

44 HERBS AND SPICES AND THEIR CORRELATING CUISINES

HERB / SPICE	CUISINE					
	Italian	Mexican	Indian	French	Chinese	Middle East
ALLSPICE			✓			✓
ANISE	✓	✓	✓			
BAY LEAF	✓	✓	✓	✓	✓	✓
BASIL	✓	✓		✓		
BLACK PEPPER	✓	✓	✓	✓	✓	✓
CARAWAY	✓		✓			✓
CARDAMOM			✓		✓	
CAYENNE PEPPER		✓	✓			
CHILI PEPPER		✓	✓		✓	✓
CHILI POWDER		✓	✓		✓	
CHIVES				✓		
CILANTRO (CORIANDER)		✓	✓		✓	
CINNAMON			✓		✓	
CLOVE					✓	✓

HERB / SPICE

CUISINE

	Italian	Mexican	Indian	French	Chinese	Middle East
CUMIN		✓	✓		✓	✓
CURRY		✓	✓		✓	✓
DILL	✓			✓	✓	✓
FENNEL	✓		✓	✓	✓	✓
FENUGREEK			✓		✓	✓
FIVE SPICE			✓		✓	
GARLIC	✓	✓	✓		✓	✓
GINGER	✓	✓	✓	✓	✓	✓
HERBES DE PROVENCE				✓		
LAVENDER				✓		
LEMON GRASS					✓	✓
MARJORAM	✓			✓		✓
NUTMEG	✓	✓	✓	✓		
ONION	✓	✓	✓	✓	✓	✓
OREGANO			✓			✓

HERB / SPICE

CUISINE

	Italian	Mexican	Indian	French	Chinese	Middle East
PAPRIKA		✓				✓
PARSLEY	✓			✓		
RED PEPPER		✓	✓		✓	
ROSEMARY	✓			✓		
SAGE	✓			✓		✓
SAVORY				✓		
SAFFRON			✓	✓		✓
SESAME SEEDS			✓		✓	✓
STAR ANISE					✓	
SUMAC SPICE						✓
SZECHUAN PEPPERCORNS					✓	
TARRAGON				✓		
THYME	✓			✓		✓
TURMERIC			✓		✓	
ZAATAR SPICE						✓