



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

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

Basic Preparations

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

Popular Dishes

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