

*Old &
Unimproved!*

Flav-O-Matic

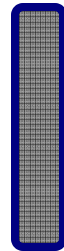
**Adding Flavor to Your Food and
Not Your Waistline**

Herbs

Spices

How-To

**Insert
Nickel
Here***



- 1. Insert Nickel**
- 2. Make Selection**
- 3. Enjoy!**

**Note: Nickels not
required to turn the
page...*

presented by



July 27, 2004
for more information on this class
please visit
<http://mysecretchef.info/learn>

Herbs

Name	Sweet	Savory	Notes	Possible Substitutes	Popular Uses
Basil	X	X	Leaf of a plant; Sweet herbal taste; Popular in pestos and Italian cooking; Several varieties are available, but sweet varieties are used most often.	Oregano Mint	Tomatoes, eggs, salads, chicken, pesto, Italian dishes
Bay Leaf		X	2 varieties are available; California Bay and the generic laurel variety. The California version provides an extremely strong flavor and may overpower a dish.		Soups, stews, stocks, chicken, beef
Cilantro		X	Leaf of the coriander plant and a member of the parsley family; much more aromatic than parsley; similar to parsley with citrus tones.	Parsley	Salsas, Mexican dishes, salad dressings
Chervil		X	In the parsley family, chervil has a taste of parsley with a subtle hint of licorice; one of the four herbs in <i>fines herbes</i> of traditional French cooking.	Tarragon Parsley	Savory sauces, salads, fish, chicken, beef, garnish
Chive		X	Member of the lily family; one of the four herbs in <i>fines herbes</i> of traditional French cooking; tastes much like onion with a mild note of garlic.	Green Onion Onion	Savory sauces, salads, fish, chicken, beef, garnish
Dill		X	Member of the parsley family; has a delicate flavor in the leaves and a more pronounced pungent flavor in the seeds.	Parsley	Fish (especially salmon), chicken, beef, lamb, pork, potatoes, peas, eggs, cheese dishes, butter
Fennel		X	A bulb in the parsley family; The seed is used whole and the bulb, stalks and leaves are normally chopped when used or sliced.	Anise Caraway	Apples, salmon, fish, sausage, tomatoes
Marjoram		X	Looks and tastes similar to oregano however it is somewhat different as both are a member of the mint family. It has a mild and slightly bitter taste.	Oregano	Poultry, beef, tomatoes, eggs, cheese, eggplant, beans, savory sauces, butter
Mint	X	X	Spearmint has a milder flavor than Peppermint. Other mints have been bred to include chocolate mint and lemon mint.		Fruits, tomatoes, sauces, jellies, tea, garnish, peas, lamb, pork, chocolate
Oregano		X	Member of the mint family; pungent and aromatic.	Marjoram	Poultry, beef, tomatoes, eggs, cheese, eggplant, beans, savory sauces, butter
Parsley		X	Mild flavor and slightly sweet; comes in 2 popular varieties – Curly and Flat Leaf/Italian; one of the four herbs in <i>fines herbes</i> of traditional French cooking.	Chervil Cilantro	Any savory dish
Rosemary	X	X	Member of the mint family; pine-like aroma and taste; fresh sprigs make excellent skewers for meats.	Thyme Tarragon Savory	Lamb, pork, chicken, potatoes, beef, grains, stuffing, butter, fruit

Name	Sweet	Savory	Notes	Possible Substitutes	Popular Uses
Sage		X	A fuzzy-type leaf from a plant in the mint family; a herbal and pungent tasting herb; a little goes a long way. Pineapple sage has a very sweet pineapple aroma.	Marjoram Rosemary Oregano	Beans, chicken, pasta, soups, turkey, halibut, sausages, beef, game, savory sauces, stuffing
Savory		X	A member of the mint family; a pine-like, peppery and slightly mint-like flavor. Difficult to locate fresh, however, it is available dried.	Sage Thyme Oregano Marjoram	Eggs, cheese, pasta, beans, grains, starches, chicken, turkey, beef, pork, peas, asparagus, fish
Tarragon		X	The flavor in classic sauce béarnaise; the flavor is that of mild licorice; one of the four herbs in <i>fines herbs</i> of traditional French cooking.	Fennel Seed Anise Seed Chervil	Savory sauces, chicken, beef, artichokes, eggs, potatoes, peas, fish, butter
Thyme		X	Another member of the mint family; a pungent and citrus-like aroma. Several varieties exist: English, French, Lemon, Wild.	Savory Basil Oregano Chervil	Tomatoes, chicken, beef, pork, duck, eggs, cheese, lamb, veal, beans
“Root” Herbs					
Garlic		X	Member of the lily family that grows in bulbs.		Tomatoes, chicken, beef, pork, sauces, breads
Ginger	X	X	Knobby root covered with a thin, papery skin that can be easily removed by scraping off with a spoon; Pungent and sweet flavored with a hint of spice. Used in many Asian dishes. Easily frozen or candied.	Ground Ginger	Teriyaki sauce, carrots, salad dressings, marinades, chicken, beef, fruits, candies
Horseradish		X	Bitter and spicy root from the mustard family	Mustard	Cream-based salads, beef, sauces
Shallot		X	Small and slightly sweeter onion; related to the garlic family	Onion	Sauces, fish, chicken, beef, pork, salad dressings

Spices

Name	Sweet	Savory	Notes	Possible Substitutes	Popular Uses
Allspice	X	X	Aka Jamaican Pepper; A small berry of the evergreen pimiento tree; a strong flavor similar to a combination of cinnamon, nutmeg and clove.	Cinnamon Nutmeg Clove	Fruit, Fish, Poultry, Sweet Vegetables (i.e., sweet potatoes, pumpkin, acorn squash) spiced desserts, custards, chutneys
Anise seed	X	X	Star-shaped seed which has the flavor of licorice.	Caraway Seed Fennel Seed	Drinks, syrups, custards, rice, chicken, shellfish, fruit
Caraway seed	X	X	Elongated seed that has a mild hint of licorice (less than anise) and nutty aroma.	Anise Seed Fennel Seed	Breads, salads, slaw, beef, pork, winter vegetables, cheeses
Cardamom	X	X	A strongly flavored seed related to the ginger family; aromatically sweet	Ginger	Citrus, Indian dishes, rice, fruit, spiced desserts, cheeses
Celery Seed		X	Small seed of the celery plant; has a mildly bitter and salty flavor and very similar in taste to celery.	Celery	Slaws, Salads, Salad dressings, Cabbage, Stuffing, Chicken
Cinnamon	X	X	Inner bark of the tropical evergreen tree; Sweet and pungent taste and aroma		Chicken, Fruit, Spiced desserts, Cookies, Sweet Vegetables, Chocolate
Cloves	X	X	Unopened flower bud of the tropical evergreen clove tree; sold in whole or ground varieties; spicy and sweet flavored	Nutmeg Mace	Spiced desserts, hot drinks, apples, sweet vegetables, sauces, chocolate, preserves
Coriander		X	Dried fruit/seed of the coriander plant; the leaves are known as cilantro; flavors of citrus, licorice and sage	Caraway	Beef, lamb, pork, salads, tomatoes, curried dishes
Cumin		X	Smoky and nutty flavored; dried fruit of a plant in the parsley family; primary flavoring in a curry blend	Curry	Beans, salsas, chicken, beef, pork, eggs, barbecue
Curry		X	A blend of spices, popular in Middle Eastern cooking; blends vary by the maker/manufacturer	Cumin	Chicken, beef, eggs, custards, sauces
Ginger, Ground	X	X	Ground form of the ginger root; used in baking. Varies in taste from fresh ginger and is often a weak substitute for fresh.	Ginger, Fresh	Spiced desserts, cookies, salad dressings, marinades, rubs, fruit
Juniper	X	X	Tart berry that is bitter when raw. Mostly sold in the dried form the berry adds a tartness to beef, poultry and game. Juniper is also the flavoring in Gin.		Wild game, beef stew, sausages

Name	Sweet	Savory	Notes	Possible	Popular Uses
				Substitutes	
Mace	X	X	The outer hull covering of the nutmeg. Sold in ground forms it is very similar to nutmeg though slightly more pungent.	Nutmeg Allspice	Chicken, beans, duck, beef, anything with cheese, chocolate, spiced desserts, chutneys
Mustard		X	The seed of the mustard greens which lie in the broccoli/cabbage family. Mustard also acts as an emulsifier in sauces and vinaigrettes.		Chicken, beef, pork, turkey, fish, eggs, potatoes, cheese dishes, lamb
Nutmeg	X	X	Seed of the nutmeg tree; Used in a ground or grated form, nutmeg is spicy and sweet. It adds a certain depth to cheese dishes that no spice – other than mace – can really add.	Mace Allspice	Chicken, beans, duck, beef, anything with cheese, chocolate, spiced desserts, chutneys
Old Bay	X	X	A blend of celery seed, mustard, red pepper, bay, cloves, allspice, ginger, mace, cardamom, cinnamon, paprika	See “Notes”	Fish, shellfish, chicken, salads, and in some cases, ice cream
Paprika		X	Ground sweet peppers; Paprika adds color but when added in larger quantities, it also adds heat. Hungarian paprika is considered to be the most coveted of all paprika.	Cayenne Pepper	Salads, beef, chicken, turkey, beans, pasta, cheese dishes, savory sauces, garnish
Poppy Seed	X	X	Dried seed of the poppy flower; A nutty taste, but mild as poppy seeds are so small it takes a large amount to impart a distinctive flavor. Should be stored in the refrigerator due to oil content.		Baked goods, salad dressings, eggs, relishes, garnish
Saffron	X	X	Stigmas of the purple crocus flower; pungent and highly colorful; it imparts a yellowish-orange tint to foods. A little goes a long way.	Turmeric Annatto Seed	Chicken, egg, pasta, rice, sauces, shellfish, cakes, cookies, paella
Sesame Seed		X	Seed of an herb (<i>Sesamum indicum</i>); A mildly nutty flavor that can be more pronounced by toasting the seeds.	Chopped Almond	Breads, salads, chicken, duck, beef, lamb, pork, beans, cheese spreads, cakes, cookies
Turmeric		X	Root of a plant in the ginger family; Pungent flavor in large quantities.	Annatto Seed Saffron	Middle-eastern dishes, chicken, eggs, pasta, cheese, breads
Vanilla	X	X	Fruit of the vanilla orchid; Beans can be scraped, used, rinsed then used again. Pure vanilla extract must be 35% alcohol by law. Anything else is considered vanilla flavoring.	Vanilla Extract	Baked goods, custards, ice cream, drinks, sauces for chicken, pork, shellfish, veal
Spices with Heat					
Chili Powders	X	X	Ancho, Chipotle, Cayenne, Chili Powder; All provide different levels of heat with Chipotle being at the top of the list. Used sparingly, chili powders add flavor to both savory and sweet foods, including chocolate.	Interchangeable	Beans, chicken, beef, pork, tomatoes, fish, barbecue
Peppercorns	X	X	Better black peppercorns come from the Tellicherry or Lampong varieties of a pepper plant which grows peppers in clusters of a climbing vine. Black peppercorns are picked unripe and dried; White peppercorns are ripened on the vine; Green peppercorns are picked unripe and preserved in a brine; pink peppercorns are actually berries from a species of rose plant (Baies).		All meats, vegetables, starches, grains, cheeses, sauces

The Tip Sheet

The Rub

Combining herbs and spices in a dry form and applying to meats is an excellent way to add flavor without adding fat. Just combine some of your favorite flavors together in a bowl and sprinkle over the chicken, steak, etc. Let it set for about 30 minutes under refrigeration and you are good to go! See *Pastrami Chicken*

Vinaigrettes

Flavor in a bottle! Combine a plain vinegar, such as white wine vinegar, with a few herbs, honey and then blend on a low speed. Drizzle in oil to make an emulsified solution and voila! See *Citrus Vinaigrette and Balsamic Vinaigrette*

Pestos

Pestos are nothing more than a simple paste. Toss a few of your favorite spices and herbs into a food processor, add some liquid such as water or lemon juice and blend until well chopped. Add a little oil to hold it all together and render some body! Try blending basil, pine nuts, garlic, water and oil for a standard Italian pesto.

Fines Herbs

The French have their very own classic flavorings: Parsley, Chervil, Tarragon, Chive. Together these combine to make the *fines herbs*. The French consider this quartet universal seasoning.

Where to Buy

Fresh herbs are available at the grocery store. They are sold as cuttings in bags or even whole pots. Additionally, if you are looking to plant fresh herbs, local garden shops and nurseries are a sure bet. However, for herbs from the garden shops, allow a couple of weeks for any pesticides to rinse off and wash out of the system.

And don't forget the farmer's markets and local produce stands. Often they have larger quantities of an herb available at cheaper prices. And you are supporting local farmers!

Frozen herbs became a grocery store fad a couple of years ago. These herbs are available in most major groceries, however, they are limited in variety.

Dried herbs are still readily available at grocery stores. And don't overlook the ethnic aisle. Often there are off-brand spices and herbs located down that aisle that cost considerably less. International and Asian markets are good places to shop as well. But if you are looking for more herbs at a lower price, try your local health food store – they sell in bulk. You can go in, measure out what you need, then pay a lot less than the grocery store!

Tubed herbs are the most recent fad in packaging herbs. They are located in the produce section. They are costly, but do provide a concentrated amount of herb at one time.

Storage

Fresh herbs require the most attention when storing. First, wash the herb by placing it in a large bowl of water and gently shaking it. Any sand or dirt should fall to the bottom of the bowl. Lift out the herb, drain the water then rinse the bowl and start over. As soon as you do not see any dirt in the bottom of the bowl, your herbs should be clean!

Now that they are clean, they need to dry off. You can put them in a salad spinner or give them a good shake. After the bulk of the water is gone, place the washed herb on paper towels and roll them up.

Place the wrapped herbs in a Ziploc bag and poke a couple of holes in the bag. The holes allow the herbs to breathe while the paper towels help to regulate the moisture.

Spices and dried herbs are generally stored at room temperature and in a dark place. There are a couple general rules of thumb with dried herbs:

1. Toss your herbs and spices after 6 months. However, after the 6 month period what happens to the herb is that it is losing its flavor. It may still be usable, but you may have to use more than you normally would. The exception to this is herbs and spices that contain larger amounts of oil, like poppy seeds. These should be tossed after the 6 month mark in order to avoid rancidity.
2. Dried herbs equal 1/3 the amount of fresh. If you need a tablespoon of fresh herb, you will only need 1 teaspoon of dried.

Freezing

Fresh herbs can be frozen. However, be sure that they are frozen in a container that they will be easily removed from, i.e., a sheet pan lined with plastic wrap. One way to freeze herbs is to wash and chop the herb as you would normally and then spread out on a plastic wrap lined cookie sheet and freeze. Once the herbs have frozen, peel up the plastic wrap and funnel into a container (shaker, tub, etc.) Then you should have a fairly loose product to dip into every time you go to the freezer!

Growing Herbs

Most herbs require lots of sunlight and plenty of drainage. A good soil that contains vermiculite is excellent for growing herbs. But be cautious when watering. Herbs can easily be over watered so let the herb tell you when it needs water – it will begin to droop or just look thirsty!

Some herbs, such as mint, pennywort and crawling rosemary, will tend to get a little out of hand and start taking over the garden. These may be herbs that you wish to grow in pots in order to control their growth.

Always consult your local nursery with questions about growing herbs. They know it all!