

Cuisines	European								North American				South American			Asian								African			
ACIDS	UK	France	Italy	Spain	Germany	Eastern Europe	Scandinavia	Greece & Cyprus	USA & Canada	Mexico	Central America	Carribean	Argentina & Uruguay	Chile, Peru & Boliva	Brazil	China	Japan	Korea	Thailand	Vietnam	India	Iran	Mediterranean	North Africa	West Africa	Horn of Africa	
Vinegar		France	Italy	Spain	Germany	E. Eur	Scandinavia	Greece & Cyprus	White / Red / Cider USA & Canada	White Vinegar Mexico	White Vinegar C. America	Cider Vinegar	Wine Vinegar Arg&Uru.gy.		Brazil	Rice Wine Vinegar	Rice Wine Vinegar	Rice Wine Vinegar Korea	Rice Wine Vinegar Thailand	Rice Wine Vinegar Vietnam		Iran	Date Vinegar	Date Vinegar			
Beer	UK				Germany	E. Eur	Scandinavia														India		Mediterranean		West Africa	Horn of Africa	
Cider	UK	France	Italy		Germany	E. Eur																					
Wine or Rice Wine	UK	France	Italy	Spain	Germany	E. Eur	Scandinavia	Greece & Cyprus	USA & Canada				Arg&Uru.gy.			China	Japan	Korea	Thailand	Vietnam			Mediterranean		West Africa	Horn of Africa	
Lemon		France	Italy	Spain				Greece & Cyprus				Carribean	Arg&Uru.gy.		Brazil							Iran	Mediterranean	North Africa			
Lime										Mexico	C. America	Carribean		CPB					Thailand	Vietnam	India	Iran	Mediterranean	North Africa			
Orange										Mexico	C. America	Carribean		CPB	Brazil												
FATS	Olive	Olive	Olive	Olive	Neutral	Olive	Neutral	Olive	Olive	Neutral	Neutral	Coconut Oil	Olive	Neutral	Olive	Sesame	Sesame	Sesame	Coconut Oil	Neutral	Coconut Oil	Neutral	Olive	Olive	Coconut Oil	Sesame	
Neutral = Seed Oils	Neutral					Neutral			Neutral			Neutral			Neutral	Neutral	Neutral	Neutral	Neutral		Grapeseed					Neutral	
HEAT	UK	France	Italy	Spain	Germany	Eastern Europe	Scandinavia	Greece & Cyprus	USA & Canada	Mexico	Central America	Carribean	Argentina & Uruguay	Chile, Peru & Boliva	Brazil	China	Japan	Korea	Thailand	Vietnam	India	Iran	Mediterranean	North Africa	West Africa	Horn of Africa	
No. of spices	9	12	8	10	15	10	10	5	11	9	5	14	4	7	10	8	10	5	11	10	16	13	11	11	5	2 one off spices	
	1	Ginger	Parsley	Chillies	Chillies	Ginger	Ginger	Ginger	Parsley	Chillies	Chillies	Chillies	Ginger	Chillies	Chillies	Chillies	Chillies	Chillies	Chillies	Chillies	Chillies	Parsley	Parsley	Parsley	Ginger	Berber Spices MitMita	
	2	Parsley	Basil	Saffron	Parsley	Parsley	Cinnamon	Cinnamon	Mint	Parsley	Cinnamon	Coriander	Cinnamon	Parsley	Parsley	Ginger	Ginger	Ginger	Ginger	Ginger	Ginger	Mint	Mint (Dried)	Mint	Nutmeg		
	3	Mint	Thyme	Oregano	Coriander	Cinnamon	Paprika	Saffron	Dill	Mint	Coriander	Mustard	AllSpice	Paprika	Coriander	Parsley	Black Pepper	Mustard	Garlic	Mint	Mint	Mint	Saffron	Oregano	Cinnamon	Curry Powder	
	4	Cinnamon	Bay Leaf	Basil	Saffron	Paprika	Dill	Dill	Oregano	Cinnamon	Oregano	Tumeric	Cumin	Oregano	Basil	Coriander	AllSpice	Wasabi	Sesame	Coriander	Coriander	Cinnamon	Dill	Black Pepper	Coriander	Adobo	
	5	Dill	Tarragon	Black Pepper	Paprika	Dill seed	Black Pepper	AllSpice	Basil	Paprika	AllSpice	Epazote	Saffron		Peruvian black mint	Saffron	Anise	Shiso	Perilla	Thai Basil	Thai Basil	Coriander	Cardamon	Cumin	Saffron	Peanuts	
	6	Cardamon	Lavender	Rosemary	Basil	Black Pepper	AllSpice	Cardamon		Dill	Cumin		Paprika		Mint Marigold Ajl Pepper	Black Pepper	Garlic	yuzu		Cumin	Anise	Saffron	Cumin	Thyme	Cumin		
	7	Nutmeg	Rosemary	Fennel Seeds	Thyme	AllSpice	Cloves	Nutmeg		Black Pepper	Thyme		Oregano			Cardamon	Sesame	Shichimi Togarashi Nori		Curry Powder	Perilla	Black Pepper	Tarragon	Fennel Seeds	Sumac		
	8	Curry Powder	Fennel Seeds	Sage	Bay Leaf	Bay Leaf	Caraway	Mustard		Nutmeg	Cloves		Basil			Nutmeg	Schezuan Peppercor			Tumeric	Lemon Grass	Cardamon	Dried Lime	Sumac	La Kama		
	9	Celery	Sage		Tarragon	Anise	Juniper	Bay Leaf		Mustard	Epazote		Bay Leaf			Thyme		Kombu		Lemon Grass	Spring Onions	Mustard	Rose	Marjoram	Dukkah		
	10		Herbs De Province		Lavender	Celery seed	Sarvorj	juniper berries		Celery			Curry Powder			Cloves		Shitakke mushroom		Kaffir Lime	Rau Ram	Cumin	Advieh	Za-Atar	Harissa		
	11		Quatr Epices Chervil			Juniper				Cayenne Pepper			Hot Peppers Callaloo							Galameal		Anise	Orange flower	Baharat	Ras El Hanout		
	12					Caraway							Hibiscus									Cloves					
	13					White Pepper Horseradish Chives																Curry Powder Tumeric					
	14																										
	15																					Garam masala Panch Phoran					
	16	European								North American				South American			Asian							African			
Garnishes	UK	France	Italy	Spain	Germany	E. Eur	Scandinavia	Greece & Cyprus	USA & Canada	Mexico	C. America	Carribean	Arg&Uru.gy.	CPB	Brazil	China	Japan	Korea	Thailand	Vietnam	India	Iran	Mediterranean	North Africa	West Africa	Horn of Africa	
	10	9	6	6	5	5	7	6	6	9	5	5	5	2	5	5	5	4	5	3	6	6	6	8	2	7	
	1	Ketchup	Tomatoes	Tomatoes	Olives	Sauerkraut	Pickles	Pickles	Olives	Tomatoes	Olives	Tomatoes	Olives	Tomatoes	Tomatoes	Tomatoes	Pickled Vegetables	Soy Sauce	Soy Sauce	Pickles	Fish Sauce	Pickles	Pickles	Pickles	Olives	Tomatoes	Tomatoes
	2	Mustard	Olives	Olives	Romanesco sauce	Mustard	Sour Cream	Pickled Herrings	Tomatoes	Mustard	Tomatoes	Fresh Cheeses	Tomatoes	Manchego+Pavolone	AJL Pepper sauce	PineApple	Soy Sauce	Pickles	Gochu Jang	Curry Paste	Hoisin Sauce	Yoghurt	Yoghurt	Pomengranates	Tomatoes	Sumbala	Hot Sauce
	3	Brown Sauce	Sourdough	Balsamic vinegar	Chorizo	Pumpnickel Bread	Sour cabbage	Pickled Capers	Yoghurt	Buttermilk	Sour Cream	Curtido	Mojo	Dried Fruit		Passion Fruit	Plum Shake	Miso	Kimchee	Siracha	Pickled Shallots	Paneer	Barberries	Sumac	Pickles		Mango
	4	Salad Cream	Dijon Mustard	Parmesan	Fresh Goats	Pickles	Yoghhurt and Quark	Skyr	Feta Chees	Pickles	Pickles	AJL Pepper sauce	Pikliz	Pickled Aubergine		Piri Piri Hot Sauce	Fermented Bean	Tamari	Fermented Bean	Sambal		Chutneys	Sumac	Pepper Sauce	preserved lemon		Guava
	5	Tartar Sauce	Creme Fraiche	Pecorino	Manchego	Sour Cream	Brined Cheese	Havarti	Haloumi	Hot Sauce	Chocolate	Tamarino	Sos Ti-Malice	Chimi -churri		RequeiJao	Oyster Sauce	Ponzu		Fish Sauce		Fermented RiceCake	Pomengranates	Feta Chees	Dried Fruit		Grapefruit
	6	Horse Radish	Cornichons	Buffalo mozzarella				Danish Blue Berries		Cheddar	Mole											Tamarind	Dried Fruit	Labneh	Sumac		Cottage Cheese Injera and Canjeero
	7	Mint Sauce	Goat's Chees								Dulce De Leche Salsa														Harissa		
	8	Cheddar	Roquefort																						Charmoula		
	9	Stilton																									
	10	Buttermilk																									