



## COOKING WITH HERBS AND SPICES

*Adding a pinch of flavor...*

### COOKING TIPS

- 1 Tablespoon fresh = 1 teaspoon crumbled dried = ¼ to ½ teaspoon ground dried
- Begin with ¼ tsp for every pound of meat or every 2 cups of liquid
- If doubling recipe, increase herbs and spices by 1 to 1 ½ times
- Finely chop fresh herbs before adding to dish to enhance flavor

### SUGGESTED USES

<b>Beef</b>	bay leaf, marjoram, mustard, nutmeg, onion, pepper, sage, thyme
<b>Lamb</b>	curry powder, garlic, rosemary, mint
<b>Pork</b>	garlic, onion, sage, pepper, oregano
<b>Veal</b>	bay leaf, curry powder, ginger, marjoram, oregano
<b>Chicken</b>	ginger, oregano, paprika, poultry seasoning, rosemary, sage
<b>Fish</b>	curry powder, chives, dill, dry mustard, marjoram, paprika
<b>Broccoli</b>	caraway seeds, curry powder, marjoram
<b>Carrots</b>	cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
<b>Beans</b>	dill, rosemary, oregano, tarragon, thyme
<b>Greens</b>	onion, red pepper flakes, garlic
<b>Potatoes</b>	dill, garlic, onion, paprika, parsley, sage
<b>Summer Squash</b>	basil, cloves, curry powder, marjoram, nutmeg, rosemary, sage
<b>Winter Squash</b>	cinnamon, ginger, nutmeg
<b>Tomato</b>	basil, dill, onion, oregano, parsley, pepper

### HOW TO STORE

*Fresh herbs and spices*

#### **Freezing Methods**

*In Freezer*

- Spread leaves on small tray, cover and freeze
- Place in airtight container

*Flavorful Ice Cubes*

- Place in ice cube trays, fill halfway with water
- Once frozen, fill to top with water

#### **Drying Methods**

*In oven*

- Place leaves in single layer on cookie sheet
- Place in less than 200 degrees oven with door cracked for 3 to 4 hours

*In Microwave*

- Place single layer of leaves between paper towels
- Cook on lowest setting for 2 to 3 minutes