

ELLIE'S HERB GUIDE



ellie kriegler

Fresh herbs are one of those magical ingredients that transform a dish. They not only add tremendous flavor, they also infuse food with aroma and color. On top of that, they are full of health protective antioxidants and are a surprisingly rich source of vitamin A.

Instead of thinking of herbs as just a finishing garnish or as a subtle hint in a dish, take a new look at them as a major player.



BUYING AND STORING TIPS

- When buying fresh herbs, the same rules you use for buying other fresh produce apply. The herbs should look and smell fresh. Steer clear of wilted, blemished or waxy leaves.
- When you get home, wash the herbs well to remove any dirt or soil. Dry with a paper towel and you can store them wrapped in the paper towel in an airtight container in the refrigerator to keep them moist. There are also special herb keeper containers you can purchase.
- Depending on the herb, they can stay fresh in the refrigerator for several days up to a week.



DELICIOUS WAYS TO ADD HERBS

- A generous sprinkle of tender herbs like basil, mint, dill and/or parsley takes an ordinary green salad from hum-drum to heavenly.
- Add a few mint leaves to your turkey sandwich.
- Puree basil, parsley or cilantro with a touch of lemon juice and olive oil to make a vibrant drizzle for scallops or grilled fish.
- Chop and combine heartier herbs like rosemary, thyme and sage to make a luxurious and versatile rub for roasted meats and poultry.



HERBS USED IN TRADITIONAL FLAVOR PROFILES

Greek:



Parsley



Oregano



Dill



Mint



Rosemary



Thyme

Asian:



Basil



Cilantro

Italian:



Oregano



Basil



Rosemary



Thyme



Sage

French:



Parsley



Basil



Mint



Tarragon



Rosemary



Thyme



Sage

Middle Eastern:



Cilantro



Parsley



Mint

Mexican:



Cilantro



Oregano

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