

## Classic Ethnic Food Combinations

- Have you ever pulled open your spice drawer and immediately felt overwhelmed with the options?
- Have you found yourself in the ethnic aisle of a supermarket and felt unsure which ingredients to buy, and which to pass on?
- Does the idea of cooking your favorite ethnic food seem daunting?

If so, say hello to your new best friend; I put this cheat sheet together with YOU in mind!

Each page gives you a glimpse into a different culture, and the top 30 ingredients used in their cuisine. Use this list as a guide to explore new recipes and take your cooking skills to a whole new level!



# Middle Eastern Cuisine

The Middle Eastern culture can be summed up in one word: *Hospitality*. The door is always open, and the tea is ready to pour. So come hungry, and leave satisfied!

**“No one will say the yogurt they made is sour.”**

—Assyrian Idiom

(This is what you would say to someone who is bragging about their own cooking).



## SPICES

- Allspice
- Cardamom
- Cloves
- Cumin
- Curry
- Nigella Seeds
- Paprika
- Saffron
- Sumac
- Zaatar

## HERBS/PRODUCE

- Basil
- Cilantro
- Dill
- Figs
- Mint
- Olives
- Oregano
- Parsley
- Pinenuts
- Pomegranates

## OTHER

- Basmati Rice
- Bulgur
- Chickpeas
- Dates
- Jasmin Rice
- Lentil
- Rose Water
- Tahini
- Tamarind
- Vermicelli

# Mexican & Spanish Cuisine

Latinos are known for spicy food, large families, and fun social gatherings. Delicious food is usually at the center of these gatherings.

## "Go fry asparagus!"

—A Spanish Idiom

(What is said to someone who is being annoying).



## SPICES

- Basil
- Bay Leaf
- Cayenne Pepper
- Chili Pepper
- Chipotle Pepper
- Cinnamon
- Cumin
- Oregano
- Paprika
- Saffron

## HERBS/PRODUCE

- Arbol Chiles
- Avocados
- Basil
- Chili Pepper
- Cilantro
- Corn
- Jalapeños
- Limes
- Poblanos
- Tomatillos

## OTHER

- Beans
- Chorizo
- Corn Flour/Masa
- Corn Tortillas
- Hot sauce
- Knorr Bullion
- Mole Sauce
- Rice
- Salsa
- Sour Cream

# Italian Cuisine

Italians are known for speaking loudly, using hand gestures, and making delicious food like pizza, pasta, and cannoli. Not to mention my favorites, wine and espresso!

**"Where wine enters, shame escapes."**—Italian Proverb

Can anyone relate?



## SPICES

- Basil
- Bay Leaf
- Hot Peppers
- Italian Seasoning
- Marjoram
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

## HERBS/PRODUCE

- Basil, Fresh
- Garlic
- Hot Peppers
- Lemon
- Mint
- Pepperoncini
- Porcini Mushrooms
- Rosemary, Fresh
- Sun-dried-tomatoes
- Tomatoes

## OTHER

- Anchovies
- Arborio Rice
- Capers
- Mozzarella
- Olive Oil
- Parmesan
- Pasta
- Prosciutto
- Ricotta
- Wine

# Greek Cuisine

The Greeks are known for philosophy, beautiful architecture, sculptures, and amazing food! And just for the record, the "G" in Gyros is silent.

**“There are orange trees elsewhere that grow oranges.”**

—Greek Idiom

(The Greek version of "there are other fish in the sea").



## SPICES

- Allspice
- Basil
- Bay leaf
- Cinnamon
- Cloves
- Dill Weed
- Mint
- Oregano
- Rosemary
- Thyme

## HERBS/PRODUCE

- Basil, Fresh
- Cilantro
- Cucumbers
- Dill, Fresh
- Eggplant
- Garlic
- Grape Leaves
- Lemons
- Olives
- Parsley

## OTHER

- Feta
- Honey
- Olive Oil
- Orzo Pasta
- Ouzo
- Phyllo Dough
- Seafood
- Semolina
- Tahini
- Yogurt

# Indian Cuisine

Indian cuisine is known for intense exotic flavors like curry, chili peppers, and ginger. The food is usually served with naan (Indian flat bread) to sop up the goodness.

**"What would a monkey know of the taste of ginger?"**

— Indian Proverb

(When something unrealistic is expected of someone).



## SPICES

- Basil
- Cardamom
- Chili Powder
- Cinnamon
- Coriander
- Cumin
- Curry
- Garam Marsala
- Nutmeg
- Turmeric

## HERBS/PRODUCE

- Basil, Fresh
- Chili Peppers
- Cilantro
- Coconut
- Garlic
- Ginger
- Green Chilis
- Limes
- Mint
- Shallots

## OTHER

- Basmati Rice
- Chickpea Flour
- Coconut Cream
- Ghee
- Ginger Paste
- Peanut Oil
- Saffron
- Sesame Seeds
- Tamarind
- Yogurt

# Asian Cuisine

Asian cultures are often known for eating lots of fish, vegetables, and being well-mannered. However, feel free to slurp your noodles, as it's a sign that you're enjoying your meal!

**"He that takes medicine and neglects diet, wastes the skills of the physician."**

—Chinese Proverb

Need I say more?



## SPICES

- Cardamom
- Cinnamon
- Cloves
- Coriander
- Cumin
- Ginger
- Saffron
- Sesame Seeds
- Star Anise
- Turmeric

## HERBS/PRODUCE

- Basil
- Bean Sprouts
- Chilis
- Cilantro
- Garlic
- Ginger, Fresh
- Kaffir (Lime Leaves)
- Lemon Grass
- Mint
- Scallions

## OTHER

- Chili Paste
- Coconut Milk
- Fish Sauce
- Hoisin Sauce
- Jasmine Rice
- Oyster Sauce
- Rice Paper
- Rice Vinegar
- Sesame Seed Oil
- Soy Sauce