

GUIDELINES FOR USING HERBS

The following information is provided as a guide in developing familiarity and creativity with using herbs. Start with a small amount, taste, then add more if necessary.

<u>Herb</u>	<u>Flavor</u>	<u>Suggestions for Use</u>		
		<u>Meat</u>	<u>Poultry</u>	<u>Vegetables</u>
<i>Basil</i>	Mildly peppery with a trace of mint and cloves	Pork, Veal, Rabbit, Beef, Lamb	Chicken, Rock Cornish Hens	Tomatoes, Eggplant, Cucumber, Zucchini, Yellow Squash, Potatoes
		<u>Fish/Seafood</u>	<u>Other</u>	
		Halibut, Cod, Flounder/Sole Tuna	Egg and Cheese dishes, Salad Dressings, Breads	

REVISION

(OVER)

<u>Herb</u>	<u>Flavor</u>	<u>Suggestions for Use</u>		
		<u>Meat</u>	<u>Poultry</u>	<u>Vegetables</u>
<i>Bay Leaf</i>	Very strong flavor; use with discretion	Beef, Lamb, Rabbit, Pork, Duck, Veal	Chicken, Rock Cornish Hens	Rutabagas
		<u>Fish/Seafood</u>	<u>Other</u>	
		Halibut, Cod, Flounder/Sole, Haddock, Trout, Tuna, Lingcod, Perch, Catfish, Salmon, Shrimp	Stews, Casseroles, Soups, Sauces	

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