

HERB COMBINATIONS AND PAIRINGS

CLASSIC HERB COMBINATIONS:

Italian Herb Blend: This blend is commonly used in Italian cooking, particularly in tomato sauces, soups, and meats.

- **Basil**
- **Oregano**
- **Thyme**
- **Rosemary**
- **Parsley**
- **Marjoram**

French Fines Herbes: A delicate French herb mix traditionally used in lighter dishes like omelets, fish, and chicken, added near the end of cooking to preserve the fresh flavors.

- **Tarragon**
- **Chervil**
- **Chives**
- **Parsley**

Herbes de Provence: A blend from the Provence region of France, used in grilling and roasting meats, vegetables, and even in bread and stews. Sometimes includes lavender.

- **Thyme**
- **Oregano**
- **Rosemary**
- **Basil**
- **Savory**
- **Marjoram**
- (Optional: **Lavender** for a floral touch)

Bouquet Garni: A French blend used to flavor soups, stocks, and stews. It's often tied together with kitchen twine or placed in a cheesecloth bag for easy removal.

- **Thyme**
- **Bay Leaves**
- **Parsley**
- **Leek** (optional)

Middle Eastern Za'atar: Common in Mediterranean and Middle Eastern cooking, used on bread, meats, and as a finishing sprinkle on various dishes.

- **Thyme** (or **oregano**)
- **Sumac** (for a tart flavor)
- **Sesame Seeds**
- **Marjoram**

CLASSIC HERB PAIRINGS:

Basil & Tomatoes: Basil's sweet, peppery flavor complements the acidity of tomatoes perfectly. A classic pairing in **Caprese salads, pasta sauces, and pizzas.**

Rosemary & Lamb: The strong, piney flavor of rosemary stands up to the richness of lamb. It's ideal for **roasts, grilled lamb chops, and stews.**

Mint & Peas: The freshness of mint enhances the natural sweetness of peas. Perfect for **pea soups, salads, or as a garnish for pea-based side dishes.**

Dill & Salmon: Dill's slightly anise-like flavor works beautifully with the rich, fatty texture of salmon. Ideal for **grilled salmon, salmon gravlax, or dill butter.**

Sage & Pork: Sage's earthy and slightly peppery flavor pairs well with pork's richness. It's commonly used in **pork roasts, stuffing, or sausages.**

Oregano & Chicken: Oregano's robust flavor enhances the mild taste of chicken, especially in **roasts, grilled chicken, or Mediterranean-style dishes.**

Tarragon & Chicken (or Eggs): Tarragon's slightly sweet, licorice-like flavor pairs beautifully with chicken or egg dishes like **French omelets and creamy chicken sauces.**

Cilantro & Lime (or Avocado): Cilantro's bright, citrusy notes are perfectly balanced by lime or creamy avocado. Commonly used in **Mexican salsas, guacamole, and tacos.**

Thyme & Mushrooms: Thyme's earthy, slightly minty taste brings out the savory flavors of mushrooms. Great for **sautéed mushrooms, mushroom risottos, or sauces.**

Parsley & Garlic: A simple yet effective combination, commonly used in Mediterranean cooking, particularly for **pasta sauces, garlic bread, and gremolata.**

OTHER HERB PAIRINGS:

Chervil & Eggs: Chervil's mild, anise-like flavor is perfect in delicate egg dishes like **scrambles and soufflés.**

Marjoram & Veal: Sweet, mild marjoram enhances the delicate flavor of veal, great in **stews or veal chops.**

Lemon Verbena & Desserts: The citrusy flavor of lemon verbena adds a refreshing touch to **sorbets, fruit salads, or infused syrups for cakes.**