

ENHANCE THE FLAVOUR

HERBS are the leaf part of a plant that can be used in cooking either fresh or dried.



Any other part of the plant is referred to as **SPICE**.



WHEN TO ADD HERBS

Add hearty herbs like thyme, rosemary, oregano and sage early in the cooking process.

Add delicate herbs like parsley, cilantro, tarragon, chives and basil last minute.

DRIED HERBS

- are more strongly flavoured than fresh
1 tsp dried = 3 tsp fresh
- some herbs are only used to flavour foods but are not eaten (bay leaves)
- dried whole herbs where leaves are still attached to the stalks have a stronger flavour than those in loose leaf packets or jars

HERB	FOOD
Basil	pesto, tomato sauce, meat, chicken & poultry, pasta, rice, strawberries
Mint	drinks, confectionary, meat, chicken, yogurt, desserts, sauces, vegetable dishes
Parsley	pesto, pasta, rice, salad, butter, sauces, vegetable dishes, fish
Rosemary	fish, poultry, meat, bread, sauces, soup
Thyme	bread, chicken & poultry, soups, stocks, stews, cheese, butter, mustard, vinegar
Garlic	soups, sauces, pasta, meat, chicken, pesto, salad dressings, bread
Oregano	cheese dishes, egg dishes, tomato sauce, pizza, meat, bread, pasta
Ginger	cakes, biscuits, Asian dishes
Dill	salads, sauces, pasta, meat, chicken, shellfish, pesto, salad dressings, bread