



French Cuisine

Basic Sauces

Béchamel	Milk-based sauce thickened with a white roux. Used in gratins and as a base for other sauces. <i>Ingredients:</i> Milk, butter, flour, salt, pepper, nutmeg.
Velouté	A light stock-based sauce, thickened with a roux. Can be made with chicken, veal, or fish stock. <i>Ingredients:</i> Stock, butter, flour, salt, white pepper.
Espagnole	A fortified brown stock sauce, thickened with a brown roux and mirepoix. <i>Ingredients:</i> Brown stock, butter, flour, mirepoix, tomato paste.
Sauce Tomate	Tomato-based sauce, flavored with aromatics. <i>Ingredients:</i> Tomatoes, garlic, onion, olive oil, herbs (basil, oregano).
Hollandaise	An emulsion of egg yolk, melted butter, and lemon juice. Often served with eggs benedict or asparagus. <i>Ingredients:</i> Egg yolks, butter, lemon juice, salt, cayenne pepper.

Classic Dishes

Boeuf Bourguignon:	Beef stew braised in red wine, often with mushrooms, onions, and bacon.
Crème brûlée:	Rich custard base topped with a hard caramel layer.
Soupe à l'oignon gratinée:	French onion soup with caramelized onions and a cheese-topped crouton.
Coq au vin:	Chicken braised in red wine, typically Burgundy.
Ratatouille:	A vegetable stew originating from Nice, featuring tomatoes, eggplant, zucchini, and bell peppers.

Italian Cuisine

Pasta Types

Spaghetti	Long, thin, cylindrical pasta. Versatile and widely used.
Penne	Cylindrical pasta with diagonally-cut ends. Good for holding sauces.
Fusilli	Corkscrew or spiral-shaped pasta.
Farfalle	Bow-tie or butterfly-shaped pasta.
Ravioli	Stuffed pasta squares, typically filled with cheese, meat, or vegetables.
Gnocchi	Small potato dumplings.

Key Ingredients

Olive Oil:	A staple, used for cooking and finishing dishes. Extra virgin olive oil is preferred for its flavor.
Tomatoes:	Used in sauces, salads, and as a base for many dishes.
Garlic:	Essential for flavoring many Italian dishes.
Basil:	A common herb used fresh or dried in sauces and as a garnish.
Parmesan Cheese:	Hard, granular cheese used for grating and adding flavor.

Popular Dishes

Pizza Margherita:	Simple pizza with tomato sauce, mozzarella, and basil.
Lasagna:	Layered pasta dish with meat sauce, béchamel, and cheese.
Risotto:	Creamy rice dish cooked in broth.
Tiramisu:	Coffee-flavored dessert with ladyfingers, mascarpone, and cocoa.

Japanese Cuisine

Essential Ingredients

Soy Sauce	A fermented sauce made from soybeans, wheat, salt, and water. Used as a seasoning and dipping sauce.
Miso	A fermented soybean paste, used in soups, marinades, and sauces.
Rice Vinegar	Vinegar made from fermented rice, used in sushi rice and dressings.
Mirin	A sweet rice wine, used for adding sweetness and glaze to dishes.
Dashi	A broth made from kombu (kelp) and katsuobushi (dried bonito flakes), used as a base for soups and sauces.

Sushi Essentials

Sushi Rice (Shari):	Short-grain Japanese rice seasoned with rice vinegar, sugar, and salt.
Nori:	Dried seaweed sheets, used for wrapping sushi rolls.
Wasabi:	Japanese horseradish, used as a condiment.
Gari:	Pickled ginger, served as a palate cleanser.

Popular Dishes

Sushi:	Rice combined with various ingredients such as seafood, vegetables, and egg.
Ramen:	Noodle soup with broth, meat, vegetables, and toppings.
Tempura:	Deep-fried seafood and vegetables.
Yakitori:	Grilled chicken skewers.

# Mexican Cuisine

## Chiles

<b>Jalapeño</b>	Commonly used fresh, pickled, or smoked (chipotle).
<b>Serrano</b>	Smaller and hotter than jalapeños.
<b>Ancho</b>	Dried poblano pepper, mild and fruity.
<b>Guajillo</b>	Dried chile with a slightly fruity and smoky flavor.
<b>Habanero</b>	Very hot chile with a fruity flavor.

## Basic Preparations

<b>Salsa Roja:</b> Red sauce made from tomatoes, onions, garlic, and chiles.
<b>Guacamole:</b> Avocado-based dip with onions, cilantro, and lime juice.
<b>Pico de Gallo:</b> Fresh salsa with tomatoes, onions, cilantro, and jalapeños.
<b>Refried Beans:</b> Cooked and mashed beans, often pinto or black beans.

## Popular Dishes

<b>Tacos:</b> Tortillas filled with meat, vegetables, and salsa.
<b>Enchiladas:</b> Tortillas filled with meat or cheese, covered in sauce and baked.
<b>Tamales:</b> Corn husks filled with masa (corn dough) and fillings, steamed until cooked.
<b>Mole:</b> Complex sauce made from chiles, spices, and sometimes chocolate.