

10 HERBS AND SPICES

Herbs and spices provide a flavoursome alternative to salt as well as contributing nutritionally to a meal.

(a) Herbs

Basil



Spicy, sweet, clove-like flavour.

Italian dishes, with tomatoes and in tomato based sauces.

Distinctive aroma, superior to dried product.

Chervil



Faint aniseed flavour.

Good with chicken, seafood or steamed vegetables.

Loses flavour easily so add at the end of cooking.

Chives



Mild onion/garlic flavour.

Excellent with baby boiled potatoes, green salads, potato salads, vegetables, omelettes.

Use kitchen scissors to chop.

Coriander leaf



Citrus and sage flavour.

Use in vegetable dishes, curries, and salad dishes

Also good in a herb salad.

Dill



Parsley, anise and celery flavour with a subtle lemon.

Use in lentil, pea or bean soups, egg dishes, salad dressings.

Good with fish.

Lemon Balm/Grass



Lemon/citrus flavour with hint of mint.

Good in poultry dishes, green or fruit salads.

Works well with vegetables and fish.

Mint -
peppermint
or spearmint



Sweet flavoured, with coolness.

Excellent with new potatoes, green beans, cous cous and green pea soup.

Refreshing garnish for fruit salads, cool drinks, and as a hot drink (add mint to hot water and leave for 5 minutes).

Oregano



Earthy, hints of balsam and clove.

Tomato dishes, pasta sauces, egg dishes, chilli powder, fish, lamb and vegetables.

Parsley



Savoury, slightly peppery flavour .

Possesses odour-eating properties – chew a sprig of parsley to get rid of garlic/onion breath.

Use in pasta dishes, scrambled eggs, boiled potatoes, soups, vegetable dishes, poultry and fish.

Attractive garnish.

Rosemary



Piney, with hint of lemon.

Most meats, especially lamb, roasted vegetables and lasagne sauce.

Sage



Earthy, musty-mint, camphor-like.

Works well with rosemary, thyme or marjoram.

Good for stuffing, sauces, soups and with vegetables such as onion, carrots, cabbage and tomatoes.

Tarragon



Sweet, liquorice-like.

Soups, egg dishes, green salads, dressings
eg. French.

Most meats.

Asparagus, carrots, peas, green beans.

Add at last minute when cooking otherwise will
lose the flavour.

Thyme



Spicy, savoury, clove-like flavour with
slight pungency.

Blends well with rosemary.

Good with meat, vegetables, soups, casseroles
(slow cooked) and salads.

Lemon thyme has a hint of lemon and is
slightly milder.

Lemon thyme for fish and chicken.

(b) Spices

Caraway seeds



Tangy flavour.
Good with stir fries.

Clove



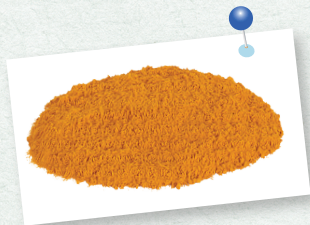
Strong, fruity, sweet flavour.
Used in baking and to flavour onions, meats and sauces (eg chilli sauce).
Great with oatmeal.

Cinnamon



Woody, musty, earthy sweet flavour.
Good in spiced vegetable dishes and grains such as oatmeal.
Meats, stews and curries.
Commonly used in baking.

Turmeric



Scents of orange or ginger with pungent, bitter flavour.

Use in curries, rice, chicken, and lentil dishes.

Add a pinch to fish soups, potatoes, vegetables or pasta.

Principal ingredient in curry powder.

Cumin



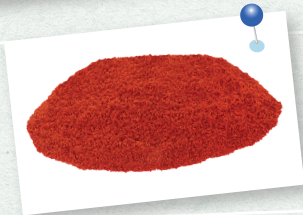
Musty, earthy flavour with green notes.

Use in curries, stews and chilli.

Key spice in North African and Middle Eastern dishes.

Key ingredient in curry and chilli powders.

Paprika



Sweet pepper flavour.

Use as a garnish for light coloured food eg. fish, potatoes, rice, eggs.

Keep in fridge to retain colour.

Chilli



Earthy, slightly sweet flavour.

Flavour dominates rather than enhances.

Mexican and Latin American dishes.

Nutmeg



Strong cinnamon nutty flavour.
Great to flavour vegetables, fruit salads and sauces.

Cayenne pepper



Hot and spicy attributes.
Use as a condiment or for any dish requiring a 'kick.'
Use only a pinch (very hot).

Ginger



Nice and warm, refreshing woody note and sweet, citrus undertones.
Add to savoury or sweet dishes.
Especially good in Chinese and Indian cuisine.