

# Flavors of International Cuisines

**Argentina** – (*Northern*) – chili, cumin, oregano, paprika, anise, cinnamon, cloves; (*Central*) – bay leaf, thyme, rosemary, tarragon, garlic, parsley, ground chili, vinegar, oil; (*Southern*) – juniper, elderberry, rosehip, calfate (small fruit from Patagonia)

**Australia** – lemon myrtle (similar to lemon grass and lemon verbena), mountain pepper (alternative to black pepper), wattleseed (tastes like a blend of chocolate and coffee with nutty hints), native mint (related to spearmint and peppermint), finger lime (local citrus fruit somewhat like a Persian lime and grapefruit)

**Brazil** – annatto, cilantro, garlic, cumin, chili peppers, cinnamon

**Canada** – rosemary, thyme, oregano, parsley, bay leaves, dill weed, and sage for cooking; cinnamon, nutmeg, allspice, and cloves for baking and desserts; regional herbs and spices such as Montreal steak seasoning, which includes garlic, black pepper, and coriander, and is used to season beef dishes.

**Chile** – cilantro, merken smoked chili powder (similar to Mexican chipotle powder), cumin, Mexican oregano (different than Mediterranean oregano)

**China** – five spice blend (includes Szechuan peppercorns, star anise, & fennel), Szechuan peppercorns, star anise, ginger, garlic, sesame oil, chili peppers, Shaoxing wine, chilis, cloves, Chinese cinnamon, green onions, black pepper, fennel

**Cuba** – bay leaf, garlic, oregano, vinegar, cumin, olive oil

**Egypt**– cumin, coriander, dukkah blend (thyme, garlic, mint, hazelnut), chili peppers, garlic, onions, molokhia (native plant), tahini

**Ethiopia** – berbere spice blend (often cinnamon, cumin, cardamom, chili peppers, and black peppercorns); mitmita blend (Thai birdseye peppers, clove, cardamom, salt); niter kibbeh spice blend (clarified butter with fenugreek, cumin, turmeric)

**France** – thyme, vadouvanblend (French equivalent to curry powder – may contain shallots, mustard, fenugreek), quatreepicesblend (4 spices – black peppercorns, nutmeg, ginger, & cloves), herbes de Provence (may include thyme, lavender, fennel, bay leaves, dill, & sage), fines herbes blend (chervil, chives thyme, savory, tarragon), marjoram, tarragon, nutmeg,

**Germany**– mustard, juniper berries, horseradish, caraway seed, bay leaves, paprika

**Haiti** – Scotch bonnet peppers, nutmeg, star anise, thyme, bouillon cubes, cloves, pikliz(pickle used as a condiment made with cabbage, onions, and hot peppers; may include other ingredients)

**Hungary** – Hungarian paprika, bay leaves, caraway, garlic, marjoram, cumin

**Iceland** – wild thyme, juniper berries, wild onion, garlic, chives, Arctic angelica, Iceland moss, dandelion, kelp

**India** – green cardamom, turmeric, saffron, cumin, mustard seed, coriander seed, Kashmiri red chili powder, Ceylon cinnamon, curry leaf, nutmeg, mace, clovesamchur (dry mango powder), Indian bay leaf, asafetida, fenugreek, carom seeds (ajwain), dried red chili, tamarind powder,

**Iran (Persian)** – turmeric, cardamom, dill, mint, fried onion, garlic powder, black pepper, chili pepper, caraway, coriander seeds, cinnamon, saffron, ginger, damask rose powder, rosewater, clove, onion powder, nutmeg, bay leaf, Persian hogweed

**Italy** – oregano, rosemary, garlic, basil, sage, marjoram, bay leaves

**Jamaica** – Scotch bonnet peppers, allspice, jerk seasoning blend (Scotch bonnet peppers, allspice, thyme, scallions, ginger, sometimes garlic cinnamon, or nutmeg), thyme, ginger, curry powder

**Japan** – shiso (Japanese basil), myoga (Japanese ginger), mitsuba (Japanese parsley), wasabi (Japanese horseradish), ginger, karashi (Japanese hot mustard), Japanese seven spice, ground red chili pepper, sansho (Japanese pepper), aonori (dried seaweed flakes), miso paste, mirin (Japanese rice wine)

**Korea** – gochugaru (red pepper flakes), gochujang (includes gochugaru, glutinous rice, & soybeans), toasted sesame oil, Korean fish sauce, toasted sesame seeds, soybean paste

**Lebanon** – za'atar (blend of thyme, oregano, marjoram, and slightly toasted sesame seeds), cardamom, sumac, dried green mint, Baharat - Lebanese 7 spices (black pepper, allspice, cinnamon, cloves, nutmeg, ginger, fenugreek)

**Mediterranean** – oregano, rosemary, saffron, thyme, cumin, cinnamon

**Mexico** – ancho chili powder, anise seed, avocado leaf, achiote paste, cilantro, coriander, cumin, garlic powder, hojasanta, Mexican allspice, Mexican oregano, Mexican vanilla, onion powder, smoked paprika, cinnamon, cloves, cayenne, epazote, Mexican bay leaf, cacao, hibiscus, nutmeg, sesame

**Morocco** – ginger cinnamon, turmeric, cumin, mace, nutmeg, cardamom, coriander seed, saffron

**Nepal** – salt, ginger, garlic, turmeric, fenugreek seed (also called methi), cilantro, cumin, Szechuan pepper, asafoetida, green chilis, thyme, cardamom, cloves, mustard seeds, curry leaves, red chili powder, garam masala blend, amchur powder (made from dried green mangoes), pomegranate powder, chaat masala blend

**Peru** – ajiamarillo (a very distinctive hot pepper), ajirocoto (another chili pepper), garlic, cumin, black pepper, cilantro, basil, huacatay (Peruvian black mint), oregano, muna (Andean mint), epazote

**Poland** – dill, parsley, allspice, bay leaves, chili pepper, celery

**Portugal** – periperi peppers, garlic, cinnamon, bay leaves, paprika

**Russia** – dill, parsley, chervil, tarragon, garlic, horseradish, ginger, onion, chives, black pepper, mustard

**South Africa** – periperi (bird's eye peppers), Durban curry powder blend (cayenne, cardamom, cinnamon), Cape Malay curry powder blend (sweeter, has fennel seeds and cardamom), Braai salt dry rub blend (may contain mustard, coriander, & cumin), bay leaves

**Sweden** – salt, pepper, dill, allspice, juniper berries, cinnamon

**Spain** – garlic, saffron, smoked paprika, bay leaves, olive oil, sherry vinegar, rosemary, oregano

**Thailand** – Thai basil, Cassia cinnamon, bird chilis, kaffir lime leaves (also called makrut), lemon grass, galangal, cilantro, ginger

**Tunisia** – harissa blend (may include chili peppers, garlic, cumin, caraway, coriander seeds); ras el hanout blend (varies but may contain cinnamon, cardamom, allspice, cumin), parsley, olive oil, cayenne, coriander seed, cumin

**Vietnam** – black pepper, star anise, clove, cinnamon, cardamom, fennel seeds, annatto seeds, ginger, turmeric, garlic powder, fish sauce, chili peppers, shrimp paste, lemongrass, coriander, soy sauce

Mostly from [spiceography.com](http://spiceography.com)