Cooking with Herbs

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General Techniques and Preservation:

- For sauce, soup, stew or sauté, use about 2 teaspoons of minced fresh herbs to serve four people. For the fullest aroma, rub leaves between your hands, and then mince using a sharp knife, or kitchen shears to snip.
- For best flavor on long-cooking foods add fresh herbs during the last 20 minutes of cooking.
- For uncooked foods like salad dressings and marinades or during microwaving, fresh herbs may not have a chance to release their flavors, be sure to taste these foods since it may be necessary to add more herbs.
- Tips for keeping fresh herbs fresh: Bouquets of fresh herbs can be set into jars filled with an inch or two of water, covered loosely with plastic wrap, and refrigerated.
- Smaller sprigs of herbs should be wrapped in paper towels, sealed in plastic bags and refrigerated.
- Herbs preserve most flavorful when they are picked before they flower, and early in the morning, just after the dew has dried.

Tips for freezing herbs: Basil, tarragon and sage, freeze leaves only. Lay them flat on a cookie sheet and freeze for several hours. Then place them gently in a freezer container or bags.
- Delicate herbs, like thyme and dill freeze well in sprigs. Place in container or plastic bags and seal.
Making Herbed Vinegars

- Choose white, white wine, red wine, apple cider or rice vinegar depending on the herbs you are using.
- Heat the vinegar but do not boil.
- Pour the vinegar into a glass jar to which you have added fresh herbs sprigs or leaves.
- Use about 2-inch sprigs or leaves for each cup of vinegar.
- Let the vinegar cool, then cover it, and store in a cool, dark place for up to a year.

Combination for flavored vinegars:
- Rosemary, raisins, orange peel, garlic and white wine vinegar
- Sage, parsley, shallots, and red wine vinegar
- Borage, dill, shallots, and white wine vinegar
- Chilies, garlic, oregano, and cider vinegar
- Mint, honey, cardamom seed, and white wine vinegar
- Coriander leaf, garlic, and rice vinegar
- Rose and violet petals, and rice vinegar
- Dill, nasturtiums, garlic, and cider vinegar
- Savory, chive blossoms, and cider vinegar
- Fennel leaf, garlic, parsley and white wine vinegar
Making flavored Oils

- Gently heat olive, peanut, or any other vegetable oil until it is warm and fragrant.
- Add warm oil to a glass jar to which you have added fresh herb sprigs, leaves, garlic or chilies.
- Use about three 2-inch sprigs, one clove of garlic or one chili for each cup of oil.
- Let the oil cool, cover and store it in a cool, dark place for about 6 months.
- Use the oil to sauté and in marinades and salad dressing.

Combinations for flavored oils:

- Oregano, thyme, garlic and olive oil
- Chervil, tarragon, shallots, and peanut oil
- Fresh ginger, cardamom seed, coriander leaf, and safflower oil
- Saffron, garlic, and olive oil
- Dill, garlic and sunflower oil
- Basil, chili, garlic, and olive oil
- Lemon verbena, lemon thyme, and walnut oil
- Lovage, garlic, celery leaf and olive oil
What Herbs Go Best With............... 

Asparagus: chives, lemon balm, sage, savory, tarragon, thyme 
Beans, dried: cumin, garlic, mint, onions, oregano, parsley, sage, savory, thyme 
Beans, green: basil, caraway, clove, dill, marjoram, mint, sage, savory, thyme 
Beef: basil, bay leaf, caraway, cumin, garlic, ginger, marjoram, onion, oregano, parsley, rosemary, sage, savory, tarragon, thyme 
Broccoli: basil, dill, garlic, lemon balm, marjoram, oregano, tarragon, thyme 
Cabbage: basil, caraway, cayenne pepper, cumin, dill, fennel, marjoram, sage, savory 
Carrots: anise, basil, chervil, cinnamon, clove cumin, dill, ginger, marjoram, mint, parsley, sage, savory, tarragon, thyme 
Cauliflower: basil, caraway, chives, cumin, dill, garlic, marjoram, parsley, rosemary, savory, tarragon 
Chicken: anise, basil, bay leaf, borage, chives, cinnamon, cumin, dill, garlic, ginger, marjoram, onion, oregano, parsley, rosemary, saffron, sage, tarragon, thyme 
Corn: chervil, chives, lemon balm, saffron, sage, thyme 
Eggplant: basil, cinnamon, dill, garlic marjoram, mint, onion, oregano, parsley, sage, thyme 
Eggs: anise, basil, caraway, cayenne pepper, chervil, chives, coriander, dill, fennel, marjoram, oregano, parsley, rosemary, saffron, sage, tarragon, thyme
Fish: anise, basil, caraway, chervil, chives, dill, fennel, garlic, ginger, marjoram, oregano, parsley, rosemary, saffron, sage, tarragon, thyme

Fruit: anise, cinnamon, clove, ginger, lemon balm, mint, rosemary

Lamb: basil, bay leaf, cinnamon, coriander, cumin, dill, garlic, ginger, lemon balm, marjoram, mint, onion, parsley, rosemary, saffron, sage, tarragon, thyme

Mushrooms: coriander, marjoram, oregano, rosemary, tarragon, thyme

Peas: caraway, chervil, chives, rosemary, savory, tarragon, thyme

Pork: anise, caraway, cardamom, dill, garlic, ginger, oregano, rosemary, saffron, sage, tarragon

Potatoes: basil, caraway, chives, coriander, dill, fennel, lovage, marjoram, oregano, parsley, rosemary, sage, tarragon, thyme

Rice: basil, fennel, lovage, saffron, tarragon, thyme

Spinach: anise, basil, caraway, chervil, chives, cinnamon, dill, rosemary, thyme

Squash: basil, caraway, cardamom, cinnamon, clove, ginger, marjoram, dill, oregano, rosemary, sage, savory

Stuffing: garlic, marjoram, onion, parsley, rosemary, sage, thyme

Tomatoes: basil, bay leaf, chives, coriander, dill, garlic, lovage, marjoram, oregano, parsley, rosemary, sage, savory, tarragon, thyme

Turkey: basil, garlic, marjoram, onion, oregano, rosemary, saffron, sages, savory, tarragon, thyme

Veal: basil, bay leaf, chervil, chives, ginger, marjoram, mint, onion, parsley, rosemary, sage, savory, thyme
Salt-Free Blends

For Beef:
- Lemon juice, minced fresh rosemary, and freshly ground pepper
- Minced fresh thyme, ground cloves, grated orange peel, and freshly ground pepper
- Garlic, herbed vinegar, and freshly ground black pepper
- Mashed green peppercorns, minced onions, and minced fresh marjoram

For Poultry:
- Minced fresh ginger, freshly grated orange peel, and minced fresh sage
- Minced fresh marjoram, minced fresh thyme, and apple cider vinegar
- Minced fresh tarragon, minced shallots, and lemon juice
- Minced fresh basil, white wine vinegar, and garlic

For Fish:
- Minced fresh dill, lemon juice, and mustard seed
- Minced fresh lovage, celery seed, lemon juice, and freshly ground pepper
- Fennel seed, mustard seed, bay and grated lemon peel

For green vegetables:
- Minced fresh savory, minced fresh chive, and minced onions
- Minced fresh dill, bay, and rice vinegar
- Minced fresh basil, freshly grated nutmeg, and minced fresh marjoram
For yellow and orange vegetables:
  o Cinnamon, nutmeg, orange juice, and minced fresh thyme
  o Minced fresh ginger, cinnamon, apple cider vinegar, and minced fresh lovage or celery leaf
  o Minced fresh bee balm and minced fresh thyme

For cheese and eggs:
  o Minced fresh dill, minced fresh chives, minced fresh parsley, and paprika
  o Freshly grated nutmeg, dry mustard, and freshly ground black pepper
  o Minced fresh oregano, garlic, and minced fresh thyme

For beans, rice and other grains:
  o Chilies, cumin seed, minced fresh oregano, and garlic
  o Saffron, garlic, and minced fresh parsley
  o Minced fresh mint, minced fresh parsley, grated lemon peel, and caraway seed

Did you over season?
  o Strain as much of the herbs and spices as possible out of the dish.
  o Add a peeled, whole, raw potato just before serving
  o If possible, add more of the bland ingredients, or make a second unseasoned batch of the recipe and combine it with the over seasoned one.
  o Serve the dish chilled to blunt the taste of the over seasoning
Useful websites:

1. IFAS publications website http://edis.ifas.ufl.edu
2. University of Florida (UF) Environmental Horticulture http://hort.ifas.ufl.edu
3. University of Florida main site http://ifas.ufl.edu
5. UF Entomology and Nematology http://pests.ifas.ufl.edu
6. UF/IFAS Pest Alert http://pestalert.ifas.ufl.edu/#menu
7. UF/IFAS Featured Creatures http://creatures.ifas.ufl.edu/
8. Florida Department of Agriculture and Consumer Services Pest Alert http://www.doacs.state.fl.us/pi/enpp/pi-pest-alert.html
9. EXTOXNET - The EXtension TOXicology NETwork http://extoxnet.orst.edu/
10. FDACS Division of Plant Industry http://www.doacs.state.fl.us/pi/

Search engines:
http://www.google.com
http://mamma.com
http://dogpile.com