

Tip Sheet

Basic Herb & Flavor Combinations

Herbs	Flavor Pairings	Dishes	Quick Tips
Basil	Lime, Orange, Garlic, Star Anise	Stock, Tomato Sauce, Pesto, Salsa, Tomato & Vegetable Soup, Thai Chicken	Snip fresh into sliced strawberries. Add mascarpone and honey to top sweet bruschetta.
Bay Leaf	Basil, Oregano, Garlic	Stock, Vegetable Soups, Tomato Sauce, Cioppino	Insert between chicken breast and skin and sauté herb-side down.
Chives	Tarragon, Parsley, Chervil	Baked Potatoes, Poached Fish, Dips, Salad Topping, Eggs	Chive flowers are edible – mix them into salad.
Coriander (Cilantro)	Chile, Lime, Mint	Salsa, Curry, Guacamole, Chutney, Pickled Vegetables	Sprinkle on condiments like dips, salsas and guacamole to add fragrance and kick.
Dill	<i>Ras el Hanout</i> Spice Blend, Anything Pickled	Lox, Eggs, Baked Fish, Boiled Root Vegetables	Toss with garlic, yogurt, lime and cucumbers for a unique salad.
Marjoram	Garlic, Bay Leaves, Oregano	Roasted Meats, Herb Butter, Salad Garnish, Turkey Stuffing	Substitute for oregano for a lighter, subtler flavor.
Mint	Cilantro, Parsley, Lemon, Lime, Orange	Pesto, Salsa, Boiled Peas & Potatoes, Grilled Lamb	Mix with olive oil to marinate fish steaks or lamb.
Oregano	Lemon, Garlic, Marjoram	Pasta & Pizza Sauces, Vegetable Soups	Pan-toast leaves and add to chili, taco filling or pasta sauce.
Parsley	Lemon, Garlic	Vegetable Soups, Salad Dressing, Pasta Sauce, Dips	Puree fresh with olive oil and freeze in ice cube trays.
Rosemary	Garlic	Grilled Lamb & Beef, Baked Bread, Meat Rubs, Potatoes	Enhance tea or lemonade with a sprig.
Sage	Black Pepper, Garlic, Thyme	Poultry Stuffing, Root Vegetable Soup, Butternut Squash Ravioli, Cornbread	Sautéed sage makes a tasty garnish for salads and appetizers.
Tarragon	Butter, Chives, Lemon	Roast Chicken, Salad Topping, Quiche, White Bean Soup	Pillar of French cuisine; use to flavor complex sauces.
Thyme	Garlic, Basil, Oregano, Sage, Rosemary	Tomato & Pizza Sauce, Grilled Meats & Fish, Buttermilk Dressing	Add early in cooking to reduce its bitterness.



7 whole grains on a mission.™