

Add a Little Flavor to Your Kitchen

The way a food looks and tastes are the main factors that determine what we like to eat. Herbs and spices provide color and different flavors to foods. The terms “herbs” and “spices” are often used interchangeably and are sometimes referred to as “seasonings.” However, they are not the same.

Know the Differences:

Herbs: Herbs are the leaves from low growing shrubs. They include parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage, and celery leaves. Herbs can be purchased dried or fresh. When substituting in recipes, use the ratio of 3 fresh to 1 dried. For example, if a recipe calls for 1 teaspoon dried parsley, you could use 3 teaspoons fresh parsley. Or if a recipe calls for 1 teaspoon of fresh dill, you could use 1/3 teaspoon dried dill.

Spices: Spices come from the bark, root, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, yellow mustard, poppy seeds, sesame, black pepper, allspice, and paprika.

Dehydrated Vegetables: Common dehydrated vegetables include onion, garlic, peppers, celery, and citrus peel.

Seasoning Blends: Seasoning blends include a mixture of spices and herbs, such as, seasoning salt, lemon pepper, Italian seasoning, curry, taco seasoning and poultry seasoning.

Rubs: Rubs are a mixture of spices. They can be wet or dry. Wet rubs usually have condiments such as mustard, ketchup, or yogurt added. They are added to meat to enhance the flavor.

Marinades: Marinades generally contain herbs and spices, oil, and an acid such as yogurt, citrus juice, or vinegar. They are used to add flavor and tenderize meats.

Storage Tips:

Herbs and spices lose their color, flavor, and smell over time, but do not spoil. The type of spice plays a role in the amount of time a spice can be stored.

- If possible, avoid storing herbs and spices too close to the stove, oven, dishwasher, or refrigerator.
- Whole herbs and spices can be stored longer than ground herbs and spices.
- Store spices in a cool, dry place, away from exposure to bright light, heat, moisture, and air.



Know how. Know **now.**

Tasty Tips:

🍴 If you are just starting to use spices and herbs, just add a little at a time; you can always add spice, but it's difficult to remove it. Start with ¼ teaspoon for four servings, per pound of meat, or for two cups of liquid.

🍴 Flavor intensity is reduced in cold dishes; therefore more spices may need to be used when serving cold dishes.

🍴 Fresh herbs cook differently, than dried herbs. Dried herbs are best used for slow-cooking dishes such as soups and stews. Fresh herbs are best when used in fast cooking dishes or added at the end. The same is true for ground vs. whole spices; whole spices take longer to release their flavor.

🍴 For more flavor, add spices to uncooked dishes, such as salads, several hours before serving.

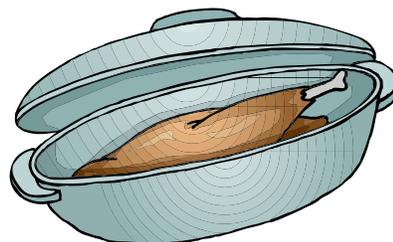
🍴 Rub leafy herbs in the palm of your hand, before adding them to food, to release the aroma and flavor.

🍴 Spices such as fennel seed, cumin seed, sesame seed, and white peppercorns may be toasted to intensify their flavors. Simply add the spices to a dry, non-stick, heated skillet and heat until you can smell them.

Poultry Seasoning (makes 1/3 cup seasoning)

- 3 teaspoons dry mustard
- 1 teaspoon garlic powder
- 3 teaspoons onion powder
- 1½ teaspoons pepper
- 1 teaspoon dried thyme
- ½ teaspoon dried basil
- 3 teaspoons paprika

1. Mix together and sprinkle on chicken.
2. Cook chicken as desired (grilled, baked, etc.).
3. Store leftover seasoning in a sealed container or resealable plastic bag.



Source: NEP Food Preparation Manual

Revised 11/2010