



Flavoring Facts

Facts on Seasonings, Herbs, and Flavorings

1. Seasoning is meant to enhance the natural flavor of the food without changing the flavor of the food.
2. Flavoring means to change the flavor of the food by adding a new flavor
3. Spices, herbs, and seasoning is meant only to highlight the natural flavor of the food
4. The most important time to season food with fresh herbs is at the end of the cooking process. I highly recommend using fresh Herbs over dried any day.
5. Flavorings such as alcohol or wine need to be added at the beginning of the cooking time to allow the flavoring to release its flavor while the alcohol burns off or evaporates.
6. Salt is the most important seasoning agent that a chef can use as it helps bring out the flavor of all foods that it comes in contact with. Be careful not to add too much salt while you are cooking because it is difficult to reduce the flavor of the salt. Kosher salt is the preferable choice of salt by professional chefs
7. Herbs come from leaves of certain plants, spices come from the flowers, seeds, or bark and usually grow in tropical climates.
8. Dried herbs and spices need to be kept in a cool dry place and be rubbed between your fingers prior to putting them in food to release their oils for flavoring
9. When cooking with fresh herbs and spices place them in a cheese cloth and tie a string to the handle of your pot this will allow your spices and herbs to release their flavor without getting “lost” in your pot of sauce. This will allow for easy removal of your spices and herbs from the pot.