



Caroline Jamison made herbed vichyssoise during a demonstration at the Farmington Community Center. (Staff photo)

## Fragrant garden, fragrant kitchen

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ing potpourris, and even deterring moths.

FOR THOSE WHO are not acquainted with what herbs and spices can do for a dish, Mrs. Jamison has an easy and quick suggestion she says is a good convincer.

Sizzle a couple of chicken breasts in butter with some tarragon just long enough for them to loose their pink. The difference in taste will prove the magic of herbs.

We pass along a few more of her suggestions:

- Place a few rose geranium leaves on the bottom of your cake pan before you pour in the batter. The oils from the leaves will rise into the batter and your cake will take on the taste of roses.

- Wash fresh herbs in warm, not hot, water. Heat will destroy the taste.

- Store all of your herbs and spices away from heat, light and moisture or they will lose all of their color and all of their oils.

- Use the sniff test for any herb or spice you suspect may have been sitting too long on the shelf. If the aroma is still strong, it is all right to use.

- Substitute Tabasco for pepper for a change. It spreads better throughout the food. It will give a slightly different taste but still do the same job.

- Crumble your dried herbs well. The more oil glands you break, the more flavor you will have.

- Follow your recipe exactly when

adding herbs and spices. They are meant to enhance the natural food flavor, not overpower it.



If a plant isn't fragrant, flavorful or decorative, it isn't here. (Staff photo by Dick Kelley)

# Public Notice

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of microwave  
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- There will be a question and answer period so you can get the straight facts about microwave cooking.
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