

# Herbs

Turn a good recipe into a fantastic one by spicing it up with herbs!



## PARSLEY

Parsley is probably one of the most versatile herbs out there because of its light and fresh flavor. It pairs well with any main or side dish. To best preserve its freshness, chop the leaves and small stems and add it to your dish during the final minutes of cooking or right before serving.

## CILANTRO

Although cilantro and parsley might look similar to the eye, the nose will say otherwise! Cilantro has a strong citrusy-pepper flavor and is best chopped and used to finish a dish to preserve its freshness. It pairs very well with Mexican, Indian and Middle Eastern flavors.



### Storing Fresh Herbs

To best store fresh herbs like parsley, cilantro and dill, treat them like fresh flowers! Snip off about half an inch from the stems and place the herbs in a bunch in a glass with a few inches of water. Be sure no leaves are touching the water. To keep the herbs from losing moisture, place a loose plastic bag around the top. Stick the whole thing in the fridge until you're ready to add those herbs to your next dish!





# DILL

Commonly paired with potatoes and fish, fresh dill has a slightly sweet, grassy flavor that packs a powerful punch. A little goes a long way, which is why dill is a star in creamy dressings, canned goods and egg dishes. Like many herbs, if you plan on adding it to a cooked dish, add it near the end or as a garnish.

# BASIL

There's not much that beats the smell of fresh basil; and the anise-like, peppery flavor can transform a dish. Basil's strong aroma can be lost quickly by cooking it, so be sure to add it at the last minute. Store basil like you would parsley, cilantro and dill, but keep it out of the fridge. If basil gets too cold, its leaves turn brown.



## Preserving Fresh Herbs

Sometimes you can't use up all those wonderful herbs before they spoil. If that's the case, consider drying your fresh herbs! Bind a bunch of fresh herbs by the stem using a rubber band (this is key). Next, hang the herbs upside-down somewhere dry and dark, like a closet or attic. The herbs will dry and the rubber band will shrink as the stems shrink. Once the herbs are dry, crush them and keep them in an airtight container.

Alternately, you could chop your fresh herbs and add them to an ice cube tray with a little olive oil or water. Freeze the tray until solid and store the herb-cubes in a bag in the freezer. Add the frozen cubes to soups, sautés, and sauces to brighten them up with great herby flavor!

