



# SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

## MEXICAN



CORIANDER  
CUMIN  
OREGANO  
GARLIC POWDER  
CINNAMON  
CHILI POWDER

## CARIBBEAN



ALLSPICE  
NUTMEG  
GARLIC POWDER  
CLOVES  
CINNAMON  
GINGER

## FRENCH



NUTMEG  
THYME  
GARLIC POWDER  
ROSEMARY  
OREGANO  
HERBES DE PROVENCE

## NORTH AFRICAN



CARDAMOM  
CINNAMON  
CUMIN  
PAPRIKA  
TURMERIC  
GINGER  
RAS EL HANOUT

## CAJUN



CAYENNE PEPPER  
OREGANO  
PAPRIKA  
THYME  
ROSEMARY  
BAY LEAVES  
CAJUN SEASONING

## THAI



BASIL  
CUMIN  
GARLIC  
GINGER  
TURMERIC  
CARDAMOM  
CURRY POWDER

## MEDITERRANEAN



OREGANO  
ROSEMARY  
THYME  
BAY LEAVES  
CARDAMOM  
CINNAMON  
CLOVES  
CORIANDER  
BASIL  
GINGER

## INDIAN



BAY LEAVES  
CARDAMOM  
CAYENNE PEPPER  
CINNAMON  
CORIANDER  
CUMIN  
GINGER  
NUTMEG  
PAPRIKA  
TURMERIC  
GARAM MASALA  
CURRY POWDER

## MIDDLE EASTERN



BAY LEAVES  
CARDAMOM  
CINNAMON  
CLOVES  
CUMIN  
GINGER  
CORIANDER  
OREGANO  
ZA'ATAR  
GARLIC POWDER