



THE STARTING 5

- 1 Salt
- 2 Pepper
- 3 Olive Oil
- 4 Garlic
- 5 Onion



CARIBBEAN

Coconut milk/flakes
 Coriander
 Curry
 Hot sauce
 Jerk
 Lime
 Oregano
 Red pepper flakes
 Rum
 Tropical fruit



ITALIAN

Balsamic
 Basil
 Fennel seeds
 Oregano
 Cheese, hard grated
 Red pepper flakes
 Red wine
 Rosemary
 Thyme
 Tomato



MEXICAN

Avocado
 Cayenne
 Cheese (soft shredded)
 Chipotle
 Cilantro
 Cumin
 Jalapeno
 Lime
 Oregano
 Tomato



CHINESE

Chinese 5 Spice
 Chinese Chili Sauce
 Cilantro
 Ginger
 Oyster sauce
 Rice vinegar
 Sesame oil
 Sesame seed
 Soy sauce
 White Pepper



FRENCH

Butter
 Capers
 Dijon mustard
 Herbes de Provence
 Marjoram
 Rosemary
 Sage
 Tarragon
 Truffle oil
 White wine



THAI

Basil
 Chili powder
 Cilantro
 Coconut milk
 Curry
 Fish sauce
 Lemongrass
 Mint
 Peanuts/oil
 Sriracha sauce



INDIAN

Cardamom
 Coriander
 Cumin
 Curry
 Garam Masala
 Ginger
 Mint
 Red pepper flakes
 Turmeric
 Yogurt



GERMAN

Allspice
 Beer
 Caraway seed
 Cinnamon
 Dill
 Horseradish
 Mustard powder
 Sauerkraut
 Sour cream
 White pepper



MIDDLE EASTERN

Cardamom
 Cinnamon
 Coriander
 Cumin
 Lemon
 Mint
 Parsley
 Red pepper flakes
 Tomato
 Yogurt



MOROCCAN

Cilantro
 Cinnamon
 Cumin
 Ginger
 Lemon
 Olive
 Paprika
 Pistachio
 Raisin
 Turmeric