SPICES and SEASONING
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SPICES are commonly used both for fragrance and flavoring. The
favorites in herb cookery are sweet basil, chervil, sweet marjoram,
thyme, rosemary, and tarragon. These may be used singly or in blends. There
are no rules in blending herbs, but imagination, interest and constant
experimentation assure their most effective use.

Herbs should be used with a light hand — too much of any flavor is
objectionable. Blend them carefully never using at a time more than one of the
very strong herbs.

It Helps to Blend Them with Butter

The best way to draw out and extend the flavor is to blend or heat
herbs with butter or other cooking fats.

When using fresh herbs, the leaves should be cut or chopped finely.
Dried herbs are three or four times stronger than fresh herbs. Long cooking
will destroy the delicate aroma and flavor of herbs.

In soups and gravies, tie the fresh herbs in tiny bunches or in cheese-
cloth bags and add them one-half hour before cooking is finished. Remove them
as soon as they have served their purpose.

The art of using spices, in practical everyday cooking, is
illustrated in these recipes.

Barbecue Sauce Helps Left-Overs

This sauce will eliminate your left-over worries. The left-over
roast beef that has long been hash may as well be a delicious barbecue sandwich.
Any other meat from roasts or boiled meats can be made very palatable by
slicing, or chopping, and heating it in this barbecue sauce and serving in
sandwich buns.

* Given over Homemakers' Program, WMA-WLBE