

## **Peggy's Top 20 Herbs and Spices**

Someone asked us to list our Top 20 dried herbs and spices found in our kitchen cabinets on our [Message Board](#). Here's my personal list. Your personal favorites will probably vary depending on your tastes. Some of the following are technically not herbs or spices, but they reside in my cabinet for seasoning purposes. I don't have any particular favorite brands, except where indicated. The most important thing to remember is that they be fresh. Most dried herbs and spices lose their potency after six months on the shelf. It's wiser to buy small amounts that you will use up more quickly than bulk amounts that will sit around too long and go stale. The links go to featured articles I've written on the subject.

<b>Peggy's Top 20 Herbs &amp; Spices</b>		
<b>Rank</b>	<b>Herb / Spice</b>	<b>Comments</b>
1	<a href="#">Garlic</a> Powder	I use it in nearly every savory dish. Lawry's preferred.
2	Whole <a href="#">Peppercorns</a>	Get a grinder and you won't use pre-ground pepper again!
3	<a href="#">Oregano</a>	Rub between palms before adding to release more flavor.
4	<a href="#">Basil</a>	Goes with oregano well.
5	<a href="#">Dill Weed</a>	Essential for fish.
6	<a href="#">Paprika</a>	Sweet Hungarian is my favorite. Sgezed preferred.
7	Cumin	Essential for Mexican dishes.
8	<a href="#">Cinnamon</a>	Baking and curries.
9	<a href="#">Nutmeg</a>	Baking and cream sauces. Better to grate your own.
10	<a href="#">Rosemary</a>	Poultry basic.
11	<a href="#">Saffron</a>	Truly worth the expense. A little goes a long way.
12	<a href="#">Sage</a>	A must for poultry.
13	<a href="#">Thyme</a>	Good with meat and poultry.
14	Parsley	Good for adding color. Mild flavor.
15	Bay Leaf	A must for soups and stews.
16	<a href="#">Tarragon</a>	Good with seafood and poultry.

<b>17</b>	<b><a href="#">Onion</a> Powder</b>	<b>I used this as a flavor booster instead of salt.</b>
<b>18</b>	<b>Chile Powder</b>	<b>Get the real thing, not a blend.</b>
<b>19</b>	<b>Celery Seed</b>	<b>My potato salad has to have it.</b>
<b>20</b>	<b>Arrowroot</b>	<b>Great for thickening sauces.</b>

**<http://homecooking.about.com/library/archive/blherb2.htm>**