NAME_____

HOUR_____

Herbs

Video Worksheet

1. What is the difference between an herb and a spice?

2. What's the best way to store fresh herbs?

3. How long should you keep dried herbs and how do you know how long you've had them?

4. How do you substitute fresh herbs for dried?

5. What is a popular herb used in Scandinavian and Greek cooking?

6. What herb is found in French cooking?

7. What herb is used in Italian and Mediterranean cooking?

8. How do you dry herbs?

9. How do you store dried herbs?

10. What is an herb blend?

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Herbs

Video Worksheet

Teacher's Key

1. What is the difference between an herb and a spice?
   Herbs are generally the leaves of a plant. Spices are the stems, seeds or pods.
2. What's the best way to store fresh herbs?
   Fresh herbs store best in plastic bags in the refrigerator.
3. How long should you keep dried herbs and how do you know how long you've had them?
   Use dried herbs within a year and date the container when purchased so you know how long you've had them.
4. How do you substitute fresh herbs for dried?
   Use three times the amount of fresh herbs as dried.
5. What is a popular herb used in Scandinavian and Greek cooking?
   Dill
6. What herb is found in French cooking?
   Tarragon
7. What herb is used in Italian and Mediterranean cooking?
   Basil
8. How do you dry herbs?
   Wash the herbs, remove as much moisture as possible and let them air dry on paper-lined baking sheets.
9. How do you store dried herbs?
   Store dried herbs in an airtight container away from light and heat.
10. What is an herb blend?
    Fines herbs mixed together like Italian Seasoning, Beau Monde, Taco Mix, & Greek Spices.

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Herbs Recipes

Herbed Cheese Spread

Makes 1 cup

1 small clove garlic

1/2 teaspoon salt

1 (8 oz.) package low-fat cream cheese, softened

1 tablespoon finely chopped fresh dill

2 teaspoons snipped chives

2 teaspoons chopped parsley

Mince garlic; sprinkle with salt. Mash garlic and salt together with tines of fork to form paste. Place in small mixing bowl. Add cream cheese, dill, chives and parsley. Stir together until well blended. Refrigerate, covered for several hours to blend flavors.

Vinaigrette

Makes about 1/2 cup

2 tablespoons tarragon vinegar (or other herbed vinegar)

1 tablespoon lemon juice

1 teaspoon Dijon mustard (or 1/2 teaspoon dry mustard)

1/4 teaspoon salt

1/8 teaspoon pepper

6 tablespoons vegetable oil

1 teaspoon chopped fresh herbs, such as mint (or compatible herbs to vinegar used)

Whisk vinegar, lemon juice, mustard, herbs, salt and pepper together in small bowl. Slowly whisk in oil. Will keep, covered, in refrigerator for 1 week.

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Tarragon Vinegar

Makes 1 1/2 cups

1 1/2 cups white wine or cider vinegar

2/3 cup lightly packed tarragon leaves

Combine the vinegar and tarragon leaves in a clean glass jar. Cover and refrigerate for 10 days to 2 weeks. Strain and pour into a sterilized (12 oz.) bottle. Add a sprig of fresh tarragon for decoration.

Pesto

Makes 1 cup

1 clove garlic

1 cup packed basil leaves

1/2 cup packed Italian parsley leaves

1/2 cup freshly grated Parmesan

1/4 cup pin nuts or walnuts

1/8 teaspoon salt

1/2 cup extra-virgin olive oil

With motor running, drop garlic clove down feed tube of processor bowl fitted with metal blade. Add basil and parsley; pulse to chop. Add Parmesan and pine nuts; pulse to form paste. With motor running, slowly add olive oil until well blended. Store, covered, in the refrigerator for up to one week.

Omelet with Fines Herbs

Makes 1 serving

1 teaspoon chopped parsley

1 teaspoon chopped tarragon

1 teaspoon snipped chives

1 teaspoon chopped chervil

2 eggs

1/8 teaspoon salt

pinch pepper

1 tablespoon butter

Finely chop parsley, tarragon, chives and chervil together. In small mixing bowl, whisk together eggs, salt and pepper. Whisk in half of the herb mixture.

Heat 6" to 8" omelet pan or non-stick skillet over medium-high heat; add butter. When done foaming, add eggs; cook 30-45 seconds. Begin pushing edge of egg mixture toward center and tilting pan so raw eggs run to sides. When set, flip and remove from heat. Let rest for 30 seconds to finish cooking eggs. Fold in half; slide onto plate. Sprinkle with remaining herbs and serve.

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