

HERBS & SPICES SEASONING vs FLAVORINGS

Terra: Tuesday 3-6 Class #4



SKILLS LEARNED

- Knife skills
- Herb & Spices
- Difference between seasoning and flavor
- Knowledge and identification

EQUIPMENT

- Pint mason jar with lid
- Cutting board
- Knife
- Mixing Bowls
- Rubber Spatula
- Measuring spoons
- Microplane / Zester

TODAY'S LESSON: REVIEW, HERBS & SEASONING

Vegetable, Skills and Affordability Review from Class 1-3

Fruit & Veggies review:

- | | | |
|----------------|-----------|-------------|
| • Kale | • Onion | • Avocado |
| • Strawberries | • Parsley | • Red onion |
| • Lemon | • Basil | • Cilantro |
| • Garlic | | • Lime |
| | | • Orange |

Skills review:

- | | | |
|-----------------------------|-----------------------------------------|---------------------|
| • Knife skills-intro, slice | • Knife skills-chop, finely chop, slice | • Knife skills-chop |
| • Remove leaf from stalk | • Peel | • Juice w/ fork |
| • Juice | | • Knead |
| • Mince | | • Mix |
| | | • Sauté |
| | | • Mash |

Affordability:

- | | | |
|--------------|-----------------------------------------|---------|
| • Kale Salad | • Tomato soup & grilled cheese croutons | • Tacos |
|--------------|-----------------------------------------|---------|

Difference between Herbs & Seasonings

- **Herbs** are the leaves of the plant
- **Spices** come from the roots, bark, and seeds
- BOTH are used to season (enhance natural flavor) and flavor (change natural flavor) to food

When to Use Dried Herbs

- Use dried herbs at the *beginning and during* cooking
- Dried herbs best when used in **soups, stews and sauces**
- Most common dried culinary herbs: oregano, bay leaves, rosemary, thyme.

When to Use Fresh Herbs

- Fresh herbs are more delicate - use them *at the end* of cooking, to finish dishes
- Best used to garnish **pastas, salads and casseroles**
- Common fresh herbs: basil, parsley, chives, dill, cilantro, etc

When substituting Fresh and Dried Herbs use 3x fresh: 1x dried

Butter

Makes 1/2 cup of butter

INGREDIENTS

1 cup heavy cream
(makes about 1/2 butter & 1/2 cup buttermilk)

INSTRUCTIONS

1. Pour into jar and secure with lid.
2. Shake vigorously until cream separates into butter and buttermilk, ~ 15 minutes
3. Pour off buttermilk and put butter into dish to serve or season

Compound Herb Butter w/ Baguette

Makes 1/2 cup of herb butter

INGREDIENTS

1/2 cup butter | *softened*
1/4 cup fresh herbs (chives, basil, rosemary, thyme, etc) | *finely chopped*
1 lemon | *zested*
Salt and pepper | *to taste*
Baguette | *sliced*

INSTRUCTIONS

1. Finely chop herbs and zest the lemon.
2. In a small bowl, whip the softened butter together with the herbs and lemon zest.
3. Add a pinch of salt and pepper and stir to combine.
4. Taste and adjust seasoning if needed. Enjoy on toasted bread, roasted veggies, or meat.

To preserve in the fridge: Spoon mixture onto piece of cooking parchment paper and roll to create log shape and twist ends of paper to seal. The compound butters can be refrigerated for up to 1 week.
