

INTERNATIONAL SEASONINGS CHART



ETHNIC ORIGIN		BEEF	PORK	POULTRY	FISH
ASIAN	CARDAMOM				
	CILANTRO				
	CINNAMON				
	CORIANDER				
	CUMIN				
	CURRY				
	GARLIC				
	GINGER				
	MINT				
	TURMERIC				
CARIBBEAN	ALLSPICE				
	CHILI POWDER				
	CILANTRO				
	CURRY POWDER				
	GARLIC				
	GINGER				
	MINT				
FRENCH	BAY LEAVES				
	CHERVIL				
	GARLIC				
	MINT				
	PARSLEY				
	TARRAGON				
	THYME				
GREEK	GARLIC				
	MINT				
	OREGANO				
	PARSLEY				
	THYME				
INDIAN	CHILI POWDER				
	CILANTRO				
	CINNAMON				
	CURRY POWDER				
	CLOVES				
	GARLIC				
	GINGER				
	MINT				
	TURMERIC				
ITALIAN	BASIL				
	GARLIC				
	OREGANO				
	PARSLEY				
MEXICAN	CILANTRO				
	CHILI POWDER				
	CINNAMON				
	CUMIN				
	GARLIC				
	OREGANO				
	THYME				
SPANISH AND PORTUGUESE	BLACK PEPPER				
	CHILI POWDER				
	CILANTRO				
	GARLIC				
	PAPRIKA				
	SAFFRON				