

A Cook's Guide to Herbs



PARSLEY

PRICE low
 SHELF LIFE medium - 4-5 days
 STORAGE wrap in plastic bag
 PROCESSING easy
 VERSATILITY high
 CUISINE All
 PAIRINGS garlic, potato, lemon, vegetables
 USES meat, fish, soup, stock, eggs



CILANTRO

PRICE low
 SHELF LIFE medium - 3-4 days
 STORAGE wrap in plastic bag
 PROCESSING easy
 VERSATILITY medium
 CUISINE Asian, Mexican
 PAIRINGS chiles, cumin, garlic, ginger, rice, tomato
 USES guacamole, ceviche, curry, salad



BASIL

PRICE high
 SHELF LIFE short - 2-3 days
 STORAGE damp paper towel
 PROCESSING easy
 VERSATILITY high
 CUISINE Italian, Mediterranean
 PAIRINGS tomato, cheese, garlic, olive oil, berries
 USES pesto, pizza, pasta, eggs, meat, seafood



TERRAGON

PRICE high
 SHELF LIFE medium - 4-5 days
 STORAGE wrap in plastic bag
 PROCESSING medium
 VERSATILITY low
 CUISINE French
 PAIRINGS mustard, vinegar, lemon, tomato
 USES chicken, eggs, sauces, fish, shellfish



MINT

PRICE medium
 SHELF LIFE short - 2-3 days
 STORAGE in a glass of water
 PROCESSING easy
 VERSATILITY high
 CUISINE Mediterranean
 PAIRINGS beans, cream, fruit, yogurt, dark chocolate
 USES lamb, sauces, salad, tabbouleh, tea



CHIVES

PRICE high
 SHELF LIFE short - 2-3 days
 STORAGE damp paper towel
 PROCESSING extra easy
 VERSATILITY high
 CUISINE Italian, Mediterranean
 PAIRINGS butter, cheese, potato, parsley
 USES eggs, soup, sauces, pork, salad



BAY LEAVES

PRICE low
 SHELF LIFE long
 STORAGE freezer, if fresh
 PROCESSING N/A
 VERSATILITY high
 CUISINE French
 PAIRINGS beans, parsley, potato, thyme, tomato
 USES meat, fish, rice, soup, stew, stock



THYME

PRICE medium
 SHELF LIFE medium - 4-5 days
 STORAGE wrap in plastic bag
 PROCESSING difficult
 VERSATILITY high
 CUISINE French, Middle Eastern
 PAIRINGS cheese, onion, potato, mushrooms
 USES chicken, fish, meat, soup, stew



ROSEMARY

PRICE medium
 SHELF LIFE medium - 4-5 days
 STORAGE damp paper towel
 PROCESSING difficult
 VERSATILITY high
 CUISINE Mediterranean, French
 PAIRINGS tomato, beans, olive oil, onions, potatoes
 USES lamb, meat, fish, poultry, bouquet garni



SAGE

PRICE high
 SHELF LIFE medium - 3-4 days
 STORAGE damp paper towel
 PROCESSING moderate
 VERSATILITY low
 CUISINE Mediterranean
 PAIRINGS onion, tomato, beans, cheese, butter
 USES stuffing, pork, pasta, fatty meat, sausage



OREGANO

PRICE medium
 SHELF LIFE short - 2-3 days
 STORAGE damp paper towel
 PROCESSING moderate
 VERSATILITY medium
 CUISINE Italian, Greek
 PAIRINGS bell pepper, fish, lemon, tomato
 USES fish, pasta, pizza, salad, soup, meat



DILL

PRICE low
 SHELF LIFE short - 2-3 days
 STORAGE wrap in plastic bag
 PROCESSING easy
 VERSATILITY medium
 CUISINE Italian, Mediterranean
 PAIRINGS yogurt, potatoes, garlic, cucumber, tomato
 USES fish, seafood, pickles, sauces, eggs