

The Finest Herbs On

God's Green Earth

SPICES OF THE WORLD

BY CUISINE

Treat Your Family
To The World's
Finest Cuisines
From Your
Own Kitchen

Use This Chart
As A Guide To
Creating Authentic
Flavors Of The
World's Cuisines.

SOUTH AMERICA

CORIANDER ✂ CUMAN
OREGANO ✂ GARLIC
CILANTRO ✂ PAPRIKA
CINNAMON
MEXICAN OREGANO
BLENDS: CHILI POWDER
ADOBO ✂ CHILI LIME
FAJITA ✂ MEXICAN
HERB

FRENCH

NUTMEG ✂ THYME,
GARLIC ✂ MINTS
ROSEMARY ✂ DILL
FENNEL ✂ CHERVIL
TARRAGON, SAFFRON
LAVENDER FLOWERS
SUMMER SAVORY
BLEND: HERBS
DE PROVENCE

INDIA

CORIANDER
BAY LEAF
CARDAMOM
CAYENNE PEPPER
CINNAMON
CUMIN ✂ GINGER
NUTMEG ✂ CURRY
TURMERIC ✂ SAFFRON
BLEND:
GRAND MASALA

MIDDLE EAST

CORIANDER
CARDAMOM ✂ CLOVES
CINNAMON
CUMIN ✂ SUMAC
GINGER ✂ SAFFRON
BAY LEAVES
BLENDS:
PERSIAN BLEND
ZAAATAR

CARIBBEAN

CAYENNE PEPPER
OREGANO
PAPRIKA, THYME
BAY LEAVES
CUMIN ✂ CLOVES
JAMAICAN JERK
ALL SPICE ✂ VANILLA
CARIBBEAN BLEND

MEDITERRANEAN

BAY LEAVES ✂ PARSLEY
CARDAMOM ✂ CAYENNE ✂ BASIL
PEPPER ✂ OREGANO ✂ CINNAMON
CUMIN ✂ GINGER ✂ NUTMEG
CLOVE ✂ STAR ANISE ✂ FENUGREEK
BLENDS: GREEK ✂ ITALIAN,
MEDITERRANEAN

AFRICAN

CARDAMOM ✂ CLOVE
CINNAMON
CUMIN ✂ PAPRIKA
NUTMEG ✂ CURRY
TURMERIC ✂ VANILLA
FENUGREEK
BLENDS:
RAS EL HANOUT
BERBERE



MEMBER



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Pepper Guide



Make Blends

 <p>ANAHEIM A long, mild chile. When red, it's referred to as a Colorado or California chile.</p> <p>USES Southwestern cooking, like salsas and chile verde.</p> <p>HEAT LEVEL ●●</p>	 <p>BANANA Also known as a wax pepper, with a mild, tangy flavor.</p> <p>USES Banana peppers are often pickled or stuffed with meat and cheese.</p> <p>HEAT LEVEL ●</p>
 <p>CAYENNE This South American pepper is hot, spicy and found in many sauces.</p> <p>USES Most frequently used as a ground spice or as a whole pepper in Asian dishes.</p> <p>HEAT LEVEL ●●●●</p>	 <p>FRESNO Similar to a red jalapeño in appearance, flavor and heat level.</p> <p>USES Southwestern or Mexican cooking.</p> <p>HEAT LEVEL ●●</p>
 <p>HABANERO Intensely hot—renowned as one of the hottest chiles in the world.</p> <p>USES Caribbean cooking (jerk and marinades) or Latin American cooking.</p> <p>HEAT LEVEL ●●●●●</p>	 <p>JALAPEÑO The most popular of fresh chiles. When smoked, they become chipotle peppers.</p> <p>USES Mexican cooking. A must-have in salsa.</p> <p>HEAT LEVEL ●●●●</p>
 <p>PADRÓN A Spanish pepper that is generally mild but occasionally surprises with a bit of spice.</p> <p>USES Blistered on a grill, doused in oil and sprinkled with salt, these are a Spanish classic.</p> <p>HEAT LEVEL ●</p>	 <p>PIQUILLO A Spanish pepper whose flavor resembles bell peppers.</p> <p>USES These peppers are typically stuffed and served as tapas.</p> <p>HEAT LEVEL ●</p>
 <p>POBLANO The poblano is a large, moderately hot chile that's dark, glossy green.</p> <p>USES Mexican or Southwestern dishes, especially chile rellenos.</p> <p>HEAT LEVEL ●</p>	 <p>RED THAI A medium-hot chile that lends mellow, gradual spice to dishes.</p> <p>USES Thai or Indian food; it's especially good in curries.</p> <p>HEAT LEVEL ●●</p>
 <p>SERRANO A slender chile that packs a lot of heat. The smaller the pepper, the hotter it is.</p> <p>USES Mexican or Thai cooking; salsas or curries that require a lot of heat.</p> <p>HEAT LEVEL ●●●●</p>	 <p>SHISHITO This Japanese chile is generally mild but occasionally spicy.</p> <p>USES Prepare as you would Padrón peppers: sear with oil and sprinkle with salt.</p> <p>HEAT LEVEL ●●●●</p>



TACO SEASONING BLEND									
									
2 tsp	1 1/2 tsp	2 tsp	1/2 tsp	1/2 tsp	1/4 tsp	2 tsp	1/2 tsp	1/4 tsp	1/4 tsp
chili powder	paprika	cumin	onion pwdr	garlic pwdr	cayenne	salt	pepper	oregano	oregano
FAJITA SEASONING BLEND									
									
1 tsp	2 tsp	2 tsp	1 tsp	2 tsp	1/4 tsp	1/2 tsp	1/2 tsp	1 tsp	1 tsp
chili powder	paprika	cumin	onion pwdr	garlic pwdr	cayenne	kosher salt	pepper	sugar	sugar
CAJUN SEASONING BLEND									
									
2 1/2 tbsp	1 tbsp	2 tbsp	1 tbsp	2 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp	1 tbsp
paprika	onion pwdr	garlic pwdr	cayenne	salt	pepper	oregano	oregano	thyme	thyme
CHILI SEASONING BLEND									
									
1/2 tbsp	1 1/2 tbsp	1 tbsp	1 tbsp	1 tsp	1/4 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp
chili pwdr	cumin	garlic pwdr	cayenne	salt	pepper	oregano	oregano	oregano	oregano
OLD BAY SEASONING BLEND									
									
1 tsp	1 tsp	1 tsp	1 tsp	2 tsp	1 tsp	1/4 tsp	1/8 tsp	1/8 tsp	1/8 tsp
paprika	onion pwdr	garlic pwdr	cayenne	celery salt	pepper	mustard seed	ginger	all spice	nutmeg
ITALIAN SEASONING BLEND									
									
4 tbsp	1/2 tsp	1 tsp	2 tsp	1 tsp	1 tsp	2 1/5 tsp	2 1/5 tsp	2 1/5 tsp	2 1/5 tsp
basil	onion pwdr	garlic pwdr	rosemary	sage	marjoram	oregano	oregano	thyme	thyme
PUMPKIN PIE SPICE BLEND									
									
3 tbsp	2 tsp	2 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
cinnamon	ginger	nutmeg	all spice	cloves	cloves	cloves	cloves	cloves	cloves