

Herbs & Spices - Learn about them!

Get acquainted with herbs and spices. Add in small amounts, $\frac{1}{4}$ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil	Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
Bay Leaves	A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
Caraway	Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
Chives	Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
Curry Powder	A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
Dill	Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
Fennel	Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
Ginger	A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.
Marjoram	May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint	Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots and fruit desserts.
Oregano	Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
Paprika	A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
Parsley	Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
Rosemary	Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
Saffron	Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
Sage	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
Tarragon	Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.