Common Spices Kitchen Check-list

The following checklist is designed with the (ideal) common spices that may be used in most kitchens to create delicious meals and other products.

☐ All-Spice
☐ Black Peppercorns
☐ Basil
☐ Bay Leaf
☐ Cayenne Pepper
☐ Chili Powder
☐ Chives
☐ Cinnamon, Ground
☐ Cloves Whole or Ground
☐ Coriander Seeds or Powder
☐ Crushed Red Pepper Flakes
☐ Cumin
☐ Curry Powder
☐ Ginger, Ground
☐ Minced or Powdered Garlic
☐ Mustard, Ground
☐ Nutmeg Whole or Ground
☐ Onion Minced or Ground
☐ Oregano
☐ Paprika
☐ Parsley
☐ Poppy seeds
☐ Rosemary
☐ Sage
☐ Sea Salt or Salts of choice
☐ Sesame Seeds
☐ Tarragon
☐ Thyme
☐ Turmeric, Ground