

the elements of a curry: flavor = taste + aroma

Seven Asian taste elements (pages 5–8)

BITTER	SOUR	SALTY	SWEET	UMAMI	HOT (pungent)	ASTRINGENT
Bitter melon Fenugreek leaves Fenugreek seed Mustard greens Mustard seed Mustard oil	Tamarind Kokum Kudampuli Tomatoes Yogurt Buttermilk Limes Unripe mango Pineapple Vinegars Dried pomegranate seed Fresh pomegranate seed	Rock salt Sea salt Table salt Kosher salt Black salt	Jaggery White granulated sugar Golden raisins Dried apricots Dried plums (prunes) Sweet mango Pineapple Fennel seed Star anise Nutmeg Mace	Monosodium glutamate Meats Fish and seafood Poultry Milk and milk solids Cream Yogurt Buttermilk Butter and ghee (clarified butter) Almonds Cashew nuts Peanuts Pistachio nuts Walnuts Pine nuts Coconut Poppy seed Sesame seed Mushrooms Legumes	Black peppercorns Fresh and dried chiles Ginger Cloves	Asafetida Turmeric Baking powder Teflam seeds

Five More Essentials

AROMATICS	OILS	BULBS	SAUCY BASES	THICKENERS & STABILIZERS
FRESH HERBS: Bay leaves Coriander (cilantro) leaves Dill Curry leaves Mint leaves Fenugreek leaves Holy and sweet basil DRIED SPICES: Cardamom pods and seeds Cumin seed Nigella seed Coriander seed Cinnamon Bishop's weed Saffron threads Kewra extract Rose extract	VEGETABLE OILS: Canola Sunflower Corn Peanut Coconut Unrefined sesame Mustard	Garlic Onion Shallots Scallions	Water Tomato sauce Tomato paste Tomato puree Yogurt Buttermilk Cream or half-and-half Milk solids Nut purees Vegetable purees Fruit purees Legume purees Coconut milk Vinegars	Chickpea flour Rice flour Wheat flour Cornstarch Nut purees Vegetable purees Fruit purees Legume purees Coconut