber, citrus, or herbs

Pantry, vinegars, and flavorings (check label)

21 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Amchur *dry mango powder, amchoor* Pantry / flavoring	**What it is** This is a tart seasoning powder made from dried unripe green mango. **Origin** From northern India and used in Indian cooking. **Taste** It is sharp and sour with a fruity edge, adding acidity without any liquid. **How to use** Sprinkle it into a dish, a marinade, or a spice blend when you want a sour note. **Shows up in** Spice rubs for vegetables, sour finishing seasoning, marinades
Anchovy paste Pantry / flavoring	**What it is** A concentrated paste of ground salt-cured anchovies, used as a seasoning. **Origin** Common in Italian, French, and Mediterranean cooking. **Taste** It is intensely savory and salty, with a deep umami quality. **How to use** Stir a small amount into a sauce, dressing, or braise to add depth without a fishy taste. **Shows up in** Anchovy paste in dressings, depth in braises and sauces, blended into compliant dips.
Apple cider vinegar Pantry / flavoring	**What it is** A vinegar made by fermenting apple cider. **Origin** Used in American and European cooking. **Taste** Tart and sharp with a faint apple sweetness underneath. **How to use** Use it to build dressings and marinades, to deglaze a pan, or to brighten a cooked dish. **Shows up in** Vinaigrette dressings, marinades, a splash to finish braised greens.

Food	What it is · Origin · Taste · How to use · Shows up in
Baking soda *sodium bicarbonate* Pantry / flavoring	**What it is** Sodium bicarbonate, a fine white powder that works as a chemical leavening agent. **Origin** A processed mineral compound used in baking worldwide. **Taste** On its own it is salty and a little bitter, and it neutralizes once you cook with it. **How to use** Mix it into a batter to make baked goods rise, or use it to tenderize and clean. **Shows up in** grain-free baked goods, quick breads, leavened batters
Balsamic vinegar Pantry / flavoring	**What it is** A dark, aged vinegar made from cooked grape must. **Origin** From Modena and Reggio Emilia in Italy. **Taste** It is sweet and tangy and almost syrupy, with a mellow acidity. **How to use** Use it in dressings and marinades, or reduce it into a glaze and drizzle it over vegetables and meats. **Shows up in** balsamic dressing, balsamic glaze, balsamic-roasted vegetables
Carob powder Pantry / flavoring	**What it is** A brown powder ground from the roasted pod of the carob tree, used in place of cocoa. **Origin** Native to the Mediterranean, used across the region as a natural sweetener and flavoring. **Taste** Naturally sweet and malty, milder and less bitter than cocoa. **How to use** Stir it into drinks, baked goods, and puddings when you want a cocoa-like flavor. **Shows up in** carob hot drink, carob baked goods, carob pudding, carob smoothies
Coconut aminos *soy sauce substitute* Pantry / flavoring	**What it is** A savory liquid seasoning made from fermented coconut sap and salt, used in place of soy sauce. **Origin** Coconut-based and developed as a soy-free, gluten-free alternative to soy sauce. **Taste** It is salty and lightly sweet with a mild umami depth, softer than soy sauce. **How to use** Splash it into stir-fries, marinades, and dressings anywhere you would reach for soy sauce. **Shows up in** Coconut aminos stir-fry sauce, coconut aminos marinade for meat, dressing with coconut aminos and citrus
Coconut concentrate Pantry / flavoring	**What it is** A thick spread made from pureed whole coconut flesh, also called coconut butter or coconut manna. **Origin** A product of coconut, native to the tropical Indo-Pacific and used in modern coconut-based cooking. **Taste** Rich and mildly sweet, with a dense, creamy, slightly grainy texture. **How to use** Spread it, melt it, or stir it into dishes and drinks as a coconut-rich fat. **Shows up in** melted over warm vegetables, stirred into coconut-milk drinks, blended into smoothies, dairy-free fudge
Coconut cream Pantry / flavoring	**What it is** This is the thick, rich layer you skim from the top of coconut milk, pressed from coconut flesh. **Origin** From the coconut palm, central to Thai, South Indian, and Southeast Asian cooking. **Taste** It is rich, creamy, and mildly sweet, with a clear coconut flavor. **How to use** Stir it into a curry or soup for body, whip it as a dairy-free cream, or blend it into a sauce. **Shows up in** Coconut curries, dairy-free whipped coconut cream, creamy soups, blended into smoothies and sauces.
Coconut vinegar Pantry / flavoring	**What it is** This is a vinegar fermented from coconut sap or coconut water. **Origin** Used widely in Filipino and South Indian cooking. **Taste** It is sharp and tangy with a mild, slightly yeasty edge, softer than distilled vinegar. **How to use** Use it to brighten dressings, marinades, and braises, and as a souring agent in cooking. **Shows up in** Coconut vinegar dressings, Filipino-style vinegar braises, marinades, pickled vegetables
Cream of tartar Pantry / flavoring	**What it is** A fine white powder, an acidic byproduct of winemaking. **Origin** A standard Western baking and pantry ingredient. **Taste** It is tangy and acidic with no aroma, and you use it in tiny amounts. **How to use** Use it as a leavening acid with baking soda, or to stabilize whipped egg whites. **Shows up in** paired with baking soda for grain-free baking, stabilizing whipped egg whites, homemade baking powder

Food	What it is · Origin · Taste · How to use · Shows up in
Fish sauce Pantry / flavoring	**What it is** This is a salty liquid condiment made from fish, usually anchovies, fermented with salt. **Origin** Central to Thai, Vietnamese, and broader Southeast Asian cooking. **Taste** Intensely salty and savory with deep umami; a little goes a long way. **How to use** Use it as a seasoning and salt source in dressings, marinades, soups, and stir-fries, and check the label for a compliant brand. **Shows up in** Southeast Asian dipping sauces, marinades, soups, and stir-fry seasoning
Fruit and vegetable juice Pantry / flavoring	**What it is** This is liquid pressed or extracted from fruits and vegetables, on its own or blended together. **Origin** Made worldwide from whatever produce is on hand. **Taste** It runs anywhere from sweet to tart to green and savory, depending on what you juice. **How to use** Drink it on its own, or use it as a base or a touch of sweetness in a dressing, broth, or sauce. **Shows up in** Fresh vegetable juice, green juice, fruit juice blends, juice-based dressings
Jams and chutneys Pantry / flavoring	**What it is** Sweet or savory fruit preserves cooked down with a sweetener, and sometimes vinegar and spices. **Origin** Jams are a European preserving tradition; chutneys come from Indian cooking. **Taste** They run from sweet to sweet-and-sour, soft and spreadable, with concentrated fruit flavor. **How to use** Spread or spoon them as a condiment alongside meats and dishes, and check labels for compliant ingredients. **Shows up in** Fruit jam, mango chutney, fruit compote-style preserves.
Kokum Pantry / flavoring	**What it is** The dried sour rind of the kokum fruit, used to add sourness. **Origin** Native to western India and used in coastal South Indian and Maharashtrian cooking. **Taste** Tart and tangy with a faint sweetness, lending a deep sourness to a dish. **How to use** Simmer it into a curry, soup, or drink to add sourness, then lift it out or strain it. **Shows up in** Kokum kadhi, fish curries soured with kokum, kokum cooler drink.
Nutritional yeast *non-fortified* Pantry / flavoring	**What it is** Deactivated yeast grown on molasses and sold as soft yellow flakes, often called nooch. **Origin** A modern wholefoods and plant-based staple, used worldwide as a dairy-free savory seasoning. **Taste** Nutty and savory with a soft, cheese-like umami. **How to use** Sprinkle it over vegetables or stir it into a sauce when you want a cheesy, savory note without dairy. **Shows up in** Dairy-free cheese sauces, sprinkled over roasted vegetables, savory seasoning blends.
Pectin Pantry / flavoring **Moderation**	**What it is** A soluble fiber pulled from fruit, used as a natural gelling agent. **Origin** Derived from citrus peel and apples, used in preserving traditions worldwide. **Taste** Flavorless on its own, taking on the taste of whatever food it sets. **How to use** Stir it into a fruit mixture to thicken and set jams and jellies. **Shows up in** fruit jam, fruit jelly, fruit preserves, set fruit spreads
Red wine vinegar Pantry / flavoring	**What it is** A sharp vinegar made by fermenting red wine. **Origin** Common in Mediterranean and European cooking. **Taste** It is bright and tart, with a mild wine note. **How to use** Use it in vinaigrettes and marinades, or to brighten braises and sauces. **Shows up in** vinaigrettes, marinades, braised greens, herb dressings
Salt Pantry / flavoring	**What it is** Sodium chloride, a mineral seasoning used to bring out flavor. **Origin** Harvested from sea water and rock deposits, used in every cuisine in the world. **Taste** A pure salty taste that sharpens and balances the other flavors. **How to use** Add it during and after cooking to season nearly every savory dish. **Shows up in** seasoning for any dish, salt-crusted roasts, brines, finishing salt

Food	What it is · Origin · Taste · How to use · Shows up in
Truffle oil Pantry / flavoring	**What it is** An oil carrying truffle flavor or aroma, used to finish a dish, and usually flavored synthetically rather than with real truffle. **Origin** Tied to Italian and French truffle cooking, though most commercial versions are synthetically flavored. **Taste** It is strongly aromatic and earthy, with a pungent truffle scent. **How to use** Drizzle a little over a finished dish, and never cook with it over heat. **Shows up in** Truffle oil over roasted vegetables, drizzled on mashed celeriac, finishing a mushroom dish
White wine vinegar Pantry / flavoring	**What it is** A mild vinegar made by fermenting white wine. **Origin** Made wherever wine is produced and central to French and Mediterranean cooking. **Taste** Bright and tangy, with a light, clean acidity. **How to use** Whisk it into a dressing, splash it into a pan sauce, or use it to brighten a cooked dish. **Shows up in** vinaigrette, deglazing a pan, herb sauces, quick-pickled vegetables

Natural sweeteners (moderation)

6 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Coconut sugar Natural sweetener **Moderation**	**What it is** This is an unrefined sugar made from the boiled-down sap of coconut palm flowers. **Origin** Made across Southeast Asia, especially Indonesia and the Philippines. **Taste** It is warm and caramel-like, close to brown sugar with a mild molasses note. **How to use** Use it one-to-one in place of granulated sugar in baking and to sweeten a sauce, and keep it moderate. **Shows up in** Grain-free baked goods, sweetening sauces and dressings, caramel-style reductions, sprinkled over fruit.
Coconut syrup Natural sweetener **Moderation**	**What it is** This is a natural sweetener made from the reduced sap of the coconut palm. **Origin** Produced in coconut-growing regions of Southeast Asia. **Taste** It is deeply sweet, with caramel and light molasses notes. **How to use** Use it sparingly to sweeten drinks, sauces, and baked goods in place of refined sugar. **Shows up in** Drizzled over coconut-flour bakes, stirred into dressings, sweetening tea or chilled drinks
Honey Natural sweetener **Moderation**	**What it is** A natural sweetener that bees make from flower nectar. **Origin** Used worldwide across nearly every cuisine. **Taste** It is sweet and floral with a thick, syrupy texture, and the flavor shifts with the flower source. **How to use** Use it to sweeten a drink, a dressing, a sauce, or a baked good. **Shows up in** honey-sweetened dressings, drizzled over fruit, honey in marinades and glazes
Maple sugar Natural sweetener **Moderation**	**What it is** This is a granulated sugar made by boiling maple sap until it crystallizes. **Origin** Made in northeastern North America from sugar maple sap. **Taste** Sweet with a clear caramel-maple note, less neutral than cane sugar. **How to use** Use it as a dry sweetener in baking, sauces, and spice rubs where a maple flavor belongs, and use it sparingly. **Shows up in** grain-free baked goods, maple spice rubs, sweetened sauces and glazes
Maple syrup Natural sweetener **Moderation**	**What it is** This is a sweetener boiled down from the sap of maple trees. **Origin** From northeastern North America and central to that region's cooking. **Taste** It is sweet with a warm, caramel-like depth that runs from light to dark by grade. **How to use** Use it to sweeten a dish or drink, glaze something roasted, or sweeten grain-free baking. **Shows up in** Maple-glazed roasted vegetables, maple-sweetened sauces, drizzled over fruit

Food	What it is · Origin · Taste · How to use · Shows up in
Molasses Natural sweetener **Moderation**	**What it is** A thick, dark syrup that comes off the refining of sugar cane or beet. **Origin** Tied to Caribbean sugar production and American Southern cooking. **Taste** It is deep, bittersweet, and robust, and the darker blackstrap grade most of all. **How to use** Use it in moderation to sweeten and deepen a glaze, marinade, or baked good. **Shows up in** Molasses glaze, molasses marinade, gingerbread-style baking (made compliant).

AIP flours and baking

9 foods

Food	What it is · Origin · Taste · How to use · Shows up in
Cassava flour *yuca flour* Flour / baking **Moderation**	**What it is** A grain-free flour milled from the whole dried cassava root. **Origin** From the cassava plant of South America, used in Brazilian and grain-free baking. **Taste** Neutral and mild with a fine, soft texture that stands in for wheat flour. **How to use** Use it one-to-one as a grain-free flour for baking, flatbreads, and thickening. **Shows up in** Cassava flour tortillas, grain-free flatbread, cassava flour baked goods.
Coconut flour Flour / baking **Moderation**	**What it is** A grain-free flour milled from dried, defatted coconut meat. **Origin** Made from coconut, used in grain-free and tropical baking. **Taste** Mildly sweet and coconutty, with a soft texture that drinks up liquid. **How to use** Use it in small amounts for grain-free baking, and give it extra liquid. **Shows up in** coconut flour pancakes, grain-free muffins, coconut flour wraps, baked goods
Collagen peptides Flour / baking	**What it is** A flavorless powdered protein made from collagen, used in baking and drinks. **Origin** A modern food supplement, not tied to a traditional cuisine. **Taste** It is nearly tasteless and odorless, and it dissolves without changing the flavor. **How to use** Stir it into hot or cold liquids, batters, and soups to add protein and binding. **Shows up in** collagen in smoothies, collagen-enriched broths, grain-free baked goods
Gelatin Flour / baking	**What it is** A protein set extracted from animal collagen, sold as a powder or in sheets. **Origin** Used as a setting agent across European and global cooking. **Taste** Nearly flavorless, valued for the way it gels liquids. **How to use** Bloom it in liquid, then dissolve it with heat to set desserts, broths, and gummies. **Shows up in** fruit gelatin, panna-cotta-style desserts, homemade gummies, set broths
Green banana flour Flour / baking **Moderation**	**What it is** A grain-free flour milled from dried unripe green bananas. **Origin** Rooted in tropical and West African cooking and used as an AIP-safe baking flour. **Taste** It is mild and a little starchy, and once it is cooked you do not taste banana. **How to use** Use it as a flour for grain-free baking, or as a thickener, in moderation. **Shows up in** Green banana flour pancakes, grain-free flatbread, used to thicken sauces and stews
Plantain flour *green plantain flour* Flour / baking **Moderation**	**What it is** A grain-free flour milled from dried green, unripe plantains. **Origin** Rooted in West African and Caribbean cooking where green plantains are a staple starch. **Taste** Mild and neutral with a faint starchy note, and little banana flavor since it is green. **How to use** Use it as a grain-free baking flour and thickener, often combined with other AIP flours. **Shows up in** grain-free flatbreads, AIP pancakes, baking blends, thickening sauces
Sweet potato flour Flour / baking **Moderation**	**What it is** This is a grain-free starchy flour milled from dried sweet potato. **Origin** Used in gluten-free and grain-free baking and across parts of Asian cooking. **Taste** It is mildly sweet and earthy, with a fine, starchy texture. **How to use** Use it as a thickener or blend it into a grain-free flour mix for baking, and keep it moderate. **Shows up in** Grain-free baked goods, thickening sauces and soups, binding in fritters and pancakes.

Food	What it is · Origin · Taste · How to use · Shows up in
Tigernut flour *tuber, not a nut* Flour / baking **Moderation**	**What it is** This is a grain-free, nut-free flour ground from tigernuts, which are small tubers rather than nuts. **Origin** Tigernuts are native to Africa and the Mediterranean; the flour is used in grain-free baking. **Taste** It is naturally sweet and mildly nutty, with a slightly gritty texture. **How to use** Use it as a starchy grain-free flour in baking, often blended with other AIP flours. **Shows up in** Tigernut flour cookies, grain-free crusts, tigernut flour pancakes, AIP baking blends
Water chestnut flour Flour / baking **Moderation**	**What it is** A starchy, grain-free flour ground from dried water chestnuts, not a true nut. **Origin** Used in Chinese and broader East and South Asian cooking. **Taste** It is mildly sweet and neutral, and it gives a light, slightly crisp or glossy result. **How to use** Use it as a thickener, or as a binder or coating in grain-free cooking and baking. **Shows up in** thickening sauces and soups, coating for pan-frying, grain-free batters