

Flavor that Food!

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Know how. Know **now**.



Make foods tasty without using salt or adding extra fat or sugar by adding these spices and herbs. Approximate EQUIVALENT amounts of different forms of herbs are:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- ¼ to ½ teaspoon ground dried herbs

Begin with ¼ teaspoon of most ground spices or ground dried herbs for these amounts; adjust as needed. Use more herbs when using a crumbled dried or a fresh form.

- 4 servings
- 1 pound of meat
- 1 pint (2 cups of soup or sauce)

Start with ⅓ teaspoon for cayenne pepper and garlic powder; adjust as needed. Red pepper intensifies in flavor during cooking; add in small increments.

When doubling a recipe, do not double spices and herbs. Increase amounts by 1½ times. Add more if needed.

Meat, Poultry, and Fish

Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano
Veal	Bay leaf, curry powder, ginger, marjoram, oregano
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

Lancaster County

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As a general rule, add FRESH HERBS near the end of cooking or just before serving. Prolonged heating can cause flavor and aroma losses.

More delicate fresh herbs can be added a minute or two before the end of cooking or sprinkled on food before serving. Examples include basil, chives, cilantro and dill leaves.

Less delicate fresh herbs can be added about the last 20 minutes of cooking. Examples include dill seeds, rosemary, tarragon and thyme.

Vegetables

Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
Greens	Onion, pepper
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Source: Adapted in part from *Salt and Sodium in Your Diet*, National Heart, Lung and Blood Institute at <http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm>



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