



Herbs and Spices

Herbs

- Each herb brings its own flavor to your recipe and most herbs are available in fresh and dried forms.
- Fresh herbs add special flavor. They should be washed and stored with stems submerged in a jar of water in your refrigerator. They will keep fresh up to a week.
- Dried herbs can be used instead of fresh. You should use $\frac{1}{3}$ the amount of dried herbs for fresh herbs, for example 1 tsp dried herb = 1 Tbsp fresh herb.

Most common herbs in recipes.



Basil: Used in sauces (like pesto and spaghetti sauce), soups and salads. You can use oregano in its place or use them together.



Bay leaves: most often found as whole dried leaves. They are used in slow simmering dishes like soups and stews. Add whole, do not crumble and take leaves out before eating.



Chives: Have a mild onion flavor and are used in salads, on potatoes and are great in scrambled eggs.



Cilantro: Is also known as fresh coriander. It is used in Asian and Mexican cooking.



Dill: Is a mild tasting herb that is often used in dips, sauces, with fish and vegetables.



Oregano: Is used in pizza and pasta sauces. It is also good in soups and pasta salads and adds extra flavor to garlic butter.



Parsley: Brings a mild taste to just about any recipe. Add it near the end of cooking for best flavor. Or use for adding color when serving food.



Rosemary: Is especially good with chicken, lamb or pork recipes and great sprinkled on roasted potatoes.



Sage: Is often used in poultry stuffing and is also good with most vegetables.



Thyme: Is good in just about any dish. It is often used in beef stews but adds flavor to many soups and chowders.

Spices

Spices are used in baked goods like cookies and cakes. They come in whole and ground forms and are always dried. They are the seeds, bark, roots, fruit and flowers of plants and they add flavor and color to both sweet and savory recipes.

Most common spices in recipes.

- **Allspice (ground):** Is the berry of an evergreen tree. It has a flavor like a blend of cinnamon, nutmeg and cloves. It is used in baking goods, jerk seasoning and stews.
- **Cardamom (ground):** Slight ginger flavor. It is used in curried dishes, bean recipes and baking. You can use ground ginger instead.
- **Chili Powder:** Mild to hot, spicy peppery taste is used in soups, stews, marinades and meat recipes.



Chili bean &
Chili powder



Cinnamon sticks &
ground Cinnamon



whole Cloves &
ground Cloves

- **Cinnamon (ground):** Has a spicy, sweet flavor and is used in baking, pumpkin and fruit desserts, hot drinks and meat recipes.
- **Cloves (ground):** Strong flavor used in some barbeque dishes, chili, sauces, fruit desserts and cakes.
- **Cumin:** Spicy flavor used in Indian and Mexican cooking.

- **Curry Powder:** Mild to hot blend of up to 20 ground spices used in meat recipes, sauces, stews, salads and recipes using root vegetables like turnip or carrots. It is often used in Asian and Indian cooking.
- **Ginger** (ground): Sweet, hot flavor used in stir-fries, marinades, meat recipes and baked goods.
- **Mustard:** Hot, spicy taste used in pickling, relishes, meat recipes, salad dressings and sauces.
- **Nutmeg:** Sweet and spicy taste used in baked goods, sauces, custard and eggnog.
- **Paprika:** Mild to hot, there are 2 kinds - Spanish and Hungarian; Spanish is milder tasting. It is used in vegetable, beef, fish and chicken recipes as well as in salads and egg dishes.
- **Pepper:** Black pepper is stronger flavored than white pepper. It is used in most savory recipes.
- **Spice Blends:** Are blends of herbs and spices that are most often used for certain recipes or ethnic cooking. Common blends include: Barbecue seasoning, Cajun seasoning, dry rubs, Five Spice powder, Italian seasoning, Jamaican jerk seasoning, Lemon-pepper seasoning and Mexican seasoning.

**Note:**

- Check labels for ingredients and you may find that you can combine herbs and spices you have to create the same flavor.
- You may find that for convenience it is easier to buy a blend, if you do a lot of a particular type of recipes.
- You will find that if you use a lot of herbs and spices in your recipes you will use less salt. Don't be afraid to try different combinations. Try a little and taste and add more until you get the flavor you like.

Garlic and Ginger

Garlic and Ginger are two things that are used to season many recipes. They are also, both very good for you.

Garlic

- A bulb or head of fresh garlic is made up of a number of garlic cloves. A head of fresh garlic should be dry with a smooth tight white skin.



- To remove the garlic cloves, remove some of the outer skin starting at the top point of the bulb and pull cloves apart. Peel the skin from the garlic cloves using a small sharp knife and chop fine or grate to add to your recipe.
- Only remove the number of cloves you need, and leave the rest of the head together. To store, place in a plastic bag or jar and store in a cool, dry place.

Note:

Once you start using fresh garlic you may never go back to using garlic powder. If you do not have any fresh garlic on hand, you can use $\frac{1}{4}$ tsp (1 mL) of garlic powder to equal one garlic clove.

Ginger

- When buying fresh ginger, look for irregular shaped roots with smooth light brown skin and no soft spots.
- Wash before using. Grate ginger or chop it finely so the flavor will be throughout your dish.
- Store unused ginger in a sealed plastic bag in your freezer. To use, grate amount you need; reseal and return to the freezer. You don't need to peel or thaw it to use. Ginger will keep up to 3 months this way.



Note:

- A bit of grated ginger added to your bread stuffing helps cut down on the spicy effect of herbs like sage or poultry seasoning.
- If you do not have fresh ginger you can use 1 tsp ginger powder in place of 1 Tbsp fresh.