

Chef Todd Mohr's Web Cooking Classes.com

Week 25—Herbs & Spices

"Herbs and spices are the kitchen staples used as seasonings and flavorings. Seasonings enhance or compliment the natural flavor of a food item, flavorings change the overall flavor profile of the food entirely. Herbs refer to aromatic plants whose leaves, stems, or flowers are used to add flavors to other foods. Spices are the bark, roots, seeds, buds, or berries of plants." -Chef Todd Mohr

Uses for Common Herbs and Spices

Allspice	Fruits, relishes, braised meats
Anise	Asian cuisines, pastries, breads, cheeses
Basil	Tomatoes, salads, eggs, fish, chicken, lamb, cheeses, garlic
Caraway	Rye bread, cabbage, beans, pork, beef, veal
Chervil	Chicken, fish, eggs, salads, soups, vegetables
Chives	Eggs, fish, chicken, soups, potatoes, cheeses
Cumin	Chili, sausages, stews, eggs, Mexican, Latin, Caribbean cuisines
Coriander	Meats, Chicken, seafood, Mexican, Latin, Caribbean cuisines
Dill	Leaves or seeds in soups, salads, fish, shellfish, shrimp, vegetables, breads, seeds in pickles or potatoes
Fennel	Sausages, stews, sauces, pickling, lamb, eggs
Ginger	Asian, Caribbean, and Indian cuisines, pastries, curries, stews
Marjoram	Sausages, pates, meats, poultry, green vegetables, tomatoes
Nutmeg	Curries, relishes, rice, eggs, beverages, baked goods
Rosemary	Lamb, veal, beef, poultry, game, marinades, stews
Saffron	Rice, breads, potatoes, soups, stews, chicken, fish, shellfish
Sage	Poultry, pork, stuffings, pasta, beans, tomatoes
Tarragon	Chicken, fish, eggs, salad dressings, sauces, tomatoes
Thyme	Fish, chicken, meats, stews, soups, tomatoes
Turmeric	Curries, relishes, rice, eggs, bread

Smoke Points of Fat by Type

Whole butter	260 degrees
Walnut Oil	359 degrees
Sunflower Oil	390 degrees
Butter, clarified	400 degrees
Canola Oil	425 degrees
Peanut Oil	425 degrees
Olive Oil	437 degrees

Condiments

Prepared Mustards – a mixture of crushed mustard seeds, vinegar or wine, and salt or spices.

Soy Sauce – a thin, brown liquid fermented from cooked soy beans, wheat, and salt.

Ketchup – Prepared tomato ketchup is really a sauce

Other suggestions – Asian Fish sauce, Hoisin or Oyster Sauce, Red Chili Thai Paste, Old Bay Seasoning, Tabasco Sauce, Jerk Seasoning Sauce, Basil Pesto, Mint Jelly, Red Pepper Jelly, Horseradish.

Vinegars

Vinegar is a thin, sour liquid used for thousands of years as a preservative, cooking ingredient, condiment, and cleaning solution. Vinegars should be clear and clean looking, never cloudy or muddy.

White Vinegars – made from white or red wine, sherry or champagne.

Malt Vinegar – produced from malted barley. It is sweet and mild in flavor

Distilled Vinegar – made from grain alcohol, is completely clear and strong flavored with higher acid content than other vinegars.

Cider Vinegar – produced from unpasteurized apple juice or cider.

Rice Vinegar – clear, slightly sweet, brewed from rice wine

Flavored Vinegars – are simply other vinegars with herbs, spices, flavors added