

WHAT GOES WITH WHAT:

- Soup:** Bay leaf, chervil, tarragon, marjoram, parsley, savory, rosemary.
- Poultry:** Garlic, oregano, rosemary, savory, sage.
- Beef:** Bay leaf, chives, cloves, cumin, garlic, hot pepper, marjoram, rosemary, savory.
- Lamb:** Garlic, marjoram, oregano, rosemary, thyme (make little slits in lamb before roasting and insert herbs).
- Pork:** Coriander, cumin, garlic, ginger, hot pepper, pepper, sage, savory, thyme.
- Cheese:** Basil, chervil, chives, curry, dill, fennel, garlic chives, marjoram, oregano, parsley, sage, thyme.
- Fish:** Chervil, dill, fennel, tarragon, garlic, parsley, thyme.
- Fruit:** Anise, cinnamon, coriander, cloves, ginger, mint.
- Bread:** Caraway, marjoram, oregano, poppy seed, rosemary, thyme.
- Vegetables:** Basil, chervil, chives, dill, tarragon, marjoram, mint, parsley, pepper, thyme.
- Salads:** Basil, chives, tarragon, garlic chives, parsley, sorrel. (These are best used fresh or added to salad dressing. Otherwise, use herb vinegars for extra flavor.)



HERB COMBINATIONS:

Herbs can be combined for specific foods. Having the combinations on hand will speed cooking and enhance your reputation as a gourmet. They can be added loosely or wrapped in cheesecloth and removed before serving. Following are some suggested herb combinations:

- Egg Herbs:** Basil, dill weed (leaves), parsley.
- Fish Herbs:** Basil, bay leaf (crumbled), tarragon, lemon, thyme, parsley.
- Poultry Herbs:** Marjoram (two parts), sage (three parts).
- Salad Herbs:** Basil, parsley, tarragon.
- Tomato Sauce Herbs:** Basil, bay leaf, marjoram, oregano, parsley.
- Vegetable Herbs:** Basil, parsley, savory.
- Italian Blend:** Basil, marjoram, oregano, rosemary, sage, savory, thyme.
- Barbeque Blend:** Cumin, garlic, hot pepper, oregano.

FRENCH HERBAL COMBINATIONS:

- **Fine Herbs:** Parsley, chervil, chives, tarragon (sometimes adding a small amount of basil, fennel, oregano, sage, or saffron).
- **Bouquet Garni Mixtures:** Bay, parsley (two parts), thyme. The herbs may be wrapped in cheesecloth or, if fresh, the parsley, wrapped around the thyme and bay leaf.



Great Taste Without Salt

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96640 (REV. 1-01)


KAISER PERMANENTE®

LOW SODIUM DIETS can be enjoyable! A little practice in seasoning will make even the strictest of diets tasty. The art of seasoning with herbs, spices, and vinegars can be learned. Experiment...Taste...and let your palate be your judge.

Almost all spices, herbs, and vinegars are low in sodium or are used in such tiny amounts that the sodium added to your diet is not significant.

STRENGTH OF HERBS

Strong or Dominant Flavors: These should be used with care since their flavors stand out. Use approximately one teaspoon for six servings. They include bay, cardamon, curry, ginger, mustard, pepper (black), rosemary, and sage.

Medium Flavors: A moderate amount of these is recommended, one to two teaspoons for six servings. They are basil, celery seed and leaves, cumin, dill, fennel, tarragon, garlic, marjoram, mint, oregano, savory, thyme, and tumeric.

Delicate Flavors: These may be used in large quantities and combine well with most other herbs and spices. This group includes chervil, chives, parsley, and burnet.

HERBS AND WINE VINEGAR

Wine Vinegars: These are excellent flavor boosters. Try them as a seasoning for vegetables such as cabbage, green beans, cauliflower, and broccoli. A dash will do wonders for steaks, chops, and fish. Also excellent in homemade salad dressings.

Herb Vinegars: Heat vinegar in an enamel pan and pour it into a vinegar bottle and add one or several culinary herbs (to taste). Do not let the vinegar boil. Let the mixture set for two weeks before using. Any type of vinegar may be used, depending on personal preference.



HERB BLENDS TO REPLACE SALT

These can be placed in shakers and used instead of salt. Store in air-tight glass containers. Label well. Add some uncooked rice grains to prevent caking.

The following recipes use dried herbs. More will be needed if you use fresh herbs.

Saltless Suprise

2 tsp. Garlic Powder	1 tsp. Powdered
1 tsp. Basil	Lemon rind or
1 tsp. Oregano	(Dehydrated
	Lemon Juice)

Put indgredients into a blender and mix well.

Pungent Salt Substitute

3 tsp. Basil	2 tsp. Celery Seed
2 tsp. Savory	2 tsp. Sage
(Summer Savory best)	2 tsp. Marjoram
2 tsp. Ground	1 tsp. Lemon Thyme
Cumin Seed	

Mix well, then powder with a mortar and pestle.

Spicy Saltless Seasoning

1 tsp. Cloves	1 tsp. Pepper
1 tsp. Corriander	2 tsp. Paprika
Seed, Crushed	1 Tbsp. Rosemary

Mix indgredients in a blender.



HERB SPREADS

Herb spreads are convenient to have on hand. Use them on toasted bread, bread sticks, and matzoth. Spread over broiled fish, or use to season cooked vegetables.

Garlic Spread

1/2 Cup Margarine	1/2 tsp. Garlic Powder
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Soften margarine at room temperature. Blend in garlic powder.

Tarragon Spread

4 Tbsp. Margarine	1 tsp. White Wine
1 tsp. Tarragon,	Vinegar
Crushed	

Cream together margarine, crushed tarragon, and white wine vinegar.

Dill Spread

1/2 Cup Margarine	1 tsp. White Wine
1 tsp. Dill Weed	Vinegar

Soften margarine. Blend in dill weed and white wine vinegar.

These spreads contain less than 50 milligrams of sodium and 35 calories per teaspoon.