

MYERBERG CENTER – HERB DEMO WITH CHEF ALBA

FRESH HERBS ENRICH THE NATURAL FLAVORS OF RECIPES WITHOUT ADDING ADDITIONAL CALORIES OR FAT. THIS CHART OUTLINES THE USES AND SUBSTITUTION FOR COMMON HERBS. DRIED HERBS ARE MORE CONCENTRATED THAN FRESH SO

*MEASURE **1 TEASPOON OF DRY** FOR EACH **1 TABLESPOON OF FRESH.***

I SUGGEST ALWAYS USING FRESH HERBS UNLESS IT IS NOT AVAILABLE.

Herb/Plant	Some Uses	Substitution	Background/Origin (Not historical)
Basil, fresh only	Use fresh with pasta dishes, salads, sauces, crostini, pizza, tomatoes, peas, mozzarella, fish, zucchini, pesto	oregano or thyme	It was believed in some Mediterranean countries that it is a symbol of love and fidelity. When a woman put a pot of basil on the balcony outside her room, it meant that she was ready to receive her suitor
*Bay leaves fresh/dry	To aromatize meats, sauces, vegetable, soups, marmalades	none	The bay leaf was a mythological sacred plant of Apollo. A branch of the laurel was used to surround the head
Cilantro, fresh only	In hummus, salads, fish, couscous, rice, and lentils	fresh Italian parsley	Cilantro has been used since around 5,000 B.C. Spanish conquistadors introduced it to Mexico and Peru.
Dill Weed, fresh only flavorful like anise	Use with fish, breads, cucumber salad, cauliflower, salads, salmon, green beans, soups, spaghetti sauce	fennel weed	For the ancients Greeks and Romans, dill was known as a medicinal herb. Soldiers placed burned dill seeds on their wounds to promote healing
Italian Parsley, fresh only	With potato salad, couscous, salad, stuffing, tomato sauces, fish, meats, poultry, soups, Frittelle, vegetables	fresh cilantro	The Romans used parsley as a garnish and flavoring. They also put it around their necks in belief that the leaves would absorb fumes
Mint, fresh only	Use as a tea, with green beans, couscous, yogurt, salads, fried zucchini, potatoes, sauces, lamb, fruit	basil, rosemary	In Greek mythology, there was a beautiful young woman by the name of Minte, who was loved by the god of the underworld, Ade. The cheated wife, Persephone, for revenge transformed her into a plant
*Oregano fresh/dry	Use with potatoes, peppers, tomatoes, olives, baked meat dishes, eggs, tomato sauces, soups, pork, vegetables, salad dressings	thyme, basil	Oregano was originally grown extensively in Greece and Italy. Since Greek and Roman times, it has been used with meats, fish, vegetables, and as a flavoring for wine
*Rosemary fresh/dry	Use with chicken, fish, lamb, pork, roasted potatoes and vegetables, roasted garlic, soups, kebabs, olives	thyme, tarragon	It is said that during her journey from Egypt, the Virgin Mary draped her blue cloak on a Rosemary bush. She then laid a white flower on top of the cloak. That night, the flower turned blue, and the bush was thereafter known as the "Rose of Mary"
*Sage fresh/dry	Use with butter as a pasta sauce, sautéed onions, poultry seasoning, stuffing, with pork or sausage, beef and wine, fish, soups, tomatoes, potatoes, chick-peas	marjoram, rosemary	"Sage" from the Latin word "salvia," meaning "to save." Greeks and Romans used it to cure snake bites and to invigorate the mind and body. In the Middle Ages, it was used in tea to treat colds and other ailments
*Thyme fresh/dry	Use with potatoes, poultry, squash, meats, sautéed mushrooms, roasted garlic, marinated olives, fish, eggs, stuffing	basil, oregano	Ancient Greeks believed thyme was a symbol of courage and sacrifice. In the Middle Ages, ladies would embroider a sprig of thyme into scarves of their knights. In ancient times, also used to treat melancholy

- * Hard herb that needs to be cooked
Soft herbs are used at the end of cooking or raw

WASHING AND STORING HERBS

Water degrades herbs quickly.

1. Store your herbs UNWASHED by rolling them in paper towels, place in a plastic bag, and store in the fridge.
2. When you need some herbs to cook, wash only what you need then dry well and use as desired.
3. *Note: Parsley is the only herb that will reliably store well in a glass of water on the counter. Be sure to change the water at least every other day.*

HOMEMADE HERB COOKING SALT, FINISHING SALT

Herbal cooking salt is a mineral rich salt that is infused with fresh herbs. The juices from the fresh herbs sink into the salt creating a wonderful herb flavored cooking experience. It fun to make your own salts.

Using a food processor, blender, spice grinder, or mortar and pestle, pulse/blend the herb(s) into a course mash. Don't pulverize them, we want to keep the integrity of the pieces so the herb can be seen. The bits should be small enough to release their moisture into the salt well.

GENERAL RECIPE TO BLEND/PULSE:

Add ½ cup coarse salt, ¼ cup fresh rosemary leaves, ¼ cup fresh thyme leaves and blend. Add 1 cup fine sea salt and mix again.

Pour salt mixture into a shallow baking sheet and let air dry for at least 2 hours. Transfer salt to a glass jar and screw on lid. Place in refrigerator up to 3 months. Shake the jar once a week.

Alba's Note: hearty herbs are best. Color will fade after a few weeks

HERBAL TEA

Every country has its own traditions surrounding the service of tea. The teapot itself was invented in China. Japanese tend to support the Chinese belief that tea should impart its flavor and aroma au naturel (black). Moroccans stir in sage or mint, and cardamom is a favorite in Turkey. In England, it's popularly served with milk and lemon. Arab countries favor mint, sage, and basil flavorings. In Britain, tea was served any time of the day until the seventh Duchess of Bedford began the tradition of serving afternoon tea.

PROPER BREWING

Use fresh, cold water brought to a rolling boil. Pour the water over the tea. Stir it and allow it to steep for three to five minutes.