

Flavor Profiles of Ethnic Cuisines

Flavor profiles, or flavor principles, are the combination of flavoring ingredients that are consistently used in specific cuisines. The table below lists flavor profiles of common ethnic cuisines. Understanding flavor profiles will allow you to plan and prepare dishes that are compatible with each other when preparing specific ethnic menus.

Mexico	Lime, chili (fresh and dried), cilantro, Mexican oregano, cumin, chocolate, tomato, garlic, onion
India	Yellow curry powder, caraway, coriander, cardamom, ginger, mustard seed, cumin, turmeric, garlic, coconut
Morocco	Olive oil, lemon, preserved lemon, chili (fresh and dried), garlic, cumin, coriander, cardamom, cinnamon, cloves, caraway, pepper, turmeric, saffron, paprika, mint, cilantro, parsley
Greece	Lemon, parsley, oregano, cinnamon, olive oil, olives
Southern Italy	Olive oil, tomato, garlic, basil, oregano, chili flakes
Spain	Olive oil, tomato, garlic, saffron, paprika, smoked paprika, wine vinegar
Southern France	Olive oil, tomato, garlic, saffron, mixed herbs, wine vinegar
France	Wine, herbs, wine vinegar, garlic, onion, carrots, celery, leeks
Middle East	Lemon, olive oil, parsley, cinnamon, cumin, tomato, garlic
China	Soy sauce, ginger, garlic, green onions, sesame oil
Vietnam	Fish sauce, lime, chili (fresh and dried), cilantro, mint, basil, star anise, shallot, garlic
Thailand	Fish sauce, shrimp paste, ginger, galangal, cilantro, chili (fresh and dried), kaffir lime, shallot, garlic, coconut
Japan	Soy sauce, mirin, ginger, wasabi, sesame oil, sesame seeds, rice vinegar, green onion, miso

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