

Cooking with Herbs

HERB	TASTE	BEST WITH	HOW TO USE	HERB COMBINATIONS
Arugula	Pungent, peppery bite.	Salads, butters, sauteed with greens, egg dishes	Use leaves whole or shred.	Good with basil, borage, cress, dill, lovage, mint, and sage
Basil	Sweet with warm, clovelike flavor.	Tomatoes, cheese, (particularly goat and mozzarella), poultry, eggs, vegetables, pesto.	Use whole, or shred leaves.	Combines well with bay, garlic, marjoram, oregano, savory, and thyme in cooked dishes. Goes well with chives, dill, garlic, mint, nasturtium, parsley, and watercress when used fresh.
Bay Leaf	Bay leaves are pungent and have a sharp, bitter taste.	They are used in soups, stews, meat, seafood and vegetable dishes.	Whole leaves are used, and added early in cooking as their flavor releases slowly, and should be removed before dish is served.	Goes well with parsley, thyme, oregano, sage, and garlic. Usually used in boquet garni.
Borage	Faint taste of cucumber.	Best in salads, fruit drinks, teas, and vinegars	Use blossoms and leaves whole. Leaves can be cooked as a vegetable.	Good with arugula, cress, dill, chervil, and parsley.
Burnet	Flavor resembles cucumber.	Green salads, cream and cottage cheese, vinegars	Use leaves whole.	Fine with chervil, parsley, rosemary, and tarragon.
Caraway	Slight cumin flavor.	Breads, cakes, cookies, soups, stews, vegetables such as beets, cabbage, and potatoes.	Use chopped leaves or seeds. Hollow stems can be cooked as a vegetable and candied like angelica.	Use with bay, garlic, parsley, and thyme.
Chervil	Slight anise flavor.	Salads, egg dishes, and omelets, soups, sauces.	Chop leaves or use whole. Best used fresh or cooked briefly.	Can also be used with borage, cress, dill, lemon balm, and sorrel.
Chives	Delicate, onion-like flavor.	Herb butters, potatoes, vegetables, eggs, fish, soups, salads, sauces.	Snip or use whole fresh stems. Chives need little cooking. Use flowers also.	Goes well with basil, chervil, cilantro, cress, dill, lemon balm, marjoram, nasturtium, oregano, parsley, sorrel, tarragon, and thyme.
Cilantro	Distinctive minty flavor and aroma.	Affinity for avacados and hot chili peppers. Use with chicken, seafood, in Chinese, Thai, Mexican, and Indian dishes, tomato and other sauces.	Use whole, snipped, or chopped leaves and tender stems. Don't dry it and don't cook it. Add just before serving.	Can be combined with chives, garlic, marjoram, oregano, and parsley.
Cress	Peppery flavor.	Salads, soups, sandwich fillings, stir-fried as a vegetable.	Use leaves and tender young stems. Best flavor when used raw.	Cress harmonizes with bay, borage, chervil, chives, dill, garlic, marjoram, parsley, savory, shallots, sorrel, and tarragon.
Dill	Refreshing slightly sweet flavor with a hint of caraway.	Seafood, potatoes, cucumbers, chicken, salads, carrots, tomatoes, eggs, salad greens, biscuits, and bread.	Snip or chop leaves. Most flavorful raw, but stands up well to cooking.	Goes with basil, bay, borage, chervil, chives, garlic, mint, nasturtium, parsley, sorrel, tarragon, and watercress.
Fennel	Slight anise flavor. Similar to dill in most respects.	Excellent for fish, sauces, soups, stuffings, and salads.	Chop leaves or use seeds.	Fennel goes well with basil, cilantro, chives, garlic, oregano, parsley, sage, shallots, and tarragon.
Garlic	Sweet, pungent, stronger than onion flavor.	Use with meats, fish, roast lamb, salads, salad dressings, pasta sauces, vegetables, cheese dishes, garlic bread.	Cook whole unpeeled buds, whole or chopped peeled cloves. Tame pungency by blanching and long cooking.	Robust flavor can add subtlety or intensity to food. Goes well with most herbs, use sparingly with chervil, chives, lemon balm and mint.
Leek	Mild onion flavor.	Use alone as a vegetable or in soups, sauces, and stuffings for chicken, fish, and meats. Use julienne strips as a garnish.	Trim and cook whole, chop or julienne white bulb.	Can be combined with bay, dill, parsley, tarragon, and thyme.
Lemon Balm	Sweet, citrusy flavor.	Excellent in salads, fresh fruit compotes, custards, fish, chicken, butter sauces, rice, tea, and summer beverages.	Use leaves whole or chopped.	Overpowered by stronger herbs. Can be used with chervil, chives, dill, fennel, mint, parsley, shallots, and very carefully with garlic.
Lemon Verbena	Strong, aromatic lemon flavor.	Use in place of lemon zest in desserts, soups, salads, fruit dishes, summer coolers.	Strip leaves from stems. Use whole or chopped.	Can be combined with basil, chives, mint, parsley, and tarragon.

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Lovage	Flavor similar to celery, but harsher.	Add to stuffings, soups, stews, egg dishes, chop leaves over fish and meat.	Use leaves and tender stems sparingly in place of celery.	Goes well with garlic, marjoram, oregano, parsley, and thyme.
Marjoram	Sweet, mild flavor.	Use on almost any meat or vegetable, poultry and game, fish, beans, pizza, stuffings, fish sauces, cheese and egg dishes.	Strip leaves from stems. Use whole or chopped.	One of the most compatible herbs - goes well with basil, bay, chives, cilantro, garlic, oregano, mint, parsley, rosemary, sage, savory, and thyme.
Mint	Cool and refreshing 'minty' flavor.	Peas, lamb, veal, green or fruit salad, fish, poultry, Middle Eastern dishes, cucumbers, steep for tea or iced beverages.	Use sprigs, whole snipped or chopped leaves.	Use carefully with other herbs, can be combined with basil, lemon balm, nasturtium, parsley, tarragon, and watercress.
Nasturtium	Flowers taste honey sweet, leaves have a peppery taste.	Salads, soups, sandwiches, and as a garnish.	Use flowers and leaves whole or chopped.	Good with basil, chives, cress, dill, mint, and parsley.
Oregano	Robust, pungent flavor similar to marjoram but stronger.	Tomatoes, lamb, pork, beef, chicken, salad dressings, bean soup, seafood, all types of vegetables, Italian, Greek, and Mexican dishes.	Strip leaves from the stems. Use whole or chopped.	Flavor blends well with basil, bay, chives, cilantro, garlic, marjoram, mint, parsley, savory, and thyme.
Parsley	Faint, celery-like flavor.	Virtually all food. Enhances the flavors and appearance of most foods.	Snip or chop leaves.	One of the herbs of <i>bouquet garni</i> , with bay and thyme. Combines well with all other herbs.
Rosemary	Piquant, pine-like flavor.	Lamb, poultry, pork, grilled meats vegetables, marinades, breads.	Use sprigs or strip leaves from stems. Use whole or chopped. Can be soaked in water and thrown on coals to add flavor to barbecue.	Goes well with bay, garlic, marjoram, oregano, parsley, sage, savory, and thyme.
Sage	Aromatic, woody flavor.	Predominant seasonings in sausage and bread stuffings, game, fatty meats, vegetables, veal.	Use whole or chopped.	Works well with other robust herbs such as bay, garlic, marjoram, oregano, parsley, rosemary, savory, and thyme.
Savory	Peppery taste.	Known as the "bean" herb. Also use with tomatoes, fish, poultry, stews, pork and veal, salads.	Use sprigs or chop leaves.	Combines well with basil, bay, garlic, marjoram, oregano, parsley, rosemary, sage, tarragon, and thyme.
Shallots	Mild onion flavor.	Excellent cooked whole as a vegetable, fish and seafood, pasta, poultry and game, mustards, soups, sauces.	Peel and use whole or chopped.	Combines well with basil, bay, marjoram, oregano, rosemary, sage, tarragon, and thyme.
Sorrel	Spinach-like greens with a sour, lemony tang.	Excellent in soups, green salads, sauces, as garnish.	Use leaves whole or shredded. Add during last minutes of cooking.	Can be used with basil, chives, dill, garlic, parsley, and tarragon.
Tarragon	Piquant, mild licorice flavor.	Seafood, poultry, veal, fruit, herb butters, marinades, salad dressings, and vinegars.	Use sprigs or strip leaves from stem. Use whole or chopped.	Excellent combined with basil, bay, chervil, fennel, garlic, parsley, and shallots. Tarragon also blends well with cress, dill, mint, savory, sorrel, and thyme.
Thyme	Spicy, slightly sweet flavor.	Chicken, veal, vegetables, marinades, soups, stews, Creole dishes.	Use sprigs or strip leaves from stem. Use whole.	Good herb for combining with basil, bay, chives, garlic, marjoram, oregano, parsley, rosemary, sage, savory, and tarragon.