

# Herbs

## Which herbs go well with which foods



### Basil

Basil, a member of the mint family, is also one of most widely used herbs. Often used in Italian cooking but great in sauces, pesto, bruschetta, pizza, panini, pasta and salads. Some people even enjoy basil in desserts.



### Rosemary

This fragrant herb has a bold lemony pine flavour. It's dark green needle like leaves are a great when used to enhance marinades, soups, stews, beans, and paired with meats such as chicken, lamb and game.



### Sage

The downy grey green sage leaves are richly aromatic. Its strong flavor means a little goes a long way. Sage goes well with meats such as chicken, duck, beef and pork. Also delicious added to pasta or gnocchi.



### Parsley

Parsley is a versatile herb that can be used in many savoury dishes. The fresh and vibrant taste of parsley is especially good in soups, stews, omelettes, marinades and bean and green salads. Wonderful with meats too.



### Thyme

The petite thyme leaves have a pungent aroma. It's often used in Mediterranean dishes as well as eggs, marinades and vegetables. Complements stews and most meats including chicken, fish and game.



### Mint

Mint, widely used in North America and the Middle East has a sweet and cool flavor. Often used in savoury dishes such as tabbouleh, falafels, salmon and shrimp. Fabulous in desserts and drinks too.



### Oregano

This flowery warm herb is a well known staple for Italian, Greek, and Mexican meals. The robust flavour goes particularly well with tomatoes, zucchini, and eggplant and meats such as chicken, fish, lamb and rabbit.



### Dill

The delicate and feathery dill leaf is a wonderful addition to soup, potatoes and great for pickling. Dill is also often used fish and seafood, stews, soups, bread, potatoes and rice. Don't forget dill in your tzatziki sauce.