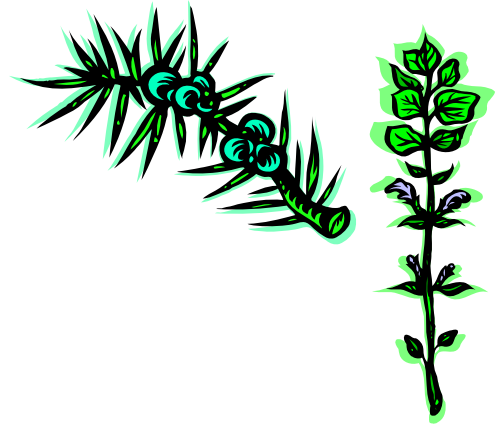


*Are you going to Scarborough Fair?
Parsley, sage, rosemary and thyme,
Remember me to one who lives there,
For once she was a true love of mine.*



Savor the Flavor Of Herbs and Spices

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*"An herb is the friend
of physicians and
the praise of cooks."
Charlemagne*

Herbs are leaves of low growing shrubs. They can be used fresh or dried. It is the oil in the herb that is the flavor.

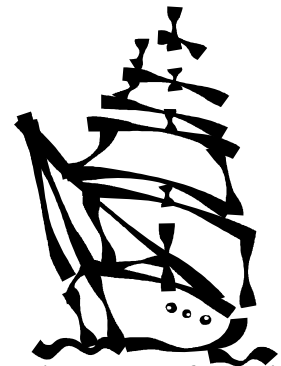
Herbs: parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage, anise, mint, tarragon, cilantro.

Spices come from bark, root, buds, seeds, berries or the fruit of tropical plants and trees. Spices are more pungent in flavor and aroma than herbs.

Spices: cinnamon, ginger, onion, garlic, cloves, saffron, mustard, poppy, sesame, pepper, all spice, paprika.

Help to Reduce Sugar

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg



The reason for Columbus' voyage in 1492 was to find a more direct way to the Orient for spices.

Help in reducing salt

- Basil
- Oregano
- Parsley
- Pepper
- Italian seasoning blend
- Powdered (not salt) garlic
- Cumin
- Curry powder



Cooking with herbs and spices

- Add dried herbs at first of cooking.
- Fresh delicate herbs- add at end of cooking (2-3 minutes), less delicate -last 20 minutes
- Cold or refrigerated at least 2 hours before serving

Storage of herbs

- 1 year for herbs or ground spices
- 2 years for whole spices

(check an herb or ground spice by rubbing a small amount in your hand. If the aroma is fresh, rich and immediate, it will still be favorable in foods)

- Avoid storing near heat, moisture or light.
- Sprinkle in hand before sprinkling into a boiling pot.
- Refrigerate paprika, chili powder and red pepper.

Grow and enjoy the fragrance and beauty of the herbs. Clip the flower heads as soon as they appear to keep the flavors in the leaves. Prune and trim throughout the season.

Harvest the herbs by storing fresh for 2-3 days in the refrigerator, washed, dried and bagged. Leaves can be dried in warm airy spots, on racks, trays dehydrators, but never in direct sun. You may choose to freeze some herbs, or put them in ice cube trays (filled with water) and freeze, and then just drop the cube in your cooking. Herb butters freeze very well are excellent to have put away for a special day.

Herbs and spices can add flavor to every meal. Soups, sandwiches or main meal dishes come alive with the versatility of the flavors of these plants.

Enjoy the beauty, the health benefits, the antioxidants, the flavors and the joy of growing these herbs in your garden.

Helpful Hints

- Too much of herb or spice; strain, add a raw peeled potato (remove before serving), chill.
- Dry herbs at 200 degrees or hang in an airy room.
- Store wrapped in paper towels 3-4 days; freeze or dry.
- Don't double herbs in recipe (only about 1-1/2).
- Amounts that equal =1 TBSP fresh, 1 tsp dried, $\frac{1}{4}$ tsp ground.

Herb and Spice Tool: Mortar and Pestle



Carrot and Ginger Salad

1 lb carrots, grated
3 green onions, thinly sliced
1" piece of fresh ginger, grated
1 teaspoon sesame oil
2 teaspoons canola oil
juice of 2 limes (or equivalent)
1/2 teaspoon sugar
salt and pepper to taste

Gingered Cucumbers

2 large cucumbers, peeled and thinly sliced
1/3 C rice vinegar
1/2 tsp. salt
2 tsp. sugar (optional)
2 tsp. fresh ginger, grated

Place in zip lock bag overnight in refrigerator

Lemon Basil Pasta

8 ounces pasta
2 tablespoons unsalted butter, melted
1 tablespoon lemon juice
2 teaspoons chopped basil leaves
1/4 cup Parmesan cheese
garlic salt
black pepper

Cook the pasta in a large pan of boiling water for 10 minutes, or until *al dente*. Drain and return pasta to the pan. Combine butter, lemon juice, chopped basil leaves, garlic salt and pepper. Toss with the cooked pasta, serve in individual dishes and sprinkle with freshly grated Parmesan cheese.

For variation add 2 cups cooked, diced chicken.

Lavender Tea Cookies

1 tablespoon dried lavender flowers
1 cup butter at room temperature
2/3 cup sugar
1 teaspoon vanilla extract
1/4 teaspoon lemon extract
2 tablespoons milk
2 cups all-purpose flour
1/8 teaspoon salt

In a mortar, grind lavender flowers with the pestle. In a medium bowl, cream together ground lavender flowers, butter, sugar, vanilla extract, and lemon extract. Add flour and salt; mix until combined (dough should be soft but not sticky.) Refrigerate 1 to 2 hours or until dough is firm. Preheat oven to 325 degrees F.

Remove dough from refrigerator. On a lightly floured surface, roll dough approximately 1/4-inch thick. Cut into desired shapes with cookie cutters and place onto ungreased cookie sheets. Bake 12 to 15 minutes or until cookies are lightly browned around the edges. Remove from oven and cool on wire racks. When cool, frost with Lavender Frosting. Makes 2 dozen cookies.

Lavender Frosting

1 cup powdered sugar	2
tablespoons dried lavender flowers	2
tablespoons milk	
2 teaspoons light corn syrup	

In a small plastic bag, combine powdered sugar and dried lavender flowers. Let stand at least 1 day before using. When ready to use, sift the mixture into a medium-size bowl; discarding lavender flowers. Add milk and corn syrup, mixing well. NOTE: Additional powdered sugar or milk may need to be added (enough milk to make frosting easy to spread). Spread on cooled cookies.

Popcorn Herbs

1/4 cup ground cumin
1 tbsp cayenne
3 tbsp dried oregano

Mix well and store in a jar. Sprinkle over buttered or unbuttered popcorn in place of salt.

Cheese in Herbed Oil (*Herbs: Gardens, Decorations and Recipes*)

2 cups olive oil
1 garlic clove
1 sprig fresh thyme
1 sprig fresh rosemary
1 bay leaf
1 chili pepper
6 peppercorns
6 coriander seeds
2 whole allspice
1 lb feta or other fresh soft cheese, chopped into bite size pieces

Put all ingredients in wide mouth jar with a lid. Keep refrigerated for 1-2 months. Delicious in salads or as an appetizer.

Delicious Cucumber Dip

$\frac{1}{2}$ cucumber, peeled, seeded and finely chopped
 $\frac{3}{4}$ cup low-fat sour cream
2 tbsp low-fat plain yogurt
 $\frac{1}{4}$ cup lite mayonnaise
2 cloves of garlic
2 tbsp dill
2 tsp parsley, chopped
 $\frac{1}{2}$ tsp thyme
2 tsp apple cider vinegar
Mix and chill. Serve with veggies or heart healthy crackers.

Blackberry-Sage Cornmeal Thumbprints

2 cups flour
 $\frac{2}{3}$ cup yellow cornmeal
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. sea salt
1 cup unsalted butter, room temperature
1 cup packed light brown sugar
2 large egg yolks
2 tsp. finely shredded lemon peel
1 $\frac{1}{2}$ tsp. vanilla
5 tsp. fresh sage, minced
 $\frac{3}{4}$ cup blackberry preserves, room temperature

Preheat oven to 350F. In a medium bowl, combine the flour, cornmeal, baking powder, and salt; set aside. With an electric mixer, beat butter on medium-high speed for 30 seconds. Add brown sugar and beat until combined. Beat in the egg yolks, lemon peel, vanilla, and sage until combined. Add the flour in 3 increments, beating until all is incorporated. Cover and refrigerate dough for 1 hour.

Shape dough into 3/4-inch balls and place them 2 inches apart on an ungreased cookie sheet. Using the end of a wooden spoon, make an indentation in the center of each ball of dough. Drop about 1/4 teaspoon of blackberry preserves into each indentation. Place prepared cookies into freezer for 15 minutes prior to baking for best results. Bake cookies for 8-10 minutes, or until

Minted Cucumber Salad

4 cucumbers, peeled, halved, seeded and sliced
 $\frac{1}{2}$ cup fresh mint, chopped
 $\frac{1}{4}$ cup fresh parsley, chopped
1 orange rind, grated
 $\frac{1}{2}$ cup olive oil
1 cup red wine vinegar
 $\frac{1}{4}$ cup Splenda

Toss cucumbers in bowl with mint, rind and parsley. Whisk oil, vinegar and Splenda. Pour over cucumbers and chill for 4 hours.

Herbal Salad Dressing

$\frac{1}{2}$ cup fat free miracle whip
 $\frac{1}{2}$ cup fat free sour cream or plain fat free yogurt
1 Tbsp herbed oil
 $\frac{1}{2}$ tsp oregano
 $\frac{1}{2}$ tsp Splenda

Blend ingredients and chill.

Ginger Carrot Delight

2 tbsp low fat margarine
2 Tbsp Splenda brown sugar
 $\frac{1}{2}$ tsp ground fresh ginger root
 $\frac{1}{2}$ tsp caraway seeds
1 lb baby carrots

Mix margarine, sugar, ginger and seeds, set aside. Steam carrots in microwave until tender. Add sauce and cook for additional 1 -2 minutes.

A Salt Substitute (Mrs. Dash)

1 Tbsp ground cayenne pepper
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp dried basil
1 tsp dried oregano
1 tsp dried thyme
1 tsp dried parsley flakes
1 tsp dried savory
1 tsp ground mace
1 tsp freshly ground black pepper
1 tsp dried sage
1 tsp dried marjoram
1 tsp ground dried grated lemon peel

Mix well and store in a glass jar.

Spread Mix

1 cup dried parsley
1/2 cup dried dillweed
1/2 cup dried chives
1/2 cup dried oregano
1/4 cup dried thyme

Mix herbs thoroughly and store in an airtight container away from the light.

(Variation: Add 1/4 cup dried basil or 1/8 cup dried lemon zest)

Suggested uses: Add to softened cream cheese for a cracker spread. Add to pasta sauces, dips, vegetable dishes, soups and stews, salad dressings, herb vinegars or herb butt

Taco Seasoning Mix

1/4 cup dried onion flakes
4 teaspoons cornstarch
4 tablespoons chili powder
3 teaspoons ground cumin
3 teaspoons dried garlic flakes
2 teaspoons dried hot pepper flakes
2 teaspoons beef bouillon powder
1-1/2 teaspoons dried oregano
2 tablespoons salt (optional)

Combine all ingredients. Shake well, or place in blender for a finer blend (I put mine in a spice grinder)

For beef tacos, add 3 tablespoons of this mix and 1/4 cup water to 1 pound browned hamburger. Cook for 15 minutes, adding more water if necessary.



Savory Butters

Excellent for breads, corn on cob, vegetables and meat

***Cream ingredients together and refrigerate.**

Parsley Butter

- $\frac{1}{2}$ cup butter, softened
- 1 clove garlic, minced
- 1 tsp fresh parsley, chopped
- 1 tsp lemon zest-grated

Mixed Herb Butter

- $\frac{1}{2}$ cup fresh parsley, chopped
- $\frac{1}{4}$ cup fresh chives, chopped
- 3 fresh tarragon leaves, chopped
- $\frac{1}{2}$ cup softened butter.

Herb Butter

- 1 TBSP dried rosemary leaves, crushed
- 1 TBSP dried thyme leaves, crushed
- 1 $\frac{1}{2}$ tsp cardamom
- 1 $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup whipping cream

In a food processor mix cardamom, thyme and rosemary. Add butter and then mix in cream.

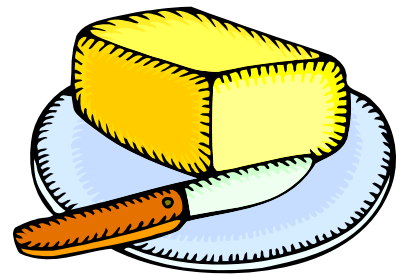
Tarragon Butter

- $\frac{1}{2}$ cup butter, softened
- 1 TBSP tarragon, minced
- 3 TBSP parsley, minced
- 1 TBSP lemon juice

Whipped Herbal Butter

- 1 cup butter
- 1 tsp dried marjoram
- 1 tsp thyme leaves
- 1 tsp rosemary leaves
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp sage
- $\frac{1}{4}$ tsp basil

Beat all ingredients together at a high speed.



Lemon-Dill Butter

1 cup softened butter
2 TBSP lemon juice
1 TBSP grated lemon zest
1 Tsp dried dill weed

Chive Cheese Butter

1/4 lb soft butter or margarine
1/4 lb Roquefort cheese
2 tsp fresh chopped chives

Blend butter, cheese, and chives thoroughly. Shape into a roll on waxed paper. Refrigerate until ready to use, allowing about 1 hour to harden. Use this butter on new potatoes, tofu, steamed vegetables.

Lavender Tea Cookies

1 tablespoon dried lavender flowers
1 cup butter at room temperature
2/3 cup sugar
1 teaspoon vanilla extract
1/4 teaspoon lemon extract
2 tablespoons milk
2 cups all-purpose flour
1/8 teaspoon salt

In a mortar, grind lavender flowers with the pestle. In a medium bowl, cream together ground lavender flowers, butter, sugar, vanilla extract, and lemon extract. Add flour and salt; mix until combined (dough should be soft but not sticky.) Refrigerate 1 to 2 hours or until dough is firm. Remove dough from refrigerator. On a lightly floured surface, roll dough approximately 1/4-inch thick. Cut into desired shapes with cookie cutters and place onto ungreased cookie sheets. Bake at 325° F. for 12-15 minutes.

Lavender Frosting

1 cup powdered sugar
2 tablespoons dried lavender flowers
2 tablespoons milk
2 teaspoons light corn syrup

In a small plastic bag, combine powdered sugar and dried lavender flowers. Let stand at least 1 day before using. When ready to use, sift the mixture into a medium-size bowl; discarding lavender flowers. Add milk and corn syrup, mixing well. NOTE: Additional powdered sugar or milk may need to be added (enough milk to make frosting easy to spread). Spread on cooled cookies.

Lemon Balm Cookies

1 $\frac{1}{2}$ sticks butter, softened
1 3-oz. package cream cheese, softened
1 tbsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 cup sugar
1 egg, room temperature
2 tbsp. fresh lemon juice
3 tbsp. finely chopped fresh lemon balm
3 cups all-purpose flour
1 tsp. lemon zest
Juice of one lemon

Cream butter and cream cheese until fluffy. Blend in baking powder and next 7 ingredients. Gradually mix in flour. Add more flour if necessary to knead into a soft dough. Roll into 1-inch balls and place on cookie sheet. Bake at 375° F. for 7 to 10 minutes or until slightly brown around the edges. Cool on a rack. Makes 6 dozen cookies.

Popcorn Herbs

$\frac{1}{4}$ cup ground cumin
1 tbsp. cayenne
3 tbsp. dried oregano

Mix well and store in a jar. Sprinkle over buttered or unbuttered popcorn in place of salt.

Cheese in Herbed Oil

2 cups olive oil
1 garlic clove
1 sprig fresh rosemary
1 bay leaf
1 chili pepper
6 peppercorns
6 coriander seeds
2 whole allspice
1 lb. feta or other fresh soft cheese, chopped into bite-size pieces

Put all ingredients in a wide-mouth jar with a lid. Keep refrigerated for 1-2 months. Delicious in salads or as an appetizer.

Blackberry-Sage Cornmeal Thumbprints

2 cups flour
2/3 cup yellow cornmeal
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. sea salt
1 cup unsalted butter, room temperature
1 cup packed light brown sugar
2 large egg yolks
2 tsp. finely shredded lemon peel
1 $\frac{1}{2}$ tsp. vanilla
5 tsp. fresh sage, minced
 $\frac{3}{4}$ cup blackberry preserves, room temperature

Combine the flour, cornmeal, baking powder, and salt; set aside. With an electric mixer, beat butter on medium-high speed for 30 seconds. Add brown sugar and beat until combined. Beat in the egg yolks, lemon peel, vanilla, and sage until combined. Add the flour in 3 increments, beating until all is incorporated. Cover and refrigerate dough for 1 hour.

Preheat oven to 350° F. Shape dough into $\frac{3}{4}$ -inch balls and place them 2 inches apart on an ungreased cookie sheet; make an indentation in the center of each ball of dough. Drop about $\frac{1}{4}$ teaspoon of blackberry preserves into each indentation. Freeze for 15 minutes prior to baking. Bake cookies for 8-10 minutes until golden brown.

Dandelion Flower Cookies

$\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup honey
2 eggs
1 tsp. vanilla extract
1 cup unbleached flour
1 cup dry oatmeal
 $\frac{1}{2}$ cup dandelion flowers
Preheat the oven to 375° F. Mix the oil and honey and then beat in the 2 eggs and vanilla.

Remove the yellow flower parts from the green parts. Stir in the flour, oatmeal, and dandelion flowers. Drop the batter by tablespoons onto an oiled cookie sheet. Bake for 10-15 minutes.

Cardamon Butter Cookies

3 cups sifted flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cardamom, ground
 $\frac{1}{2}$ teaspoon cinnamon, Saigon
 $\frac{1}{4}$ teaspoon allspice, ground
1 cup (2 sticks) butter, softened
1 $\frac{1}{4}$ cups sugar
2 eggs
1 teaspoon pure vanilla extract

Sift together flour, baking soda, salt, and spices; set aside. In a large bowl with electric mixer, beat butter and sugar fluffy. Beat in eggs and vanilla. Gradually stir in flour mixture. Refrigerate dough 1 hour. Preheat oven to 350° F. Roll dough on lightly floured surface. Cut into shapes with cookie cutters. Place on ungreased baking sheets. Bake 10 to 12 minutes or until lightly browned.

Fresh Herb Pizza

1 roll of refrigerated pizza crust or precooked crust
Olive oil
4 cups mixed fresh herbs (parsley, basil, oregano)
3 garlic cloves, crushed
2 tomatoes
Monterey Jack cheese
Parmesan cheese
Sliced mushrooms
Artichokes



Brush cooked crust with olive oil. Spread chopped herbs over oil. Add garlic, sliced tomatoes and artichokes. Top with cheeses and mushrooms. Bake for 15 minutes. Good hot or cool.

Minted Potato Salad

(less fat, salt and sugar)
4 medium potatoes
 $\frac{1}{2}$ cup chopped fresh parsley
3 TBSP olive oil
2 TBSP lemon juice
1 TBSP chopped fresh mint
1 clove garlic, minced
 $\frac{1}{2}$ tsp salt; pinch of pepper

Peel, cube and cook potatoes. Combine other ingredients and add to potatoes, mix well and chill for at least 1 hour.

Marinara Sauce

2 garlic cloves, sliced
1/3 cup olive oil
2 TSBP minced fresh parsley
3 TBSP minced onion
1 28 ounce can tomatoes, undrained
2 bay leaves
1 TBSP chopped fresh basil

Sauté garlic in oil; add parsley, onion, tomatoes, bay leaves salt and peppers, bring to a boil and simmer for 15 minutes. Add basil and serve over pasta.

Curried Chicken Salad

3 cups cooked chicken, chopped
1 cup chopped celery
1/2 cup raisins
1 cup chopped Granny Smith apple (about 1 medium apple)
1/4 cup cashews
1 cup mayonnaise
2 teaspoons curry powder

Mix chicken, celery, raisins, apple and cashews in large bowl. Combine mayonnaise and curry powder in a small bowl; mix thoroughly. Stir mayonnaise into chicken mixture. Chill a minimum of 30 minutes.

Basil Chicken with Fettuccine

8 oz. cooked fettuccine
2 tsp olive oil
1 lb. boneless skinless chopped chicken breast
1 cup green peppers
1 cup sliced mushrooms
1 can (14 oz.) diced tomatoes
¼ cup Kraft Zesty (Light)
½ cup Parmesan/Mozzarella blend cheese
½ cup chopped fresh basil

Cook chicken in oil in skillet. Add peppers and mushrooms (cook for 3 minutes), add tomatoes and dressing. Toss into the fettuccine and sprinkle with cheese and basil.

Fennel Fantastic Chicken

4 boneless skinless chicken breasts

$\frac{3}{4}$ cup olive oil

2 tsp fennel

1 tsp garlic

2 tbsp lemon juice

Marinate (in a freezer bag) overnight. Grill chicken on grill or George Foreman. Serve with wild rice or steamed vegetables.

Minted Cucumber Salad

4 cucumbers, peeled, halved, seeded and sliced

$\frac{1}{2}$ cup fresh mint, chopped

$\frac{1}{4}$ cup fresh parsley, chopped

1 orange rind, grated

$\frac{1}{2}$ cup olive oil

1 cup red wine vinegar

$\frac{1}{4}$ cup Splenda

Toss cucumbers in bowl with mint, rind and parsley. Whisk oil, vinegar and Splenda. Pour over cucumbers and chill for 4 hours.

Herbal Salad Dressing

$\frac{1}{2}$ cup fat free miracle whip

$\frac{1}{2}$ cup fat free sour cream or plain fat free yogurt

1 Tbsp herbed oil

$\frac{1}{2}$ tsp oregano

$\frac{1}{2}$ tsp Splenda

Blend ingredients and chill.

Ginger Carrot Delight

2 tbsp low fat margarine

2 Tbsp Splenda brown sugar

$\frac{1}{2}$ tsp ground fresh ginger root

$\frac{1}{2}$ tsp caraway seeds

1 lb baby carrots

Mix margarine, sugar, ginger and seeds, set aside. Steam carrots in microwave until tender. Add sauce and cook for additional 1 -2 minutes.

For more information:

<http://www.spiceadvice.com/index.html>

<http://www.penzeys.com/cgi-bin/penzes/shophome.html>

<http://www.mccormick.com/>



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HERBS

Fresh herbs give delicate flavour and colour to dishes. They all have their favourite partners in the food world and listed below are some of the most popular pairings.

1. CURLY LEAF PARSLEY Pasta, mornays, egg dishes and salads.	8. THYME Soups, stews, tomato-based sauces, veal, lamb and roast poultry.	16. CORIANDER Roots, stems and leaves all used in Asian cooking, salads, curries and salsas.
2. FLAT-LEAF PARSLEY (CONTINENTAL PARSLEY) Mediterranean cooking—tabbouleh, fish, chicken and vegetables.	9. GARLIC CHIVES Asian cuisine—rice paper rolls, noodles and soups.	17. MARJORAM Used in omelettes, stuffings, soups and stews.
3. ROSEMARY Meat (especially lamb), potatoes, breads and tomato-based sauces.	10. CHIVES Used with eggs, potatoes and creamy soups.	18. OREGANO Used in Mediterranean cooking—tomato-based sauces, cheese and beans.
4. TARRAGON French cooking—fish, poultry and sauces such as hollandaise and bearnaise.	11. DILL Best with salmon, potatoes and pickled cucumbers.	19. LEMON GRASS Asian soups, curries and salads.
5. SORREL Soups, marinades and omelettes.	12. CHERVIL French cuisine—salads, omelettes, butter sauces, poached chicken and fish.	20. ROCKET Salads, pasta, soups, pesto.
6. BAY LEAF Used in bouquet garni for stews, soups, chicken dishes, sweet syrups and poaching liquids.	13. PEPPERMINT Used in tea, sweet dishes, cordials and liqueurs.	21. PURPLE BASIL Use as basil.
7. LEMON THYME Best with fish and chicken dishes.	14. SPEARMINT Mint jelly, African and Middle Eastern food.	22. BASIL Tomatoes, pesto, fish, chicken and rice.
	15. HOLY BASIL (KAROW) Asian curries, stir-fries and soups.	23. LEMON BASIL Asian salads, soup, curries.
		24. SAGE Pumpkin, game, pork.

