

Essential Herb and Spices List

Fresh herbs

Basil
Chilli
Chives
Coriander
Mint
Oregano
Parsley
Rosemary
Sage
Thyme

Spices

Bay leaves
Black pepper
Carraway seeds
Chilli powder
Cinammon
Cinammon sticks
Cloves
Coriander seeds
Cumin seeds
Garlic granules

Spices (cont.)

Himalayan salt
Marjoram
Nutmeg
Paprika
Rock salt
Saffron
Sea salt
Star Anise
Sweet paprika
Turmeric