

Using Herbs in Your Cooking

The following listing provides a basic idea of how to use various herbs with a variety of foods. Feel free to experiment with the different flavours to liven up your meals. Some beginning guidelines are:

Use a small amount of herbs until you know if you like the taste.

Don't use too many herbs at once. Keep it simple until you are familiar with the various flavours.

Don't let your herbs get old and stale. Restock periodically.

General:

Fresh herbs (free of stems or wilted leaves) may be used as sprigs or chopped fine. Dry herbs are at least 3 times as strong as fresh herbs, so measure accordingly. To bring out the flavour of dry herbs, soak them in lemon juice or wine before using.

Carrots	Chives
Cheese	Basil Chives Dill
Chicken	Tarragon Rosemary Thyme
Chowder	Thyme
Cottage or cream cheese	Parsley Chives
Duck	Basil
Eggs	Basil Tarragon Parsley Chives
Fish	Basil Tarragon Parsley Rosemary Chives Thyme
Fish sauce	Dill
Hash	Thyme Marjoram Basil Rosemary
Lamb	Marjoram Mint Rosemary

Meat	Parsley
Meat loaf	Basil Marjoram Thyme
Meat pie	Basil Bay leaf Marjoram Rosemary Thyme
Minestrone	Oregano
Oyster or clam bisque	Thyme
Peas	Mint Chives
Pizza	Oregano
Pork	Marjoram Rosemary Basil
Boiled potatoes	Mint Parsley Chives
Salad	Dill Oregano Tarragon Parsley Rosemary Thyme Borage Chervil
Sausage	Basil

Soup	Bay leaf
Soup - garnish	Chervil Parsley
Soup - tomato	Basil
Spaghetti and tomato sauces	Oregano Sage
Stew	Basil Bay leaf Marjoram Thyme
Stuffing	Basil
Iced Tea	Mint
Tomatoes	Basil
Turkey	Thyme
Veal	Tarragon
Venison	Basil