



Stretch Your Kitchen

Flavor Profiles of Twenty World Cuisines

A flavor profile is simply a group of ingredients that help define the common flavors found within a specific cuisine. By incorporating various flavor profiles into your cooking, you are able to thoughtfully use proteins, starches, and vegetables to create a variety of meals, simply by altering the flavor profile.

Please enjoy this list of common ingredients that make up the flavor profiles of twenty (20) world cuisines, as you explore ways to stretch your grocery dollars, minimize food waste, and create flavorful meals for you and your family.

For more information, please visit stretchyourkitchen.com, or listen to the Stretch Your Kitchen podcast (Episode 3: Flavor-Flav!) on your favorite podcast player.

*this list is not exhaustive



| Cajun: bold, spicy, earthy | Caribbean spicy, sweet, aromatic | Chinese salty, spicy, sour, sweet, bitter | Cuban savory, aromatic, citrus flavors |
|--|---|--|--|
| holy trinity (celery, onions, bell peppers) paprika cayenne pepper garlic onion black Pepper thyme oregano | hot peppers, like scotch bonnet garlic rum plantains passion fruit mango nutmeg, cloves, cinnamon, mace allspice jerk seasoning bay leaves curry coconut /coconut milk Citrus tamarind | soy sauce garlic ginger scallions shaoxing wine (rice wine) oyster sauce sesame oil (toasted) black vinegar rice vinegar white pepper Chinese five spice Sichuan peppercorns orange peel (or tangerine peel) lemon peel (or zest) cornstarch bean pastes sugar | oregano cumin cilantro bay leaves tropical fruits: (mangoes, guava, coconut, plantain) root vegetables: (potato, yuca, sweet potato, taro root) orange lime garlic bell peppers |

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| Ethiopian earthy, spicy, tart, sour | French herbaceous, saucy, rich | German hearty, rich, savory, sweet/sour | Greek savory, herbaceous, fresh, acidic |
|---|--|--|---|
| chili peppers fenugreek cinnamon ginger cardamom coriander curry turmeric onions garlic lentils chickpeas barley tomato lemon juice | parsley tarragon chives thyme bay leaf mirepoix (celery, carrots, onion) butter heavy cream Herbes de Provence garlic onion nutmeg mother sauces (bechamel, hollandaise, veloute, espagnole, tomato) | mustard sweet mustard pepper dill caraway paprika chili nutmeg, mace horseradish parsley chives bay leaves marjoram beer cloves onions garlic cabbage | feta honey cinnamon yogurt mint oregano thyme dill lemon garlic vinegar cumin onion olives olive oil lentils Chickpeas tomatoes cucumbers |

| Indonesian spicy, sweet, sour, aromatic | Indian aromatic, spicy, tangy, sweet, savory | Irish rustic, comforting, simple | Italian Fresh, bright, herbaceous, savory |
|--|--|--|--|
| cloves nutmeg Ginger shallot coconut milk sambal chilies palm sugar sweet soy sauce tamarind lime green mango lemongrass galangal fish sauce shrimp paste curry peanuts eggs | cumin coriander turmeric cardamom curry chilies ginger cinnamon cilantro mint tamarind yogurt coconut ghee (clarified butter) butter mustard seeds rice (basmati) onion garlic | potatoes carrots onions parsley thyme rosemary sage bacon leeks butter dairy salt | tomatoes balsamic vinegar basil parsley oregano rosemary, thyme garlic, onion red pepper flakes mozzarella parmesan, pecorino ricotta olive oil eggplant peppers zucchini anchovy fennel butter pasta, risotto |

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| Japanese umami, sweet, salty, sour, bitter, | Korean sweet, salty, spicy, sour, bitter | Mexican fresh, spicy, savory, tangy | Peruvian bright acidity, earthy, fiery |
|--|---|---|--|
| kombu seaweed (nori) bonito flakes furikake shitake mushrooms shishito peppers shoyu (soy sauce) miso sea salt mirin rice vinegar sake sugar yuzu plum matcha wasabi ginger scallion teriyaki glazes pickled ginger tofu edamame | gochugaru gochujang soy sauce soybean paste (doenjang) fish sauce sugar honey pear ginger garlic green onions sesame oil kimchi sesame seeds cabbage radish cucumber beansprouts tofu salt, black pepper rice wine corn or rice syrup | corn hominy masa beans chiles, jalapenos habaneros chipotles cumin Mexican oregano garlic cilantro paprika lime tomatoes tomatillos onions avocado cheese queso fresco cocoa cinnamon nutmeg napales (cactus) | various chili peppers (aji amarillo, aji limo, rocoto) lime lemon orange cilantro garlic potatoes quinoa onions corn garlic mango passion fruit red onion tomatoes nuts cheese cinnamon cloves |

| Puerto Rican savory, bold, comforting | Spanish Mediterranean, bold, rustic | Thai sweet, sour, salty, spicy, bitter | Venezuelan savory, rich, bold |
|--|---|---|--|
| adobo (garlic powder, salt, pepper, oregano, lime) sofrito (garlic, onion, peppers, cilantro) annatto cumin oregano cilantro culantro bay leaves hot peppers orange lime garlic plantains yuca coconut rice beans calabaza (pumpkin) ham hock hot sauce pigeon peas | garlic smoked paprika saffron olive oil pimento sherry vinegar onions nuts almonds tomatoes bay leaf parsley cumin oregano orange lemon cured ham (jamon) manchego cheese piquillo peppers ground red pepper | palm sugar lime Coconut milk fish sauce thai chilies tamarind vinegar soy sauce oyster sauce soybean paste shrimp paste dried chilies bitter melon lemongrass galangal kaffir Lime leaves thai basil cilantro scallions ginger garlic cashews peanuts | cilantro cumin garlic corn plantains brown sugar black beans avocado onions tomato white quesos (queso de mano, for example) tropical fruits tapioca |