

helpful hints for gourmets & beginning cooks

Basil is great in tomato juice cocktails, egg dishes, cheese souffles and fondues, Italian dishes, most tomato dishes, roasted poultry and most meats.

Bay should be used sparingly with smoked fish, fish chowders and shrimp, with corned beef, spaghetti, pot roasts and stews.

Try dill in fish sauces and cream sauces, with broiled chops and steaks, in tossed green salads, with fish soups and chowders and some vegetables.

Marjoram adds a delightful flavor to stuffed or sauteed mushrooms, creamed fish dishes, rabbit and game birds, tossed green salads and cooked vegetables.

Use mint for a refreshing accent in hot or cold fruit and wine beverages, lamb and veal, fruit salads and some vegetables.

Oregano tastes great in pizza and mushroom dishes, in Spanish sauces for eggs, vegetables and fish, in spaghetti sauces, meat marinades, with game birds, and in mushroom, vegetable and lentil soups.

Parsley makes a great garnish for canapes, egg dishes, court bouillon, braised dishes and stews, practically all soups and vegetables.

Try rosemary in jams and jellies, fruit cocktails, with most meats, chicken dishes, minestrone soup, in cabbage, broccoli and brussels sprouts.

Sage tastes great in cheese spreads, souffles and sauces, in poultry and vegetable stuffings and in sausage, pork, veal and lamb.

Savory adds flavor to tomato juice cocktails, egg dishes, cheese souffles, fish chowders and stuffings, poultry and poultry stuffings, sweetbreads, pork and veal, soups and certain vegetables.

Tarragon should be used lightly in tomato juice and fish cocktails, egg dishes, fish and shellfish dishes, veal and rabbit, poultry, in vinegar, chicken and fish soups and in Hollandaise sauce.

Thyme can blend with strong cheeses, scrambled eggs, fish soups, meats, poultry and many vegetables.

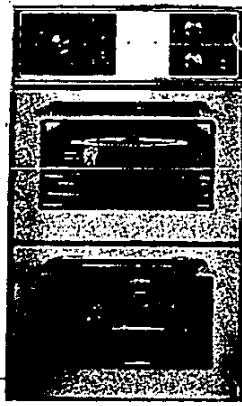
Most of the herbs listed above are great in herb butters, which add wonderful flavorings to meat, vegetables and eggs. The butters are easy to make. Just combine one stick of softened butter (¼ lb.) with one tablespoon of fresh minced herb (or one teaspoon of dried herb) and one teaspoon of lemon juice, and you have a great taste treat!

Experienced cooks claim that once you try fresh herbs in your foods, you'll never want to use anything else. Many of the common herbs listed here are easy to grow on a windowsill in your apartment or home.



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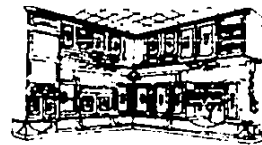
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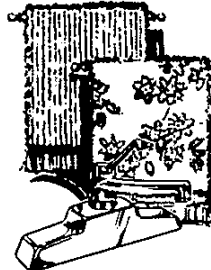
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