

**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>Savory</i>	Light, sweet with peppery tang	Pork, Lamb, Beef	Chicken, Rock Cornish Hens	Cucumbers, Green Beans, Potatoes, Tomatoes
		<u>Fish/Seafood</u>	<u>Other</u>	
		Trout	Bean dishes, Stuffings, Casseroles, Vinegar, Vegetable juices, Meat Loaf, Breads, Tossed Salads	

REVISION

(OVER)

<u>Herb</u>	<u>Flavor</u>	<u>Suggestions for Use</u>		
		<u>Meat</u>	<u>Poultry</u>	<u>Vegetables</u>
<i>Tarragon</i>	Licorice-like (anise)	Veal, Pork, Beef	Chicken, Rock Cornish Hens	Cucumbers, Carrots, Green Beans, Tomatoes, Mushrooms
		<u>Fish/Seafood</u>	<u>Other</u>	
		Halibut, Cod, Flounder/Sole, Haddock, Halibut, Trout, Tuna, Crab, Lobster, Scallops	Eggs, Sauces, Salads, Marinades, Vinegars	

(CONTINUED)