The successful way to herb and spice cookery is through experience and experimentation in your own kitchen. But before you begin experimenting consult the Guide. It will get you acquainted with the possibilities of herb and spice seasoning, or reassure you of the fact that such herbs and spices ought to be used for the flavor desired.

Herbs and spices—fresh or dried—do not blend with all foods. Therefore, the following Guide is intended to serve as your protection in their use. In blending herbs and spices for use in any recipe make sure that they are all especially suited to the particular food under consideration.

**ALLSPICE** in flavor, a blend of cinnamon, clove, and nutmeg. Usable in a wide variety of cookery. Add it whole to soup stocks; use whole in recipes calling for a long cooking time. Essential in pickling; excellent as a pastry spice. In seasoning cold meats, wrap it in a cloth and crush with a mallet before adding to the meat—or use freshly ground allspice.

**ANGELICA** leaves and stalks are candied or glazed like citron. Use in fancy cookies, cakes, and confections, steam puddings and fruit cakes. Grate for use in cookies; chop for use in puddings and fruit cakes.

**ALMOND** the Spanish variety is available in this country bleached and ready for roasting. Fresh domestic almond must first be blanched by covering with boiling water and allowing to stand for about ten minutes. The hulls will then come loose easily. An almond paste can be bought ready-made in cans for use in delicate pastries. Almond extract is useful in many different cake and dessert recipes. For soups and baking, almonds need not be roasted. For almond bisque, blanch the nuts and grind. Make a thin cream sauce, cook in double boiler for an hour with the ground nuts. When ready to serve, dilute with milk to desired consistency. For a soup in which the almond flavor is not pronounced, substitute chicken stock for half the milk. Season slightly with celery salt, table salt, and white pepper.

**ANISE** slightly licorice in flavor; use sparingly until an appreciation of the flavor has been cultivated. Seeds of Spanish anise are used for breads, rolls and confections. One-half teaspoon anise seed added to the boiling vinegar and strained out will season a quart of mayonnaise.

Anise leaves are used fresh or dried in salads and in making herb tea.

**ANISE, STAR** powdered, is often used as a brown coloring agent, particularly in apple butter.

**ARROWROOT** use as a stabilizer in place of an equal amount of flour or cornstarch to thicken puddings and cream pies. In making pie crust arrowroot will not take the place of flour entirely. When used in butterscotch sauces or ice cream, arrowroot will not spoil as quickly as cornstarch. It does not absorb moisture from the air.

Arrowroot is particularly useful when cooking for allergy patients who cannot eat flour.

**BALM, COMMON** or **LEMON** lemon-scented leaves are used fresh or dried in meat, fish, and salad dishes.

**BALM, PINEAPPLE**—use same as common or lemon balm.

**BASIL, SWEET** has faint pepper-lemon-clove taste. Use fresh leaves in salads, and leaves in stews, soups, fish sauces, and omelettes. Chop fresh leaves like parsley; crumble dry leaves well. Add to soups and chowders the last ten minutes of cooking. For fried tomatoes add crumbled dry leaf to crumb mixture. In vegetable cocktail add crushed basil leaves about an hour before serving.

**BAY LEAF** use in stews, sauces, soups, fish cookery, cold or hot meat, game dishes either alone or blended with other seasonings. In cold meats crush the leaf and mix with other seasoning; in soups—tie the leaf in a cheesecloth so that it may be easily removed according to taste preference before the soup is served.
BORAGE cucumber taste. Use fresh or dried leaves in salads. Crystallized flowers can be added to cake and confections. If using borage in any hot dish, keep it in cheesecloth bag for removal as soon as flavor is sufficiently introduced.

BURNET slight cucumber flavor. Use in salads; also in making vinegars.

CAMOMILE (sometimes spelled Chamomile)—dry leaves and flowers used in herb tea. In Mexico the seed is used in making chili, sauces, soups, stews, and in tomato dishes where high flavor is desired.

CAPER premature blossom of spice plant “caper” which is pickled for use in cold dishes, sauces, and salads—especially sea food such as tuna, crabmeat, or salmon. Taste is sharp, sweet, and lemon-like.

CARAWAY use dried seeds in breads, cakes, cheese, soups, sauerkraut, new cabbage, sprinkled on French fried potatoes, goulash, pork liver and kidneys. Mix with cream and other cheese for canapé spreads, or celery stuffing.

CARDAMON can be obtained whole, decorticated, or in powdered form. Include in many mixed spices or spice bags. Use in gingerbreads, cookies, cakes, and biscuit batters, and in poultry stuffing. Use ground cardamom in sausage mixture, on hot dogs, and try rubbing it on fresh pork. Use with nutmeg and cinnamon in apple pie.

CASSIA similar in flavor to cinnamon, somewhat stronger and more pungent; may be used instead of cinnamon. The cassia stick is thinner than the stick cinnamon bark, and does not give such a dark color as does cinnamon. Cassia varieties, include Honan, Batavia and China Saigon.

CELERY seeds and leaves are used for flavoring meats, sauces, and salad dressings. For poultry or game stuffings sauté fresh celery or use celery salt or whole celery seed. Celery leaves or stalks for soups should be sautéed before putting into the stock. Serve stalks as a relish, pickled with cucumbers, or creamed as a vegetable with pieces of mushroom and carrot.

Chervil resembles a mild parsley in flavor with slight peppery taste. Use in place of parsley in salads, egg and poul-

try dishes, and in sorrel and spinach soups.

CHIVES young green tops are mildly onion flavored. Use chopped in savory foods, sauces—especially sea food and fish dishes—salads, and cream or cottage cheese.

CINNAMON use to flavor desserts, pies, pastries, breads, meats, and stuffings; dust on fried bananas, and in making beverages. Especially good with apples, and often combined with allspice, nutmeg and cloves; mix with sugar for use on waffles or toast. Pickling and canning.

CITRON glazed rinds used for fruit cakes, cookies and steam puddings.

CLOVE use whole for flavoring ham and other baked meats. Cloves contain oil and are high in flavor, therefore, are excellent for pickling fruits, or combining with other spices for pumpkin pie, spice mixture, catsup spices, etc.

COMENIEN seeds are used for chili only. In the making of chili con carne, comien seed alone would set off the flavor of the dish.

CORIANDER use seeds when fully matured and dry. Coriander seeds must be kept dry or the odor and flavor will be unpleasant. Use in froostings, cookies, sweets, and in hot dogs, gingerbreads, pound cakes, stuffings, mixed salads, pickles, chutney. For a spice bag mix a few coriander seeds, a bit of ginger root, a whole clove, a few mustard and allspice seeds.

CUMIN seeds resemble caraway. Use in soups, stews, cooking chicken, and for pickling; sometimes added to pastries. Blends well in wine cookery. May be substituted for comien.

CURRY POWDER a combination of herb seeds and spices in a dry, yellow powder. Use in making such dishes as curried lamb and stews, Spanish or curried rice, and in tomato sauce. May be used as you would mustard in salad dressing.

DILL aromatic seeds are used in pickling, fish cookery, and in salads. When using the dill sprig in salads bruise it and mix with the salad ingredients for a time but remove before serving.

FENNEL use seeds, which have an anise-like flavor, in salads, savory foods, especially fish, and in pickling. Crush or
grind the seeds for use in soups, stews, and chowders. Cut fresh leaves in julienne strips for use in salads, but use very sparingly because of their high flavor.

FENUGREEK seed is used in making curry powder, but flavor is so strong that it should never be used as a substitute for curry powder.

FILE a powder made from the dried leaves of tender tips of sassafras. Used in Creole cookery, particularly gumbos.

GARLIC a bulbous herb with strong onion flavor; too often misused and consequently disliked. Handle discreetly and use sparingly. Chop garlic very fine and sauté in oil to a golden brown before adding to stews chili, sauces, or other hot dishes.

A simple way to handle garlic seasoning is in the form of garlic salt, juice, or vinegar. These extracts have the exact flavor of fresh garlic and are more easily controlled. Garlic vinegar may be added to vegetable salad dressings in place of cider vinegar. Another easy way to control garlic flavor is to keep a clove of garlic in a half cup of salad oil in a covered jar in the refrigerator; when garlic seasoning is wanted use a few drops of the oil in which garlic has been kept, or for salads, rub the salad bowl with the garlic flavored oil.

GINGER can be obtained in whole, ground, or crystallized form. Ginger is used as a spice in cookies, the familiar gingerbread, and other confections; it is a popular pickling spice. Crystallized ginger may be used in fruit salad by shaving a little ginger over the top of the salad or by mixing it with a dressing made of one part whipped cream and one part mayonnaise.

FISH HERB is a mixture of mint, sage, thyme, basil, dill and marjoram. When making fish chowder, fish herb should be added the last ten minutes of cooking. It may be mixed with salt and sprinkled over fish in the process of baking.

HORSERADISH may be had fresh or commercially prepared. The fresh horseradish is much stronger and more flavorful. The prepared horseradish must be kept under refrigeration and is good so long as it retains its white color, but if it turns dark it has lost its seasoning power. The dehydrated horseradish is good the year around and does not need refrigeration.

Horseradish is especially good in seafood cocktails or as a relish for meats. It may be mixed with whipped cream to taste for a ham dressing.

HYSSOP use leaves for flavoring vegetables, especially those of the bean family. When seasoning canned vegetables, the juice should be drained off; add finely chopped hyssop leaves, butter and salt; pour the heated liquid over the vegetables.

JUNIPER crush berries and sprinkle over wild game while cooking, or add to Spanish sauce and curried dishes.

LAVENDER a sweet spice used to decorate cakes or confections. Also used for sweet meat seasoning.

LEEK mild onion flavor, used principally in appetizers, soups, and relishes.

LEMON a citrus fruit, the juice of which is essential to fish cookery, all fruit salads, raw fruit preparation, and many vegetables. Use lemon juice for dredging to prevent discoloration of such fruits as bananas and apples; add it to apple dishes to bring out flavor especially to old apples. Marinate all fruits in lemon juice to which has been added a sprinkle of sugar, before combining in fruit salads.

LIME use interchangeably with lemon.

LOVAGE stems have a rich celery-like flavor, and can be combined with marjoram, chives, and mint in French dressing. Used alone or in combination with other herbs in cottage and cream cheese, lima bean salads, sandwiches and poultry stuffings. Use like celery in soups, sauces, and stews. The candied roots may be used in cake frostings and cookies.

MACE (the lacy covering of the nutmeg seed) use whole blades in fish sauces, in pickling, preserving, and particularly in stewed cherries or prunes. A blade, or piece, added to Welsh rarebit gives distinction to the dish. One blade chopped fine flavors gingerbread batter. Chop fine and add to biscuit dough to serve with fruit or strawberry shortcake. It brings out the flavor of chocolate in recipes, and is excellent in yellow cake, pound cake, and in anything fried in deep fat, such as fried cakes. Grind and add to cream soups, or add to soup stock and
oyster stews the last ten minutes of cooking.

If used with a light hand, mace may be found desirable in all branches of cooking.

MARJORAM used ground in meat, salad dressings, stuffings, gravies for Swiss steak, and in meat loaf. May be used to garnish tomato, cucumber, and other vegetable salads. Dried marjoram leaves are crumbled and added sparingly to soups and stews, the last ten minutes of cooking. Marjoram can be bought as domestic, French and “sweet”, the last being recommended for fish dishes.

MINT fresh leaves may be chopped fine for fruit salads or used whole as garnish. Use with lamb roast, in iced tea or mint juleps, or for marinating canned fruits to bring out the fresh flavor.

MUSTARD young tender leaves may be used in salads. Seeds are ground for pickling or for seasoning sausage and other cold meats. The black mustard is recommended for dark meats like salami. Yellow mustard seed is also used in pickling, in making sausage and cold meats, but is most frequently used powdered and made into prepared commercial mustard known as English salad mustard. Prepared or powdered mustard may be added to salad dressings and sauces.

NUTMEG is a stable spice in the baker’s cabinet and is used to bring out the flavor of many dessert recipes. When used in soups in powdered form it should be added the last ten minutes of cooking. Principally used in apple pies or apple dishes of all kinds, and in egg nooks.

OREGANO (see Sage, Oregano).

PAPRIKA (Domestic) contains Vitamin C. Used in both sweet and strong sauces. May be sprinkled on the most delicate salad, and may be used to season your strongest sauce. Has a flavor that goes well with many others. When buying paprika, specify the domestic variety for general use because of its mild flavor. Used as a coloring agent on neutral-colored food.

PAPRIKA (Hungarian) is too strong to use in salads; use only in cooked foods. Excellent if used sparingly in meat dishes and sauces, but not in mild sauces. Has a very strong flavor resembling cayenne pepper, and may be used interchangeably with it.

PAPRIKA (Spanish or Portuguese) similar in rich taste and distinctive flavor, but sweeter and milder than Hungarian paprika. Very good for tomato sauces on spaghetti or fish.

PARSLEY when fresh may be used in soups, sauces, dressings, to garnish potatoes, meats, poached eggs, omelettes, fricassee chicken, and in combination with other herbs and spices. To prepare parsley for use soak in water and then wash well under running water. When using chopped parsley to garnish vegetables, place chopped parsley in cheesecloth and hold under running water; then wring dry. The gummy secretion of the parsley will stick to the cloth and the parsley will be dry and sprinkle easily. Has won popularity over all herbs, blends well with all hot dishes, meats, sauces, vegetables, and butters. May be dipped in batter and French fried as a vegetable garnish for steaks. High in Vitamins A and C.

PEPPER, Black, standard seasoning for all meat cookery and table use. Used in pickling, soups, and meats. Many cold meats may be peppered on the outside by crushing the grain and rolling the meat in the pepper.

PEPPER, White, use interchangeably with black pepper; is particularly good in seasoning cold meat. Is recommended for cream soups or light-colored dishes where specks of black pepper would detract from the appearance.

PEPPER, Chili, is used in chili powder. If chili con carne is to be made you should have chili pepper as well as chili powder. Chili peppers come in large black pods and are also known as “red chili” pods.

PEPPER, Chili Petin, is very hot. Use for chili, cold meats, and barbecue sauces. Must be used sparingly.

PEPPER, Migonnette, rich in pepper flavor, but not as hot; most effective in all kinds of stock making.

PEPPER, (Louisiana red hots), used for pressed meats such as head cheese, and other kinds of meat cookery, sauces, soups, and stocks.

PEPPER, (Southern Red Hots), used in making all hot sauces. It is used in the South to flavor vegetables as pepper is consumed there in large quantities. Both
Louisiana and Southern red peppers are excellent in making cold meats.

**PEPPER,** *Cayenne,* use very sparingly. Use ground in meats, soups and salad dressings, fish and meat sauces, scalloped cheese dishes, pickling.

**PEPPERS,** *Sweet (Domestic)* a vegetable in reality, but used chiefly as a seasoning agent. Plays a great part in tossed green salads, and is used in practically all kinds of tomato sauces such as spaghetti, Spanish, and tomato Creole. May be stuffed with bread and meat, baked and served as a vegetable. Use sautéed with onions and mushrooms, folded into cream sauces, to be served as mushroom sauce. Used to garnish salads, or served whole stuffed with cream cheese. Blends well with other flavors, and are often chopped and mixed with sandwich spreads.

**PEPPERCORN** resembles a pine burr in appearance and is usually one-eighth inch in diameter and about one inch long. Particularly good to bake with pork.

**POPPYSEED** used for breads, buns, rolls, cookies and candies. When mixed with sugar and milk and boiled ten minutes, it is used as a spread on pastry and hot breads dotted with butter.

**ROSEMARY** the sweetest herb, blends well with practically anything—meat, fish, or vegetable. Leaves can be used in all herb bouquets, in sweet and savory foods, delicate French dressings, fruit salads, fish soups and chowders. May be mixed with black thyme, whole white pepper and peppercorn to season cold meat such as head cheese and Rula Pilsa.

**RUE** blue-green leaves used fresh in salads and dried to flavor cooked vegetables.

**SAFFRON** comes from the tiny stigma of a crocus-like flower, and is an expensive herb since over 70,000 blossoms are needed to yield one pound of seasoning. Used principally for its pleasant yellow color; used in saffron cakes which are a specialty of Cornish people when served with plum preserves and clotted cream. Saffron rolls and buns are a delight to the Latin palate. Most highly esteemed is “Arroz con Pollo,” the famous chicken-rice dish of Spain. Spanish rice is not complete without saffron.

**SAGE, White (Silver leaf)** next to parsley is the most familiar herb and probably the strongest in flavor. Should be included in every dish where pork is cooked; is standard in goose and poultry stuffings, breakfast sausage and veal dishes; used in cold meats such as spiced luncheon meats, and with tomatoes and fresh cheese.

**SAGE, Oregano** a product of Mexico, used primarily for seasoning Mexican and Spanish dishes, particularly chili con carne and highly flavored stews of lamb or mutton.

**SASSAFRAS** (see File).

**SAVORY** a gentler sage with a touch of lemon and pepper. In some European countries it is called the “bean herb” because of the flavoring it lends to the bean-pea-lentil family, when used alone or in combinations with other herbs. Is invaluable in seasoning rich stews, meat sauces, meat loaves, croquettes, cocktails, and salads. Either fresh or dried may be used in cooked foods, but the fresh should be sautéed before putting into the food. The dry may be sprinkled over croquettes.

**SESAME** seed is sprinkled on breads and rolls, and is used to flavor candy.

**SORREL** leaves can be used in tossed or fruit salads when young and tender, or prepared like spinach and cooked for three minutes to serve as a fresh green vegetable.

**TANSY** strong and spicy, the young leaves are used to flavor cakes and puddings.

**TARRAGON** taste is decidedly sharp, clean and tangy; often used alone to season chicken, rabbit, eggs, fish, shell fish and sauces, pickling, newburgs, and thermidor. A superb salad herb.

**THYME** leaf is piney and pungent in flavor and strongly aromatic. Try it in a variety of foods,—clam chowder, meat, fish soups and stews, on many vegetables. Use fresh as a garnish for salads, but do not use it constantly, because the taste can get monotonous.

**TURMERIC** a yellow powder from the root of the plant; used mainly in curry powders, table mustard, pickling spices, and mixed ground spices.

**VANILLA** beans are used to prepare vanilla extract for flavoring cakes, puddings, ices and beverages.

**WATERCRESS** a peppery herb used in salads and in sandwich spreads.