



Spices *by* Cuisine

Cooking by Spices of world Cuisines

To whip up a vegan ethnic dish, experiment with a spice mix from a particular region; add it to the base, then add the ingredients (vegetables; plant protein; leafy greens)

- 1. Sauté your spice mix in 1-2 tsp oil
- 2. Add a base liquid
- 3. Add grain, legume, veg (cook until tender)
- 4. Add leafy green, stir and serve

Spices and bases by cuisine



Mexican

Spices: Coriander; Cumin; Oregano; Cinnamon; Chili powder; Garlic Powder

Base: Tomatoes pureed in vegetable stock



Mediterranean (Italian/ Greek)

Spices: Oregano, Rosemary; Thyme; Bay leaves; Cloves; Basil; Marjoram; Garlic; Onion

Base: Tomatoes pureed in vegetable stock



Middle Eastern

Spices: Coriander; cumin; Oregano; Bay Leaves; Cardamom; Garlic Powder; Mint; Saffron; Sumac

Base: Tomatoes pureed in vegetable stock

Spices and bases by cuisine



Caribbean

Spices: All Spice; Nutmeg; Garlic Powder; Cloves; Cinnamon; Ginger

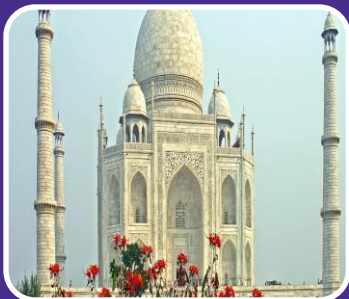
Base: Tomatoes pureed in vegetable stock



French

Spices: Nutmeg; Thyme; Garlic Powder; Rosemary; Oregano; Herbes de Provence

Base: Tomatoes pureed in vegetable stock



Indian

Spices: Curry powder; Garam Masala; Turmeric; Paprika; Nutmeg; Ginger; Cumin; Coriander; Cayenne Pepper; Cardamom; Bay Leaves

Base: Tomatoes pureed in vegetable stock

Spices and bases by cuisine



Thai

Spices: Curry powder; Lemon Grass; Ginger; Garlic; Coriander; Mint; Basil

Base: Coconut milk/ Coconut cream



Asian

Spices: Bean paste (Miso); sesame oil; sesame seeds; soy sauce; star anise; gingerroot; Garlic; Rice vinegar; Ginger

Base: Vegetable stock



African

Spices: Ras El Hanout; Ginger; Turmeric; Sweet Paprika; Cumin; Cinnamon; Cardamom; Saffron

Base: Tomatoes pureed in vegetable stock