



THE SPICE OF LIFE

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WELCOME!

Herbs and spices

have played a major role in our lives and the economic development of many countries for thousands of years. These exotic and aromatic treasures bring us pleasure and satisfy us on so many levels, from flavouring our foods, healing sickness, and filling our homes with intoxicating aromas. Whatever the use is, there is no doubt that certain combinations of herbs and spices can bring one the core essence of authentic cultural cuisine.

What defines an herb from a spice? It's simple, we use herbs for their green parts, the leaves and the stalks. While we cultivate spices for their roots, bark, seeds, fruits and flowers. Generally, we use herbs fresh and spices dried. So, we would classify basil and dill as herbs; while cinnamon, the bark from a bushy evergreen tree and black pepper, the dried berry from a vine are both spices. Both herbs and spices play a key role in all cuisine from around the world, combining to bring euphoric flavors and seductive flavor packed dishes.

When choosing herbs, I cannot stress more the importance and superiority of fresh vs. dried. Same goes with choosing your dried spices, when ground from its whole form in a small common coffee or spice grinder the flavor, aroma and appearance of the spice is completely superior. Take turmeric powder for example, a common eastern spice used mostly for its yellow color in curry blends, when purchased in its powder form it is a pale yellow-orange color but when ground from its whole form, dried Haldi root, the color is an electric orange and carries a very potent flavor, same goes for freshly ground cinnamon stick opposed to powder – try it to see, the flavor and aroma is so strong its almost peppery, spicy sweetness.

One of the most challenging aspects of getting in the kitchen is proper combining methods of herbs and spices. Anyone can follow a recipe, but it truly takes plenty of experience to create authentic cultural cuisine from scratch.

The chart is separated into 7 of the most common worldly cuisines, some cuisines have been paired up due to so much of them overlapping ingredient usage. In each of these cultural columns is a list of herb and spices followed by produce, beans, grains and nuts and seeds. Every herb and spice within each column blends flavor-wise together and is traditionally used in that/those country(s). When you have the understanding of building base recipes, you can then glance at this chart, with the produce, grains, beans, nuts and seeds, and create delicious menus with a cultural twist, using ingredients all within the same column.

Many of the listed herbs and spices can really overpower a dish if too much is added, for example cardamom will dominate the flavor of the whole dish if not used sparingly, nutmeg will overpower cinnamon and carry a slight bitterness to the dish if too much is added, along with fenugreek if too much is used in a curry blend. Spices carry lots of kick, which when used properly can electrify a dish and please the palette. Within the chart I have marked the herbs and spices to use more sparingly with a (>).

This simple, informative chart is a great tool to wow your guests, and take your dinner part to the next level. Please note that these are not fully exhausted lists, and the lists could expand quite a bit. For more herb and spice inspiration, check out, *The Flavor Bible*, by Karen Paige and Andrew Dornenburg.

So, grab your cutting boards and spice grinders, fire up that stove, or dehydrator and let's get cookin'!

Italian & Sicilian

Herbs & Spices

Garlic*
Basil*
Olive oil*
Oregano
>Rosemary
Thyme
>White- Pepper
Onions
Parsley
>Sage
Marjoram
Leek

Produce

Lemon*
Olives*
Tomatoes*
Spinach*
Avocado
Cucumber
Broccoli
Bell peppers
Capers

Beans & Grains

Cannellini
Garbanzo
Corona beans
Fava beans
Borlotti beans
Farro
Corn
Arborio rice

Nuts & Seeds

Pine nuts
Hazelnuts,
Pistachio
Walnuts

Turkish & Greek

Herbs & Spices

Garlic*
Mint*
Oregano*
Dill*
Cinnamon*
Parsley*
>Anise
Chiles
Cilantro
>Saffron
>Sesame
Thyme
Marjoram
>Clove
>Poppy seed
>Fenugreek
Onion
Sumac

Produce

Lemon*
Eggplant*
Tomato*
Cucumber*
Tomato*
Spinach
Olives
Pomegranate
Rocket

Beans & Grains

Bulgar
Wheat
White beans
Gigante beans
Limas
Garbanzo
Lentils
Basmati

Nuts & Seeds

Pistachios
Hazelnuts
Walnuts
Almonds

Mexican & Spanish

Herbs & Spices

Cilantro*
Cumin*
Garlic*
Olive oil*
Coriander
Onions
Parsley
Paprika
Chiles
Cinnamon
>Saffron

Produce

Lime*
Tomato*
Avocado*
Olives
Corn
Peppers
Zucchini
Jicama

Beans & Grains

Black beans
Pinto beans
White beans
Lentils
Brown rice
White rice
Corn

Nuts & Seeds

Pumpkin
Sesame seeds

Moroccan & African

Herbs & Spices

Cilantro*
Cinnamon*
Ginger*
Cumin*
Garlic
Onions
Coriander
Cloves
Cardamom
Sage
Mint
>Saffron
Chives
>Fenugreek
>Rose

Produce

Olives*
Orange*
Lemon*
Tomato*
Eggplant*
Cauliflower
Corn
Melon
Peppers
Potatoes

Beans & Grains

Garbanzo
Lentils
Split peas
Garbanzo
Teff
Wheat
Millet
Basmati rice

Nuts & Seeds

Peanuts
Sesame
Sunflower

Japanese & Chinese

Herbs & Spices

Ginger*
Garlic*
>Sesame*
Miso*
Soy sauce*
Basil
>Cardamom
Coriander
Scallions
>Star anise
>Vinegar
>Wasabi

Produce

Lime*
Mung bean –
sprouts*
Bok choy*
Sea veggies*
Snow peas*
Lemon
Shitakes
Cucumber
Broccoli

Beans & Grains

Azuki beans
Soy
Barley
Mung
Red beans
Black beans
Black rice
Basmati
Brown rice
Bhutanese rice

Nuts & Seeds

Sesame seeds
Peanuts,
Cashews
Pine nuts

Thai & Balinese

Herbs & Spices

Basil*
Lemongrass*
Tamarind*
Curry*
Ginger
Galangal root
> Kefir Lime leaves
Cilantro
Mint
Turmeric
Coriander
Cumin
>Sesame
Chiles

Produce

Lime*
Coconut*
Zucchini
Peas
Carrots
Cauliflower
Tomato
Potatoes
Baby corn

Beans & Grains

Soybeans
Jasmine rice
Long grain rice
Black short grain

Nuts & Seeds

Cashews
Sesame seeds
Peanuts
Almonds

Indian

Herbs & Spices

Garlic*
Ginger*
Cardamom*
Curry*
Cumin*
Garam –
Masala*
Cinnamon
>Clove
Chiles
>Anise
>Fenugreek
Fennel –
Seed
Mint
>Mustard
>B. Pepper
Tamarind
>Sesame
Turmeric
Onions
>Saffron

Produce

Cauliflower*
Spinach*
Peas*
Lemon*
Pomegranate
Bell-peppers
Eggplant
Tomato
Coconut

Beans & Grains

Garbanzo
Lentils,
All soy
Mung beans
Pigeon beans
Basmati rice

Nuts & Seeds

Sesame
Cashews
Pistachio
Almonds

For More inspiration and help creating delicious plant-based dishes, check out our full range of the flavor-packed Wicked Kitchen Spice Blends at [Tesco.com](https://www.tesco.com).

Here's a few of our favorites:

Hot n' Spicy BBQ Rub

A distinctively rich and fiery BBQ rub, filled with rich smoked paprika, sweet demerara sugar, fiery bird's eye chilli, blended with fragrant fennel, rosemary, cumin and coriander

Mango Masala Spice blend

A ying and yang sweet and sour vibrant seasoning with dried mango powder, roasted cumin seeds and aromatic asafoetida.

Sesame Togarashi Spice Blend

A distinctive blend of nutty sesame seeds, fiery cayenne, ginger, zesty orange peel and seaweed.

Chipotle Tinga Spice blend

A blend of fruity ancho chilli, smoky chipotle chilli, lively lime flavouring and roasted garlic.





A Global Taste – Cultural Spice Combining – Printable Version

A very useful chart to expand and create dishes from working with a base recipe * = Most commonly used > = use sparingly, so it does not overpower the dish

Italian & Sicilian	Thai & Balinese	Mexican & Spanish	Moroccan & African	Japanese & Chinese	Turkish & Greek	Indian
Herbs and Spices	Herbs and Spices	Herbs and Spices	Herbs and Spices	Herbs and Spices	Herbs and Spices	Herbs and Spices
Garlic*, Basil*, Olive oil* Oregano, >Rosemary Thyme, >White- Pepper Onions, Parsley, >Sage Marjoram, Leek	Basil*, Lemongrass* Tamarind*, Curry* Ginger, Galangal root > Kefir Lime leaves Cilantro, Mint, Turmeric Coriander, Cumin >Sesame, Chiles	Cilantro*, Cumin* Garlic*, Olive oil* Coriander, Onions Parsley, Paprika Chiles, Cinnamon >Saffron	Cilantro*, Cinnamon* Ginger*, Cumin* Garlic, Onions Coriander, Cloves Cardamom, Sage, Mint, >Saffron ,Chives >Fenugreek, >Rose	Ginger*, Garlic*, >Sesame* Miso*, Soy sauce*, Basil >Cardamom, Coriander Scallions, >Star anise >Vinegar, >Wasabi, Chiles	Garlic*, Mint*, Oregano* Dill*, Cinnamon*, Parsley* >Anise ,Chiles, Cilantro >Saffron ,>Sesame, Thyme, Marjoram, >Clove >Poppy seed, >Fenugreek Onion ,Sumac	Garlic*, Ginger*, Cardamom* Curry*, Cumin*, Garam – Masala* , Cinnamon, >Clove Chiles, >Anise, >Fenugreek Fennel Seed, Mint, >Mustard >B. Pepper , Tamarind, >Sesame Turmeric ,Onions, >Saffron >Rose
Produce	Produce	Produce	Produce	Produce	Produce	Produce
Lemon*, Olives* Tomatoes*, Spinach* Avocado, Cucumber Broccoli, Bell peppers Capers	Lime* ,Coconut* ,Zucchini Peas, Carrots, Cauliflower Tomato ,Potatoes, Baby corn	Lime* ,Tomato* Avocado*, Olives, Corn Peppers, Zucchini Jicama	Olives*, Orange* Lemon*, Tomato* Eggplant* ,Cauliflower Corn, Melon, Peppers Potatoes	Lime* ,Mung bean – sprouts* ,Bok choy* , Sea veggies* ,Snow peas* Lemon, Shiitakes, Cucumber, Broccoli	Lemon* ,Eggplant* Tomato*, Cucumber* Tomato*, Spinach, Olives Pomegranate, Rocket	Cauliflower*, Spinach* ,Peas* Lemon*, Pomegranate, Bell- peppers, Eggplant, Tomato Coconut
Beans & Grains	Beans & Grains	Beans & Grains	Beans & Grains	Beans & Grains	Beans & Grains	Beans & Grains
cannellini, garbanzo Corona beans, Fava beans, Borlotti beans Farro Corn, Arborio rice, Barley	Soybeans, Jasmine rice, Long grain rice, Black short grain	black beans, pinto beans, white beans lentils, brown rice, white rice, corn	garbanzo, lentils, split peas, garbanzo, teff wheat ,millet, basmati rice	Azuki beans, soy, barley mung red beans, black beans, black rice, basmati brown rice, Bhutanese rice	Bulgar Wheat, White beans Gigante beansLimas Garbanzo, Lentils, Basmati	Garbanzo, lentils, all soy, mung beans, pigeon beans, basmati
Nuts & Seeds	Nuts & Seeds	Nuts & Seeds	Nuts & Seeds	Nuts & Seeds	Nuts & Seeds	Nuts & Seeds
Pine nuts, hazelnuts, pistachio, walnuts	Cashews, sesame seeds, peanuts, almonds	Pumpkin, sesame seeds	Peanuts, sesame, sunflower	Sesame seeds, peanuts, cashews, pine nuts	Pistachio, hazelnut, walnuts, almonds	Sesame, Cashews ,Pistachio Almonds