

Spices and Herbs Cheat Sheet

Dish	Spices and Herbs that can be used
Regions	
Indian	Cumin, Cayenne, Curry Powder, Chilli, Coriander, Turmeric, Cinnamon, Onion
Italian	Italian Seasoning, Thyme, Rosemary, Oregano, Basil, Garlic, Onion
Mexican	Chipotle chilli, Chilli, Cumin, Oregano, Onion
Chinese	Chinese Five Spice
Moroccan	Onion, Garlic, Coriander, Cumin, Cinnamon, Ginger, Turmeric, Harissa Seasoning
Greek	Oregano, Mint, Garlic, Onion, Dill, Bay Leaves
Persian	Onion, Garlic, Ras el Hanout, Cumin, Cinnamon
Spanish	Oregano, Paprika, Garlic, Onion
Thai	Lemongrass, Ginger, Onion, Coriander, Chilli
Specific Dishes	
Chilli	Cumin, Chilli, Cayenne, Paprika, Dried Marjoram, Onion
Roast Beef	Basil, Oregano, Thyme, Mustard, Rosemary, Thyme, Garlic
Scrambled eggs	Cumin, Turmeric
Bolognese	Italian Seasoning, Garlic, Onion
Porridge	Cinnamon, Turmeric
Yogurt	Cinnamon
Rice	Cinnamon, Bay Leaves
Carrots	Ginger, Coriander
Lasagna	Oregano, Garlic, Onion, Italian Seasoning
Sweet and Sour	Chilli, Ginger, Chinese 5 Spice, Onion
Pesto	Basil

Root Veg Soup	Curry Powder
Hummus	Garlic
Stewed Apple	Cinnamon
Types of Dishes	
Stew	Cinnamon, Thyme, Bay Leaves
Pasta Sauces	Red Pepper, Sage, Basil, Italian Seasoning
Stir Fries	Ginger, Garlic, Cayenne
Salad Dressing	Ginger, Garlic
Beef	Thyme, Marjoram, Coriander, Sage, Rosemary, Oregano, Garlic
Chicken	Garlic, Marjoram, Tarragon, Coriander, Oregano, Paprika
Fish	Thyme, Coriander, Fennel, Rosemary Dill, Parsley, Onion
Pork	Marjoram, Mustard, Oregano, Sage, Rosemary, Thyme, Garlic
Turkey	Basil, Rosemary, Cumin, Oregano, Thyme, Sage
Smoothies	Cinnamon
Sweet Potatoes	Chilli
Popcorn	Chilli, Garlic, Paprika
Guacamole	Cumin
Black Beans	Cumin, Paprika
Roasted Veg	Paprika, Curry Powder, Thyme, Marjoram
Pumpkin	Nutmeg
Cauliflower	Nutmeg
Baking	Nutmeg, Cinnamon, Mixed Spice, Ginger
Roasted Chick Peas	Curry Powder
Apple	Cinnamon
Tomatoes	Basil
Quinoa	Garlic, Chilli
Risotto	Bay Leaves, Cumin, Italian Seasoning