

HERBS IN THE KITCHEN



Basil

Basil is a wonderful herb for many Mediterranean dishes. Fresh basil is superb on fresh tomatoes with a little olive oil or in hot tomato dishes. Basil will also work well with rice dishes, zucchini, beans, and mushrooms. Make pesto sauce (fresh basil, olive oil, parmesan cheese, garlic & pine nuts). Add basil leaves near the end of cooking time for better flavor. Fresh basil leaves keep their flavor if preserved in oil or vinegar.



Chives

Freshly chopped chives are a flavorful addition to many foods. Sprinkle them on soups, salads, potatoes, chicken, cooked vegetables, and egg dishes. For a milder onion flavor, add chives to hamburgers or mix them in sour cream or plain yogurt for a potato topping. Add chives at the end of cooking for the best flavor. Chives freeze well but dry poorly.



Parsley

Parsley can be used both as a culinary and ornamental herb. It can be added to bay leaves and thyme for a bouquet garni or used fresh to decorate a serving platter. Parsley enhances the flavor of other foods and herbs. Use parsley freely and include minced stems, which are more flavorful. Parsley is good in soups, sandwiches, and salads.



Rosemary

Since Rosemary helps to digest fatty foods, it traditionally has been used in the cooking of lamb, pork, sausages, pigeon, and stuffings. Rosemary can be used dried or freshly chopped. You may want to remove sprigs from soups or stews before serving, as they can be tough. Add rosemary to oil or vinegar to flavor them.



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Sage

Sage is a strongly flavored herb but compliments strongly flavored foods and aids in the digestion of fats. Sage is a good flavoring to add to cheese and cream cheese dips. It is a great herb to use in onion soup, stewed tomatoes, omelets, scones, and herbed breads. Use only the best leaves to dry or the flavor will be musty.



Thyme

Thyme has a long history of culinary uses. It is used with parsley and bay leaves in a bouquet garni. This herb stimulates the appetite and aids in the digestion of fats. Use thyme with poultry, game, beef, and shellfish. Lemon thyme is great with fish and poultry dishes. Fresh thyme is a strong flavor so use with discretion.



Stevia

Stevia is also called Sweet Herb as it is 100x sweeter than white sugar. Use it to flavor hot or cold tea or even in baking. Please research the herb's substitution quantity for use in baking.

