

How Much To Use...

You will come to your own use preferences on how to season for taste. but here is a good starting point for most recipes..

Use a 1 teaspoonful of Herb for each six servings of vegetables, meat, or fish;

Use a 1 and a half teaspoonful of herbs to each 2 cups of flour for Herb biscuits, pie crust (for meat pie) or for dumplings; use 1/8 teaspoonful to each quarter pound of butter.

HERB USE CHART



Using Fresh Herbs

If you are using fresh herbs use one-half the amount of fresh leaf herbs to dry herbs. blanch fresh herbs by

putting them in a strainer and dipping them quickly in and out of boiling water to start to draw out flavor, and clean Herb.

All tender leaf Herbs will be at their best if added within the last half hour of cooking.

USE WITH



BASIL



Meats

Liver / Lamb
Sausage / Meat Balls

MARJORAM

Veal / Pork / Beef
Pot Roast

OREGANO

Pork / Sausage / Lamb
Meat Loaf / Meat Balls

PARSLEY

Veal / Lamb / Steak
Stews / Meat Balls

ROSEMARY

Veal / Lamb / Ham
Beef Stew / Rabbit

SAGE

Stews / Pork / Rabbit
Venison / Sausage

TARRAGON

Veal / Sweetbreads
Yorkshire Pudding

THYME

Veal / Mutton
Meat Loaf / Venison
Rack Of Lamb



Poultry

Duck / Quail
Pheasant

Stuffing / Goose

Hen / Pheasant
Stuffing / Marinades

Stuffing

Partridge / Capon
Pheasant / Quail

Goose / Duck
Turkey / Stuffing

Chicken / Squab

Wild Turkey / Duck
Chicken / Quail



Fish

Shrimp / Sole
Mackerel

Broiled Fish

Stuffing
Marinades

Broiled Fish

Salmon / Stuffing
Cold Water Fish

Blackened Fish
Tuna / Stuffing's

Broiled Fish

Broiled, Baked

Fried Fish
Fish Soups



Vegetables

Eggplant
Squash, Tomatoes

Peas / Zucchini
Spinach / Carrots

Tomatoes / Lentils
Broccoli / Cabbage

Potatoes / Peas
Parsnips / Carrots

Peas / Spinach
Fried Potatoes

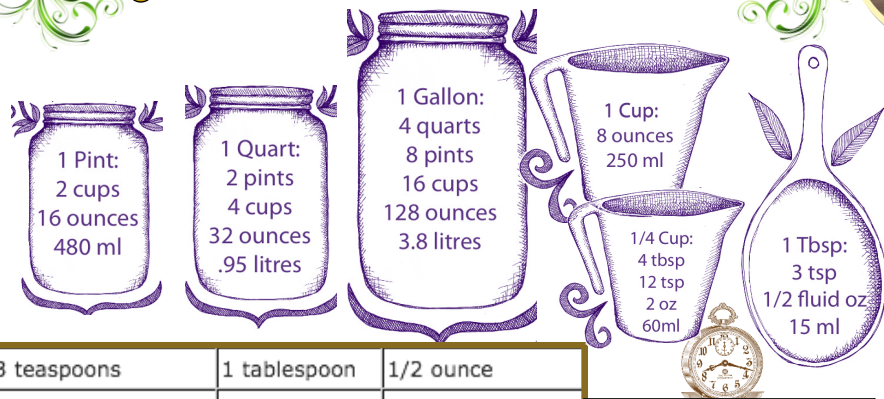
Tomatoes / Onions
Lima Beans

Root Crops
Mushrooms

Onion / Carrots
Beets / Turnips
Garlic / Leeks



Bandy Cooking Charts



3 teaspoons	1 tablespoon	1/2 ounce
2 tablespoons	1/8 cup	1 fluid ounce
4 tablespoons	1/4 cup	2 fluid ounces
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces
8 tablespoons	1/2 cup	4 ounces
12 tablespoons	3/4 cup	6 ounces
32 tablespoons	2 cups	16 ounces
64 tablespoons	4 cups	32 ounces

BUTTER EQUIVALENTS

Cups	Sticks	Tablespoons	Weight (oz)
1/4 cup	1/2 stick	4 tablespoons	2 oz.
1/2 cup	1 stick	8 tablespoons	4 oz. (1/4 pound)
3/4 cup	1 1/2 sticks	12 tablespoons	6 oz.
1 cup	2 sticks	16 tablespoons	8 oz. (1/2 pound)
1 1/4 cups	2 1/2 sticks	20 tablespoons	10 oz.
1 1/2 cups	3 sticks	24 tablespoons	12 oz. (3/4 pound)
1 3/4 cups	3 1/2 sticks	28 tablespoons	14 oz.
2 cups	4 sticks	32 tablespoons	16 oz. (1 pound)

MAKING HALF OF A RECIPE

RECIPE CALLS FOR	USE TO HALF RECIPE
1/4 Cup	2 Tablespoons
1/3 Cup	2 Tablespoons & 2 Teaspoons
1/2 Cup	1/4 Cup
2/3 Cup	1/3 Cup
3/4 Cup	6 Tablespoons
1 Tablespoon	1 1/2 Teaspoons
1 Teaspoon	1/2 Teaspoon
1/2 Teaspoon	1/4 Teaspoon

ROASTING TIME & TEMPERATURE

TEMP (°F) / TIME per Lb.

BEEF	
Rare	300°/18-20 Min.
Med	300°/22-25 Min.
Well	300°/27-30 Min.
PORK	350°/25-30 Min.
VEAL	300°/30-35 Min.
FISH	400°/15-20 Min.
CHICKEN	300°/25-30 Min.
DUCK	300°/20-25 Min.
TURKEY	300°/20-25 Min.
LAMB	300°/30-35 Min.



Fresh & Dried Herb Equivalents

Remember, when using natural premium organic herbs like Ham Towne Spicery's, our herbs are typically 2 to 3 times more flavorful than most store bought blends. Use the chart below for guidance when converting to dry herb from fresh. For Herbs Not Listed, The standard rule of thumb is ...

3 portions of fresh herb = 1 portion of dried herb

HERB	FRESH HERB	EQUIVALENT DRIED HERB
BASIL	2 tsp finely chopped basil (about 5 leaves)	1 tsp dried basil
BAY LEAVES	1 fresh leaf	2 dried leaves
CHERVIL	3 tsp fresh cilantro	1 tsp dried cilantro
CHIVES	1 Tbsp finely chopped fresh chives	1 tsp freeze-dried chives
CILANTRO	3 tsp fresh cilantro	1 tsp dried cilantro
DILL	3 tsp fresh dill	1 tsp dried dill
GARLIC	1 clove	1/4 tsp granulated garlic or 1/8 tsp garlic powder
GINGER ROOT	1 tsp grated fresh ginger	1/4 tsp dry ground ginger
MARJORAM	3 tsp fresh marjoram	1 tsp dried marjoram
ONIONS	1 medium onion	1 tsp onion powder
OREGANO	1 Tbsp fresh oregano	1 tsp dried oregano
PARSLEY	2 tsp finely chopped parsley (or 3 sprigs)	1 tsp dried parsley
ROSEMARY	1 Tbsp fresh rosemary (or 1 small/medium sprig)	1 tsp dried rosemary
SAGE	7 leaves (or 2 tsp minced)	1 tsp dried sage
TARRAGON	3 tsp fresh tarragon	1 tsp dried Tarragon
THYME	1 Tbsp fresh Thyme (or 6 sprigs)	3/4 tsp ground thyme