

VARIOUS TYPES OF HERBAL BLENDS

PROVENCE HERBS



The Herbs of Provence is a fragrant blend of dried herbs typical of southern French cuisine. The basic blend includes rosemary, thyme, marjoram and savory. On the other hand, tarragon, sage, lavender flowers, lemon peel and fennel seed are often used.

A great advantage of using a herbal mix like the herbs of Provence is the ability to reduce the amount of salt in the recipes, replaced by the various flavors and aromas of this complex spice.

Fresh Provence Herbs can be used in marinades or fresh dried Provence Herbs that are widely used in quiches, vegetables and grilled meats such as lamb, chicken and pork, as well as in salads and especially in salad dressings that have vinegar.

Provence herbs are used in the preparation of the ratatouille dish typical of southern France made with oven-roasted vegetables such as eggplant, tomatoes, zucchini, peppers and onions.

On the other hand, some cheeses, especially fresh goat's cheese, can be served with a Herbs de Provence crust, and it is common to find the preparation in French cheeses and taste the cheese with a little olive oil makes it even more hydrated more tasty.

For preparing the Herbs of Provence there is no unique formula for this herbal mix. Therefore, you should feel free to test and modify the basic recipe.

THE MASALAS



The masalas are a combination of spices with six flavor such as sweet, salty, sour, spicy, bitter and astringent, all in a particular mix for a particular recipe, therapeutic indication and or season.

They are made with dried and toasted herbs, because the heating acts on the release of aroma and flavor, and release greater therapeutic potency.

Masalas can be used in a variety of ways when cooking numerous dishes as well as being added to ready-made recipes, giving the benefits and more flavor in a natural way.

The composition of the masala varies greatly from region to region, including preparations bearing anise and clove.

The best known masalas are garam masala which includes mace, bay leaf, coriander, cinnamon, cumin, cardamom, clove and black pepper, Chat Masala which includes salt, ajowan or Indian thyme, cumin, pomegranate seeds, chili pepper, mango powder and black pepper and Kashmiri Masala with cinnamon, kümmel, cumin, cardamom, clove, black pepper and nutmeg. Sometimes the mix can be hard to find for sale. Then you can make your own Masala recipe.

ITALIAN HERBS



Italian Seasoning is a blend of dried Italian-inspired herbs such as basil, marjoram, oregano, rosemary, and thyme. Exact ingredients and quantities vary by commercial brand or the recipe.

When in doubt to can mix equal parts of all or some of basil, marjoram, oregano, rosemary, and thyme or to use the disponible.

The difference between Italian Seasoning and Provence Herbs is that in addition to most or all of the Italian seasoning herbs such as basil, marjoram, oregano, rosemary, and thyme, Provence Herbs also includes lavender, sage leaves, and savory.

Italian Seasoning is used with a pinch in your spaghetti sauce, eggplant, chicken, or veal parmesan, or chicken and add a pinch to favorite pizza sauce or to sprinkle right on pizza or garlic bread just before baking.

HARISSA



Harissa is a paste of red peppers commonly found in the cuisine of North African countries and especially in Morocco, Tunisia and Algeria. Harissa is usually added to couscous and soups, but harmonizes perfectly with meat and pasta and barbecue. Although it looks like a sauce Harissa is a spice.

BAHARAT



Baharat is a very common spice in Lebanon, Syria, Israel and Jordan. The word baharat literally means spice in Arabic.

The mixture is a perfect seasoning for fish, poultry or meat, mainly tomato sauces and soups and especially lentil. The tip is to mix it with olive oil or butter before frying with any ingredient.

FIVE SPICES OR CINQ ÉPICES



Five Chinese Spices is a blend traditionally has five ingredients such as star anise, fennel seeds, cinnamon, cloves and Sichuan pepper, but may also include ginger powder, nutmeg and licorice.

In Chinese culture the balance between the five bitter, sweet, salty, acidic and spicy flavors is important for maintaining health and the origin of the spice mix has been lost over time.

The mixture blends well with meats such as strong and fatty lamb, duck and pork and is considered a bit strong to be used with delicate fish and white meat.

The blend is used in China and in cuisines of various Asian countries such as Vietnam and can be used to give a lively flavor to tofu and other cheeses and blends very well with cooked fruits such as pear and apple, but as it has flavor and aroma. strong ones should be used in small quantities.

DUKKAH



Dukkah or Duqqa is a blend of spices consisting primarily of nuts, seeds, herbs and spices. The mixture is very similar to a crumb, has Egyptian origin and is widely used in the Middle East. In the region it is very common to eat pita bread dipped in olive oil and Dukkah. A tasty spice, exotic and above all very healthy.

Dukkah is a seasoning and is quite versatile, as well as being used to sprinkle vegetables and can also be a substitute for flour when crunching breaded foods.

Dukkah is basically made up of hazelnuts, sesame seeds, paprika, coriander, cumin and salt, but may vary by region and also include basil, mint, zaatar, chickpeas and some other seeds such as pumpkin or sunflower.

Despite being more common in Egypt, the mixture is becoming increasingly well-known and used in other countries like USA and Australia due to the strong Lebanese and Arab influence.

The most common use is to sprinkle Dukkah on bread with olive oil, but because it is very tasty and aromatic, it goes well with any kind of salty dish such as a well-prepared salad of leaves or vegetables, pates, yoghurt and even in breaded foods. Another suggestion that is very tasty is to mix the Dukkah in cream cheese, ricotta paste, warm cheese or even with vegetable cheese.

RAS EL HANOUT



Ras el hanout is a spice blend typical of Middle Eastern and North African cuisine and the name means something like the best of the store that a merchant can offer.

Ras el hanout is a traditional blend of Arabic cuisine and is very common in Muslim cuisine and is an icon of Moroccan cuisine, where the combination is made up of aphrodisiac ingredients.

Ras el hanout is spicy and has subtle nuances of a floral fragrance within a robust yet sweet flavor. The mixture is made up of various ingredients that may or may not be used in their entirety and the preparation varies from region to region.

However, the most commonly used ingredients to prepare this spice are coriander, sweet paprika, cumin, ginger, cinnamon, turmeric, fennel, cardamom, allspice, dill, galangal, nutmeg, Florentine lily, bay leaf, kümmel, chilli pepper, clove, mace and black pepper

In addition to the traditional ingredients the spice can also bring exotic ingredients such as rose petals, Spanish saffron, cubeba pepper, lavender and others.

Ras el hanout is extremely versatile and its light golden color allows coloring to preparations such as tagines, rice, couscous, legumes and vegetables and can also be used in the preparation of roasted vegetables such as potatoes, zucchini and eggplants.

CHIMICHURRI



Chimichurri is a sauce that originates in the southern continent of South America and specifically in Argentina and Uruguay.

No one really knows the origin of the name chimichurri but there are plenty of legends. The most widely accepted is from Argentinean writer Miguel Brascó who says it dates back to when the British unsuccessfully invaded the Spanish colonies in Rio de la Plata in Argentina. The British captives apparently asked for condiments for their food and goofishly mixed up a bunch of words so they asked for che-mi-curry or give me curry.

The oddest is that it's for Jimmy McCurry an Irishman who first made chimichurri and was helping with Argentine independence efforts and legends has its people couldn't say his name so they called him chimichurri.

Other stories say the name chimichurri came about from the Basque settlers as tximitxurri means a mix of many different things.

For as many theories, there are exponentially more recipes as each home and restaurant has its own but it's roughly parsley, oregano, garlic, oil and vinegar. Sometimes you will find dried or fresh herbs and some chimichurri recipes are chunkier than others.

The preparation is usually used to accompany barbecue, but is also delicious with breads, cheese salads. The sauce is versatile, as it is possible to use different herbs and spices that please the striking and delicious flavor.

The base ingredients are fresh or dehydrated herbs, vinegar and olive oil and the acidity of the chimichurri sauce breaks the fat of the meat and allows the sauce to be palatable.

The traditional chimichurri consists of parsley, garlic, onion, oregano, dried pepperoni and chives, olive oil, red or white wine vinegar and chopped laurel.

The preparation is done by mixing all the ingredients and placing the combination in a pot and after forty-eight hours the sauce can be consumed.