

Name \_\_\_\_\_

## Herb or Spice? Understanding the Difference

### Open-Ended Response Answer Key

1. One culinary dish that prominently features both herbs and spices is curry. Herbs like cilantro and mint add freshness, while spices like cumin, coriander, and turmeric contribute depth and complexity to the dish.
2. In Indian cuisine, spices like cumin, coriander, and turmeric are used in abundance, while herbs like cilantro and mint are commonly used in Middle Eastern cuisine.
3. It's important to add herbs and spices at different stages of the cooking process to develop layers of flavor and preserve the aromatic oils. Adding herbs early allows their flavors to infuse throughout the dish, while adding spices towards the end prevents them from becoming bitter and preserves their potency.
4. One traditional method of preserving herbs or spices is pickling, where they are preserved in a mixture of vinegar, salt, and spices. This method not only preserves the ingredients but also enhances their flavor and extends their shelf life.

