

What are some good herb combinations?

- Parsley, chervil, chives and tarragon
- Basil, parsley and tarragon
- Thyme, oregano, rosemary and savory
- Basil, bay leaf, marjoram, oregano and parsley
- Basil, parsley and savory

What are some good herb substitutions?

- * Basil: oregano or thyme
- * Chervil: parsley or tarragon
- * Chive: onion, green onion or leek
- * Cilantro: parsley
- * Marjoram: basil, thyme or savory
- * Mint: basil, marjoram or rosemary
- * Oregano: thyme or basil
- * Parsley: chervil or cilantro
- * Rosemary: thyme, tarragon or savory
- * Sage: savory, marjoram or rosemary
- * Tarragon: chervil or a dash of fennel seed
- * Thyme: basil, marjoram, oregano or savory

Where can I use dried herbs?

Add herbs to soups, stews, sauces and salads. Use them in marinades and rubs for meat and fish. Think about how much better lamb tastes with rosemary, chicken with thyme, and tomato sauce with oregano.

Sprinkle cinnamon on oatmeal and paprika on fish or potatoes. Add ginger to marinades and stir-fries.

Once you start thinking about using dried herbs and spices, your imagination takes flight - and you remember all the good things you have always loved because of the touch of herb, kiss of spice.

Have fun experimenting with herbs, but be careful not to put too much of them in a dish at once. Start with small amounts, especially when using strong herbs like sage, rosemary and cilantro. A safe amount to start out with for a meal serving four is 1/4 teaspoon of powdered herb or 1 teaspoon of dried herb or 1 tablespoon of fresh herb.

Today there has been a great surge of renewed awareness in herbs. A revival of the culinary arts and various ethnic cuisine has prompted new interest. Health conscious cooks have found that herbs contain no calories or fat. This is very important to those on weight loss diets. Doctors even recommend the use of herbs and spices in salt-restricted diets to enhance flavor without adding sodium content. Dried herbs add great flavor, are inexpensive, and are long-lasting.

What are Herbs?

Herbs are soft, succulent plants which usually grow in the temperate zone. Until recently cooks have had to make do with very few fresh or dried herbs. Nowadays you can find all supermarkets and most small grocery stores have well-stocked spice shelves offering a wonderful selection of herbs and spices.

What are Spices?

Spices come from the bark, roots, leaves, stems, buds, seeds, or fruit of aromatic plants and trees which usually grow only in tropical countries. Pepper, allspice, cloves, nutmeg, mace, cinnamon, ginger, saffron, and turmeric are spices.

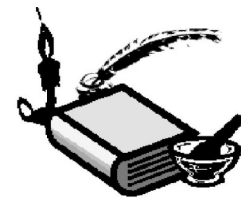
When should I replace my dried herbs?

When you buy new herbs, use a black marker to date them so you know when they were purchased; they should be frequently rotated. Don't be shy about tossing them when it's time. Most herbs begin to lose potency after six months. If they don't smell strong, discard them and buy a new batch.

When should I add herbs to my food?

Before adding the herbs to the food, crush the leaves between your fingers. This will help release volatile oils and increase the herb's flavor -- and always add dried herbs at the beginning or middle of cooking. When cooking in a crockpot, add your dried herbs (and fresh herbs too) at the end of cooking cycle. Long, slow cooking times can diminish the herb's intensity.

*Want to learn more about herbs and spices?
Come on in and take one of our herb classes,
you will be surprised on what you can do.*



Truely Unique

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We are also on Facebook

Culinary Herbs and Spices

Ever wonder why everything tastes so great and smell so delicious when you eat at a good restaurant? It is usually because of the seasoning. Great chefs know that fresh food is always best and that includes fresh herbs.

Fantastic cuisine can be very simply prepared, but add a few fresh herbs and you have created a masterpiece. As you master the art of seasoning with fresh herbs, you will astound family and guests with your remarkable culinary talents.

We carry over 350 different herbs and spices. This is just a small sample of the herbs and spices we carry. So if don't see what you are looking for just ask us we may carry it in our store.

* Prices and product subject to change without notice.

<i>Culinary Herbs</i>	Me	Friend
Adobo		
Allspice (powdered) & (Whole)		
Annato Seed		
Arrowroot		
Banana Chips and Crisps (Seasonal)		
Basil		
Bay Spice		
Bay Leaves (lightweight only need 1/2 oz)		
BBQ Seasoning		
Beet Root Powder		
Blacken Blend Seasoning		
Cajun Seasoning		
Caraway		
Cardamom		
Caribbean Blend Seasoning		
Cayenne (60 heat 90heat)		
Celery Seed		
Cheese Powder		
Cherries, dried (Seasonal)		
Chicken Bouillon Base		
Chili Flakes		
Chili Mix		
Chocolate Covered-Coffee Beans (Seasonal)		
Cilantro		
Cinnamon Chips / Powder		
Cinnamon Stick		
Cloves		
Coriander		
Cranberries, Dried (Seasonal)		
Cumin		

<i>Culinary Herbs and Spices</i>	Me	Friend
Curry		
Dill (seeds and weed)		
Fennel		
Fenugreek		
Flax Seeds		
French Herb Blend		
Garlic (Powder and granular)		
Ginger, Crystal		
Greek Seasoning		
Italian Seasoning		
Jamaican Jerk		
Kelp		
Leek Flakes		
Lemon Juice and Lime Juice Powder		
Lemon Peel		
Lemon Pepper		
Mace Powder		
Marjoram		
Mesquite Seasoning Blend		
Mulling Spice		
Mustard Seed (Brown & Yellow)		
No Salt Herb Seasoning		
Nutmeg (whole and ground)		
Onions (Powder or Granular)		
Orange Peel		
Oregano (Mexican)		
Paprika (Hungarian)		
Parsley		
Pesto Mix (Seasonal)		
Home Harvest Soup Mix (Seasonal)		

<i>Culinary Herbs and Spices</i>	Me	Friend
Papaya Dried (Seasonal)		
Poultry Seasoning		
Peppercorn Black		
Peppercorn White		
Peppercorn Mix (Rainbow)		
Peppercorn, White		
Peppers, (green & red mixed)		
Pickling Spice		
Pineapple Dried (Seasonal)		
Poppy Seeds		
Pumpkin Pie Spice		
Rosemary		
Sage		
Salt (many varieties)		
Savory		
Sesame Seeds		
Sesame Sticks		
Soy Nuts		
Spinach Flakes		
Spinach Vegetable Mix (Seasonal)		
Spirulina Powder		
Star Anise		
Steak Seasoning		
Sunflower Seeds (Seasonal)		
Taco Mix		
Tarragon Leaves		
Thyme		
Tomato Flakes		
Turmeric		
Vanilla Bean (whole)		