

Herbs & Spices

Kitchen

When to add each, and why the timing changes the result.

Hardy — add early

- Rosemary, thyme, bay, oregano, sage
- Woody stems, tough leaves
- Survive long cooking
- Release flavour slowly
- Dried works well

Soft — add late

- Basil, parsley, coriander, dill, chives
- Tender leaves
- Destroyed by heat
- Stir in off the heat
- Dried is a poor substitute

THE DIFFERENCE THAT MATTERS

Whole spices bloom in hot fat at the start. Ground spices burn quickly — add them a minute before the liquid.

Dried herbs are about three times as strong as fresh. Use a third of the quantity when substituting.