pilot light
Greg Melikov

He finds dictionary of herbs

Herbs are the leaves and stems of soft, succulent plants that usually grow in the Temperate Zone. They may be used fresh or dried; most are available whole or ground, some crushed.

Spices come from bark, roots, leaves, stems, buds, seeds or fruits of aromatic plants and trees that usually grow only in the tropics. They are always dried, available whole or ground.

When I opened a decorated roll of paper towels, I was surprised to discover a mini-dictionary of 20 herbs and spices neatly written on the white background:

Allspice — Tastes like a blend of spices, used to flavor cakes and stews.

Anise — A licorice flavored herb, use fresh leaves in salads, seeds in cake and with fish.

Basil — A sweet flavored herb added to many sauces, gravies, stews.

Borage — A European herb used in salads, use only fresh.

Cayenne — A tropical red pepper pod, ground and used in curries.

Chervil — A lovely, delicately flavored herb with a hint of anise, superb in soups.

Chives — A member of the onion family, flavorful in salads and omelets.

Cloves — A spicy, dried, unopened flower bud used in stewed fruit and hot spiced dishes.

Dill — A pungent flavor in both seeds and leaves, good with fish and salads.

Fennel — Licorice-flavored whole seeds are added to bread, excellent with fish.

Ginger — A spicy-sweet root herb added to exotic and Oriental dishes.

Juniper — A spicy, bittersweet flavor used in marinades and game dishes.

Lovage — Similar to celery, use leaves in soups, salads, stews, use sparingly.

Nasturtium — Fresh leaves and flowers have a peppery flavor, good with cream cheese.

Oregano — A common ingredient in Italian, Mexican and Spanish dishes.

Paprika — A bright-colored spice adds flavor to many bland dishes.

Rosemary — A pungent, pine-like, sweet but delectable taste, excellent with fish.

Saffron — The most delicately flavored spice, adds beautiful flavor to rice, fish, cakes.

Sorrel — A sour-flavored leaf, adds desirable tartness to soups and salads.

Tarragon — A licorice flavored herb, both sweet and bitter. Essential in French cooking.

VEAL LOAF WITH HERBS

1 cup soft bread crumbs
½ cup milk
2 tbsp. instant minced onion
1 tsp. salt
¾ tsp. thyme
½ tsp. marjoram
¼ tsp. rosemary
⅛ tsp. black pepper
3 tbsp. minced green pepper
2 tbsp. minced parsley
1 egg
1¾ lbs. ground veal

Place bread crumbs in large mixing bowl. Scald milk and pour over crumbs. Mix in remaining ingredients except egg and meat. Beat in egg. Thoroughly mix in veal. Turn into lightly greased small loaf pan and bake in pre-heated 350-degree oven 60 to 70 minutes. Yields 6 servings.

This elegant pineapple dessert can be created in just minutes

Weeknight meals in a busy household have to go on the table fast. Because of this, there is sometimes no dessert course. It doesn't have to be that way — even super-busy cooks can create this elegant fresh pineapple dessert in minutes.

Almond Creme Pineapple is served in its own pineapple shell. To prepare, just cut one-third off the side of the pineapple lengthwise, leaving the crown intact. Use a pineapple knife or any curved knife to remove the pineapple. Be sure to save the one-third portion of the shell you cut off — it becomes the serving "dish" for the Almond Creme Dressing.

Cut and invert the pineapple shells as your first step in preparing the evening meal. Marinate and refrigerate the diced fruit right away. When you're ready for dessert, the fruit will be ready to serve.

Spoon the marinated fresh pineapple and the Almond Creme Dressing into their serving shells. Then just sit back and accept the compliments on your extra-special weeknight dessert.

ALMOND CREME PINEAPPLE

1 fresh pineapple
¼ cup orange liqueur
1 cup whipping cream
1 tbsp. powdered sugar
¼ cup ground toasted almonds

Cut one-third off side of pineapple lengthwise, leaving crown intact. Remove fruit from both sections. Core and dice fruit. Arrange fruit in a shallow glass dish. Sprinkle with 2 tablespoons orange liqueur. Cover and refrigerate 1 hour. Spoon fruit into larger pineapple shell. Combine whipping cream, remaining orange liqueur and sugar. Beat until soft peaks form. Fold in almonds. Spoon into smaller shell. Serve with pineapple. Makes 6 servings.

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