



HERB GUIDE

KEY



FLAVORS



DESCRIPTION



INFERIOR PRODUCTS



USES

BASIL

leaves or ground



Sweet, minty, grassy notes – slight anise or licorice flavor



Annual plant of the mint family from Egypt – also known as sweet basil



Less volatile oil – excessive amounts of stick, dust, chaff, and fines



Italian or Mediterranean dishes – bruschetta, lasagna, roast chicken, pesto, marinara, minestrone soup

BAY LEAVES



Somewhat medicinal anise or licorice-like, green flavor



Sun-dried – hand picked and sized – also known as laurel leaves – should be a consistent size



Spotted or broken leaves, insect webbing or holes – large and more bitter



Soups, sauces, stews, seafood boils, bouquet grain, corned beef

CHIVES

freeze-dried



Mild onion-like flavor with sweet notes – very little sulfur flavor



Onion-like member of the lily family – only the stem and stalk used – bright green color



Air-dried with little flavor – faded brown and yellow



Dips, salad dressings, potatoes, fish, chicken casseroles, rice – garnish for salads, soups, or potatoes

DILL WEED

leaves



Light, green, grassy, rye-like flavor with sweet hay notes



Member of parsley family – bright green color – may contain flower particles



Very dry with little flavor – not as brightly colored



Creamy salad dressings and dips, potatoes, carrots, cauliflower, pasta salads, tuna salad, fish, chicken, potato soup, breads or rolls

MARJORAM

ground



More delicate and sweeter notes than oregano – some green and hay notes



Low, bushy perennial from Mediterranean – best added towards the end of cooking



Excessive amounts of sticks and chaff



Egg dishes, wine and red sauces, fish and shellfish, poultry, potatoes – goes well with basil, garlic, rosemary, or thyme

OREGANO

leaves or ground



Pungent flavor with medicinal, green and bitter hay notes



Wild herb that grows in mountains – Mexican and Mediterranean types



Very fine and dusty, not whole leaves – adulterated with cystus, sumac, or olive leaves



Pizza, tomato-based sauces, roast pork, chicken or veal, soups, sweet peppers, potatoes, and zucchini

PARSLEY

flakes



Delicate grassy, green flavor with hay notes



Curly leafed parsley – mechanically harvested and dried



Dusty, more stem and yellow or brown leaves – sun-dried product is dry and brittle – less bright green



Chicken, fish, dips, salad dressings, and vegetables – garnish for eggs, salads, and potatoes

ROSEMARY

whole leaves



Strong notes of pine, bitter, hay, and tea – flavor holds up well during cooking



Woody perennial – cleaned extensively – resembles pine needles



Excessive sticks, low aroma and flavor – more yellow and brown



Chicken, pork, lamb, fish, potatoes, bean or pea soup, sauces, marinades, roasted vegetables, stews

SAGE

rubbed or ground



Strong medicinal flavor with green, pine and woody notes



Small perennial herb in the mint family – when dried leaves are silvery-gray – fluffy texture



Excessive amount of small stick present



Stuffings, gravies, roast pork, chicken, turkey or lamb – primary seasoning for sausage

TARRAGON

leaves



Intense floral, green, and licorice-like flavor



Perennial herb grown in USA or France – used in traditional French cuisine



Russian product very brown with excessive stick and a bitter flavor



Use in moderation when cooking fish, poultry, chicken salad, potatoes, green beans, and sauces

THYME

leaves or ground



Green, hay, and medicinal notes



Sun-dried – very small, wild shrub with grayish-green leaves



Excessive amount of small stick present



Spaghetti sauce, poultry, seafood, lentil or vegetable soups, tomatoes, eggplant or stuffings – combines well with basil, bay leaves, garlic, oregano, or rosemary

HERB TIPS



CONVERSIONS:

As a rule of thumb, you use $\frac{1}{3}$ the amount of dried herbs as you do fresh herbs

- Herbs add flavor and wonderful visual appeal – use ground herbs where visible pieces are not desirable
- Save $\frac{1}{4}$ of the herbs used in soup or stew recipes and add at the last minute for a flavor surge
- A common mistake is adding herbs straight out of the bottle over a steaming pot – moisture may get trapped in the bottle and promote clumping or molding
- Herbs are defined as plant leaves, seeds, and stems with a notably lower volatile oil content than spices
- Store all herbs in a cool, dry place away from direct heat or light sources to preserve the color and flavor
- Always remove bay leaves before serving as they can be a choking hazard