

## Bringing ethnic flavors to your Table



Herbs and spices (along with salt) make everything taste better. The trick is learning how to use them. Following is a list of traditional herbs and spices used in different ethnic styles of cooking. This list also includes other types of traditional flavorings like citrus and vinegars (which we call acids), and following that is a list of fats generally used in that particular type of ethnic cooking.

This list is a good start, but if you're interested in branching out and using herbs and spices without having to use a guide, making up your own tastes and ethnic cuisines, my best rule for getting started is this: Taste the herb! Taste the spice! Put a little on your tongue and chew it, roll it around in your mouth and really get an idea for what it tastes like.

When you're making a dish (let's say you're making soup), take a spoonful and put just a smidgen of the herb in it. Now take a bite. Do you like it? Don't forget to take into consideration that herbs and spices generally mellow greatly when they're cooked. Other flavors often come out too, but this mini taste test can at least give you an idea of what the herb or spice might taste like if you put it in your dish.

### Spanish

[herbs & spices]	[acids]	[fats]
basil	lemon	butter
bay leaf	cider vinegars	olive oil
garlic	wine vinegars	
onion		
paprika		
pepper (sweet & hot)		
saffron		

### East European

[herbs & spices]	[acids]	[fats]
caraway	lemon	butter
dill (seed or weed)	cider vinegar	
horseradish	dry red wine	
paprika	sherry wine	
parsley		
poppyseed		

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### French

[herbs & spices]	[acids]	[fats]
basil	lemon	butter
bay leaf	wine vinegars	olive oil
celery seed	dry red wine	
cloves	white wine	
dill weed	sherry wine	
garlic	vermouth	
horseradish		
marjoram		
mustard		
nutmeg		
paprika		
parsely		
pepper (sweet and hot)		
rosemary		
sage		
savory (winter or summer)		
tarragon		
thyme		

### Mexican

[herbs & spices]	[acids]	[fats]
basil	lemon	lard - (traditional)
chili powder	lime	olive oil
cilantro	dry red wine	
cumin		
oregano (ground & dry)		
pepper (sweet & hot)		

### Italian

[herbs & spices]	[acids]	[fats]
basil bay leaf	wine vinegar	butter
marjoram	dry red wine	olive oil
oregano	marsala	
parsley	lemon	
pepper (sweet & hot)		
rosemary		
saffron		
thyme		

### Chinese

[herbs & spices]	[acids]	[fats]
anise	soy sauce (tamari)	peanut oil
cilantro	rice wine-vinegar	sesame oil
cloves	dry white wine	
ginger	rice wine	
sesame seed (black and white)	sherry	
five spice		

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### Mediterranean

[herbs & spices]	[acids]	[fats]
basil	lemon	butter
cinnamon	cider vinegar	olive oil
cumin	wine vinegar	
dill weed	dry red wine	
mint		
oregano		
parsley		
pepper (sweet & hot)		
rosemary		

### Indian

[herbs & spices]	[acids]	[fats]
cardamom	lemon	ghee (clarified butter)
cinnamon	lime	peanut oil
clove		butter
coriander seed		
cumin (ground and seed)		
dill (seed or weed)		
fennel seed		
fenugreek		
ginger		
mustard seed		
pepper (sweet & hot)		
poppyseed		
saffron		
turmeric		

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