



# Plan, Shop, Cook, Enjoy!

## Planifier, magasiner, cuisiner, savourer!

### Cooking with Herbs and Spices

Herbs and spices add flavour and variety to food. Use a little at first and then add more if you wish. Herbs and spices are also a great way to cut down on the salt, sugar or fat in a recipe.

#### Tips:

- If a recipe calls for 1 tablespoon (15 mL) fresh herbs, you can replace it with 1 teaspoon (5 mL) of dried.
- **Cut or chop** leaves of fresh herbs finely to get more flavour.
- Buy herbs and spices in **small amounts**. They lose their flavour quickly.
- Store spices in a cupboard, **away from heat and light**.
- **Whole spices last longer than ground spices**. Whole spices can last up to two years. Ground spices should be used **within six to nine months**.
- **Rub dried herbs between fingers** to release more flavour.

#### Try these herbs and spices with the suggested use

HERBS AND SPICES	USE
Allspice	Desserts
Basil	Tomato and egg dishes, stews, soups and salads
Bay leaves	Soups and stews, meat, seafood and vegetable dishes
Chili Powder	Chili, bean and rice dishes, sauces, dips
Cilantro (fresh) Coriander (dried)	Mexican, Asian and Indian dishes, salsas, fresh salads and chili
Cinnamon	Sweet potatoes, pumpkin and squash, apple desserts, ham or pork chops, baked items
Cloves	Whole – ham or pork roast Ground – pear or apple desserts, squash & sweet potatoes
Cumin	Mexican & Indian dishes, beef, lamb, bean dishes, marinades, chili and tomato sauces. An ingredient in curry powder.
Dill	Tuna or salmon salad, potato salad, pickles, dips & sauces.
Garlic	Can use fresh or dried. Crushed, minced or powdered garlic can be used in a variety of dishes, salad dressings, stir-fry, tomatoes, and potatoes
Ginger	Can be used fresh or dried (ground). Asian dishes, marinades for chicken or fish, fruit salad dressings, gingerbread, pumpkin
Marjoram	Egg and cheese dishes, meat, fish, poultry and vegetables
Nutmeg	Cooked fruit, pies, desserts, baked items, spinach, sweet potatoes, eggnog and French toast
Oregano	Italian dishes, chili, omelets, beef stew, meat loaf, pork, vegetables
Parsley	Meat, soup or vegetable dishes
Rosemary	Meats, vegetables and soups
Sage	Stuffing, poultry, duck, Brussels sprouts
Thyme	Fish, poultry, or meats, in soups, stews, rice, vegetable salads

