

## **Adding Herbs – The Secret to Great Recipes**

Herbs add exciting flavor bursts and enticing aroma. We decided to discover some new ways to use those dynamic little herb morsels.

### **Leafy Herbs:**

Bury them under chicken skin or tuck between bread slices. Parsley, basil, and cilantro can be tossed into salads raw, or add to plain tomato sauce.

Infusing them in your favorite broth, with veggies, or blending them with oil or vinegar.

For hardy herbs like rosemary, thyme, and juniper – crush and heat them in olive oil or save them by drying and freezing..

### **Beef:**

Make a marinade steeping whole thyme or rosemary branches in olive oil with sliced thin garlic, fennel and onion. All you have to do is heat oil with herbs and vegetables; let simmer over low heat for 20 minutes and veggies are soft.

Try crushed juniper berries instead of peppercorn in a rub.

Add herb branches like sage, juniper, and rosemary directly onto coals when grilling.

Combine fresh oregano, parsley, garlic, oil, and vinegar for a chimichurri sauce to spoon over meat.

### **Chicken:**

Stuff that chicken cavity with celery's relative, lovage; add some bay leaves and orange for flavor balancing.

Add lemon flavored herbs into warm vinaigrettes

Melt butter with herb leaves to release aroma to flavor cutlets

Blend sorrel into spinach for side dish or stuffing

Give chicken salad a new twist

### **Fish:**

Mint and tarragon balance the briny flavors of most seafood or fish

Make a crust mixing grated lemon rind with chopped basil and those breadcrumbs.

Use tiny leaves of arugula and peppercress micro greens like herbs

Use spicy sprigs of chervil, cilantro, and chives as herbed bouquet inside piece of baked or poached fish.

Steep chamomile flowers or lemon geranium leaves in vegetable broth and ladle infused broth over fish and fresh greens.

### **Salads:**

Toss herb flower blossoms from basil or chives with your salads

Edible flowers from pea shoots, arugula, mustard greens or broccoli add a special touch.

Chrysanthemum leaves and those lavender flowers spice up a dish.

Feathery tops from fennel bulbs add a whimsical look.

For More Information See:

<https://www.rodalorganiclife.com/food/cooking-herbs-1>