



OKLAHOMA COUNTY
EXTENSION



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Get Cooking:

COOKING WITH HERBS

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ATTENDANCE

Please take a minute to mark your attendance.
Use your smart phone camera to scan the QR code below



**OKLAHOMA COUNTY
EXTENSION**

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A screenshot of a mobile form titled "Get Cooking: Cooking with Herbs Attendance" from Oklahoma County Extension. The form includes a disclaimer about data collection for civil rights compliance, a "Thank you!" message, and a required text input field for the user's name.

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Get Cooking: Cooking with Herbs Attendance

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Thank you!

* Required

1. Name (first and last) *

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EXTENSION

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JUSTICE
FOR ALL”**

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Form AB-476-A (revista 6/2005)

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“An herb is the friend of
physicians and the
praise of cooks.”

- Charlemagne



HERBS

- Leaves of growing shrubs
- Can be used fresh or dried



In Great Britain, the “h”
is pronounced; in the
United States, it is
pronounced “erb”



Herbs (both fresh and dried) may provide antioxidants that help protect against diseases such as cancer and heart disease

COOKING WITH HERBS



- Cleaning Herbs
- Cutting & Preparing Techniques for Herbs
- Fresh vs. Dried Herbs
- Delicate vs. Hardy Herbs

Wash herbs under running water just before using



Dry in a salad spinner or gently pat dry with a paper towel



Chives:

- Quickly snip small bundles of chives with a kitchen scissors

OR ...

- Cut bundles on a cutting board with a very sharp chef's knife



Cilantro, parsley, and other small-leaved delicate herbs:

- Remove leaves by hand
- It's OK to include some tender stems



Photo by Alice Henneman

Thyme, oregano,
rosemary, tarragon and
other sturdy stemmed,
small-leaved herbs:

- Hold thumb and index
finger together; run
down the stem in the
opposite direction the
leaves have grown



Photo by Alice Henneman

Chopping herb leaves into smaller amounts:

- Bunch leaves on cutting board
- Use a sharp chef's knife so as not to bruise the leaves



Place fingertips on tip of a chef's knife and rock blade briefly back and forth. Re-gather leaves and chop again if a smaller size is desired



Photo by Alice Henneman

Basil, mint, sage
and other large,
leafy herbs:

- A technique called “chiffonade” can be used with these herbs
- This method cuts these herbs into narrow ribbons



Stack 5 or 6 leaves, and roll tightly



Cut crosswise into narrow ribbons

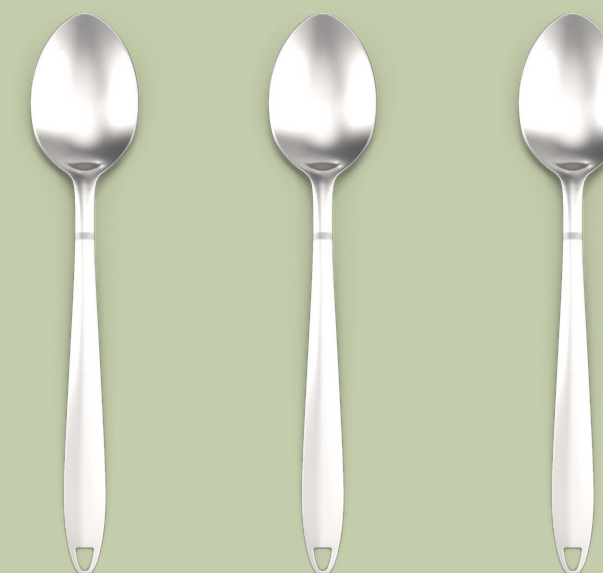


A general guideline when using fresh herbs in a recipe is to use **3 times** as much as of a dried herb

Dried Herb



Fresh Herb





Delicate herbs
include:

- Basil
- Chives
- Cilantro
- Dill leaves
- Mint
- Parsley



Less delicate
herbs include:

- Oregano
- Rosemary
- Sage
- Thyme

POPULAR FRESH HERB & FOOD COMBINATIONS

- Rosemary
- Basil
- Dill
- Parsley
- Cilantro
- Oregano
- Mint
- Tarragon
- Thyme
- Sage



ROSEMARY



- Chicken
- Fish
- Lamb
- Pork
- Roasted potatoes
- Soups
- Stews
- Tomatoes

BASIL



- A natural snipped in with tomatoes
- Terrific in fresh pesto
- Other possibilities include pasta sauce, peas, zucchini

DILL



- Carrots
- Cottage cheese
- Fish
- Green beans
- Potatoes
- Tomatoes

PARSLEY



- The curly leaf is the most common, but the flat-leaf or Italian parsley is more strongly flavored and often preferred for cooking
- Natural pairings for parsley include potato salad, tabbouleh, egg sandwiches

CILANTRO



- Mexican, Asian and Caribbean cooking
- Salsas
- Tomatoes

MINT



- Carrots
- Fruit salads
- Parsley
- Peas
- Tabbouleh
- Tea

TARRAGON



- Chicken
- Eggs
- Fish
- Green beans

THYME



- Eggs
- Lima beans
- Potatoes
- Poultry
- Summer squash
- Tomatoes

SAGE



- Beef
- Chicken
- Potatoes
- Pork
- Carrots
- Summer squash

STORING HERBS

- Refrigerating
- Freezing
- Deydrating



REFRIGERATING



- Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator crisper drawer for a few days

MAKING YOUR OWN PERFORATED BAGS

- “You can make holes using a standard paper punch or a sharp object such as a pen, pencil, or knife. Punch holes approximately every 6 inches through both sides of the bag.
- If using a knife to create the openings, make two cuts — in an ‘X’ shape — for each hole to ensure good air circulation.”

DRYING HERBS



- Dehydrator drying is a fast and easy way to dry high quality herbs because temperature and air circulation can be controlled.* (Follow directions that come with your dehydrator.)
- Can use oven at a low heat to dry out herbs
- Can use a paper bag, with hole and leave to dry out in cool area for a week or so

**National Center for Home Food Preservation
<http://nchfp.uga.edu/how/dry/herbs.html>*

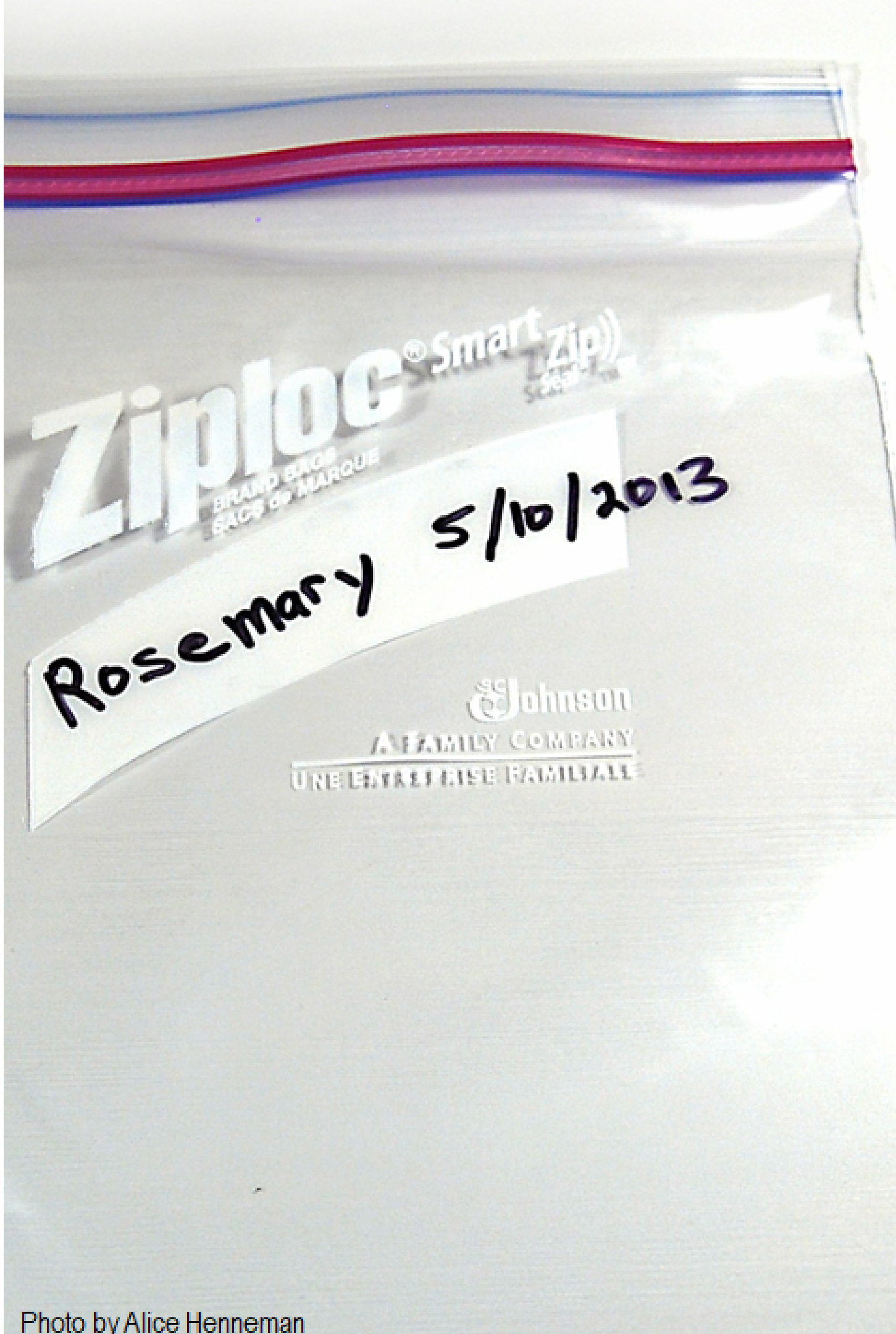
FREEZING HERBS IN OIL OR WATER



- Works best popped directly into cooked foods
- Chop or use sprigs/leaves
- Place in ice cube tray sections with amounts easily used in recipes
- Cover with extra-virgin olive oil or water; frozen oil turns whitish but changes back when thawed

FREEZING HERBS

- Cover tray lightly with plastic wrap; freeze overnight
- Label freezer bags with herb type/date; then add herbs
- Some feel this method works best with less tender herbs (i.e. rosemary, sage, thyme, oregano)
- Use in 3 to 6 months for best quality



ROSEMARY GARLIC INFUSED VINEGAR

- Infused vinegar is an easy way to use herbs to add flavor to dishes.



PROGRAM EVALUATION



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RESOURCES

1. Cooking with Fresh Herbs, <http://food.unl.edu/web/fnh/fresh-herbs>
2. Colorful Foods Videos, <http://vimeo.com/user8347130/videos>
3. Recipe Videos, <http://www.youtube.com/FCHSdepartmentRCE>
4. Get Moving - Get Healthy New Jersey! <http://getmovinggethealthy.org>
5. <http://pinterest.com/alicehenneman/herbs/>
6. Growing Herbs, Purdue University, <http://www.hort.purdue.edu/ext/HO-28.pdf>
7. Growing Herbs at Home, University of Missouri Extension, <http://extension.missouri.edu/p/g6470>

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