

GUIDELINES FOR USING HERBS

| <u>Herb</u> | <u>Flavor</u> | <u>Suggestions for Use</u> | | |
|-----------------|--------------------------------|----------------------------|--|---|
| | | <u>Meat</u> | <u>Poultry</u> | <u>Vegetables</u> |
| <i>Marjoram</i> | Slightly sweet with sharp tang | Beef, Lamb, Pork, Rabbit | Chicken, Rock Cornish Hens | Eggplant, Tomatoes, Zucchini, Winter Squash, Mushrooms, Peas, Beans |
| | | <u>Fish/Seafood</u> | <u>Other</u> | |
| | | Tuna | Stews, Egg dishes, Stuffings, Breads, Vinegars | |

REVISION

(OVER)

| <u>Herb</u> | <u>Flavor</u> | <u>Suggestions for Use</u> | | |
|----------------|-----------------------------------|---------------------------------------|------------------------------------|--|
| | | <u>Meat</u> | <u>Poultry</u> | <u>Vegetables</u> |
| <i>Oregano</i> | Pungent, peppery, slightly bitter | Beef, Lamb, Pork | Chicken, Rock Cornish Hens, Turkey | Eggplant, Tomatoes, Broccoli, Zucchini, Mushrooms, Beans |
| | | <u>Fish/Seafood</u> | <u>Other</u> | |
| | | Lingcod, Perch, Catfish, Tuna, Shrimp | Pizza, Stuffings, Sauces | |

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