

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



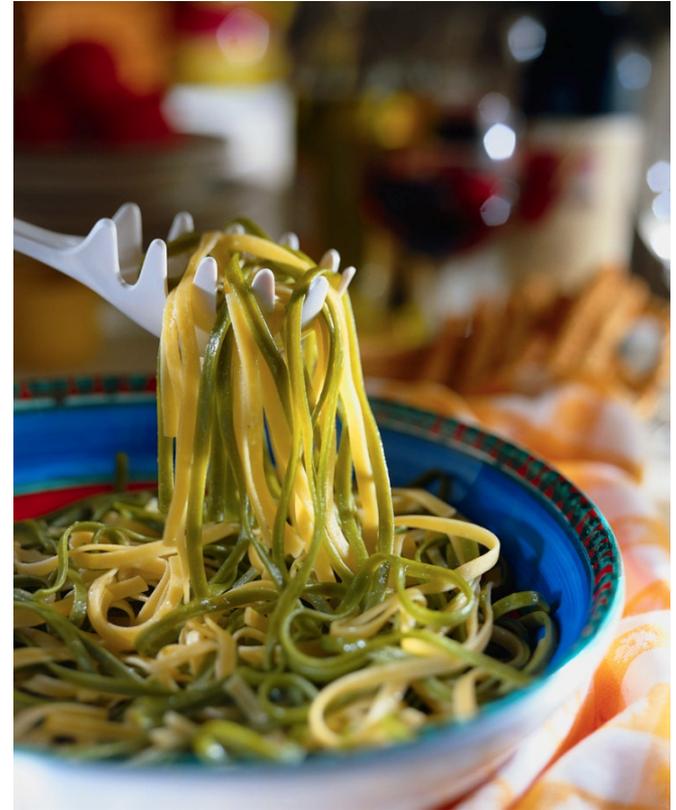
To replace the taste of salt try:

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

Source: American Spice Trade Association
(www.astaspice.org)

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.

Savory Flavor without Salt



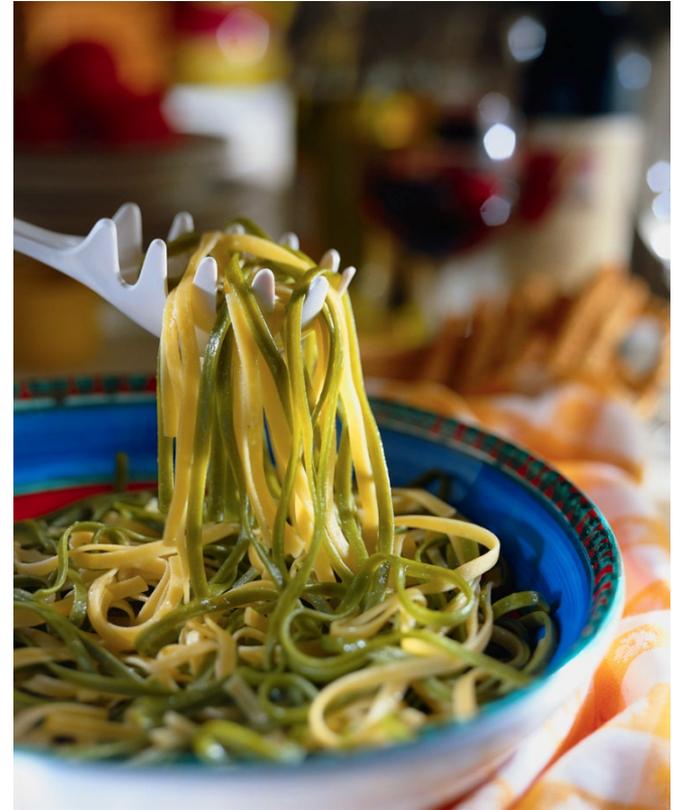
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Savory Flavor without Salt

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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.



Using Less Salt



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

Flavor & Food Combinations

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



Flavor & Food Combinations

Beef

- Bay leaf
- Marjoram
- Nutmeg
- Onion
- Pepper
- Sage
- Thyme



Flavor & Food Combinations

Pork

- Garlic
- Onion
- Sage
- Pepper
- Oregano



Flavor & Food Combinations

Lamb

- Curry powder
- Garlic
- Rosemary
- Mint



Flavor & Food Combinations

Poultry

- Ginger
- Marjoram
- Oregano
- Paprika
- Poultry seasoning
- Rosemary
- Sage
- Tarragon
- Thyme



Flavor & Food Combinations

Fish

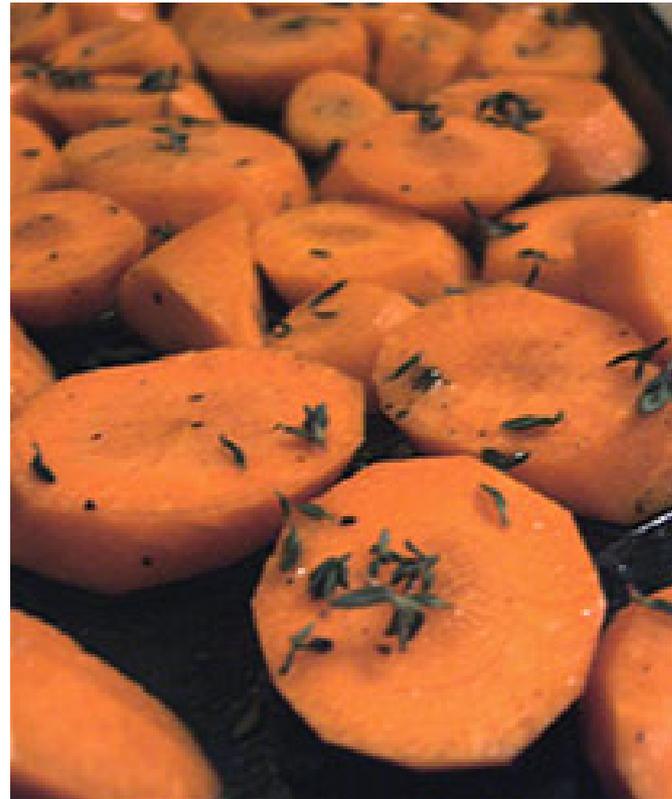
- Curry powder
- Dill
- Dry mustard
- Marjoram
- Paprika
- Pepper



Flavor & Food Combinations

Carrots

- Cinnamon
- Cloves
- Dill
- Ginger
- Marjoram
- Nutmeg
- Rosemary
- Sage



Flavor & Food Combinations



Corn

- Cumin
- Curry powder
- Onion
- Paprika
- Parsley

Flavor & Food Combinations

Green Beans

- Dill
- Curry powder
- Marjoram
- Oregano
- Tarragon
- Thyme



Flavor & Food Combinations

Greens

- Onion
- Pepper
- Garlic



Flavor & Food Combinations

Greens

- Onion
- Pepper
- Garlic



Flavor & Food Combinations

Potatoes

- Dill
- Garlic
- Onion
- Paprika
- Parsley
- Sage



Flavor & Food Combinations

Summer Squash

- Dill
- Garlic
- Onion
- Paprika
- Parsley
- Sage



Flavor & Food Combinations

Winter Squash

- Cinnamon
- Ginger
- Nutmeg
- Onion



Flavor & Food Combinations

Tomatoes

- Basil
- Bay leaf
- Dill
- Marjoram
- Onion
- Oregano
- Parsley
- Pepper



Common Substitutions

For each 1 teaspoon of apple pie spice, substitute a combination of:

- 1/8 teaspoon nutmeg
- 1 teaspoon cinnamon



Common Substitutions

For each 1 teaspoon of pumpkin pie spice, substitute a combination of these ground spices:

- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice



Common Substitutions

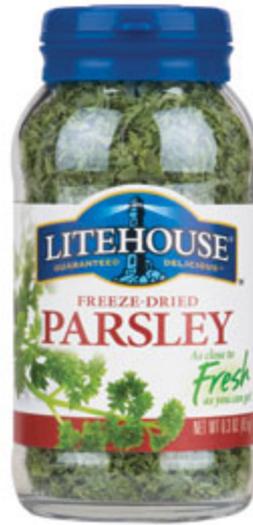
For each 1-1/2 teaspoon of Italian seasoning, substitute a combination of crumbled dried:

- 1/4 tsp. oregano leaves
- 1/4 tsp. marjoram leaves
- 1/4 tsp. basil leaves
- 1/8 tsp. rubbed sage



Common Substitutions

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



Fascinating Flavor Fact

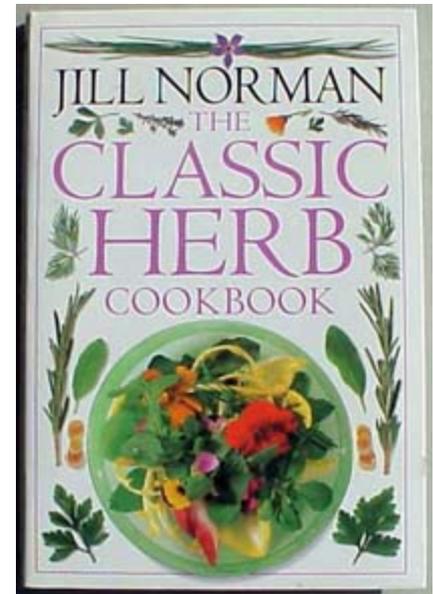
- Cilantro refers to leaf of coriander plant.
- Coriander refers to spice made from seed of same plant.
- Cilantro and coriander are not interchangeable in recipes.



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

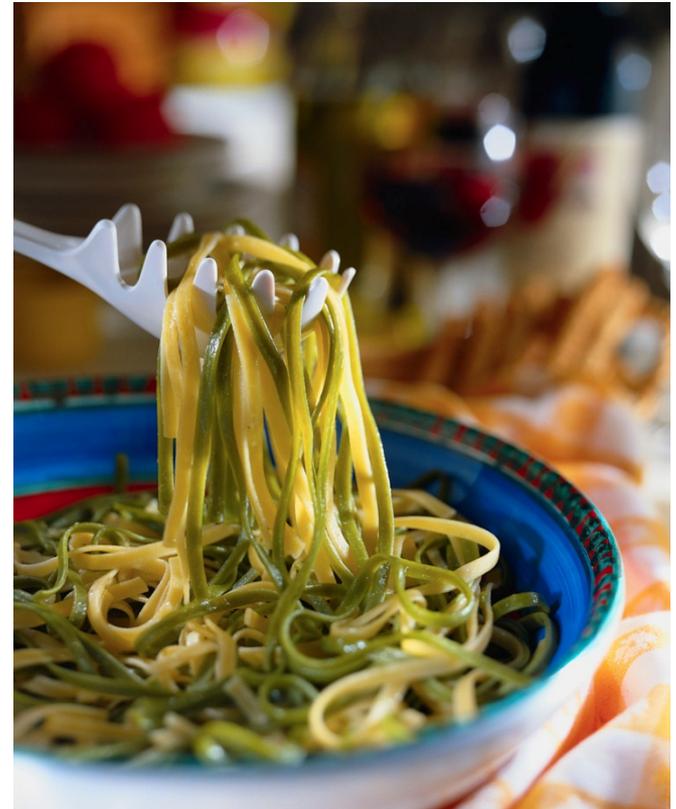
When doubling a recipe:

- 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.

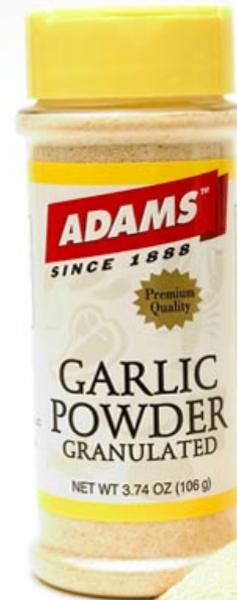


How Long to Keep

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

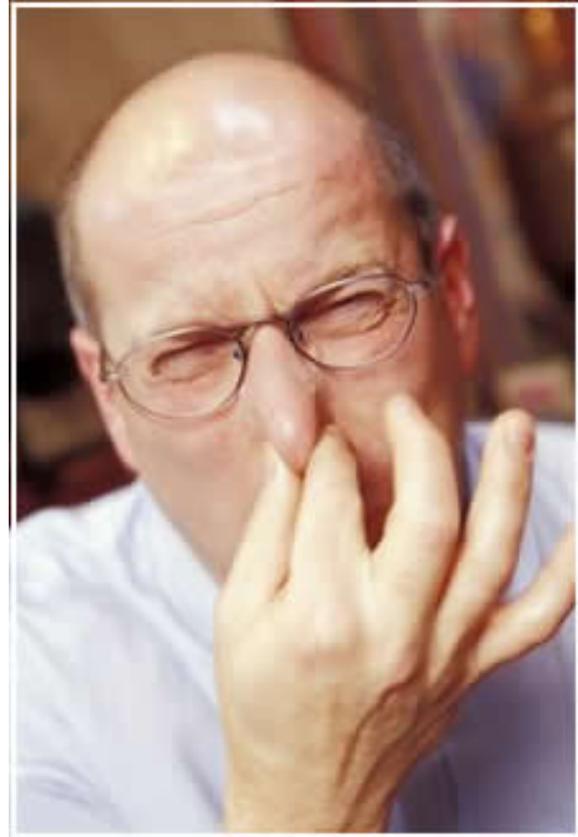
If a spice or herb smells strong and flavorful, it's probably still potent.



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
- SpiceAdvice
www.spiceadvice.com
- Penzeys Spices
www.penzeys.com
- McCormick
www.mccormick.com

No endorsement of products is intended nor is criticism implied of products not mentioned