



Classic Flavor Pairings*

From “the improvisational cook”

By Sally Schneider

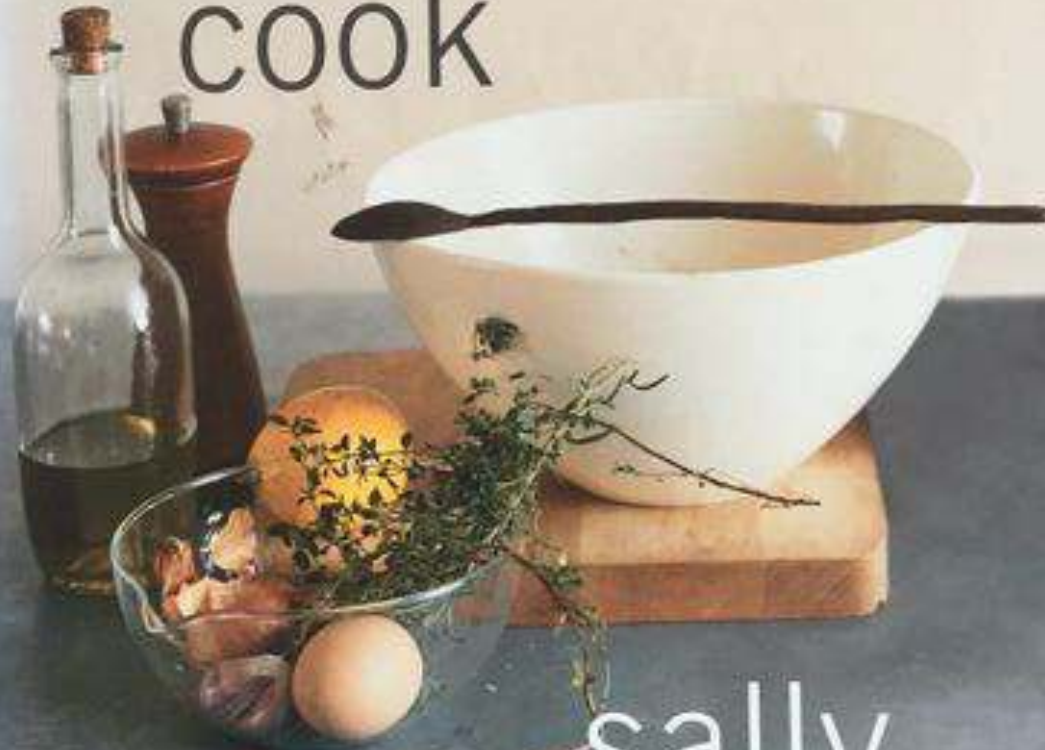
HarperCollins Publishers, 2006



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the improvisational cook



photographs by maria robledo

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A kitchen scene featuring a white bowl with a wooden spoon resting on its rim. To the left, there is a wooden pepper mill and a glass. The background is a light-colored wall.

Categories

Fats

Aromatics (base flavorings)

Dried spices

Fresh herbs

Acid/tart flavorings

Salty/savory or sweet flavorings

Textural flavor elements



Southeast Asia/ Vietnam/ Thailand

Roasted sesame oil, peanut oil

Onions, garlic, shallot, chiles, ginger

Star anise

Lemongrass, kaffir lime leaf, cilantro, mint basil

Line rice vinegar, tamarind

Fish sauce, shrimp past, coconut milk

Sesame seeds, peanuts, coconut



China

Roasted sesame oil, peanut oil

Garlic, scallions, ginger, chiles

Szechuan peppercorns, star anise, five-spice powder

Cilantro

Rice vinegar

Soy sauce, rice wine or sherry, honey

Fermented black beans



Japan and Korea

Roasted sesame oil

Garlic, scallion, ginger

Hot pepper, wasabi

Shiso

Rice vinegar, yuzu

Soy sauce, miso, sake, mirin

Toasted sesame seeds



The Mediterranean

Olive oil

Garlic, onion, tomato, hot or sweet peppers

Saffron, fennel seed

Thyme, basil, oregano, parsley, savory, rosemary

Lemon, orange, wine vinegar, wine

Olives, pine nuts

A wooden pepper mill with a red top and a white bowl with a wooden spoon are visible in the background. The pepper mill is on the left, and the bowl is on the right. The spoon is resting on the rim of the bowl.

Eastern Mediterranean/ Greece

Olive oil

Garlic, onion, tomato

Cinnamon, cumin

Dill, mint, parsley, oregano

Lemon, wine vinegar, yogurt

Honey, orange flower water

Olives, pistachios, pine nuts, walnuts



Middle East/ North Africa/ Morocco

Olive oil

Garlic onion, tomato, peppers

Saffron, cardamom, cinnamon, coriander, cloves, cumin, ground ginger, paprika, fennel

Cilantro, mint, parsley, oregano, wild thyme, dill

Preserved (salted) lemon, pomegranate molasses, orange flower water, rose water, honey



Mexico

Vegetable oil, lard

Garlic, onions, chile peppers, tomato

Cinnamon, oregano, cumin, achiote, black pepper

Cilantro, oregano, marjoram, bay leaf

Lime, cider vinegar, orange

Coconut, tomatillos, pumpkin seeds, peanuts, avocado



United States

Smoked ham and bacon

Butter

Onions

Sweet spices (cinnamon, nutmeg, clove, allspice), vanilla

Sage

Cider and cider vinegar

Maple syrup, molasses, brown sugar, bourbon

Pecans