



# Spice Blends

## Ethnic Flavors

**African** - cardamom, chilies, cinnamon, clove, cumin, ginger, mint, pepper

**Argentinean** - anise, chilies, cilantro, citrus, cumin, marjoram, oregano, parsley, pepper

**Brazilian** - chilies, clove, cilantro, cinnamon, citrus, fennel, pepper

**Cajun/Creole** - bay, chilies, cinnamon, file, horseradish, parsley, pepper, sassafras, thyme

**Caribbean** - allspice, chilies, cilantro, cinnamon, citrus, clove, curry, ginger, mace, mint, nutmeg, pepper, vanilla

**Chinese** - basil, cardamom, cassia, chilies, cilantro, cinnamon, coriander, garlic chive, ginger, pepper, sesame seeds, Sichuan peppercorns, star anise

**French** - anise, basil, bay leaf, chervil, chives, cinnamon, citrus, clove, coriander, dill, fennel, ginger, horseradish, lavender, lemon verbena, lovage, marjoram, mint, mustard, nutmeg, oregano, paprika, parsley, pepper, rosemary, saffron, sage, savory, sorrel, tarragon, thyme, vanilla

**Eastern European** - caraway, cinnamon, clove, dill, juniper, licorice, mustard, paprika, parsley, pepper, poppy seeds, sorrel, thyme

**Greek** - anise, basil, cinnamon, clove, citrus, dill, fennel, marjoram, mint, oregano, parsley, thyme

**Indian** - amchoor, anise, cardamom, cassia, chilies, cilantro, cinnamon, citrus, cloves, coriander, cumin, curry leaf, dill, fennel, fenugreek, ginger, mint, mustard, nigella, pepper, poppy seeds, saffron, sesame seeds, turmeric

**Italian** - anise, basil, chili flakes, cinnamon, fennel, marjoram, mint, oregano, parsley, rosemary, saffron, thyme, vanilla

**Mexican** - achiote, chilies, cilantro, cinnamon, citrus, cumin, Epazote, pepper, vanilla

**Middle Eastern** - anise, chilies, cilantro, cinnamon, citrus, coriander, cumin, dill, fennel, fenugreek, marjoram, mint, oregano, parsley, pepper, poppy seeds, saffron, sesame seeds, sumac

**North African** - cilantro, cinnamon, citrus, coriander, cumin, fenugreek, ginger, mint, parsley, pepper, saffron, turmeric



# Spice Blends

**Scandinavian** - chives, cinnamon, dill, horseradish, juniper, pepper

**Spanish** - basil, chilies, cilantro, cinnamon, citrus, coriander, cumin, fennel, oregano, paprika, parsley, pepper, saffron, thyme, turmeric, vanilla

**Thai** - basil, cardamom, chilies, cilantro, cinnamon, citrus, coriander, cumin, curry, galangal, kaffir lime leaf, lemongrass, mint, pepper, turmeric

**Vietnamese** - basil, chilies, cilantro, citrus, dill, ginger, kaffir lime leaf, lemon grass, mint, sesame seed, star anise

## Blends

**Berberé** - ajowan, allspice, chilies, cardamom, cinnamon, clove, coriander, cumin, fenugreek, ginger, nutmeg, pepper

**Cajun/Creole** - cayenne, cumin, file, garlic, mustard, oregano, paprika, pepper, thyme

**Curry Paste** - chilies, cilantro, citrus, coriander, cumin, galangal, garlic, lemon grass, onion

**Curry Powder** - chilies, coriander, cumin, fenugreek, ginger, mustard, pepper, turmeric

**Fines Herbs** - chervil, chive, parsley, tarragon

**Five Spice (Bengali)** - cumin, fennel, fenugreek, mustard, nigella

**Five Spice (Chinese)** - cassia/cinnamon, clove, fennel, Sichuan peppercorn, star anise

**Garam Masala** - black pepper, cardamom, cinnamon, clove, coriander, cumin

**Harissa** - caraway, chilies, coriander, cumin, garlic

**Herbs de Provence** - bay leaf, basil, lavender, marjoram, rosemary, thyme

**Jerk** - allspice, chilies, cinnamon, clove, thyme

**Pickling Spice** - allspice, bay leaf, chilies, cinnamon, clove, coriander, ginger, mustard, pepper