



## HOW TO USE HERBS

Herbs are so easy to grow; whether you live in the city or the country, the sixteenth floor or in a basement flat, it doesn't matter! Just stick them in your garden, window-box, terracotta pot – even a bucket – and you'll have a never-ending supply of your favourite flavour-boosts.

Herbs can be classed as being either woody herbs, like rosemary and thyme, and soft herbs, like basil, coriander and parsley.

1) \_\_\_\_\_ Instead, they're usually cooked alongside whatever they're intended to flavour and are often removed before serving. Soft herbs aren't quite as strong as woody ones – they can be eaten raw in salads, or scattered over and stirred into cooked food. There are so many exciting and interesting herbs out there, so we've picked the most commonly used ones to guide you through.

### BASIL

Basil is central to Italian cooking and rightly so – with a sweet, slightly aniseed flavour, basil livens up pasta dishes and salads, forms the base of delicious [pesto](#), and is great combined with eggs and ripe cherry tomatoes for a mega-tasty [omelette](#).

2) \_\_\_\_\_. Try it in this [salsa spaghetti](#), on [bruschetta](#) with ripe tomatoes or paired with mint in these tasty [arancini cakes](#).

### PARSLEY

With its bitter, fresh flavour, parsley is perhaps the ultimate garnish for rich dishes. Having it to hand in the kitchen will mean you're never without the perfect finish to most recipes. Whether flat-leaf or curly, sprinkle some torn fresh parsley leaves over [roasted lamb](#), [beef stroganoff](#), [grilled fish](#), a spicy [chorizo omelette](#), or a beautiful [bubble and squeak breakfast](#). 3)

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### CORIANDER

With a citrusy, light and sweet flavour, coriander is a great herb for garnishing finished dishes. It's widely used in Latin American and [Mexican](#) cooking. 4) \_\_\_\_\_ It's also a brilliant herb for adding beautiful fresh flavour to Asian cooking and is often paired with mint – try it in Asian [curries](#), [salads](#), [soups](#) and broths. When crushed in a pestle and mortar, the stalks have even more flavour than the leaves and are a key ingredient in curry pastes.

### HOW TO STORE YOUR HERBS

Although they're best when fresh, you will definitely find yourself needing to store your lovely herbs at some point. There are a number of ways to do this:

- 5) \_\_\_\_\_ Do this by making bunches about the diameter of an OK-sign made with your thumb and forefinger.

- A) Rosemary is often used with [roast meats](#), as well as [roasted potatoes](#)
- B) You can chop it up into [guacamole](#) or fresh [salsa](#), or stir it through [ceviche](#) or pairing it with chilli
- C) Woody herbs are tougher and are generally too powerful to be eaten raw.
- D) To make oils, simply push a few stems into a bottleful of quality extra virgin olive oil.
- E) It is good friends with tomato, mozzarella, garlic, aubergines, artichokes, balsamic vinegar, seafood and even strawberries
- F) Although they're best when fresh, you will definitely find yourself needing to store your lovely herbs at some point.
- G) Dry woody herbs at home by [bunching them up](#).
- H) Make sure you save the stalks – you can use them to flavour stocks.