Learn how to spice up your meals and add flavor to your foods with this comprehensive spice chart. Become a seasoning pro and never make a bland meal again!

**Cook Smarts Guide to Flavoring with Spices**

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<thead>
<tr>
<th>Produce</th>
<th>Proteins</th>
<th>Use In</th>
<th>Pairs Well With</th>
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### POPULAR SPICE BLENDS

Spice blends combine complementary spices to create a whole new taste. Create them on your own or buy them as a blend to add instant flavor.

#### KEY FLAVOR PROFILE

**CHILI POWDER**
- Spicy, Smoky

**ZA’ATAR**
- Bitter, Warm

**CURRY POWDER**
- Warm, Spicy

**CHINESE FIVE SPICE**
- Warm, Sweet, Bitter

#### PRODUCE

**ANCHO CHILE**
- Paprika
- Cumin
- Mexican Oregano

**PROTEINS**

**CHILI POWDER**
- Ancho Chile
- Paprika
- Cumin
- Mexican Oregano

**ZA’ATAR**
- Thyme
- Sesame Seeds
- Sumac

**CURRY POWDER**
- Turmeric
- Coriander
- Cumin
- Fenugreek
- Red Pepper

**CHINESE FIVE SPICE**
- Cassia
- Clove
- Fennel
- Star Anise
- Szechuan Peppercorns

#### USE IN

**CHILI POWDER**
- Corn, Tomato, Cauliflower, Green Beans, Squash
- Beans, Chicken, Beef, Fish
- Soups, Sauces, Salad Dressings, Dry Rubs, Marinades

**ZA’ATAR**
- Eggplant, Sweet Potatoes, Squash, Onions, Carrots
- Chicken, Beef, Lamb, Fish
- Dry Rubs, Bread Dips

**CURRY POWDER**
- Cauliflower, Cabbage, Zucchini, Broccoli, Green Beans
- Chicken, Lentils, Pork, Tofu
- Curries, Rice, Soups, Sauces, Stir-Fries, Marinades

**CHINESE FIVE SPICE**
- Bell Peppers, Broccoli, Carrots, Celery, Shiitake Mushrooms
- Beef, Duck, Tofu, Pork
- Stir-Fries, Dry Rubs, Marinades, Rice

#### CAJUN SEASONING

- Spicy, Earthy

**HERBS DE PROVENCE**
- Earthy

**RAS EL HANOUT**
- Spicy, Sweet

**GARAM MASALA**
- Warm, Sweet, Bitter

#### POPULAR SPICES

- Black Pepper
- Paprika
- Cumin
- Cayenne Pepper
- Thyme

- Rosemary
- Marjoram
- Thyme
- Oregano
- Sage
- Tarragon

- Cardamom
- Clove
- Cinnamon
- Nutmeg
- Paprika
- Coriander

- Cinnamon
- Nutmeg
- Cloves
- Cardamom

- Coriander
- Turmeric
- Mace

#### POPULAR SPICE USES

**CHILI POWDER**
- Corn, Tomato, Cauliflower, Green Beans, Squash
- Beans, Chicken, Beef, Fish
- Soups, Sauces, Salad Dressings, Dry Rubs, Marinades

**ZA’ATAR**
- Eggplant, Sweet Potatoes, Squash, Onions, Carrots
- Chicken, Beef, Lamb, Fish
- Dry Rubs, Bread Dips

**CURRY POWDER**
- Cauliflower, Cabbage, Zucchini, Broccoli, Green Beans
- Chicken, Lentils, Pork, Tofu
- Curries, Rice, Soups, Sauces, Stir-Fries, Marinades

**CHINESE FIVE SPICE**
- Bell Peppers, Broccoli, Carrots, Celery, Shiitake Mushrooms
- Beef, Duck, Tofu, Pork
- Stir-Fries, Dry Rubs, Marinades, Rice

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These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

### Spices by Cuisine

#### Mexican
- Coriander
- Cumin
- Oregano
- Garlic powder
- Cinnamon
- Chili powder

#### Caribbean
- Allspice
- Nutmeg
- Thyme
- Garlic powder
- Cloves
- Cinnamon
- Ginger

#### French
- Nutmeg
- Thyme
- Garlic powder
- Rosemary
- Oregano
- Herbes de Provence

#### North African
- Cardamom
- Cinnamon
- Cumin
- Paprika
- Turmeric
- Ginger
- Ras el hanout

#### Cajun
- Cayenne pepper
- Oregano
- Paprika
- Thyme
- Rosemary
- Bay leaves
- Cajun seasoning

#### Thai
- Basil
- Cumin
- Garlic
- Ginger
- Turmeric
- Cardamom
- Curry powder

#### Mediterranean
- Oregano
- Rosemary
- Thyme
- Bay leaves
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Garlic
- Basil
- Ginger

#### Indian
- Bay leaves
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Cumin
- Paprika
- Turmeric
- Garam masala
- Curry powder

#### Middle Eastern
- Bay leaves
- Cardamom
- Cinnamon
- Oregano
- Za’atar
- Cumin
- Cinnamon
- Coriander
- Garlic powder

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