

**Pantry Method of Menu Planning** – Use this chart to choose spices, meats, starches, and a variety to create a meal

Cuisine	Spices and seeds	Vegetables/Fruit	Starch	Protein
Thai	chili, amlin, coriander, garlic, peanuts, lemon grass, lime, coconut cream, fish sauce, oyster sauce, sesame oil, green chilies, coconut oil	Mango, coconut, bananas, durian, pineapple, mushroom, peppers, broccoli, passion fruit,	sticky rice, noodles, rice noodles, spring rolls,	Fish, chicken, sea food,
Mexican	jalapeno, onion, garlic, cheese, sour cream, , peanuts, coconut oil, peanut oil, vanilla, cinnamon, cocoa, coffee	Tomato, cucumber, banana, mango, limes, lemons,	Maize, rice, potatoes, quinoa	Kidney beans, turtle beans, chicken, beef
Indian	curry, turmeric, ginger, garlic, chili, cashews, cinnamon, butter/ghee	Onions, carrots, corn, peas, beans, broccoli, radish, coconut, dates, mangoes,	basmati rice, Chapattis,	Lentils, peas, mung beans
Chinese	soy, ginger, garlic, lemon, sesame, cashew, almond, coconut oil, water chestnuts, peanuts, peanut oil,	Broccoli, bok choy, sweet choy, cabbage, carrots, snowpeas, bean sprouts, bamboo shoots,	White rice, sticky rice, long grain rice, noodles	Mung beans, pork, chicken,
Italian	oregano, basil, rosemary, thyme, garlic, parsley, olive oil, red onions	Tomato, pepper, eggplant, mushrooms, lettuce, olives,	short grain rice, pasta, Italian rolls, ciabata bread,	Cheese, prosciutto, salami,
Greek	oregano, basil, garlic, onion, feta cheese, olive oil, dill, parsley, honey, wine vinegar, mint, yogurt, lemon	tomatoes, cucumbers, sweet peppers, spinach, squash, lettuce, grapes, raisins, olives	Filo, bread, Naan bread, couscous, short grain rice	Lamb, feta, goat
French	sage, rosemary, onion, garlic, red wine, parsley, thyme, tarragon, cinnamon, cardamom, mustard seed, wine vinegar	apple, carrots, beets, green beans, peas, grapes, raisins,	Rice, potatoes, French bread, rye bread, sourdough rye bread	Beef, duck, rabbit, chicken, eggs, cream, butter
Middle East	lemon, honey, garlic, chili, coriander, turmeric, sesame, salt, almonds, yogurt,	cucumber, pomegranate, figs, dates, citron,	couscous, bulgar, unleavened bread, pita bread, egg bread, macaroni	Lamb, goat, chickpeas, eggs, feta cheese, yogurt

English	onion, celery, parsley, vinegar, malt vinegar, pepper, rosemary, sage, dill, anise, vegemite, fennel seed, poppy seed, ginger, cinnamon, mint, mustard	apple, lime, turnips, brussel sprouts, carrots, parsnips, asparagus, carrots, raspberries, strawberries, damsons, blueberries, cranberries	bread, mashed potatoes, oats, rye, barley	Beef, eggs, pork, ham, brisket, corned beef, bacon, chicken, cream, cheddar cheese, goose, rabbit
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## Herbs and Spices for Ethnic Cooking



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