

Using Culinary Herbs 101



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Objectives & High Points

- Objectives:
 - Understand the basic culinary uses of herbs
 - Experience herbs from garden to table
- Tour of tinker herb garden
- The use of herbs in various cuisines.
- Harvesting, washing, storing herbs
- Demo & tasting
- Web sites for more details.



Tinker's *Culinary* Garden

Aristotle Basil	Curly Parsley	Lovage	Thyme
Arugula	Fernleaf Dill	Oregano	Winter Savory
Bronze Fennel	Garlic	Hyssop	Yarrow
Caraway	Italian Parsley	Rosemary	
Catnip	Lamb's Ears	Sage	
Cayenne Pepper	Lavender	Sorrel	
Chives	Lemon Balm	Summer Savory	
Cilantro	Lemon Grass	Sweet Italian Basil	
Comfrey	Lemon Verbena	Tansy	



Herbs & Ethnic Cooking

Herbs & spices define a cuisine's flavor profile

➤ *Italian Cuisine*

arugula, basil, bay leaf, fennel,
marjoram, mint, oregano, parsley,
rosemary, sage, thyme

➤ *French Cuisine*

- basil, bay leaves, chervil, chives, marjoram, parsley, rosemary, tarragon, thyme,



Herbs & Ethnic Cooking

- Mexican & Southwestern US: *cilantro*, *oregano*, *epazote* (*wormweed*, *stinkweed*), *scallions*
- Asian (e.g. Chinese, Japanese, Indian, Thai): *bay leaf*, *cilantro*, *curry leaf* (*meetha neem*), *lemon grass*, *lime leaves*, *fennel*, *mint*, *scallions*
- Greek, Eastern Mediterranean: *dill*, *oregano*, *scallions*, *thyme*
- Northern European (e.g. Germany, Scandinavia, UK): *dill*, *thyme*, *watercress*
- Spanish: *parsley*, *saffron*
- North African: *cilantro*, *mint*



Herb & Spice Blends

- *Italian Seasoning*: basil, marjoram, oregano, rosemary, sage, thyme
- *Fines Herbes*: chervil, chives, tarragon, parsley
- *Herbes de Provence*: basil, rosemary, lavender, marjoram, sage, thyme, fennel
- *Cajun*: Paprika, Garlic Powder, Black Pepper, Onion Powder, Cayenne Pepper, Oregano, Thyme
- *Ranch dressing* : parsley, dill leaf, garlic & onion powder, basil, black pepper
- *Curry*: turmeric, paprika, cumin, fennel powder, fenugreek, mustard, red pepper, coriander, cardamon, cinnamon, cloves
- <http://wellnessmama.com/4430/homemade-spice-blends/>

Preparing & Using Fresh Herbs

- Harvest herbs within a few hours of use
- Wash just before using.
- Treat tender herbs gently
 - Herbs, like basil, parsley & cilantro, bruise & release their oils easily.
 - Add them the last few minutes of cooking.
- Chop leaves of heavy herbs
like rosemary, sage, thyme, to release their oils.
- Cook leathery herbs
like bay & lime leaves, in large pieces or bundles for easy removal



Storing Herbs

- At room temperature
 - stems in water, for up to a week
 - slight effect on flavor & texture
- Refrigerated
 - loosely wrapped for 1 – 3 weeks
 - slight effect on flavor & texture
- Frozen
 - air tight, for 6- 12 months
 - flavors, less intense, & textures affected.
- Dried
 - stored air tight in a cool, dry dark place for years
 - dried herbs taste more intense & often different from fresh



For more information

- Joe Barkson's Worldwide Recipes, *All About Herbs*

<http://www.wwrecipes.com/herbs.htm>



- Cooking Light, *International Guide to Spices*

<http://www.cookinglight.com/food/world-cuisine/spice-world-00400000001182/>



- Culinary Herb Guide, *Using Herbs in Cooking*

<http://culinaryherbguide.com/usingherbsincooking.html>



- Bringing herbs indoors for the winter

<http://sallystrove.hubpages.com/hub/Bringing-Herbs-Indoors-for-Winter-how-To-Manage-Herb-Plants-for-Winter-Enjoyment>