



HERBS

and

Other Seasonings for Variety and Accent

By
EXTENSION NUTRITION SPECIALISTS
Oregon State College

When food tastes especially good, you have cooked it right to keep the natural flavor. You can add zest to many foods by skillfully blending seasonings with them.

A pleasing variation can be achieved by using a small amount of herbs or other seasonings when you want to change the everyday foods.

Herbs add zest to meat, eggs, and fish. Herbs give distinction to soups and sauces and variety to salads. Herbs give a special tang to teas and other beverages.

It is an art to use seasonings to give a subtle blend of flavor. Do not use enough to cover the natural taste of the food.

Herbs

What is an Herb?

Savory herbs are aromatic plants, the various parts of which possess pleasing odors and tastes.

Some herbs blend harmoniously with almost any food while others blend with only a few. There are no set rules for using herbs.

Growing Herbs

Since colonial times, it has been the custom in various sections of the country to grow some herbs in the home garden.

A great deal of interest and pleasure can be derived by the person who plants a few well-chosen herbs for the first time.

One of the biggest advantages of growing herbs is that when you have them at your door, you are likely to use them often. They can be placed in flower beds, borders, or rock gardens. Or they may be grown in an herb garden near the kitchen.

Three favorite herbs for the garden are parsley, chives, and mint. They are easy to grow, they add pleasing color to foods, and they can be used in many ways.

Later you may like to add rosemary, sage, winter savory and summer savory, sweet basil, dill, sweet marjoram, tarragon, thyme, and chervil.

Herbs will grow in any soil or under any condition suitable for growing vegetables. Sage, rosemary, and thyme require a well-drained, moderately moist situation. Mint prefers more moisture.

Anise, basil, chervil, coriander, cumin, dill, and summer savory are all annuals. If the seed of the plant is to be used, a long growing season is required.

Caraway, celery, and parsley are biennials.

Chive, fennel, garlic, lemon balm, lovage, marjoram, mint, rosemary, sage, tarragon, thyme, and winter savory are perennials.

House-grown Herbs

Parsley, chives, geranium, thyme, mint, rosemary, sage, sweet marjoram, and winter savory are successfully grown as house plants for use during the winter months.

For best results, start new plants in the fall.

Buying Dried Herbs and Other Seasonings

Buy a good quality and in small quantity. It's a good idea to write the date on the container so that you are reminded to replace spice after a year or two.

Salts

Celery salt is a combination of celery seed and table salt. Garlic salt and onion salt are a mixture of the seasoning with salt.

Storing Seasonings

Keep seasonings tightly covered, and away from the heat. The flavor and odor of herbs is due to oils. If the oil is permitted to evaporate, much of the flavor is lost. Color fades if exposed to light.

The shelf for spices should be convenient, but not where spices will be subjected to the heat from the stove or heating system.

Special Seasonings

Blends

Blended spices or seasonings are convenient. Different brands vary in flavor according to the proportions used by the manufacturer.

Poultry Seasoning

Products sold as "Poultry Seasoning" usually are a mixture of sage, thyme, marjoram, savory, rosemary, and spices.

Curry Powder

This seasoning is a mixture of varying proportions of about 16 ingredients including turmeric, ginger, and red pepper.

Chili or "Con Carne" Powder

For this seasoning, mild Mexican-type chilies are combined with other seasonings.

Suggestions for Using Herbs in Cooking

Skillful cooks, abroad and at home, give these suggestions for using herbs effectively:

1. Use sparingly—aromatic oils are very strong.
2. Don't use herbs in every dish—use them for variety and accent only.
3. Blend judiciously for different purposes: Have a leading flavor and combine from two or three or four less pronounced flavors with it. Never emphasize more than one of the very strong herbs in a blend, except perhaps for sausage. Blends should be so subtle that only the expert can tell which herbs are used.
4. Chop savory leaves very fine. The more the cut surface is exposed, the more completely the aromatic oil can be absorbed.
5. Blending or heating with butter or other fats is the best way to draw out and extend the flavor of the aromatic oils.
6. Soaking dried herbs in a few drops of water or lemon juice for 30 minutes before using helps to bring out the flavor.
7. Herb vinegar can be used in French dressing, in sauces, in soups ($\frac{1}{2}$ teaspoon per serving), in chopped meat (2 teaspoons per pound of meat). Herb vinegars are made by allowing herbs to stand in cider vinegar until the vinegar takes on some of the flavor and aroma characteristic of the herb being used.
8. For soups and gravies, tie sprigs of fresh herbs in tiny bunches or place ground herbs in a cheesecloth bag and remove them after they have served their purpose. Herbs left too long in soups or gravies may develop unpleasantly strong flavors. They are best added less than an hour before the cooking is finished.
9. Dry herbs can be substituted for fresh in the proportion of $\frac{1}{2}$ teaspoon of dried where 1 tablespoon of finely chopped fresh herbs are suggested.
10. Amounts of herbs used in recipes will vary with freshness and strength of the herb and individual tastes.

Recipes

These recipes will give variety in your meals. Avoid too much seasoning in one menu. Select one or two of these recipes to combine with more mild-flavored foods. Here you will find sugges-

tions for modifying the seasonings in some of your favorite recipes. Avoid monotony in meals by skillful seasoning.

Meats

Herbs are used in many ways with meat. Herb vinegars and herb butters are easily added to a meat dish. The herb butters are especially good served on broiled and pan-fried meats. Marjoram goes well with veal; either rosemary or mint is well liked with lamb. Tarragon goes with beef. Parsley, chives, garlic, onions, dill, thyme, and sage are used with all meats.

Herb Goulash

- 2 T butter or fat
 - 1 pound beef cut in
inch cubes
 - 1 pound veal cut in
inch cubes
 - $\frac{1}{2}$ clove garlic,
minced fine
 - 1 can consommé or
beef broth
 - 2 t dill seed
 - 6 small onions,
peeled
 - 6 medium-sized po-
tatoes, quartered
 - 1 c celery coarsely
cut
 - 1 c green beans and
juice *or* use 1 c
frozen green beans
and add a little
liquid to mixture
if needed
 - 1 t paprika
 - 1 c sour cream
1. Melt fat in a large kettle or skillet with a tight-fitting lid.
 2. Add beef, veal, and garlic.
 3. Brown the meat lightly over low heat.
 4. Add consommé and dill seed.
 5. Cover, cook slowly for 1 hour.
 6. Add onions, potatoes, celery, and green beans. Sprinkle with salt.
 7. Simmer for $\frac{1}{2}$ hour or more.

8. Add paprika and sour cream.
9. Stir gently to blend.
10. Heat to simmering.

Savory Meat Balls

- 1 pound ground beef,
veal, or lamb
 - 1 egg slightly beaten
 - $\frac{1}{2}$ c fine bread crumbs
 - 1 T chopped pars-
ley *or*
 - 1 t dried parsley,
crushed
 - 1 T chopped onion
 - 1 t salt
 - $\frac{1}{4}$ t oregano
 - $\frac{1}{8}$ t powdered thyme
 - $\frac{1}{8}$ t pepper
 - $\frac{1}{4}$ c water
 - Fat for frying
1. Mix all ingredients thoroughly.
 2. Shape into small balls.
 3. Heat fat in frying pan and fry balls until well browned and cooked.

Chops with Herbal Gravy

- 6 pork or veal chops
 - 3 T flour
 - 1 t salt
 - $\frac{1}{4}$ t pepper
 - $\frac{1}{8}$ t marjoram
 - $\frac{1}{8}$ t sage
 - $\frac{1}{8}$ t rosemary
1. Dredge chops in flour, mixed with salt and pepper.
 2. Brown well in greased heavy skillet.
 3. Mix herbs. Sprinkle over chops.
 4. Add about $\frac{1}{4}$ c water.
 5. Cover. Cook about 45 minutes over low heat. Add water as needed.
 6. Make gravy of seasoned drippings in skillet.

Eggs

Sweet marjoram, summer savory, chives and parsley, basil, chervil, dill, and celery combine well with eggs.

Dried savory, onion juice, and parsley are good winter combinations.

Use caraway seeds very sparingly with eggs.

Use herb butters over fried eggs.

Herb butters can be used in the bottom of the baking dish when eggs are baked.

Puffy Omelet

Use your favorite omelet recipe; for each 4 eggs use 1 rounded tablespoon of finely chopped fresh herbs. A somewhat larger amount of herbs can be used for puffy omelet than for scrambled

eggs—because the flavor of the herbs is not so strongly brought out, because less surface is exposed to the hot butter in the pan.

Scrambled Eggs

4 eggs	4 t mixed chopped fresh herbs <i>or</i>
4 T rich milk or cream	$\frac{1}{3}$ t mixed dried herbs soaked in milk and some fresh parsley for color
$\frac{1}{2}$ to 1 T butter or other fat	
salt and pepper	

1. Chop fresh herbs and add to egg and milk mixture.
2. Melt butter in pan.
3. Cook eggs at moderate temperature.

Herb Sauces and Butters

Refer to page 7 for suggestions of pleasing combinations of herbs with vegetables, broiled meats, fish, and egg dishes.

Parsley, chives, mint, basil, dill, sweet marjoram, savory, rosemary, and thyme are used in butters.

Butters using ground caraway seeds, ground celery seed, and ground poppy seed are interesting spreads for toast to be served with egg dishes.

Herb Butter

- $\frac{1}{4}$ c butter or other table fat
- 1 to 2 T finely chopped fresh herbs *or*
- $\frac{1}{2}$ to 1 t crushed dried herbs
- 1 t lemon juice
- salt

Blend butter, salt, lemon juice, and herbs and allow to stand at room temperature about an hour to develop flavor.

Cream Sauce

- 2 T butter
- 2 T flour
- 1 t salt
- 1 c milk
- Minced fresh herbs to taste.

1. Blend butter, flour, and salt.
2. Add milk gradually.
3. Cook until thickened.
4. Add herbs of your choice. Serve over salmon, bland fish, vegetables, or cooked eggs.

Mace Whipped Cream

- 1 pint whipped cream
- $\frac{1}{2}$ to 1 t ground mace
- 1 to 2 t sugar

1. Whip cream.
2. Add spice and sugar.
3. Allow to stand at least 30 minutes to develop flavor.
4. Serve on cake or apple pie.

Salad Suggestions

French Dressing

- | | |
|--------------------------------|----------------------------------------|
| $\frac{1}{4}$ c vinegar | $\frac{1}{4}$ to $\frac{1}{2}$ t sugar |
| $\frac{3}{4}$ to 1 c salad oil | $\frac{1}{8}$ t paprika |
| 1 t salt | $\frac{1}{8}$ t black pepper |
| $\frac{1}{8}$ t cayenne | |

Mix well.

Vary the flavor by using an herb vinegar or by adding finely chopped fresh herbs. Allow at least a half hour for herb flavor to develop.

Sour Cream Dressing with Herbs

- $\frac{1}{2}$ c thick sour cream
- $\frac{1}{2}$ to 1 t lemon juice
(if cream sweet)
- $\frac{1}{8}$ t salt
- $\frac{1}{2}$ t sugar
- 1 t or more of finely
chopped fresh dill
or chives
- $\frac{1}{2}$ to 1 t dry sweet
marjoram *or*
- 1 to 2 T finely
chopped fresh
parsley

Blend ingredients.

Serve sour cream herb dressing with sliced cucumbers, sliced beets, or vegetable salad.

Cottage Cheese with Sesame Seed

- 2 c cottage cheese
- 2 to 4 T toasted
sesame seed

1. Toast sesame seeds lightly in moderate oven, cool.
2. Add to cottage cheese.
3. Serve in tomato cups.

Herb Flavored Cottage Cheese

- 2 c cottage cheese
- 1 t finely cut chives
- $\frac{1}{8}$ t minced thyme
- $\frac{1}{8}$ t sweet marjoram

Use as a salad or a sandwich spread.

Breads and Cakes

Garlic Butter Bread

- 1 large loaf bread
or 2 small
- $\frac{1}{2}$ c butter
- 1 to 2 cloves garlic
(crushed or very
finely cut)

1. Soften butter and add garlic.
2. If using already sliced bread, spread bread with butter and pack slices together again to form a loaf. If French bread is used, cut it diagonally, but not quite through the loaf. Butter between slices on both sides of the cut.
3. Heat in moderate oven until bread is hot and butter is completely melted.

Celery Salt and Garlic Salt Toast

- 1 T celery salt
- 1 T garlic salt

1. Mix salt.
2. Spread bread with butter.
3. Sprinkle very lightly with salt mixture.
4. Toast slowly in an oven until brittle.
Serve with soup or chowder.

Tomato Dumplings (6 servings)

- $1\frac{1}{2}$ c flour
- 1 T baking powder
- $\frac{1}{2}$ t salt
- 3 T shortening
- 2 t caraway seeds
- $\frac{3}{4}$ c tomato juice

1. Sift flour, baking powder and salt together.
2. Cut in shortening.
3. Add caraway seeds and tomato juice.
4. Stir just enough to moisten all ingredients.
5. Drop dumpling dough on top of the simmering herb goulash.
6. Cover tightly and cook without moving lid for 15 minutes.

Spice Blend for Cakes, Cookies, and Breads

- 1 t nutmeg
- 2 T cinnamon
- $\frac{1}{4}$ to $\frac{1}{2}$ t mace
- $\frac{1}{2}$ t cloves
- 2 T granulated sugar

1. Blend ingredients well.
2. Place in shaker that can be tightly closed.
3. Use to sprinkle over cakes, cookies, and pastries. May be used either before or after baking.

Aromatic Seed Blend

- 2 T anise seed
- 2 T fennel seed
- $\frac{1}{4}$ c coriander seed
- 4 t ground clove
- $\frac{1}{4}$ c cinnamon
- $\frac{1}{4}$ c sugar

1. Blend ingredients well.
2. Store in a tightly covered jar.
3. Sprinkle over batter or dough before baking.

Curry Biscuits

- 2 c flour
 - 1 t salt
 - $\frac{1}{2}$ to 1 T curry powder
 - 2 to 4 t chopped parsley
 - 1 T baking powder (double acting)
 - $\frac{1}{4}$ c fat
 - 1 c milk
1. Sift dry ingredients together.
 2. Cut in fat.
 3. Stir in lightly the chopped parsley.
 4. Mix in enough liquid to make a soft dough.
 5. Roll or pat out until $\frac{3}{4}$ inch thick.
 6. Cut and place on cooking sheet or shallow pan to bake.
 7. Bake in a hot oven 425° for 10 to 12 minutes until brown.
 8. These biscuits make a tasty topping on meat pies or casseroles.

Coriander Seed Gingerbread

- 2 c flour
 - 1 $\frac{1}{4}$ t baking soda
 - $\frac{1}{2}$ t salt
 - 1 t ginger
 - 1 t cinnamon
 - 1 t crushed coriander seed
 - $\frac{1}{4}$ c warm water
 - $\frac{2}{3}$ c shortening
 - $\frac{1}{2}$ c brown sugar
 - 2 eggs well beaten
 - $\frac{3}{4}$ c molasses
 - $\frac{1}{2}$ to $\frac{3}{4}$ c boiling water
1. Soak cinnamon and coriander in warm water for at least one-half hour.
 2. Sift flour, soda, salt, and ginger together twice.
 3. Cream shortening and brown sugar until light and fluffy.
 4. Add eggs and beat well.
 5. Add one-fourth of flour mixture and blend.
 6. Add molasses and beat until smooth.
 7. Add remaining flour and beat well.
 8. Add boiling water and spice water gradually and beat until smooth.
 9. Turn batter into a greased square loaf pan.
 10. Bake at 350° until done; about 50 minutes.
 11. Serve plain or with whipped cream or orange sauce.

Orange Sauce

- 2 T cornstarch
 - $\frac{3}{4}$ c water
 - $\frac{2}{3}$ c sugar
 - Dash salt
 - Grated rind of 1 orange
 - 1 egg or 2 yolks
 - 1 c orange juice
1. Mix cornstarch, sugar, salt, and orange rind.
 2. Add water and cook until clear, stirring constantly.
 3. Place over hot water or low flame and cook 5 minutes longer.
 4. Stir part of this mixture into slightly beaten egg.
 5. Combine all and heat until thickened.
 6. When cool, add orange juice. Stir well.
 7. This sauce is a pleasing combination with puddings, gingerbread, or unfrosted cake. It may be served hot or cold.

Spiced Prune Cake

- 1 $\frac{1}{4}$ c chopped cooked prunes (about 20 dried)
 - $\frac{1}{2}$ c fat
 - 1 c sugar
 - 2 eggs, well beaten
 - 2 c all-purpose flour, sifted
 - 1 $\frac{1}{2}$ t soda
 - 1 t cinnamon
 - $\frac{3}{4}$ t cloves
 - $\frac{3}{4}$ t salt
 - $\frac{1}{2}$ c sour milk*
1. Cook prunes in water to cover. When tender, drain, pit, and chop fine.
 2. Cream fat and add sugar. Cream until fluffy.
 3. Add eggs and beat well. Blend in prunes.
 4. Sift together flour, soda, spices, and salt. Add to first mixture in three portions alternately with sour milk in two portions.
 5. Turn into a greased pan about 12 x 8 inches.
 6. Bake in moderate oven (350°F.) 35 to 45 minutes.

* Our use, $\frac{1}{2}$ c sweet milk mixed with 1 tablespoon lemon juice or vinegar.

Pleasing Combinations

This table suggests many uses for some of the favorite herbs used in cooking.

Use them sparingly at first. Develop subtle blends to make your foods distinctive.

Anise	leaves seeds	salads, especially apple. cookies, candy, rolls.
Balm, lemon	leaves	steep for delicate aromatic drink or add to tea.
Basil	leaves	tomatoes, cucumbers, green salads, eggs, cheese.
Caraway	seeds	boiled with potatoes in jackets, potato salad, cream or cottage cheese, cookies, breads.
Chervil	leaves	salads and salad dressings, soups, omelets; chief ingredient in what the French call "fines herbes."
Chives	leaves	more delicate than onion; blends with any herb mixture; very good in salads and omelets.
Coriander	seeds	cookies, French dressing.
Dill	leaves seeds	broiled or fried meats and fish, fish sauces, chicken gravy, pickled beets. pickles.
Fennel	leaves stems seeds	fish, salads. blanched stems of Florence fennel eaten raw like celery, added to salads, or braised in meat stocks. breads, pastries, candies, and drinks.
Marjoram, sweet or "knotted"	leaves	cold meat sandwiches, meat and poultry stuffings and gravies, soups, fresh spinach. "Pot marjoram" has a stronger flavor than sweet marjoram, but the same uses.
Mint	leaves	lamb, peas, cream of pea soup, tea, fruit drinks.
Rosemary	leaves	use sparingly for special accent with cream soups made of leafy greens, poultry, stews, sauces. Blend chopped parsley and a little rosemary with sweet butter to serve over cooked turnips or carrots.
Sage	leaves	use sparingly with onion for stuffing pork, ducks, geese; pound fresh leaves and blend with cottage cheese and cream cheese.
Summer savory	leaves	green beans, peas, soups, stuffings, and sauces for veal and poultry, egg dishes and salads.
Tarragon	leaves	leading accent in green salads, salad dressings, salad vinegars, egg dishes, fish sauces.
Thyme	leaves	meat and poultry stuffings and gravies, soups, egg dishes, cabbage salad, meat loaf, stew, cooked carrots.
Winter savory	leaves	important accent in chicken and turkey stuffing, sausage, and some egg dishes.

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director.
Oregon State College and the United States Department of Agriculture cooperating.
Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914.

10M-7-56