

Global Flavors in Food

	Mediterranean	Asian	Latin	Eastern European
Herbs and Spices	basil cinnamon lavender lovage marjoram oregano parsley thyme rosemary saffron sage	anise basil cardamon chilies cilantro clove kaffir lime leaves sesame seeds shiso turmeric	annatto (achiote) chilis cilantro cinnamon cumin oregano parsley	caraway clove juniper mustard nutmeg, paprika parsley tarragon
Flavor Enhancers	balsamic vinegar, garlic, lemon, olive oil, orange, onion, tomato, wine	coconut fermented veggies fish sauce garlic ginger lemon mirin onion rice vinegar soy/miso sake	caraway clove juniper mustard nutmeg, paprika parsley tarragon	garlic lemon onion tomato vinegar