

## **Cooking with Spices and Herbs**

<b>Basil:</b>	<b>Sweet, warm flavor with an aromatic odor. Use whole or ground. Excellent with fish, stews, ground beef, lamb, Vegetables, dressing and omelets.</b>
<b>Bay leaves:</b>	<b>Strong flavor. Use whole leaf removes before serving. Excellent in vegetable dishes, seafood and stews.</b>
<b>Caraway:</b>	<b>Spicy taste and aromatic smell. Use in cakes, breads, soups and cheese.</b>
<b>Chives:</b>	<b>Sweet mild flavor. Excellent in fish, salads, soups and potatoes.</b>
<b>Cilantro:</b>	<b>Use fresh. Excellent in salad, fish, chicken, rice and Mexican dishes.</b>
<b>Curry Powder:</b>	<b>Use proper amounts bring great flavor to meat, poultry, fish and vegetable.</b>
<b>Ginger:</b>	<b>Strong root, this aromatic spice. Use fresh, dried or ground. Use in cakes, cookies, soups and meat dishes.</b>
<b>Oregano:</b>	<b>Strong, aromatic odor. Use whole or ground in tomato dishes, fish, pizza, omelets, chili, stew, gravy, poultry and vegetable.</b>
<b>Paprika:</b>	<b>Mild red seasonings use in meat, vegetables, potatoes salad and as a garnish.</b>
<b>Parsley:</b>	<b>Use fresh, dried or as a seasoning. Use in fish, omelets, soups, meat, dressing, vegetable and as a garnish.</b>
<b>Rosemary:</b>	<b>Very aromatic. Use fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Excellent in dressing.</b>
<b>Thyme:</b>	<b>Sprinkle leaves on fish or poultry before broiling or baking.</b>

**Note: Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting.**

Courtesy of [www.sundaydinner.com](http://www.sundaydinner.com)