

Herb & Spice Cookery

Seasoning is an important part of cookery. Replace salt and fat with herbs, spices, lemon juice or wine. This will make food more interesting, flavorful and healthful. Certain flavors blend better than others with various foods. The following are some suggested combinations.

Item	Suggestions
Beef	Bay leaf, dry mustard, green pepper, sage, marjoram, mushrooms, nutmeg, onions, pepper, thyme, broiled unsweetened fruits.
Chicken	Cranberries, mushrooms, paprika, parsley, poultry seasoning, thyme, sage, sweet marjoram, onion, green pepper.
Lamb	Curry, garlic, mint, unsweetened pineapple, rosemary
Pork	Apples, unsweetened applesauce, garlic, onion, sage, broiled unsweetened pineapple slices
Veal	Unsweetened apricots, bay leaf, curry, ginger, mushrooms, marjoram, oregano, broiled unsweetened fruit.
Eggs	Curry, dry mustard, green pepper, mushrooms, onion, paprika, fresh tomato
Fish	Bay leaf, curry, dry mustard, green pepper, lemon juice, marjoram, paprika, basil, crushed fennel, onion, thyme, garlic, dill
Acorn Squash	Nutmeg, ginger, cinnamon
Asparagus	Lemon juice, nutmeg, tarragon
Broccoli	Lemon juice, oregano
Cabbage	Tomato, marjoram, oregano, savory, mint, rosemary
Cauliflower	Lemon juice, savory
Corn	Green pepper, parsley, tomato, curry
Eggplant	Basil, tomato, marjoram, savory, thyme, sage
Green Beans	Marjoram, lemon juice, nutmeg, dill, basil, sage, mushrooms, almonds
Lima Beans	Basil, marjoram, mint, sage, savory, rosemary, thyme
Mushrooms	Lemon juice, rosemary
Peas	Onion, mint, mushrooms, parsley, green pepper, basil, nutmeg, marjoram, rosemary, thyme
Potatoes	Onion, mace, green pepper, parsley, dill seed, basil
Sweet Potatoes	Nutmeg, cinnamon
Tomatoes	Basil, marjoram, onion, oregano, green pepper, sage, dill
Zucchini Squash	Basil, onion, tomato, marjoram, oregano
Yellow Squash	Basil, ginger, onion, mace, mint, tomato

Tips for using herbs & spices:

- Do not dominate the natural flavor of foods. Use herbs, spices and flavoring sparingly.
- Because spices and herbs lose their flavors, buy them in small quantities and keep in tightly covered containers.
- Use about ¼ tsp. of dried or 1 Tbsp. fresh herbs in a dish for four people.
- Cutting, crushing, and mincing fresh herbs bring out their true flavors.
- Beware of store bought spice blends that are high in sodium.
- The strength of flavor of is determined by the length of time spices cook in a dish. For mild foods (like fish and chicken), add spices about halfway through cooking time. For stronger food (like beef), add at the beginning. For foods that require a short cooking time, moisten herbs with skim milk or lemon juice before adding.