

World Flavors: Herbs, Spices, and More

Latin America & Spain

Allspice
Anise
Annatto seed/Achiote
Basil (dried and fresh)
Bay leaves
Black pepper
Cayenne (hot chili powder)
Chamomile
Chepiche (like tarragon)
Chili powder (mild to moderate heat)
Chilies (whole, fresh, and dried)
Chipotles in adobo
Chocolate
Cilantro
Cinnamon
Cloves
Cocoa
Coriander
Crushed red pepper
Cilantro
Cumin
Dried whole shrimp/Camaron Seco
Epazote
Garlic
Hibiscus flowers/Flor de Jamaica
Lemon
Lime
Mint
Nutmeg
Oregano, Mexican
Paprika (smoked or sweet)
Pumpkin seeds/Pepitas verdes
Rosemary (dried and fresh)
Saffron
Sage (dried and fresh)
Tamarind
Thyme (dried and fresh)
Vanilla

Mediterranean & Middle East

Allspice
Anise
Basil (dried and fresh)
Bay leaves
Black pepper
Capers
Caraway seeds
Cardamom
Chives
Cilantro
Cinnamon
Cloves
Coriander
Cumin
Dill (dried and fresh)
Dill seed
Fennel
Garlic
Ginger
Harissa
Juniper berries
Lemon
Mint
Nutmeg
Orange and Orange flower water
Oregano, Turkish
Paprika (smoked or sweet)
Parsley
Pine nuts
Pistachios
Poppy seeds
Rose and Rose flower water
Rosemary (dried and fresh)
Saffron
Sage (dried and fresh)
Savory (dried and fresh)
Sesame seeds
Sumac
Tahini
Tarragon
Thyme (dried and fresh)

India, Southeast Asia, & More

Ajwain
Anise
Asafoetida/Hing
Bay leaves
Black pepper
Brown and black mustard seeds
Cardamom
Cashews
Chili leaf
Chili powders (mild to hot)
Chilies (whole, fresh and dried)
Cilantro
Citrus fruit (Oranges, kumquats, & more)
Cloves
Coconut and coconut milk
Coriander
Cumin
Curry leaf
Curry powder
Dried shrimp
Dry mango powder/Amchur
Fenugreek/Methi
Fish sauce
Galangal
Garam masala
Garlic
Ginger
Jaggery or Palm sugar
Kaffir lime leaf
Lemongrass
Lime
Nigella seeds
Nutmeg
Paprika
Peanuts
Pomegranate seeds
Poppy seeds
Rice vinegar and Rice wine/Mirin
Saffron
Sambal, Gochujang, other chili paste
Sesame seeds
Toasted sesame oil
Tamarind
Thai basil
Turmeric

**Italicized ingredients = used by more than one region; bolded ingredients = basic pantry options*