

<i>Herb</i>	<i>General points and uses</i>
Chives	Chopped in salads, omelettes, cottage cheese and potato salad. New potatoes can be garnished with a butter glaze and chopped chives.
Fennel	Chopped leaves can be added to a sauce or to a fish dish.
Garlic	A plant of the onion family. Each bulb consists of many cloves. Use in savoury dishes.
Lemon balm	Summer drinks, salads, sauces and herbal tea.
Marjoram	Stews, sausage meat dishes and pizzas.
Mint	Mint sauce with roast lamb, mint and butter glaze on new potatoes.
Mixed herbs	Prepared mixture, used in spaghetti bolognaise and stews.
Parsley	Garnish for any savoury dish, sauces, herb butter. It contains vitamin C.
Rosemary	Soup, stew, chicken and lamb
Sage	Sage and onion stuffing, Sage Derby cheese
Tarragon	Leaves used in salads. Placed in vinegar for flavour.
Thyme	Stuffings, soups and stews
Bouquet garni	A bundle of fresh herbs tied together or a mixture of dried herbs in a muslin or sachet. Mint, thyme, rosemary, parsley, tarragon, sage. Use in soups and stews. Remove before serving.

Table 4.11 Uses of some common spices

<i>Spice</i>	<i>General points and uses</i>
Caraway seeds	Bread and cakes
Cayenne pepper	Made from hot chillies. Cheese dishes.
Chillies	Used to make Tabasco sauce. Makes chilli powder. Chilli con carne.
Cinnamon	Bark of a tree. Used in fruit cakes, apple pies, biscuits.
Cloves	Whole flower buds or ground. Apple pie, bread sauce.
Curry powder	A mixture of hot spices. Contains a little iron. For meat, fish and vegetable curries.
Ginger	Whole root, powder or crystallized. Cakes, biscuits, melon, chutneys. Stem can also be crystallized.
Mustard	Seeds. Used to make pickles, chutneys, mustard. Served with meat, vinegarette dressings. It helps to bring a cheesy flavour out for instance in a cheese sauce.
Nutmeg	Whole or ground. Egg custards, rice and other milk puddings, cakes, soups, cheese and egg sauces.
Mace	Outer covering of the case around a nutmeg. To flavour a bechamel sauce, pâté and casseroles.
Paprika	Dried fruit of a Hungarian red pepper, used for goulash etc.
Peppercorn/pepper	Dried berry. Can be milled with (black pepper) or without skin (white). Savoury seasoning.

Essences

These are the essential oils found in the leaves and fruits of plants. The extraction of the volatile oil is difficult. A solution is made in alcohol.

Peppermint essence is an exception and is relatively easy to extract.

Lemon and orange essences are found in the outer coloured layer of the fruit, the zest. This can be grated or peeled off to use as a flavouring or to infuse into a liquid.

Vanilla essence is made from the pod of the vanilla plant which is a type of orchid. The pod is also dried and can be put into a store jar with caster sugar to make vanilla sugar.

Almond, cherry, apricot and peach essence can be extracted from the kernels of the fruit.

Most essences are now synthetically made. Vanilla is the most successful and is derived from coal tar. A substance called vanillin is extracted and used to make the essence.

Natural colours

Cochineal is a pink colouring made from an insect found in Mexico and Peru.

Turmeric is a yellow powder made from an underground stem or rhizome. It is used in curries and mustard pickles.

Annatto is a yellow colour added to butter, margarine, cheese and milk. It is made from the fermented seed of a South American plant.

Caramel is a light to dark brown colour made from sugar.