

## Flavor Profiles

The lists on the following pages offer our interpretations of a number of seasoning blends from around the world. Recipes for seasoning vary from region and cultures. Use these lists as a launching pad to help you flavor your recipe frameworks. Each seasoning blend recipe is salt-free and makes approximately 1 tablespoon of spice mix, so you can easily add these flavors to your cooking or make a batch to use in multiple dishes.

### AFRICAN SPICES

#### Berberé

Origin: Ethiopia

Use: Berbere is a fiery blend used in Ethiopian cuisine. It is great for stews, grilled meats, and lentil dishes.

- ½ teaspoon ground paprika
- ¼ teaspoon ground ginger
- ¼ teaspoon ground fenugreek (or ¼ teaspoon ground mustard seeds or 1 teaspoon Dijon mustard)
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground black pepper
- ¼ teaspoon ground cayenne pepper (optional; adjust for desired heat level)

#### Ras el Hanout

Origin: Morocco

Use: A staple in Moroccan cuisine, ras el hanout is ideal for spicing up stews, grains like couscous, and grilled meats.

- ½ teaspoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground black pepper
- ¼ teaspoon ground cayenne pepper (optional; adjust for desired heat level)
- ⅛ teaspoon ground allspice (optional)
- ⅛ teaspoon ground cloves (optional)

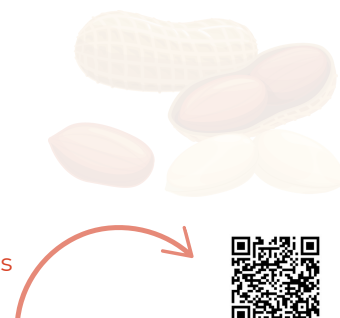
#### Suya Spice

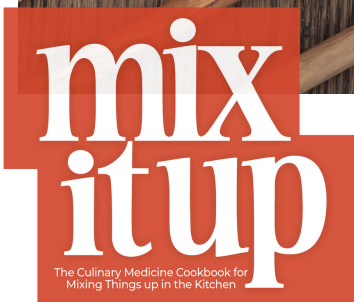
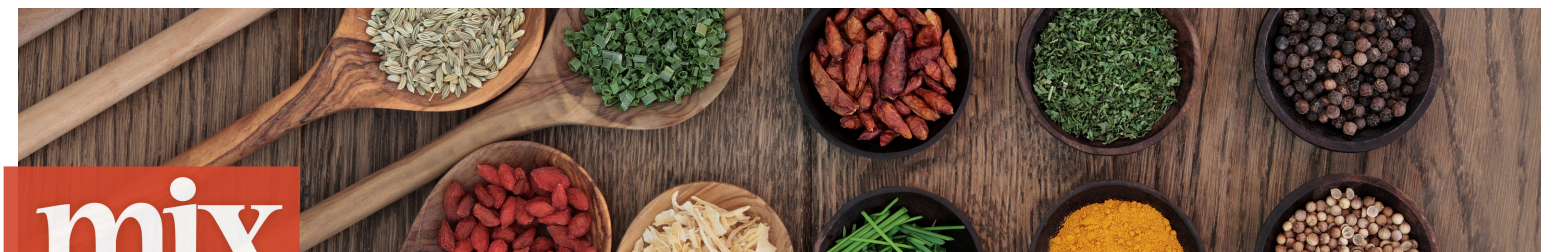
Origin: Nigeria

Use: Suya is a popular Nigerian street food involving skewered meats. This homonymous spice blend can be used to season grilled meats, particularly skewered beef or chicken.

- ½ teaspoon finely ground unsalted peanuts
- ½ teaspoon ground paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ⅛ teaspoon ground ginger
- ¼ teaspoon ground cayenne pepper (optional; adjust for desired heat level)

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### MIDDLE EASTERN & NORTH AFRICAN SPICES

#### Advieh

Origin: Persia (Iran)

Use: A fragrant blend in Persian cuisine, advieh is perfect for flavoring rice, stews, and meat dishes.

- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground turmeric (optional)
- Pinch dried rose petals (optional)

#### Za'atar

Origin: Middle East

Use: This tangy, herbal mix is commonly sprinkled on flatbreads, salads, and roasted vegetables or combined with olive oil for a tasty dip.

- ½ teaspoon dried thyme leaves
- ¼ teaspoon ground sumac (or lemon pepper or 1 teaspoon lemon juice)
- ¼ teaspoon sesame seeds
- ¼ teaspoon dried oregano leaves

#### Baharat

Origin: Middle East

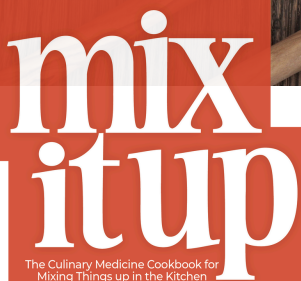
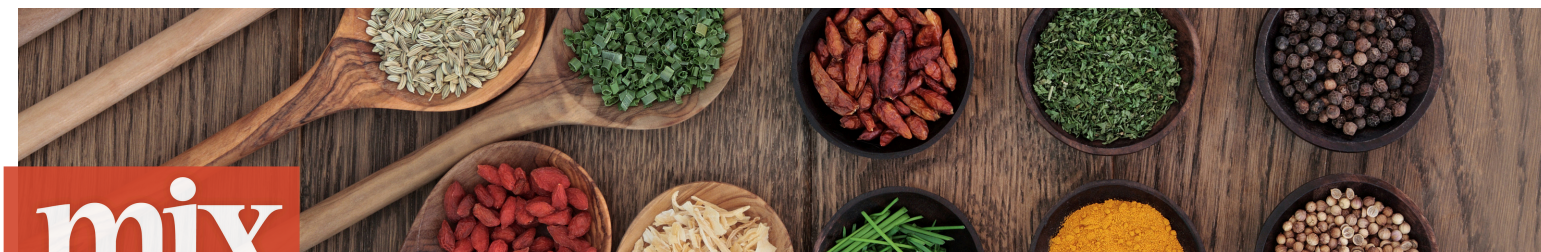
Use: Baharat is used to season meats, stews, and rice dishes in Middle Eastern cuisine, adding warmth and a slight sweetness.

- ½ teaspoon ground paprika
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon ground coriander (optional)
- ⅛ teaspoon ground cloves (optional)
- ⅛ teaspoon ground nutmeg (optional)
- ⅛ teaspoon ground cardamom (optional)



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### EUROPEAN SPICES

#### Herbes de Provence

Origin: France

Use: This fragrant herb blend is perfect for seasoning chicken, fish, roasted vegetables, and soups in French cooking.

- ½ teaspoon dried thyme leaves
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon dried marjoram
- Pinch dried lavender (optional)

#### Greek Seasoning

Origin: Greece

Use: Perfect for marinating meats, fish, and vegetables, this blend brings Mediterranean flavors to salads and grilled dishes.

- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon dried rosemary
- ¼ teaspoon garlic powder
- ⅛ teaspoon onion powder (optional)
- ⅛ teaspoon ground black pepper (optional)

#### Italian Seasoning

Origin: Italy

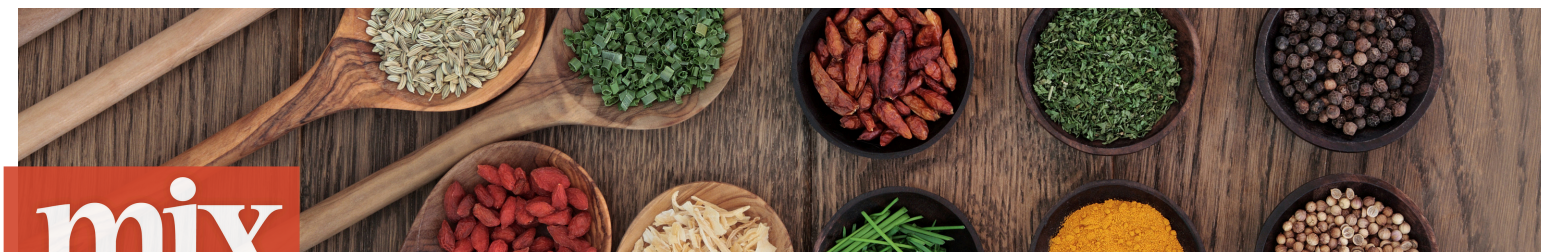
Use: A staple in Italian cuisine, this blend is ideal for pasta sauces, pizza, grilled vegetables, and marinades.

- ½ teaspoon dried basil
- ½ teaspoon dried oregano leaves
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon dried parsley
- ¼ teaspoon dried marjoram (optional)
- ⅛ teaspoon garlic powder (optional)

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# mix it up

The Culinary Medicine Cookbook for  
Mixing Things up in the Kitchen

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### ASIAN SPICES

#### Chinese Five Spice

Origin: China

Use: This sweet and spicy blend is used in Chinese cooking to flavor meats, stir-fries, and soups.

- ½ teaspoon ground cinnamon
- ¼ teaspoon ground star anise
- ¼ teaspoon ground fennel seeds
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground Szechuan or black pepper

#### Shichimi Togarashi

Origin: Japan

Use: This zesty, spicy mix is sprinkled on noodles, soups, rice dishes, and grilled meats in Japanese cooking.

- ½ teaspoon sesame seeds
- ¼ teaspoon dried orange peel
- ¼ teaspoon chili flakes
- ¼ teaspoon nori (dried seaweed)
- ⅛ teaspoon ground ginger
- ⅛ teaspoon poppy seeds (optional)

#### Garam Masala

Origin: India

Use: A warm and aromatic blend, garam masala is commonly added to Indian curries, stews, and lentil dishes.

- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground nutmeg

#### Curry Powder

Origin: India (British influence)

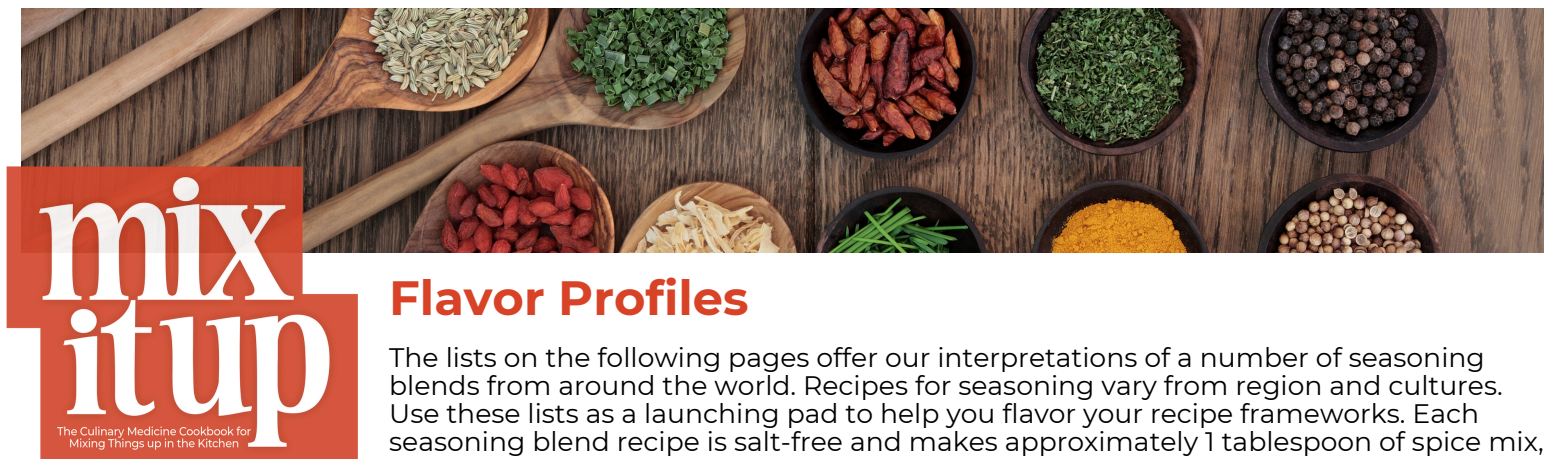
Use: Commonly used in Indian-inspired curries, soups, and rice dishes, this blend adds warmth and spice.

- ½ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ⅛ teaspoon ground ginger
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground cayenne pepper (optional; adjust for desired heat level)



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### NORTH AMERICAN & CARIBBEAN SPICES

#### Cajun Seasoning

Origin: Louisiana, USA

Use: This spicy, smoky mix is perfect for seasoning meats, seafood, or vegetables in traditional Cajun dishes like gumbo or jambalaya.

- ½ teaspoon ground paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground cayenne pepper
- ¼ teaspoon dried oregano leaves
- ⅛ teaspoon dried thyme leaves
- ⅛ teaspoon ground black pepper

#### Taco Seasoning

Origin: Mexico

Use: A go-to blend for tacos, fajitas, and burritos, this mix adds a savory kick to meats, beans, and vegetables.

- 2 teaspoons ground sweet or smoked paprika
- 1 teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano leaves (optional)
- ¼ teaspoon onion powder (optional)
- ¼ teaspoon ground cayenne pepper (optional; adjust for desired heat level)

#### Jerk Seasoning

Origin: Jamaica

Use: Jerk seasoning adds a bold, spicy flavor to grilled chicken, pork, and seafood, and is essential in Caribbean cuisine.

- ½ teaspoon ground allspice
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon ground cayenne pepper
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon garlic powder (optional)
- ⅛ teaspoon onion powder (optional)



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