

# Herbs

Herbs are leaves of low-growing shrubs:

- Parsley
- Chives
- Marjoram
- Thyme
- Basil
- Dill
- Oregano
- Rosemary
- Sage leaves
- Cilantro



These can be used fresh or dried.  
Dried forms may be whole, crushed, or ground.

# Cooking with Flavor

Spices & herbs can help retain flavor in your foods while cutting back on fat, sugar and salt.



# Sweetness

Reduce or eliminate sugar by using sweet-tasting spices:



- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

# Savory Flavor without Salt



To replace the taste of salt try:

- Black pepper
- Garlic powder
- Curry powder
- Cumin
- Dill seeds
- Basil
- Ginger
- Coriander
- Onion

Source: American Spice Trade Association  
([www.astaspice.org](http://www.astaspice.org))

# Savory Flavor without Salt

Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.



# Using Less Salt



Use **POWDERED** garlic or onion rather than their **SALT** form.

Generally, use half as much of the powdered form.

# Using Less Salt



Check seasoning labels to see if “salt” or “sodium” are listed among the ingredients.

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# Flavor & Food Combinations

Experiment with the following combinations to add pizzazz to your meals.



# Common Substitutions

When substituting herbs, you may be more successful substituting fresh herbs for dried herbs, than the other way around.



# Fascinating Flavor Fact

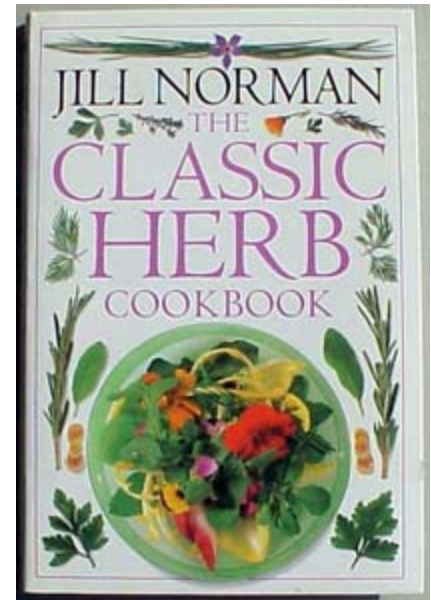
- Cilantro refers to leaf of coriander plant.
- Coriander refers to spice made from seed of same plant.
- Cilantro and coriander are not interchangeable in recipes.



# General Rules for Amounts

If possible, start with a tested recipe from a reliable source.

If creating a recipe, begin by trying one or two spices or herbs.



# General Rules for Amounts

The amount to add varies with the:

- Type of recipe
- Spice or herb
- Personal preference



# General Rules for Amounts

Approximate equivalent amounts of different herbs are:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- 1/4 to 1/2 teaspoon ground dried herbs





# General Rules for Amounts

Start with 1/8 teaspoon for cayenne pepper and garlic powder - adjust as needed.

Red pepper intensifies in flavor during cooking - add in small increments.



# General Rules for Amounts

When doubling a recipe:

- Do not double spices & herbs.
- Increase amounts by 1-1/2 times.
- Taste, add more if needed.



# When to Add Spices & Herbs

- As a general rule, add fresh herbs near end of cooking or just before serving.
- Prolonged heating can cause flavor and aroma losses.



# When to Add Spices & Herbs

More delicate fresh herbs can be added a minute or two before end of cooking or sprinkled on food before serving.

- Basil
- Chives
- Cilantro
- Dill leaves
- Parsley
- Marjoram
- Mint



# When to Add Spices & Herbs

Less delicate fresh herbs can be added about the last 20 minutes of cooking.

- Dill seeds
- Rosemary
- Tarragon
- Thyme



# When to Add Spices & Herbs

For some foods such as breads, batters - you may have to add fresh herbs at beginning of cooking process.



# When to Add Spices & Herbs

- Avoid sprinkling dried spices & herbs directly from container into a steaming pot to prevent moisture from entering the container.
- Use a dry spoon to measure spices & herbs from a container.



# When to Add Spices & Herbs

Whole dried spices & herbs - such as whole allspice and bay leaves:

- Release flavors slower than crumbled or ground ones.
- Ideal for dishes cooking an hour or more, such as soups and stews.





# When to Add Spices & Herbs

Ground dried spices & herbs:

- Release their flavor quickly.
- May taste best in shorter-cooking recipes or added nearer the end of longer-cooking ones.



# When to Add Spices & Herbs

Crumbled dried herbs may differ:

- Milder herbs - such as basil may flavor best added toward end of cooking.
- Robust herbs - such as thyme - can stand longer cooking periods.



# When to Add Spices & Herbs

Freshly grinding spices (such as black pepper and nutmeg) provides more flavor than buying them already ground.



# When to Add Spices & Herbs

Secure whole spices, such as cloves, in a tea ball for easy removal at the end of cooking.



# Bay Leaves

- Remove bay leaves at the end of cooking.
- Can cause choking if left in food.
- Can cause harmful cuts and scratches in throat and esophagus.



# Curing and Storage

- Freezing
- Rinse, dry, spread on cookie sheet in freezer
- Transfer to air-tight, plastic bag
- Use for cooking; not suitable for fresh use
- Do not refreeze



# Storage

- Cut from stems
- Avoid crushing until ready for use
- Glass, hard plastic, heavy duty zip-lock
- Store cool, dry, and dark



# Storing Spices & Herbs

Store in:

- tightly covered containers
- dark place away from sunlight - such as cupboard or drawer





# Storing Spices & Herbs

- Avoid storage above dishwasher, microwave, stove, refrigerator or near a sink or heating vent.
- If storing in an open spice rack, store away from heat, light and moisture.



# Refrigerator or Freezer Storage

Refrigerator: paprika, chili powder and red pepper for best color retention - especially in summer or hotter climates.



# Refrigerator or Freezer Storage

Spices & herbs can get wet if condensation forms when a container from a refrigerator or freezer is left open in a humid kitchen.



# Check for Freshness

Herb or ground spice:

- Rub small amount in your hand.
- If aroma is fresh, rich and immediate - it can still flavor foods.

Whole spice:

- Break, crush or scrape it before smelling it.



# How Long to Keep

As a general rule, keep:

- 1 year for herbs or ground spices
- 2 years for whole spices

Buy a smaller container until you determine how fast you'll use a particular spice or herb.



# How Long to Keep

If a spice or herb smells strong and flavorful, it's probably still potent.



foto: Paul167

# How Long to Keep

Avoid smelling  
pepper or  
chili powder - they  
can irritate your  
nose.



# How Long to Keep

- Initial quality will influence shelf life.
- Label date of purchase on container with a permanent marking pen.





# History of Drying

- One of the oldest methods of food preservation.
- Practiced by nomadic peoples of the Middle East and Asia
- Dried foods are light, take little space, and don't need refrigeration.
- Dried foods are ideal for traveling-camping, backpacking.

# Using Dried Foods

- Dried fruits are delicious as a snack (try making some dried fruit leather) or in many prepared dishes.
- Dried vegetables are also good in recipes when re-hydrated.
- Dried fruits and vegetables are a good way to store emergency food.

# Drying Herbs

- Rinse, shake off moisture; allow moisture to evaporate
- Remove dead or damaged leaves
- Tie in small bundles



# Drying Herbs

- Hang upside down
  - Out of sunlight
  - Good air movement
- Attic, closet, pantry, barn, shed, porch
- Watch the weather; avoid humidity



# Drying Herbs

- Screens
- Spread on screens suspended over sawbench or backs of chairs
- Turn often



# Drying Herbs

- Microwave
- Suitable for small amounts
- Spread between paper towels
- Start with one minute
- Repeat as necessary until brittle



# Drying Herbs

- Oven
- Spread on cookie sheets
- Lowest temperature setting
- Check often



# Drying Herb Seeds

- Tie in small bundles
- Hang inside paper bag
- Punch holes in sides
- Or spread seeds in screened boxes
- Place in car





# Drying Herbs

- How dry is dry enough?
- Brittle?
- Crumble easily?
- Seed pods open releasing seeds?
- Check references for specific herbs

# For More Information

- American Spice Trade Association  
[www.astaspice.org](http://www.astaspice.org)
- SpiceAdvice  
[www.spiceadvice.com](http://www.spiceadvice.com)
- Penzeys Spices  
[www.penzeys.com](http://www.penzeys.com)
- McCormick  
[www.mccormick.com](http://www.mccormick.com)

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