

Tip of the Month 6/1/2015



Fresh herbs versus Dried: Because dried herbs lack the moisture of fresh herbs, their flavor is much more concentrated. The general rule is to use one-third the amount of dried herbs as you would use fresh. If a recipe calls for 1 tablespoon of fresh thyme, use 1 teaspoon dried instead. In addition, when cooking with fresh herbs, it's best to add them at the end of the recipe, so the heat doesn't destroy their bright color and flavor. If using dried herbs, add them in the beginning. This way their flavor has time to better infuse the dish.