

HERB REFERENCE CHART		
HERB	FORMS	TASTES GOOD WITH:
Angelica	Stems: crystalized Leaves: fresh or dried Seeds: fresh or dried	Fresh leaves: Vegetable salads, custards, tart fruit such as rhubarb & plums, court bouillon for poached seafood
Anise	Spice: whole or ground Herb: leaf, fresh or dried	Cookies, pastries, and bread
Basil	Leaves: fresh or dried	Tomatoes, spaghetti sauces, mushroom dishes, soups, stews, salads, chicken, egg and rice dishes
Bay, Sweet	Leaves: whole leaf fresh or dried	Bouquet garnishes soups, meat and poultry dishes, pasta sauces, fish dishes, and even some desserts
Caraway	Spice: whole seed	Rye bread, cabbage, sauerkraut, and Eastern European Cuisine
Chervil	Leaves: fresh or dried	Poached fish and shellfish, cream-based soups, omelets and scrambled eggs, chicken, cream cheeses, green salads
Chives	Stems: fresh, chopped, freeze-dried, and frozen	Stems: Eggs, salads, cream cheese, sauces, soups Flowers: Salads
Cilantro	Leaves: fresh or dried	Fresh leaves: Soups, stews, curries, stir-fries, vegetables, salads, fish, poultry
Coriander (Seeds from Cilantro)	Seeds: fresh whole or ground	Seeds: chilli, carrot, basil, mint, chicken, beef, avocado, coconut, couscous, garlic, ginger, soy sauce, fish, prawns, scallops and mussels.vegetables
Dill	Leaves: fresh or dried Seeds: whole or ground	Leaves: Mild cheeses, omelets, seafood, cold soups, herring, salmon Seeds: Breads, meat stews, rice
Fennel	Leaves: fresh or dried Stems: fresh or dried Seeds: dried	Whole fresh leaves: Seafood, bouillon Leaves: Mayonnaise, sauces, stuffings Seeds: Breads, crackers, sausages
Garlic	Whole Bulb: fresh Dried Bulb: granulated, powdered, or mixed with salt	Widely used
Hyssop	Leaves: fresh or dried Flowers: fresh	Dried leaves: Soups, stews, herbal teas Fresh leaves: Soft butters and cheeses Flowers: Green salads
Lemon Grass	Whole stalk: Fresh, dried, and ground	Curries, soups, stews and casseroles, particularly those made with chicken and seafood
Marjoram	Leaves: Fresh or dried	Oil and vinegar salad dressings, fresh or canned anchovies, Italian and Greek dishes, poultry, game, and seafood
Mints	Leaves: Fresh or dried	Herb tea, soups, salads, sauces, plain meats, fish, poultry, stews, sweet dishes, mousse and tarts

HERB	FORMS	TASTES GOOD WITH:
Oregano	Leaves: Fresh or dried	Oil and vinegar salad dressings, fresh or canned anchovies, Italian and Greek dishes, poultry, game, and seafood
Parsley	Leaves: Fresh or dried	Omelets, salads, stews, vegetables, soups, eggs, sauces, rice and pasta dishes, fish, shellfish, meat and poultry
Rosemary	Leaves: Fresh or dried Sprigs: Fresh Flowers: Fresh	Meat dishes, especially lamb and pork, chicken, tomato-based sauces, breads, stuffed vegetables, pizza
Sage	Leaves: Fresh, dried, or ground	Poultry stuffing mixtures with onion, rich and fatty meats such as goose and pork, sausages, salads and sauces
Sorrel	Stems: Fresh, chopped, freeze-dried or frozen	Stems: Eggs, salads, cream cheese, sauces, soups Flowers: Salads
Stevia	Leaves: Once flower buds appear but before they open. Harvest in the morning when plant is at its highest sugar content	Use as sweetener for beverages, baking and cooking
Summer Savory	Leaves: Fresh or dried	Mixed green salads, sandwiches, cream-based sauces, soups, omelets, quiches and other egg dishes
Sweet Cicely	Leaves: Fresh	Any sweet dish, especially those made with fruit, rice pudding, soups, stews, green salads
Tarragon	Leaves: Fresh or dried	Classic French sauces, omelets, poached fish, mushrooms, poultry, mustard sauces and salad dressings
Thyme	Leaves: Fresh or dried	Any slowly cooked dish, stews, soups, baked vegetables, stuffings, poultry, breads, sauces