

Name _____

Flavorful Enhancements: Exploring Common Culinary Uses for Herbs

Open-Ended Response Answer Key

1. One method of preserving foods using herbs is pickling, where herbs are added to the pickling brine to enhance the flavor and preservation of fruits and vegetables. Another method is making herb-infused oils or vinegars, where herbs are steeped in oil or vinegar to impart their flavors and aromas.
2. One cultural dish that prominently features herbs is pesto sauce in Italian cuisine. Pesto is made with fresh basil leaves, garlic, pine nuts, Parmesan cheese, and olive oil, creating a vibrant green sauce that is used as a pasta sauce or spread on bread.
3. Herbs are often used in salad dressings to add flavor, freshness, and complexity to the dish. For example, a classic herb-infused salad dressing is vinaigrette, made with olive oil, vinegar, Dijon mustard, garlic, and fresh herbs like parsley or tarragon.
4. One creative way to incorporate herbs into a dessert recipe is by making lavender shortbread cookies. Adding dried lavender flowers to the cookie dough infuses the cookies with a subtle floral flavor, complementing the buttery richness of the shortbread.

