

CRUNCH TIME

A-Z Of Herbs And Spices



INGREDIENTS:

- 1 Bunch basil
- 15g Bay leaves
- 1 Bunch chives
- 1 Bunch coriander
- 1 Bunch dill
- 1 Bunch mint
- 1 Bunch parsley
- 1 Bunch rosemary
- 30g Cinnamon
- 30g Cloves
- 30g Cumin seeds
- 30g Curry powder
- 30g Nutmeg
- 30g Oregano
- 30g Paprika
- 30g Sesame seeds

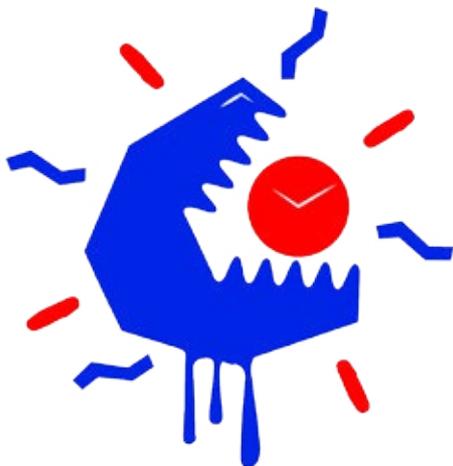
EQUIPMENT:

- 7 Glasses with water for herbs (or planter box)
- 9 Small bowls for spices



METHOD:

1. Most herbs can be found dried or fresh. Herbs are considered to be the leaves and greener parts of the plant
2. Common herbs in cooking include basil, bay leaves, chives, coriander, dill, mint, parsley and rosemary
3. Basil is great with tomatoes and of course pesto. Bay leaves are exceptional with meats, casseroles and stocks
4. Try chives in dips, sauces, snipped and sprinkled on potatoes and to garnish. Coriander can be found in Indian dishes and Asian cooking
5. Dill is yummy with seafood, eggs and breads. Mint is not just for lamb sauce, use it in cold drinks, Asian salads or to give a lift to fruit salads
6. Parsley is great in salads, makes basil pesto green, and, of course, garnishing. Rosemary and lamb just go together
7. Seeds, bark and roots of plants are normally considered a spice. Some plants are both herb and spice
8. Common spices in cooking include cinnamon, cloves, cumin seed, curry powder, nutmeg, oregano, paprika and sesame seeds
9. Cinnamon is an aromatic spice and lovely addition to baked goods. Cloves go well with meats, curries and marinades
10. Cumin seeds are used in stews and curries. Curry powder is a popular Indian blend of up to 20 spices such as coriander, turmeric, cumin and chilli
11. Nutmeg has a slightly sweet flavour and is used in drinks, savoury dishes and baked goods. Oregano is actually more flavourful dried than fresh and is considered a pizza herb and a must in a Greek Salad
12. Paprika is a dark red spice used to season and colour meat, stews and soups. When baked or toasted, sesame seeds have a delicious nutty, crunchy taste which makes them popular on biscuits and breads
13. Adding herbs and spices to your recipes improves the taste of foods and they also have many health benefits
14. Dried, ground spices are usually added to the recipe at the beginning of the cooking process
15. Fresh herbs are usually added at the end of the cooking process. It keeps the flavour of the herb brighter



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