

# Herb and Spice Blends

## Bouquet Garni

(boo-KAY gar-NEE)

1. Classic: Fresh thyme + fresh parsley + dry bay leaf
2. Bright & spicy: Lemongrass leaves + nubs of ginger + lightly smashed garlic cloves
3. Custom: Combine your own favorites for a custom blend!

Tie in cheese cloth or a muslin bag. Use to infuse flavor in broths, soups, stews. Remove before serving.

## Herbes de Provence

(URBZ day pruh-VAHNZ)

3 tbsp	dried thyme
1 tbsp each	dried marjoram
	dried oregano
	dried savory
2 tsp	dried rosemary
1 tsp	dried lavender (optional)

Stir together and store in an air-tight container. Use on grilled fish, chicken, and meat and slow-cooked in soups and stews.

## Za'atar

(zuh-TAHR)

¼ cup	sumac
3 tbsp	dried oregano
2 tbsp each	dried thyme
	roasted sesame seeds
1 tbsp each	dried marjoram
	ground lemon or orange peel (optional)
1 tsp each	sea salt
	Ground cumin
	Ground coriander
	Dried mint
	Dried summer savory

Briefly pulse ingredients in a food processor or spice grinder to produce a coarse meal. Store in an air-tight container in a dark, dry location for up to 6 months. Top hummus with za'atar and olive for a dip.

## Fines Herbes

(feenz urb)

Combine equal parts fresh chives, tarragon, parsley, and chervil, and use immediately. Add raw to salads.

Or combine dry ingredients and store in a dark, dry location for up to 6 months. Use in egg, dairy, and seafood dishes; also good with potatoes, rice, and corn.

## Italian

*Makes about 1/4 cup*

1 tbsp each	dried basil
	dried marjoram or oregano
	dried thyme
1 1/2 tsp	crushed dried sage
1/2 tsp	dried rosemary

Stir together the spices, and place in a small jar with a tightfitting lid. Store in a dark, dry location for up to 6 months.

## Cajun / Creole

*Makes a scant 1/4 cup*

2 tsp each	kosher salt
	freshly ground black pepper
1 tsp each	sweet paprika
	cayenne pepper
	dried oregano
	dried minced onion, or onion flakes
	dried basil
	dried thyme
	granulated garlic, or garlic powder

Stir together the spices, and place in a small jar with a tightfitting lid. Store in a dark, dry location for up to 6 months.