

# HERBS & SPICES

A BOUNTIFUL KITCHEN

17

## ESSENTIAL HERBS & SPICES FOR YOUR KITCHEN

BASIL  
 CHILE POWDER  
 CINNAMON  
 CLOVES

CUMIN  
 CURRY POWDER  
 GARLIC POWDER  
 GINGER

NUTMEG  
 ONION POWDER  
 OREGANO  
 PAPRIKA

PARSLEY  
 RED PEPPER FLAKES  
 ROSEMARY  
 SAGE  
 THYME

## USING BASIC SPICES



### BEEF

basil  
bay leaf  
chile powder  
coriander  
cumin  
curry powder  
garlic powder  
onion powder  
oregano  
paprika  
parsley  
rosemary  
sage  
thyme



### CHICKEN

basil  
bay leaf  
coriander  
cumin  
curry  
garlic powder  
onion powder  
oregano  
paprika  
parsley  
rosemary  
sage  
tarragon  
thyme



### EGGS

basil  
chives  
dill  
dry mustard  
garlic powder  
onion powder  
paprika  
parsley  
rosemary  
tarragon  
thyme



### PORK

cinnamon  
coriander  
cumin  
curry powder  
dry mustard  
garlic powder  
ginger  
onion powder  
paprika  
parsley  
rosemary  
sage  
thyme



### SEAFOOD

basil  
bay leaf  
cayenne  
cilantro  
dill  
garlic powder  
lemon pepper  
old bay  
rosemary  
tarragon  
thyme



### TURKEY

cilantro  
coriander  
cumin  
curry powder  
garlic powder  
marjoram  
onion powder  
oregano  
parsley  
poultry seasoning  
rosemary  
sage  
thyme



### ASIAN

cardamom  
chinese 5 spice  
cloves  
ginger  
lemongrass  
peppercorn  
sesame seeds  
star anise  
szechuan peppercorn  
thai chile  
thai spice blend



### INDIAN

cardamom  
cayenne  
chile powder  
cinnamon  
cloves  
coriander  
cumin  
curry  
fennel seed  
fenugreek leaves  
garam masala  
mustard seeds  
poppy seeds  
saffron  
turmeric



### ITALIAN

basil  
bay leaf  
garlic powder  
parsley  
marjoram  
oregano  
rosemary  
sage  
thyme



### MEXICAN

adobo  
ancho chile  
cayenne  
chile powder  
chipotle  
cilantro  
cinnamon  
cloves  
cocoa  
coriander  
cumin  
garlic powder  
mexican oregano  
onion powder  
red pepper flakes

## SPICES IN SPAIN/ ENGLISH TRANSLATION

basil/albahaca  
bay leaf/laurel or hoja de laurel  
cayenne pepper/pimienta de cayena or pimentón  
cilantro/cilantro  
cloves/ clavo or clavos de olor  
garlic/ajo  
ground chile/chile molido  
ground pepper/pimienta negra or molida  
nutmeg/ nuez moscada  
onion/ cebola  
oregano/oregaos  
paprika/pimenton dulce  
parsley/perejil  
pepper/la pimienta  
rosemary/romero  
saffron/ azafran  
salt/sal  
smoked or spicy paprika/  
pimenton de la vera picante  
thyme/tomillo