

# COOKING FOR CHEMO

## Quick Reference Herb Chart

Including: Flavor, Function, When to add them to a dish, and Common Uses and Pairings

Herb	Flavor/ Function	Common Uses/Pairings
Basil	<i>Flavor:</i> Sweet with a hint of licorice.  <i>Function:</i> Adds freshness to a dish. Add at the very end of a dish. Absolutely last.	bell peppers, cheese, chicken, eggplant, eggs, fish, garlic, Italian cuisine, lamb, lemon, meats, Mediterranean cuisine, mint, olive oil, oregano, pasta, pesto, pizza, salads, salmon, salt, shellfish, soups, Thai cuisine, tomatoes, tomato sauces, vegetables, vinegar, watermelon, zucchini
Bay Leaves	<i>Flavor:</i> sweet  <i>Function:</i> Adds richness and savory to dishes. Add in the beginning to give time to work throughout the dish.	beans, fish, meats, parsley, rice, soups, stews, stocks and broths, thyme, tomatoes and tomato sauces
Chives	<i>Flavor:</i> green onion  <i>Function:</i> Adds light onion flavor to dishes. Added at the end.	cheese, eggs, parsley, pork, potatoes, salads, sauces, soups, sour cream, tarragon, vegetables
Cilantro ( Fresh Coriander Leaves)	<i>Flavor:</i> sweet, sour, citrus  <i>Function:</i> Adds a cooling note to spicy dishes and a freshness to dishes. Add at the very very end. Mostly used as a garnish.	Asian cuisines, avocados, chicken, chile peppers, coconut, cumin, curries, fish, garlic, ginger, Indian cuisine, lemon, lemongrass, lime, Mexican cuisine, mint, rice, salads, salsas, tacos, Thai cuisine, tomatoes, yogurt
Dill	<i>Flavor:</i> sour, sweet  <i>Function:</i> Adds freshness to dishes. Add at the very end of a dish. It is a delicate herb.	beets, cabbage, carrots, cilantro, cucumbers, eggs, fish, parsley, pickles, potatoes, salads, salmon
Marjoram	<i>Flavor:</i> Sweet and spicy and in the same family as oregano, just lighter in flavor.  <i>Function:</i> Adds a light, crisp peppery-ness. Add in the middle of a dish.	basil, cheese-goat mozzarella, Italian Cuisine, Greek Cuisine
Mint	<i>Flavor:</i> sweet crisp herb  <i>Function:</i> It adds a subtle, cleansing pop. Like basil add at end of cooking so you don't lose its pop.	beverages, chocolate, cream, ice cream, desserts, teas

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Oregano	<p><i>Flavor:</i> Rich, aromatic, and peppery herb.</p> <p><i>Function:</i> It adds a nice, subtle black pepper flavor that blends well with food. Add at the beginning of a dish to give it time to work through the dish.</p>	beans, beef, chicken, fish, lamb, meats, pasta and pasta sauces, salads, soups
Parsley	<p><i>Flavor:</i> It's bitter and fresh.</p> <p><i>Function:</i> To be used as a pallet cleanser. Add at the very end. Always put on top. You never want to cook it into a dish.</p>	basil, carrots, chicken, eggplant, fish, pasta and pasta sauces, pork, potatoes, soups, stews, stocks, vegetables
Rosemary	<p><i>Flavor:</i> An aromatic herb adds a rich warmth to dishes.</p> <p><i>Function:</i> Add early in cooking to add a rich warmth and depth to your dishes.</p>	beans, breads, butter, chicken, duck, fish, lamb
Sage	<p><i>Flavor:</i> Highly aromatic. It is the single ingredient that makes everything it is in smell like Thanksgiving.</p> <p><i>Function:</i> Add last in cooking to add warmth and depth to the dish.</p>	stuffing, turkey, poultry, traditional American food
Savory	<p><i>Flavor:</i> Savory is exactly like it sounds, savory. Its flavor is a blend between thyme, rosemary, and sage.</p> <p><i>Function:</i> It adds savoriness and aromatic quality to a dish. Add early in cooking.</p>	beans, beef, chicken, garlic, red meat, starchy potatoes, tomatoes
Tarragon	<p><i>Flavor:</i> Its flavor is like liquorice, heavier than basil but lighter than normal liquorice flavor.</p> <p><i>Function:</i> It adds lightness and freshness to a dish. Add last to a dish.</p>	acidic foods, poultry, eggs, fish, light flavored dishes
Thyme	<p><i>Flavor:</i> aromatic and rich</p> <p><i>Function:</i> Adds warmth to dishes and gives food a wholesome taste. Add about midway through the dish.</p>	marinara sauce, tomatoes, red meats, poultry, roasted meats, starchy vegetables