

Cooking Smart with Fresh Herbs



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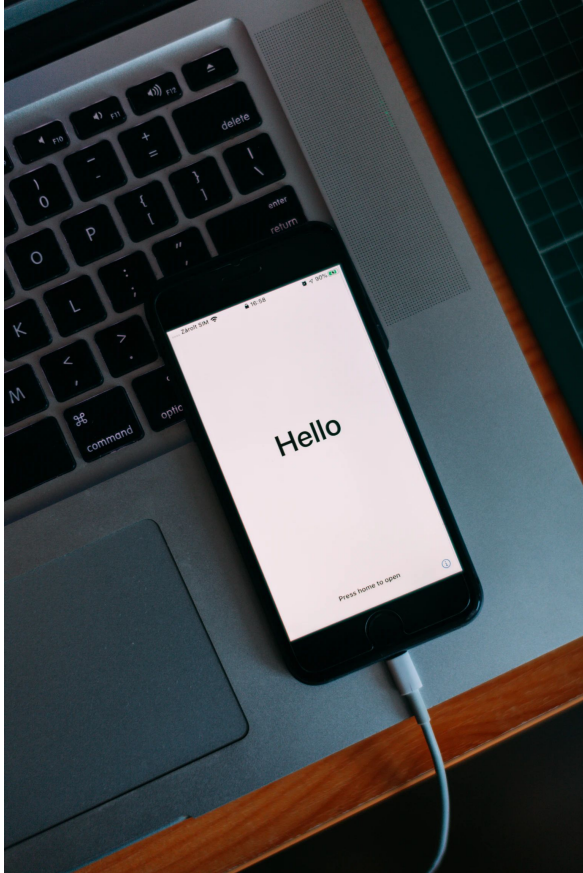
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Housekeeping



- Presentation is being recorded - will be emailed to you
- Please remain muted
- Please use Chat Function anytime to send questions or comments
- Visit gaston.ces.ncsu.edu to join our mailing list and see resources
- Recipe booklet will be emailed after completion of survey

Why Herbs?

"The secret to transforming easy dishes into extraordinary meals? Fresh herbs."



- From a review by the publisher of the International Association of Culinary Professionals 2006 award-winning cookbook, *The Herbal Kitchen*.

Benefits

Herbs and spices provide flavor in foods without added fat, sugar, sodium, and calories.



Spice or Herb

- Spices - bark, root, buds, seeds, berry or fruit of tropical plants and trees
- Herbs - **leaves** of low-growing shrubs



Exploring the Taste of Herbs

How do you know if you'll like the flavor?



Herbs

Today's presentation will provide a brief overview of the following:



- Basil
- Cilantro
- Dill
- Mints
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme

These can be used fresh or dried.

Dried forms may be whole, crushed, or ground.

Basil

- Flavor/aroma: licorice, or anise, clove-like
- Types include: sweet, thai, purple, bush, scented
- Blackens/bruises easily once cut
- Natural with tomatoes
- Terrific in fresh pesto, salads, soups, pizza
- Other possibilities: pasta sauce, peas, zucchini



Recipe Ideas: Basil

- Strawberry Basil Muffins
- Summer Green Bean Salad*
- Super Tomato Soup*
- Blueberry, Cucumber & Basil Salad
- Quinoa Strawberry Salad*



Cilantro



- “Controversial” herb...at least its name (cilantro, coriander, chinese parsley)
- Typically used raw
- Mexican, Asian and Caribbean cooking
- Salsas
- Tomatoes

Fascinating Flavor Fact

- **Cilantro** refers to leaf of coriander plant
- **Coriander** refers to spice made from seed of same plant
- **Cilantro** and **coriander** are not interchangeable in recipes



Recipe Ideas: Cilantro

- Blueberry Salsa Salad
- Jalapeno Black Bean Salad
- Fish Tacos with Avocado-Mango Salsa*
- Spicy Cilantro Dressing
- Roasted Sweet Potatoes with Lime and Cilantro



Dill



- Flavor profile: lemony, little sweet, some bitterness
Used commonly with fish/seafood, middle-eastern foods, pickling
- Carrots
- Cottage cheese
- Green beans
- Potatoes
- Tomatoes

Recipe Ideas: Dill

- Cucumber Avocado Salad*
- Cucumber Dill Salsa
- Creamy Dill Potato Salad
- Herbed Tuna Salad
- Salmon with Herb Dill Sauce



Mints

- Peppermint and spearmint most common varieties
- Often used in:
 - Carrots
 - Fruit salads
 - Parsley
 - Peas
 - Tabbouleh
 - Tea



Recipe Ideas: Mint

- Kachumber Salad with Peanuts*
- Tarragon Mint Potato Salad
- Strawberry Mint Water*
- Whole Wheat Couscous Salad*
- Citrus Salsa*
- Chili Lime Salad with Grapefruit*
- Ginger Mango Salsa*



Oregano (Italian)



- Many varieties - Greek is most common; lemon-like, peppery flavor
- Fresh more potent than dried forms
- Holds up to cooking, but delicate enough to use raw
- Peppers, tomatoes, sauces
- Pizza
- Mexican dishes
- Salads or salads

Recipe Ideas: Oregano

- Broccoli Tomato Mushroom Medley*
- Crabmeat Stuffed Tomatoes
- Caponata*
- Med House Salad*
- One-Eyed Jacks*



Parsley

- Curly leaf - most common
- Flat-leaf or Italian parsley - more strongly flavored and often preferred for cooking
- Flavor profile: fresh, peppery
- Food ideas: variety of foods - salads, potato salad, pasta, tabbouleh, egg sandwiches; cooked dishes, soups



Rosemary



- Somewhat pungent, piney
- Use sparingly as an accent to food
- Typically cooked - not a tender herb
- Use with fish, pork, lamb, poultry and game

Recipe Ideas: Rosemary

- Honey Balsamic Glazed Salmon*
- Lemon Rosemary Muffins
- Rosemary Chili Almonds/Walnuts*
- Rosemary Roasted Beets and Carrots
- Rosemary Turkey Salad



Sage



- Flavor: peppery, rosemary type
- Little goes long way
- Related to mint
- Forms: fresh, rubbed, dry-ground
- Works well with foods rich in fats/oils (ie., cheese/sauce)
- Beef, pork, sausage, poultry
- Pasta, potatoes
- Carrots
- Summer/winter squash

Recipe Ideas: Sage

- Roasted winter squash or root vegetables
- Roasted cauliflower with pasta
- Pasta with white sauce



Tarragon

- Has licorice or anise flavor
- Fresh or dried - good options
- Use with:
 - Chicken
 - Eggs
 - Fish
 - Cabbage
 - Green beans
 - Marinades
 - Salads



Recipe Ideas: Tarragon

- Baked chicken breast with tarragon
- Tarragon chicken salad
- Tarragon mint potato salad
- Steamed cabbage



Thyme



- Highly aromatic with a hint of clove and mint fragrance - french/english varieties most common
- Stands up to cooking
- Eggs
- Lima beans
- Potatoes
- Poultry
- Summer squash
- Tomatoes

Recipe Ideas: Thyme

- Lentil Sliders*
- Eggs with Vegetable Hash*
- Lime Chicken with Thyme



Questions



Sweetness without Added Sugar

Reduce or eliminate sugar by using sweet-tasting spices:

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg



Savory without Added Salt



*Source: American Spice Trade Association
(www.astaspice.org)*

To replace the taste of salt try:

- Black pepper
- Garlic powder
- Curry powder
- Cumin
- Dill seeds
- Basil
- Ginger
- Coriander
- Onion

Savory Flavor without Salt

Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.



Using Less Salt



Use **POWDERED** garlic or onion rather than their **SALT** form.

Generally, use half as much of the powdered form.

Using Less Salt

Check seasoning labels to see if “salt” or “sodium” are listed among the ingredients.



Flavor & Food Combinations



Beef

- Bay leaf
- Marjoram
- Nutmeg
- Onion
- Pepper
- Sage
- Thyme

Flavor & Food Combinations

Pork

- Garlic
- Onion
- Sage
- Pepper
- Oregano



Flavor & Food Combinations



Lamb

- Curry powder
- Garlic
- Rosemary
- Mint

Flavor & Food Combinations

Poultry

- Ginger
- Marjoram
- Oregano
- Paprika
- Poultry seasoning
- Rosemary
- Sage
- Tarragon
- Thyme



Flavor & Food Combinations



Fish

- Curry powder
- Dill
- Dry mustard
- Marjoram
- Paprika
- Pepper

Flavor & Food Combinations

Carrots

- Cinnamon
- Cloves
- Dill
- Ginger
- Marjoram
- Nutmeg
- Rosemary
- Sage



Flavor & Food Combinations



Corn

- Cumin
- Curry powder
- Onion
- Paprika
- Parsley

Flavor & Food Combinations

Green Beans

- Dill
- Curry powder
- Marjoram
- Oregano
- Tarragon
- Thyme



Flavor & Food Combinations



Greens

- Onion
- Pepper
- Garlic

Flavor & Food Combinations

Potatoes

- Dill
- Garlic
- Onion
- Paprika
- Parsley
- Sage



Flavor & Food Combinations

Summer Squash

- Dill
- Garlic
- Onion
- Paprika
- Parsley
- Sage



Flavor & Food Combinations



Winter Squash

- Cinnamon
- Ginger
- Nutmeg
- Sage

Flavor & Food Combinations

Tomatoes

- Basil
- Bay leaf
- Dill
- Marjoram
- Onion
- Oregano
- Parsley
- Pepper



Common Substitutions

For each 1-1/2 teaspoon of Italian seasoning, substitute a combination of crumbled dried:

- 1/4 tsp. oregano leaves
- 1/4 tsp. marjoram leaves
- 1/4 tsp. basil leaves
- 1/8 tsp. rubbed sage



Common Substitutions

For each 1 teaspoon of poultry seasoning, substitute a combination of:

- 1/4 tsp ground thyme
- 3/4 tsp ground sage



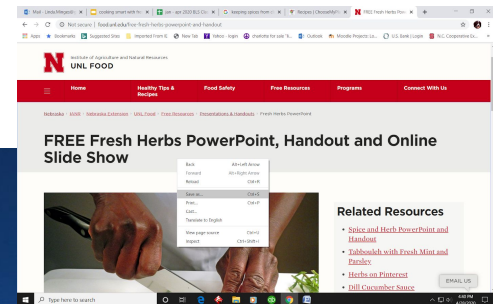
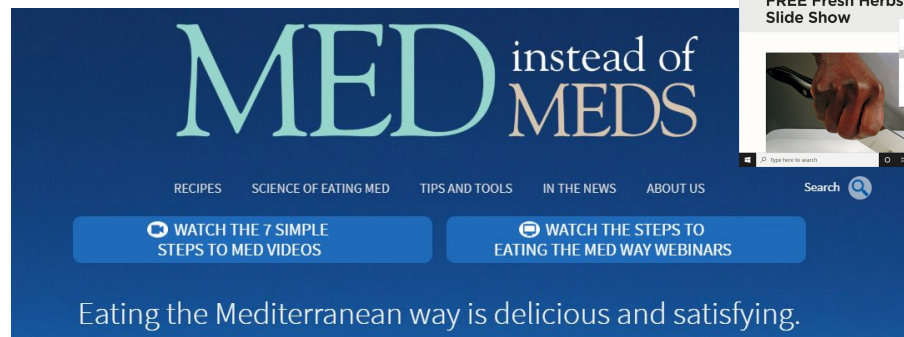
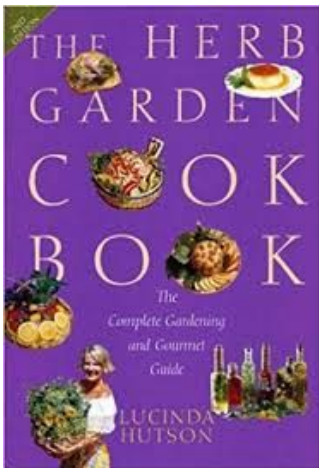
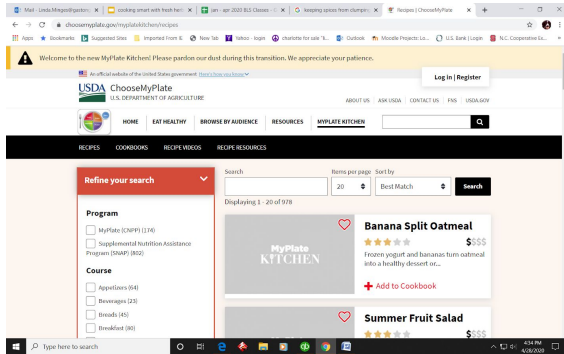
Substituting Fresh for Dried

When substituting herbs, you may be more successful substituting fresh herbs for dried herbs, than the other way around.



General Rules for Amounts

- If possible, start with a tested recipe from a reliable source.
- When creating a recipe, begin by trying one or two spices or herbs.



General Rules for Amounts

The amount to add varies with the:

- Type of recipe
- Spice or herb
- Personal preference



General Rules for Amounts



Approximate equivalent amounts of different herbs are:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- 1/4 to 1/2 teaspoon ground dried herbs

General Rules for Amounts

Start with 1/8 teaspoon for cayenne pepper and garlic powder - adjust as needed. Red pepper intensifies in flavor during cooking - add in small increments.



Source: www.spiceadvice.com

General Rules for Amounts



When doubling a recipe:

- Do not double spices & herbs.
- Increase amounts by 1-1/2 times.
- Taste, add more if needed.

When to Add Spices & Herbs

More delicate fresh herbs can be added a minute or two before end of cooking or sprinkled on food before serving.

- Basil
- Chives
- Cilantro
- Dill leaves
- Parsley
- Marjoram
- Mint



When to Add Spices & Herbs



Less delicate fresh herbs can be added about the last 20 minutes of cooking.

- Dill seeds
- Rosemary
- Tarragon
- Thyme

When to Add Spices & Herbs

For some foods such as breads, batters - you may have to add fresh herbs at beginning of cooking process.



How to Prevent Clumping

- Avoid sprinkling dried spices & herbs directly from container into a steaming pot to prevent moisture from entering the container.
- Use a dry spoon to measure spices & herbs from a container.



When to Add Spices & Herbs

Whole dried spices & herbs
- such as whole allspice and
bay leaves:

- Release flavors slower than crumbled or ground ones.
- Ideal for dishes cooking an hour or more, such as soups and stews.



When to Add Spices & Herbs



Ground dried spices & herbs:

- Release their flavor quickly.
- May taste best in shorter-cooking recipes or added nearer the end of longer-cooking ones.

When to Add Spices & Herbs

Crumbled dried herbs may differ:

- Milder herbs - such as basil - may flavor best added toward end of cooking.
- Robust herbs - such as thyme - can stand longer cooking periods.



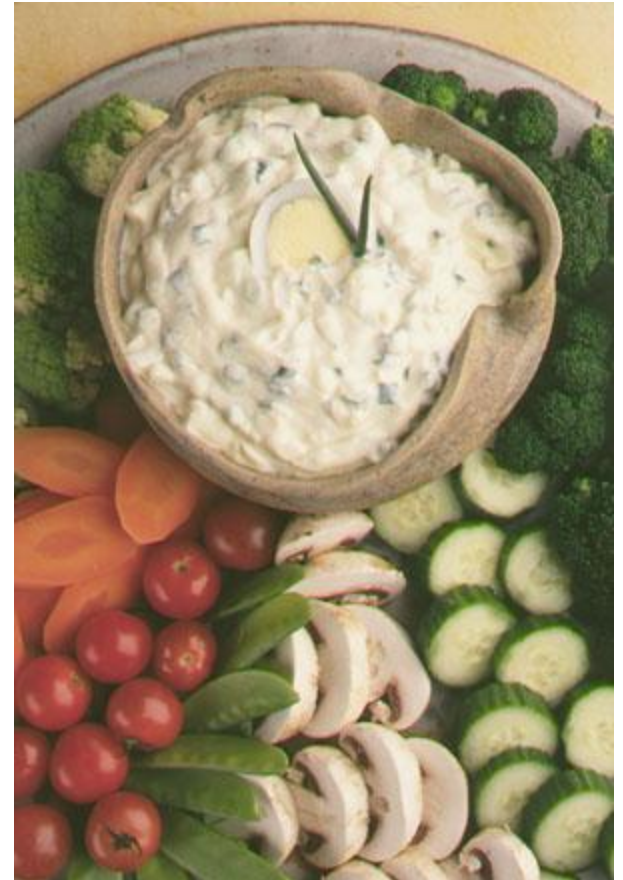
When to Add Spices & Herbs



Freshly grinding spices (such as black pepper and nutmeg) provides more flavor than buying them already ground.

When to Add Spices & Herbs

For uncooked foods, add both fresh and dried spices & herbs several hours before serving to allow flavors to blend.



Bay Leaves



- Remove bay leaves at the end of cooking.
- Can cause choking if left in food.
- Can cause harmful cuts and scratches in throat and esophagus.

Questions



Storing Spices & Herbs

Maintain flavor and color
by avoiding:

- Moisture
- Light
- Heat
- Air



Storing Spices & Herbs

Store in:

- tightly covered containers
- dark place away from sunlight - such as cupboard or drawer



Refrigerator or Freezer Storage

Refrigerator: paprika, chili powder and red pepper for best color retention - especially in summer or hotter climates.



Refrigerator or Freezer Storage

Spices & herbs can get wet if condensation forms when a container from a refrigerator or freezer is left open in a humid kitchen.



Drying herbs

- Air drying
- Dehydrator
- Microwave



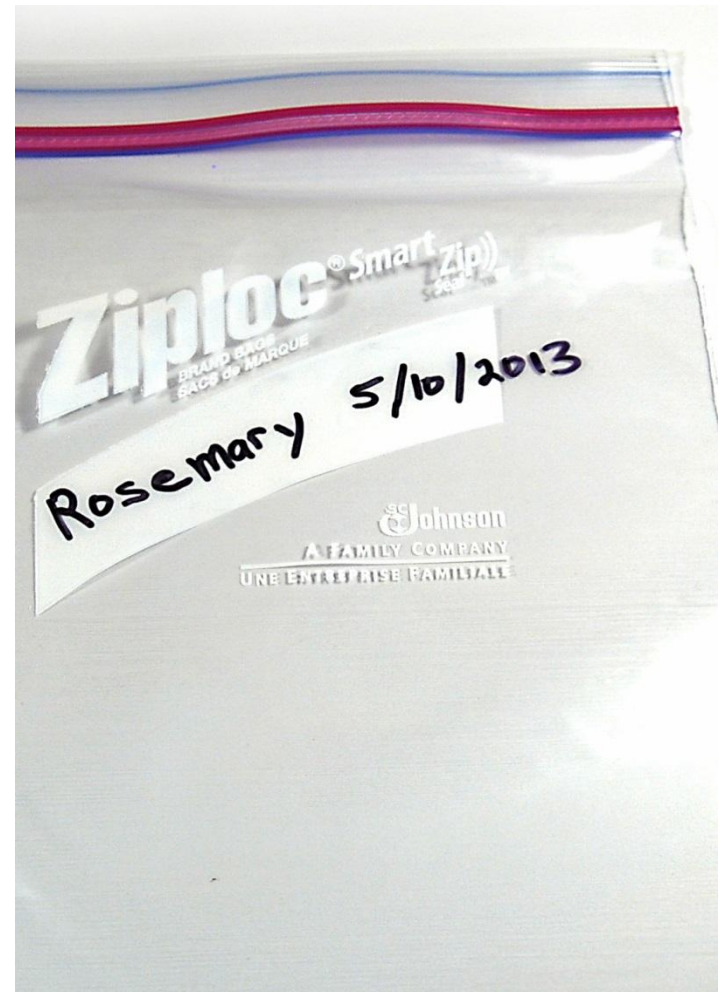
Freezing herbs in oil or water

- Chop or use sprigs/leaves
- Place in ice cube tray sections with amounts easily used in recipes
- Cover with oil or water
- Works best popped directly into cooked foods



Freezing herbs in freezer bags

- Cover tray lightly with plastic wrap; freeze overnight
- Label freezer bags with herb type/date; then add herbs
- Works best with less tender herbs
- Use in 3 to 6 months for best quality



Homemade Herb Infused Oil



- Follow research-based guidelines
<https://hgic.clemson.edu/factsheet/herb-infused-oils/>
- Easy to make - must be made and stored properly to insure safety

Homemade Flavored Vinegars

- Follow research-based guidelines
<https://hgic.clemson.edu/factsheet/flavored-vinegars/>
- Easy to make - must be made and stored properly to insure safety



How Long to Keep

As a general rule, keep:

- 1 year for herbs or ground spices
- 2 years for whole spices

Buy a smaller container until you determine how fast you'll use a particular spice or herb.



How Long to Keep

If a spice or herb smells strong and flavorful, it's probably still potent.



Check for Freshness

Herb or ground spice:

- Rub small amount in your hand.
- If aroma is fresh, rich and immediate - it can still flavor foods.

Whole spice:

- Break, crush or scrape it before smelling it.



How Long to Keep

- Initial quality will influence shelf life
- Label date of purchase on container with a permanent marking pen



Questions



For More Information

- University of Nebraska-Lincoln Cooperative Extension
food.unl.edu/magic-fresh-herbs-fresh-herb-food-combos
- American Spice Trade Association
www.astaspice.org
- SpiceAdvice
www.spiceadvice.com
- Penzeys Spices
www.penzeys.com
- McCormick
www.mccormick.com
- Med Instead of Meds
www.medinsteadofmeds.com

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