

## 5 TIPS TO BOOST FLAVOR WITH HERBS AND SPICES

There are many ways to add flavor to your favorite dishes without adding salt. In addition to herbs and spices, think about other elements that enhance taste, such as oils, fats, acids, seeds, or nuts.



- 1 Fresh herbs, when they're available, are the gold standard in adding flavor to any dish. The rule of thumb is 1 teaspoon dried = 1 Tablespoon fresh.
- 2 Fresh, soft herbs (cilantro, parsley, basil, dill, etc.) should be added near the end of cooking so the flavors are not lost. Storage: trim stems and place in a glass of water in the refrigerator (keep basil at room temperature); change water every couple of days.
- 3 Spices, dried herbs, and fresh, hard herbs (rosemary, thyme, oregano, sage, bay leaves) should be cooked longer to extract their flavors. Storage: wrap in a dry paper towel and place in a sealed plastic bag in the refrigerator. A clean coffee grinder is a useful tool for mixing your own hard herbs and spices.
- 4 Fresh garlic can become bitter if overcooked; use dried garlic when broiling or grilling to avoid burning.
- 5 Use toasted seeds (sesame, pumpkin, sunflower) to add depth and dimension to soups, salads, pasta, grain dishes, and more.



## HOW TO USE 15 COMMON HERBS AND SPICES

<b>Basil</b>	Add to oils and vinegars, fresh veggies, pasta, and poultry.
<b>Cayenne Pepper</b>	Use sparingly. Adds heat to soups, spice rubs, and spice mixes.
<b>Chives</b>	Eggs, potatoes, pasta, dressings and dips.
<b>Cilantro</b>	Avocados, tomatoes (fresh salsa), citrus, fish, pork, and chicken.
<b>Cumin</b>	Use as the whole seed, or ground. Add to meats, stews, fish, and vegetables. Along with freshly chopped cilantro, it adds dimension to your favorite salsa or guacamole.
<b>Dill</b>	Soups, butters, and yogurt dips; adds fresh dimension to eggs, potatoes, fish and chicken. Often used in pickling.
<b>Ginger</b>	Use fresh or ground. Adds an earthy heat to marinades, spice rubs, and dressings. Pairs well with salmon, chicken, vegetable and rice dishes.
<b>Mint</b>	Lamb, poultry, peas, green salads, fruit, and chocolate.
<b>Oregano</b>	Use as a rub on roasted meats; pizza and pasta; adds dimension to spicy foods.
<b>Parsley</b>	Adds a signature freshness to soups, stews, salads, rice dishes, hummus, and mixed into ground meats.
<b>Rosemary</b>	Add to oils and vinegars, fresh veggies, pasta, and poultry.
<b>Sage</b>	Excellent with poultry and in stews and sauces. Add to browned butter and dress a favorite pasta. Combine with rosemary, thyme, and parsley.
<b>Tarragon</b>	Eggs, salads, spring vegetables, and pickling liquids; add fresh just before serving.
<b>Thyme</b>	Meat, cheeses, vegetables, pizza, and pasta.
<b>Turmeric</b>	Adds an earthy, mildly bitter dimension to spice combinations. Pairs well with fish and seafood, and grains, potatoes, and stews.