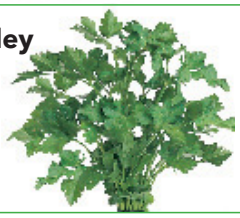
COMMONLY FOUND HERBS *and their uses*

HERB	PART TO USE	WHERE TO USE
Basil 	Leaves, whole or torn	Tomato and spaghetti sauces such as pesto; mozzarella cheese salads; pizzas; and pasta **Combines well with:** garlic, coriander, rosemary, thyme
Rosemary 	Needle-like leaves, sprigs, stalks	Whole sprigs in marinades especially for lamb and to flavour olive oil **Combines well with:** chives, bay, garlic, sage, thyme
Thyme 	Leaves, sprigs	Indispensable in long slow cooking stews and chicken dishes. Essential for making bouquet garni **Combines well with:** basil, bay, nutmeg, oregano, parsley
Parsley 	Fresh leaves mostly, use stalks for stocks	Egg dishes, fish, lemon, rice, lentils, tomatoes, most vegetable dishes **Combines well with:** basil, bay, garlic
Coriander 	Leaves, sprigs, roots	Stir-fry dishes with ginger and spring onions; in curries and thai dishes **Combines well with:** avocadoes, coconut milk, seafood, lemons and limes
Mint 	Leaves, fresh and dried	Asian dipping sauces. Chicken, pork, veal, spring lamb as a marinade, mint jelly or salsa **Combines well with:** basil, ginger, oregano and thyme
Chives 	Stems, flowers	A variety of salads including potato salad. Soups, dressings and egg dishes **Combines well with:** basil, coriander parsley, tarragon
Dill 	Leaves, fresh and dried	In a selection of fish dishes and salads **Combines well with:** lemon, garlic and ginger