

# A Guide to Aromatics

## CAJUN: The Holy Trinity

### Aromatics



Onion



Celery



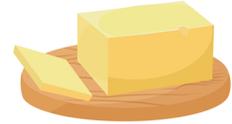
Green Bell Peppers



### Fats



Olive Oil



Butter

### Supplement With



Garlic



Parsley



Shallots



Paprika

## CHINESE

### Aromatics



Garlic



Scallions  
(aka Green Onions)



Ginger



### Fats



Cooking Oil

### Supplement With



Chilies



Shallots



Chives



Cilantro



Chinese Five Spice



Star Anise



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## FRENCH: Mirepoix

### Aromatics



Onion



Carrots



Celery



### Fats



Butter

### Supplement With



Thyme



Parsley



Bay Leaves



Herbes de Provence

## INDIAN

### Aromatics



Garlic



Onions



Ginger



Chilies



### Fats



Ghee

### Supplement With



Tomatoes



Cardamom



Cumin



Turmeric

Cumin Seeds



Curry Powder  
(or Leaves, Paste)



Garam Masala



Fenugreek



Cloves



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## ITALIAN: Soffritto

### Aromatics



Onion



Carrots



Celery



### Fats



Olive Oil

### Supplement With



Garlic



Fennel



Bay Leaves



Parsley



Prosciutto



Pancetta



Wine

## LATIN: Sofrito

### Aromatics



Garlic



Onions



Bell Peppers



Tomatoes



### Fats



Olive Oil

### Supplement With



Chilies



Bay Leaves



Coriander



Cumin



Paprika



Wine



Vinegar



Bacon



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## MIDDLE EASTERN

### Aromatics



Onion



Garlic



Tomatoes



Scallions  
(aka Green Onions)



Raisins



Cooking Oil



Clarified Butter

### Supplement With



Ginger



Saffron



Turmeric



Cinnamon

## THAI: Curry Pastes

### Aromatics



Shallots



Garlic



Chilies



Cooking Oil



Coconut Milk

### Supplement With



Galangal



Kaffir Lime



Lemongrass



Coconut Milk



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