

# *Indian Flavor Profile*

## **Spices and Herbs**

Garam masala spice mix  
Curry spice mix  
Cilantro  
Mint  
Ginger  
Cardamom (ground and whole)  
Fenugreek  
Ground coriander and coriander seeds  
Cumin  
Cinnamon  
Fennel seeds  
Turmeric

## **Main Vegetables**

Eggplant  
Root vegetables  
Zucchini and summer squash  
Onions  
Greens  
Potatoes  
Peas  
Tomatoes  
Peppers and chiles  
Carrots  
Cucumber  
Mango and papaya

## **Proteins**

Fish and seafood  
Red meat, esp lamb  
Chicken  
Beans (garbanzos)  
Lentils (red)

## **Other**

Yogurt  
Ghee  
Rose water  
Lime or kaffir lime  
Cashews  
Naan bread  
Lentils and garbanzo  
beans  
Coconut

