

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
red pepper flakes
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



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 alor
garlic/ajo
ground chile/chile molido
ground pepper/pimienta negra or molida
nutmeg/ nuez moscada
onion/ cebolla
oregano/oregaos
paprika/pimentón dulce
parsley/perejil
pepper/la pimienta
rosemary/romero
saffron/ azafran
salt/sal
smoked or spicy paprika/ pimentón de la vera picante
thyme/tomillo