

ALL ABOUT HERBS

Chef Michele A: Tuesday 4-6 Class #2

SKILLS LEARNED

- Knife skills
- Herb knowledge and identification

EQUIPMENT

- Cutting board
- Knife
- Mixing Bowls
- Rubber Spatula
- Measuring spoons
- Microplane / Zester

TODAY'S LESSON: ALL ABOUT HERBS

Difference between Spices and Herbs

- BOTH are used to season and add flavor to food
 - **Herbs** are the leaves of the plant
 - **Spices** come from the roots, bark, and seeds

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

Substituting Fresh and Dried Herbs

- Dried herbs are stronger than fresh herbs.
- Use 3x amount of fresh herbs as dry herbs.
 - Ex: If your recipe calls for 3 teaspoons of fresh thyme, use 1 teaspoon of dried thyme.

Storing Fresh Herbs

1. *Bouquet-style*: For tender herbs (like basil) simply store on your counter in a jar of water.
2. *Refrigerate*: Wrap herbs in a damp paper towel, put in a resealable plastic bag, and into the fridge.
3. *Freeze*: Chop the herbs and freeze them in olive oil in ice cube trays.



Roasted Mini Rainbow Peppers with Herbed Goat Cheese

Makes 32 mini stuffed peppers

INGREDIENTS

16 miniature rainbow bell peppers | *tops cut off, halved, seeds removed*

8 ounces plain goat cheese

3 tablespoons chopped basil

3 tablespoons chopped chives

3 tablespoons chopped dill

Zest of 1 lemon

Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350F.
2. Cut the tops off each miniature pepper. Next, slice each pepper in half and remove seeds.
3. Put the goat cheese in a bowl.
4. Carefully chop the herbs and add to the bowl with the goat cheese.
5. Add the zest of 1 lemon and a pinch of salt and pepper to the bowl.
6. Mix the herbed goat cheese with a rubber spatula until evenly mixed.
7. Use a spoon to fill each mini pepper half with the herbed goat cheese.
8. Place peppers on a baking sheet and roast in the oven at 350F for 10-12 minutes, until warm and beginning to brown.
9. If desired, garnish peppers with additional fresh herbs. Enjoy!

Compound Herb Butter with Toasted Baguette

Makes 1/2 cup of herb butter

INGREDIENTS

1 stick (1/2 cup) unsalted butter | *softened*

1/4 cup fresh herbs (chives, basil, rosemary, thyme, etc) | *finely chopped*

1 lemon | *zested*

Salt and pepper (to taste)

Baguette | *sliced and toasted*

INSTRUCTIONS

1. First chop the 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.