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UNIVERSIDAD CATÓLICA
DE MURCIA

*Good
Herbs*



Erasmus+

**Integration of good practices and new methods for professional
Training in the field of herbs processing for food and food supplements
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CHAPTER 18. HERB, SPECIES AND FLOWERS IN THE KITCHEN

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1. AROMATIC HERBS, SPICES AND FLOWERS. SOME HISTORY

- Prehistoric man began to look for other substances that have scents and flavors, some soft, others bitter or acidic, but always aromatic.
- These substances can be regarded as the primitive forms of spices and flavorings that we know today.
- In Europe the first known spice was Guinea pepper
- The rich Romans, Phoenicians and Genoese merchants bought spices at gold price and these served during a long time as a “currency”. Even now in Spain exists the expression “to pay in spices”.
- The use of flowers in the kitchen is not new. In the ancient times flowers were used in the recipes of Greeks, Romans, Chinese and Arabic.

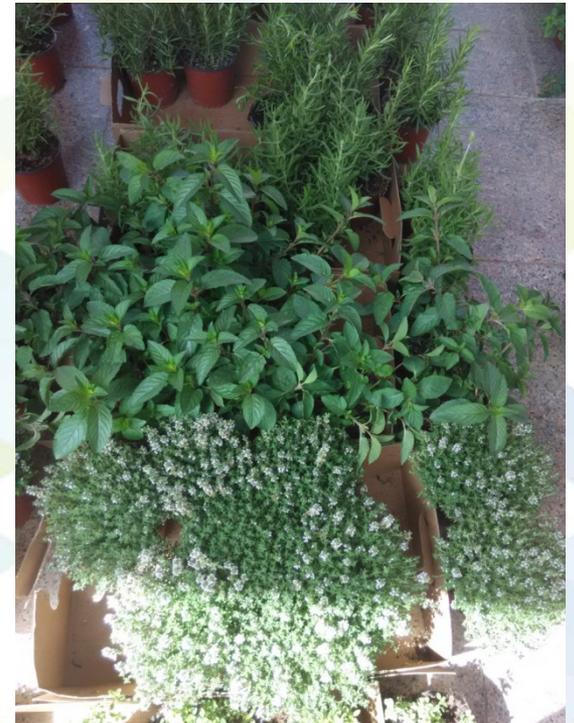
2. FRESH AND DRY HERBS, SPICES: DEFINITION AND PRESERVATION.

Herbs are considered to be the leaves and greener parts of the plant. The seeds, bark, roots, etc., are normally considered a spice. Some plants are both.

The scent of fresh and a dry herb have no comparison. Their behavior when cooking is very different.

How to preserve Fresh Herbs:

- Storage in the Refrigerator
- Freezing
- Preservation in oil





2. FRESH AND DRY HERBS, SPICES: DEFINITION AND PRESERVATION.

Different parts used:

- BERRIES
- BULBS
- LEAVES
- THE STIGMA OF FLOWERS
- FLOWER BUDS
- FLOWERS
- FRUITS
- BEADS
- FRUITS
- BEADS
- BARK
- ROOTS
- RHIZOMES



3. SEASONING AND FLAVORING, CLASSIFICATION, DIFFERENT PARTS USED AND ROLES IN FOOD.

Definitions

- SEASONING can be described as the enhancement of natural tastes that are present in food without drastic alteration to the basic flavor. Salt in its various forms is the basic seasoning agent.
- FLAVORING, as opposed to seasoning, is the addition of a new flavor to a food. Flavorings enhance the natural taste of the food it is added to. This results in an alteration of the natural flavor of the food. Types of flavoring agents are herbs, spices, etc.



3. SEASONING AND FLAVORING, CLASSIFICATION AND ROLES IN FOOD.

Classification

- Aromatic (Aromatic Plants)
- Mixed herbs (fresh, dried, or paste).
- Spices
- Mixed spices (chicken, pasta, liquid extract)
- Strongly flavored condiments
- Salty taste condiments
- Sweet taste condiments
- Sour taste condiments



3. SEASONING AND FLAVORING, CLASSIFICATION AND ROLES IN FOOD.

Classification

Bittersweet condiments

Fatty condiments

Alcohols, Wines & Spirits

Natural and artificial aromatic essences

Aromatic Garnitures

Truffles and Truffle Juice



3. SEASONING AND FLAVORING, CLASSIFICATION AND ROLES IN FOOD.

ROLES IN FOOD

- To flavor, to highlight, to perfume.
- Give a special character to a dish.
- Vary the flavors avoiding monotony.
- Provide a sweet, palatable and pleasant color.
- Improving the presentation (bouquet of parsley, chervil leaves, tarragon leaves).
- Encourage or revive the fallen appetite (usually in tropical countries), stimulating the senses of taste, smell, etc.
- Facilitate digestion favoring the secretion of digestive juices (salivary, gastric, pancreatic, bowel).
- They provide a fairly interesting minerals or vitamins amount



4. FLOWERS IN THE KITCHEN

Flowers stimulate the senses of taste, smell and touch

Tips to keep in mind when cooking with flowers:

- Consume only the petals.
- Buy in shops specialized in edible flowers.
- Always make sure that the flowers that will be consumed have not been treated with chemicals.
- Take measures to prevent pests if you decide to grow them at home
- Do not abuse in their use
- Flowers are very fragile and difficult to maintain so they should be used immediately



5. RECIPE: ZUCCHINI FLOWER STUFFED WITH COD BRANDADE

INGREDIENTS:

18 zucchini flowers, 1/2 kg of cod desalted and crumbled, 6 ripped tomatoes, 2 cloves of garlic, 1 dried red chilli, 1 carrot, 50g celeriac, 1 small leek, 1 bunch of chives, a pinch of sage, 1/2 l of extra virgin olive oil, ground white pepper, salt, a bunch of fresh chervil, 1/4 l of fish fumet, sugar.



5. RECIPE: ZUCCHINI FLOWER STUFFED WITH COD BRANDADE

PREPARATION

1. Perfume olive oil with garlic and chili (fry a little). Cook the cod about 10 minutes in boiling water. Blanch the tomatoes, peel them and remove excess of water or liquid.
2. Fry in a pan 1 clove of garlic, a pinch of chopped carrot, leek and sliced celeriac. Add diced tomatoes, cook all together and check the salt point. Add a pinch of sugar and chopped dried sage.
3. Preheat oven to 120 ° C, put the sauce inside the oven and cook 1½ hours.
4. Drain well the cod, transfer to a bowl and crush with a whisk. Gradually add the oil used in cooking, until a smooth cream. Allow to cool and carefully fill the zucchini flowers. Close the flowers with leaves and arrange on a baking sheet. Sprinkle with oil.



5. RECIPE: ZUCCHINI FLOWER STUFFED WITH COD BRANDADE

PREPARATION

5. When the tomato is cooked, turn up the oven to 180 ° C. Blend the tomato, gradually adding the fish fumet until a very light cream, then pass by the Chinois and reserve it. Finely chop the rest of the carrot, leek and celeriac.
6. Cook the flowers 3 minutes in the oven at 180 ° C.
7. Finishing and presentation: in a bowl put a small serving of cream of tomato, place in the center the stuffed zucchini flowers and over them chopped vegetables. Sprinkle the dish with olive oil. Decorate with a few leaves of chervil.

GOOD HERBS SHOW COOKING

Touristic Qualification Centre
Murcia - Spain, 15 May 2015

UCAM
Murcia - Spain, 13 May 2015





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Good
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감사합니다 Natick

Grazie Danke Ευχαριστίες Dalu
Thank You Köszönöm
Tack

Спасибо Dank Gracias
谢谢 Merci Seé
ありがとう

Obrigado