

Spinney Kitchen

Culinary Uses of Herbs

- Don't forget to visit our herbs and spices sections at;

Herbs

http://www.spinneykitchen.co.uk/catalog/Herbs_Available_From_Spinney_Kitchen.html

Spices

<http://www.spinneykitchen.co.uk/catalog/Spices.html>



Fine Food—Fair Prices

www.spinneykitchen.co.uk

Herb	Description	Culinary Use	Tips
Chilli Flakes	Peppery flavour from mild to hot, depending on type of chilli used	Pasta, meats, Mexican and Chinese food, pizza. Add to anything you would like to kick up a notch.	Add to marinades.
Dill	Use leaf or seed, has a pungent flavour	Fish, eggs, cheese, bean or split pea soups, breads, vegetables (especially root vegetables).	Boiled, small, new potatoes with a dab of cream cheese and sprinkle of dill makes a good appetizer.
Marjoram	Use leaves. Fragrant aroma, spicy taste somewhat like Oregano but milder and sweeter. Adds a delicate flavor.	Use with Italian foods. Blends well with tomatoes in pasta sauces and chillies. A light seasoning for meats. Adds subtle favour to eggs and cheese.	Perk up corn, bean or carrots with a sprinkle of Marjoram.
Oregano	Leaves have a sweet, aromatic flavour, but stronger than Marjoram or Thyme. Use with care.	A basic in tomato sauces and chillies. A good addition to hearty meats like beef, game or lamb. Many time used with sage, especially in sausages, stuffing and with poultry.	Combines with garlic, red wine and oil, it makes a tasty beef marinade. Makes an interesting fish butter.
Rosemary	Use the leaves powdered or whole. Has a spicy, pungent flavour.	Used alone, it makes a great Rosemary chicken or fish. Combine with sage for game. Good in egg dishes, breads and cheeses. Good with most vegetables.	Add a bit to fruit salad. Make a flavoured olive or vegetable oil by adding a tablespoon or two to the bottle. Leave in refrigerator for several days to infuse flavour.
Sage	Leaves are aromatically bitter. It is the basic flavour associated with bread stuffing.	A hearty flavouring for meats and especially game. Many vegetables and sauces, but use sparingly. Good in stuffing. Add to meat marinades.	Mix with cream cheese for a spread. Add to meat gravies.
Savory	A somewhat resinous, aromatic flavour, but can be light and delicate.	Savory is an all-purpose seasoning that can be used in anything you would season with onions and parsley. Especially good in soups, pasta salads, vegetables and casseroles.	Use for a light fish or seafood butter. Try a bit in stewed pears or quinces.
Thyme	Leaves have a pungent flavour with sweet aroma. There are many varieties of thyme with differing flavours, but unless otherwise specified, usually refers to Mother of Thyme.	Use with restraint, especially on delicately flavoured foods. Can be used with most meats, vegetables and sauces. "Sage, Rosemary and Thyme" is a good combination.	Thyme is said to help combat fatigue, depression, digestion problems, muscle aches, colds and respiratory problems. A good herb to use in winter.

