

**THE GUIDE TO COOKING  
WITH POPULAR HERBS**

<b>HERB</b>	<b>Appetizers Salads</b>	<b>Breads/Eggs Sauces/Cheese</b>	<b>Vegetables Pasta</b>	<b>Meat Poultry</b>	<b>Fish Shellfish</b>
<b>BASIL</b>	Green, Potato & Tomato Salads, Salad Dressings, Stewed Fruit	Breads, Fondue & Egg Dishes, Dips, Marinades, Sauces	Mushrooms, Tomatoes, Squash, Pasta Bland Vegetables	Broiled, Roast Meat & Poultry Pies, Stews Stuffing	Baked, Broiled & Poached Fish, Shellfish
<b>BAY LEAF</b>	Seafood Cocktail, Seafood Salad, Tomato Aspic, Stewed Fruit	Egg Dishes, Gravies, Marinades, Sauces	Dried Bean Dishes, Beets, Carrots, Onions Potatoes, Rice	Corned Beef, Tongue Meat & Poultry Stews	Poached Fish, Shellfish, Fish Stews
<b>CHIVES</b>	Mixed Vegetables, Green, Potato & Tomato Salads, Salad Dressing	Egg & Cheese Dishes, Cream Cheese, Cottage Cheese, Sauces	Hot Vegetables, Potatoes	Broiled Poultry, Rissoles, Poultry & Meat Pies Stews, Casseroles	Baked Fish, Fish Casseroles, Fish Stews, Shellfish
<b>DILL</b>	Seafood Cocktail, Green, Potato & Tomato Salads, Salad Dressing	Breads, Eggs & Cheese Dishes, Cream Cheese, Meat Sauces	Beans, Beets, Cabbage, Carrots, Cauliflower, Peas Squash, Tomato	Beef, Veal Roast, Lamb, Steaks, Chops, Stews, Roast & Poultry	Baked, Broiled, Poached, & Stuffed Fish, Shellfish
<b>GARLIC</b>	All Salads, Salad Dressing	Fondue, Poultry Sauces, Fish & Meat Marinades	Beans, Eggplant, Rice, Tomatoes, Potatoes	Roast Meats, Meat & Poultry Pies, Hamburgers, Casseroles, Stew	Broiled Fish, Shellfish, Fish Stews, Casseroles
<b>MARJORAM</b>	Seafood Cocktail, Green, Poultry & Seafood Salads	Breads, Cheese Spreads, Egg & Cheese Dishes, Gravies, Sauces	Carrots, Eggplant, Peas, Onions, Potatoes, Dried Beans, Spinach	Roast Meats & Poultry, Meat Pies, Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish
<b>MUSTARD</b>	Fresh Green Salads, Prepared Meat, Macaroni & Potato, Salads	Biscuits, Egg & Cheese Dishes, Sauces	Baked Beans, Cabbage, Pasta Eggplant, Squash Mushrooms	Chops, Steaks, Ham, Pork Poultry, Cold Meats	Shellfish
<b>OREGANO</b>	Green, Poultry and Seafood Salads	Breads, Egg & Cheese Dishes, Gravies, Sauces	Artichokes, Dried Beans, Cabbage, Eggplant, Squash, Pasta, Mushrooms	Broiled, Roasted Meats, Meat & Poultry Pies, Stew, Casseroles	Baked, Broiled & Poached Fish Shellfish
<b>PARSLEY</b>	Green, Potato, Seafood & Vegetable Salads	Biscuits, Breads Egg & Cheese Dishes, Gravies, Sauces	Asparagus, Beets, Eggplant, Squash Dried Beans, Pasta	Meat Loaf, Meat & Poultry Pies, Stew Casseroles, Stuffing	Fish Stews, Stuffed Fish
<b>ROSEMARY</b>	Fruit Cocktail, Fruit & Green Salads	Biscuits, Egg Dishes, Herb Butter, Cream Cheese, Marinade	Beans, Broccoli, Peas, Cauliflower, Mushrooms, Baked Potatoes	Roast Meats, Poultry & Meat Loaf Pies, Stews & Casseroles, Stuffing	Stuffed Fish, Shellfish
<b>SAGE</b>		Breads, Fondue, Egg & Cheese Dishes, Spreads, Gravies, Sauces	Beans, Beets, Onions, Peas, Spinach, Squash, Tomatoes	Roast Meat, Poultry, Meat Loaf, Stews, Stuffing	Baked, Poached & Stuffed Fish
<b>TARRAGON</b>	Seafood Cocktail, Avocado Salads, Salad Dressings	Cheese Spreads, Marinades, Sauces, Egg Dishes	Asparagus, Beans, Beets, Carrots, Mushrooms, Peas, Squash Spinach	Steaks, Poultry, Roast Meats, Casseroles & Stews	Baked Broiled & Poached Fish, Shellfish
<b>THYME</b>	Seafood Cocktail, Green, Poultry, Seafood & Vegetable Salads	Biscuits, Breads, Egg & Cheese Dishes, Sauces, Spreads	Beets, Carrots, Mushrooms, Eggplant, Spinach, Potatoes	Roast Meat, Poultry & Meat & Poultry Pies, Stews-Casseroles	Baked, Broiled & Stuffed Fish, Shellfish, Fish Stew