

GUIDELINES FOR USING HERBS

The following information is provided as a guide in developing familiarity and creativity with using herbs. Start with a small amount, taste, then add more if necessary.

Herb	Appetizers Salad	Breads/Eggs Sauces/Cheese	Vegetables Pasta	Meat Poultry	Fish Shellfish
Basil	Green, Potato & Tomato Salads, Salad Dressing, Stewed Fruit	Breads, Fondue & Egg Dishes, Dips, Marinades, Sauces	Mushrooms, Tomatoes, Squash, Pasta, Bland Vegetables	Broiled, Roast Meat & Poultry Pies, Stews, Stuffing	Baked, Broiled & Poached Fish, Shellfish
Bay Leaf	Seafood Cocktail, Seafood Salad, Tomato Aspic, Stewed Fruit	Egg Dishes, Gravies, Marinades, Sauces	Dried Bean Dishes, Beets, Carrots, Onions, Potatoes, Rice, Squash	Corned Beef, Tongue Meat & Poultry Stews	Poached Fish, Shellfish Fish Stews

Guide to Cooking with Popular Herbs (continued)

Herb	Appetizers Salad	Breads/Eggs Sauces/Cheese	Vegetables Pasta	Meat Poultry	Fish Shellfish
Chives	Mixed Vegetables, Green, Potato & Tomato Salads, Salad Dressings	Egg & Cheese Dishes, Cream Cheese, Cottage Cheese, Gravies, Sauces	Hot Vegetables, Potatoes	Broiled Poultry, Rissoles, Poultry & Meat Pies, Stews, Casseroles	Baked Fish, Fish Casseroles, Fish Stews, Shellfish
Dill	Seafood Cocktail, Green, Potato & Tomato Salads, Salad Dressings	Breads, Egg & Cheese Dishes, Cream Cheese, Fish and Meat Sauces	Beans, Beets, Cabbage, Carrots, Cauliflower, Peas, Squash, Tomatoes	Beef, Veal Roasts, Lamb, Steaks, Chips, Stews, Roast & Creamed Poultry	Baked, Broiled, Poached & Stuffed Fish, Shellfish
Garlic	All Salads, Salad Dressings	Fondue Poultry Sauces, Fish and Meat Marinades	Beans, Eggplant, Potatoes, Rice, Tomatoes	Roast Meats, Meat & Poultry Pies, Hamburgers, Stews & Casseroles	Broiled Fish, Shellfish, Fish Stews, Casseroles
Marjoram	Seafood Cocktail, Green, Poultry & Seafood Salads	Breads, Cheese Spreads, Egg & Cheese Dishes, Gravies, Sauces	Carrots, Eggplant, Peas, Onions, Potatoes, Dried Bean Dishes, Spinach	Roast Meats & Poultry Meat & Poultry Pies, Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish

Guide to Cooking with Popular Herbs (continued)

Herb	Appetizers Salad	Breads/Eggs Sauces/Cheese	Vegetables Pasta	Meat Poultry	Fish Shellfish
Mustard	Fresh Green Salads, Prepared Meat, Macaroni & Potato Salads, Salad Dressing	Biscuits, Egg & Cheese Dishes, Sauces	Baked Beans, Cabbage, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Chops, Steaks, Ham, Pork, Poultry Cold Meats	Shellfish
Oregano	Green, Poultry & Seafood Salads	Breads, Egg & Cheese Dishes, Meat, Poultry & Vegetable Sauces	Artichokes, Cabbage, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Broiled, Roast Meats, Meat & Poultry Pies, Stews, Casseroles	Baked, Broiled & Poached Fish, Shellfish
Parsley	Green, Potato, Seafood & Vegetable Salads	Biscuits, Breads, Egg & Cheese Dishes, Gravies, Sauces	Asparagus, Beets, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Meat Loaf, Meat & Poultry Pies, Stews and Casseroles, Stuffing	Fish Stews, Stuffed Fish
Rosemary	Fruit Cocktail, Fruit & Green Salads	Biscuits, Egg Dishes, Herb Butter, Cream Cheese, Marinades, Sauces	Beans, Broccoli, Peas, Cauliflower, Mushrooms, Baked Potatoes, Parsnips	Roast Meat, Poultry & Meat Loaf, Meat & Poultry Pies, Stews & Casseroles, Stuffing	Stuffed Fish, Shellfish

Guide to Cooking with Popular Herbs (continued)

Herb	Appetizers	Breads/Eggs	Vegetables	Meat	Fish
Sage	Salad	Sauces/Cheese Breads, Fondue, Egg & Cheese Dishes, Spreads, Gravies, Sauces	Pasta Beans, Beets, Onions, Peas, Spinach, Squash, Tomatoes	Poultry Roast Meat, Poultry, Meat Loaf, Stews, Stuffing	Shellfish Baked, Poached, & Stuffed Fish
Tarragon	Seafood Cocktail, Avocado Salads (all), Salad Dressings	Cheese Spreads, Marinades, Sauces, Egg Dishes	Asparagus, Beans, Beets, Carrots, Mushrooms, Peas, Squash, Spinach	Steaks, Poultry, Roast Meats, Casseroles & Stews	Baked, Broiled & Poached Fish, Shellfish
Thyme	Seafood Cocktail, Green, Poultry, Seafood & Vegetable Salads	Biscuits, Breads Egg & Cheese Dishes, Sauces, Spreads	Beets, Carrots, Mushrooms, Onions, Peas, Eggplant, Spinach, Potatoes	Roast Meat, Poultry & Meat Loaf, Meat & Poultry Pies, Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish, Fish Stews