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

MEXICAN

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

SPANISH

cayenne pepper
garlic powder
bay leaf
oregano
paprika
parsley
rosemary
saffron
salt