

How to Use Herbs and Spices to Master Ethnic Flavors

Cuisine	Spices/Seeds	Vegetables/Fruit	Starch	Protein
Thai	Chili, Cumin, Coriander, Peanuts, Garlic, Lemon grass, lime, coconut cream, fish sauce, oyster sauce, sesame oil, green chillies, coconut oil.	Mango, coconut, banana, durian, pineapple, mushroom, broccoli, peppers, passion fruit.	Sticky rice, rice noodles, spring rolls, noodles.	Fish, chicken, seafoods.
Mexican	Jalapeno, cilantro, garlic, cheese, sour cream, peanuts, coconut oil, peanut oil, vanilla, cinnamon, cocoa, coffee	Tomato, cucumber, banana, mango, limes, lemons, melon	Maize/corn, rice, potatoes, sweet potatoes, quinoa	Kidney beans, turtle beans, beef, chicken, pork
Indian	Curry, turmeric, ginger, garlic, chili, cashews, cinnamon, butter/ghee	Onions, carrots, corn, peas, beans, broccoli, radish, coconut, dates mangoes	Basmati rice, chapattis/pita	Lentils, peas, mung beans, split peas.
Chinese	Soy, ginger, garlic, lemon, sesame, cashew, almond, coconut oil, water chestnuts, peanuts, peanut oil, coconut milk.	Broccoli, bok choy, sui choy, cabbage, carrots, snow peas, bean sprouts, bamboo shoots	White rice, sticky rice, long grain rice, forbidden rice, noodles, rice noodles	Mung beans, pork, chicken, fish, beef.
Italian	Oregano, basil, rosemary, thyme, garlic, parsley, olive oil, red onions.	Tomato, peppers, eggplant, mushrooms, lettuce, olives.	Short grain rice, pasta, Italian rolls, ciabatta bread	Cheese, prosciutto, salami, pork
Greek	Oregano, basil, garlic, onion, feta cheese, olive oil, dill, parsley, honey, wine vinegar, mint, yogurt, lemon	Tomatoes, cucumbers, sweet peppers, spinach, squash, lettuce, grapes, grape leaves, raisins, olives.	Filo, bread, naan bread, couscous, short grain rice.	Lamb, feta cheese, goat.
French	Sage, rosemary, onion, garlic, red wine, parsley, thyme, tarragon, cinnamon, cardamom, mustard seed, wine vinegar.	Apple, carrots, beets, green beans, peas, grapes, raisins.	Rice, potatoes, French bread, rye bread, sourdough, rye bread, baguette.	Beef, duck, rabbit, pork, eggs, cream, butter, chicken.
Middle Eastern	Lemon, honey, garlic, dill, coriander, turmeric, sesame, salt, almonds, yogurt/kefir	Cucumber, tomato, sweet peppers, pomegranate, figs, dates, citron, grapes.	Couscous, bulgur, matzos, pita, egg bread, macaroni	Lamb, goat, dried peas, eggs, feta cheese, yogurt, kefir.
English	Onion, celery, parsley, vinegar, malt vinegar, pepper, rosemary, sage, dill, anise, vegemite, flax seed, poppy seed, ginger, cinnamon, mint, mustard.	Apple, turnips, Brussel sprouts, carrots, parsnips, asparagus, raspberries, strawberries, damsons, blueberries, cranberries, currants, pears.	Bread, mashed potatoes, oats, rye, barley.	Beef, eggs, pork, cream, chicken, cheddar cheese, goose, duck, lamb, rabbit, wild game, fish