

CiCN

CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

DEVELOPING FLAVOR: BASIC OVERVIEW
OF DRIED HERBS AND THEIR USES



CULINARY QUICK BITES

DEVELOPING FLAVOR: BASIC OVERVIEW OF DRIED HERBS AND THEIR USES

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

Institute of Child Nutrition
The University of Mississippi, School of Applied Sciences
www.theicn.org

Key Area: 2 – Operations

USDA Professional Standards Code
Food Production – 2100

2023

Disclaimer

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The content of this publication does not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (833) 256-1665 or (202) 690-7442; or
- (3) Email: program.intake@usda.gov

The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2023). *Culinary quick bites developing flavor: Basic overview of dried herbs and their uses*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.

©2023, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences



TABLE OF CONTENTS

3 DISCLAIMER

4 TABLE OF CONTENTS

5 TRAINING OVERVIEW

5 KEY AREA

5 PROFESSIONAL STANDARDS

6 FACILITATOR'S NOTES

7 MATERIALS NEEDED

8 LESSON OVERVIEW

9 INFOGRAPHIC: FRESH TO DRY HERB & SPICE CONVERSION CHART

10 INFOGRAPHIC: CIGN DRIED HERBS POSTER

11 RECIPE: RANCH DRESSING

14 TRAINING VIDEO

14 QR CODE

15 ACTIVITY

17 POST ACTIVITY

TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

The activity at the end of the lesson involves making the USDA Ranch Dressing recipe. This activity helps reinforce knowledge and skills learned during this lesson. The ranch dressing prepared during this lesson may be included in the next day's menu production.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 15.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 15.

MATERIALS NEEDED



NOTE: Participants will be working together to make the recipe. Determine the quantity of the recipe to prepare based on the number of servings needed for your service. Scale recipe accordingly.

- Required recipe ingredients
- Required recipe utensils, tools, pans, etc.
- Recipe handout: Ranch Dressing USDA Recipe for Schools – 1 per person
- Infographic: Fresh to Dry Herb and Spice Conversion Chart – 1 per person
- Infographic: CIGN Dried Herbs Poster – 1 per person
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones
 - A QR code has been provided for quick access to the video on handheld devices.

LESSON OVERVIEW

OBJECTIVE:

At the end of this lesson, participants will be able to recognize how to use dried herbs in recipes for school meals.

GENERAL INFORMATION ABOUT DRIED HERBS

- Herbs come from the leafy part of a plant and can be either sweet or savory. Herbs can be purchased fresh or dried.
- Dried herbs are a great way to add flavor and reduce the amount of salt used in a dish. Give more emphasis on utilizing herbs in place of salt.
 - Add basil, oregano, and thyme to pasta sauces
 - Add rosemary and garlic to roasted vegetables
 - Add dill, chives, and thyme to salad dressings
- Dried herbs are sturdier than their fresh counterparts and hold up to cooking much better. Dried herbs are best added early in the cooking process as they need moisture to help rehydrate from their dried state and break them down in the dish. Dried herbs can be more intense in flavor than fresh herbs, so you may need to adjust your recipes accordingly.
- Dried herbs begin to lose their potency once the container is opened. It is advisable to replace them every six months. If you have opened dried herbs containers for longer than six months and you wish to use them, you may need to increase the amount in the recipe to compensate for the flavor loss. Recipes should be taste-tested with students to assess the adequate amount of dried herbs to use.
- Although fresh and dried herbs are not always interchangeable, it is good to know the correct ratios to use in the event you need to replace one for another in a recipe.
- The fresh to dry ratios range from 2:1 to 4:1 depending on the herb type, so it is always advisable to reference the chart included in this lesson for the conversion factor.
- When storing your dried herbs, keep them in a dry cool place in a tightly sealed container. Moisture will quickly ruin your dried herbs.
- Dried herbs are great for making salad dressings, rubs for preparing meat, and marinades.
- Other benefits of using dried herbs- they are often more cost effective compared to buying fresh herbs and they can save labor costs related to cleaning and preparing fresh herbs.

HOW TO SELECT DRIED HERBS FOR YOUR RECIPES

- Utilizing the infographics, review the different flavor profiles and uses of the dried herbs.
- Review the embedded training video.

After we review the infographic and video, there will be an activity to reinforce skills learned.

INFOGRAPHIC: FRESH TO DRY HERB AND SPICE CONVERSION CHART

HERB/SPICE/ AROMATIC	FRESH/WHOLE	CORRESPONDING EQUIVALENT
Basil	2 teaspoons finely chopped	1 teaspoon dried
Bay Leaf	1 leaf fresh	2 leaves dried
Chervil	1 tablespoon fresh	1 teaspoon dried
Cilantro	1 tablespoon fresh	1 teaspoon dried
Cinnamon	1 cinnamon stick	½ teaspoon ground
Cumin	4½ tablespoons whole seed	4 tablespoons ground (1 ounce)
Dill	1 tablespoon fresh	1 teaspoon dried
Garlic (large)	1 clove fresh (1½ tsp minced)	½ teaspoon powder
Garlic (small)	1 clove fresh (½ tsp minced)	⅛ teaspoon powder
Ginger	1 tablespoon freshly grated	¼ teaspoon dry ground
Ginger	1 tablespoon minced	½ teaspoon dry ground
Marjoram	1 tablespoon fresh	1 teaspoon dried
Onion	1 medium onion	1 teaspoon onion powder
Oregano	1 tablespoon fresh	1 teaspoon dried
Parsley	2 tablespoons fresh	1 teaspoon dried
Rosemary	1 tablespoon fresh	1 teaspoon dried
Sage	2 teaspoons fresh	1 teaspoon dried
Star Anise	1 star anise fresh	½ teaspoon anise seed
Tarragon	1 tablespoon fresh	1 teaspoon dried
Thyme	1 tablespoon fresh	1 teaspoon dried
Thyme	1 teaspoon dried	¾ teaspoons ground
Vanilla	1 inch vanilla bean scraped seeds	1 teaspoon extract

CULINARY INSTITUTE OF CHILD NUTRITION

DRIED HERBS

BASIL

Sweet, Peppery, Earthy



Best Used In

Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Soups, Spice Blends, Tomato Sauces

Produce

Cauliflower, Chickpeas, Green Beans, Peas, Potato, Summer Squash, Tomato, White Beans

Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

BAY LEAF

Pungent, Bitter, Aromatic



Best Used In

Sauces, Soups, Stews, Tomato Sauces

Produce

Chickpeas, Mushrooms, Potato, Tomato, White Beans

Meat/Meat Alternates

Beef, Legumes

DILL

Lemony, Sweet, Grassy, Floral



Best Used In

Condiments, Salad Dressing, Salads, Sauces, Spice Blends

Produce

Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Green Beans, Peas, Potato, Summer Squash, Tomato, White Beans

Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Tofu, Yogurt

MARJORAM

Lightly-Sweet, Earthy, Mild-Bitter



Best Used In

Marinades, Salad Dressing, Sauces, Spice Blends

Produce

Cauliflower, Chickpeas, Green Beans, Mushrooms, Peas, Potato, Summer Squash, Tomato, White Beans, Winter Squash

Meat/Meat Alternates

Chicken, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

OREGANO

Pungent, Peppery, Earthy, Bitter



Best Used In

Chili, Marinades, Salsa, Sauces, Spice Blends, Tomato Sauce

Produce

Bell Peppers, Black Beans, Cabbage, Carrot, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans

Meat/Meat Alternates

Beef, Chicken, Legumes, Pork, Tofu

ROSEMARY

Woody, Pungent, Lemon-Pine



Best Used In

Marinades, Sauces, Soups, Spice Blends, Stews, Roasted Meats, Roasted Vegetables

Produce

Carrot, Mushrooms, Potato, Root Vegetables, Tomato, White Beans, Winter Squash

Meat/Meat Alternates

Beef, Legumes, Pork

SAGE

Mild-Sweetness, Earthy, Mild-Citrus, Light-Pine



Best Used In

Sauces, Soups, Spice Blends, Roasted Meats, Roasted Vegetables

Produce

Cabbage, Carrot, Cauliflower, Chickpeas, Mushrooms, Potato, Root Vegetables, White Beans, Winter Squash

Meat/Meat Alternates

Legumes, Pork, Turkey

THYME

Earthy, Sweet, Mild-Mint



Best Used In

Marinades, Sauces, Soups, Spice Blends, Stews, Roasted Meats, Roasted Vegetables

Produce

Citrus, Cabbage, Carrot, Cauliflower, Green Beans, Mushrooms, Potato, Root Vegetables, Summer Squash, Sweet Potato, Tomato, White Beans, Winter Squash

Meat/Meat Alternates

Chicken, Fish, Legumes, Pork, Tofu, Turkey

PURCHASING TIP



Only buy in quantities that you can use within three months.

PRO TIP



Adding dried herbs is a great way to add a boost to custom spice.

STORAGE TIP



Keep in a dry cool place in a tightly sealed container. Moisture will quickly ruin your dried herbs.

CIGN | CULINARY INSTITUTE OF CHILD NUTRITION
800-321-3054

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider and employer. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/AIEA employer. For more information and the nondiscrimination statement in other languages: <https://www.fns.usda.gov/cicn/files/nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.

RECIPE RANCH DRESSING



Ranch Dressing USDA Recipe for Schools

Ranch Dressing is a delicious combination of low-fat buttermilk, fat-free sour cream, and spices.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Buttermilk, low-fat		3½ cup		1 qt 3 cup	1 Combine buttermilk, lemon juice, yogurt, sour cream, mayonnaise, onion powder, garlic powder, pepper, chives, parsley, salt, and sugar in a large bowl. Stir well.
Lemon juice		1 Tbsp 1½ tsp		3 Tbsp ½ tsp	
Yogurt, low-fat, plain	10 oz	1¼ cup	1 lb 4 oz	2½ cup	
Sour cream, fat-free	4 oz	½ cup	8 oz	1 cup	
Mayonnaise, low-fat	13 oz	1 cup 3 Tbsp	1 lb 10 oz	2¼ cups 2 Tbsp	
Onion powder		2 Tbsp		¼ cup	



Food and Nutrition Service

Page 1 of 3

RECIPE RANCH DRESSING

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp	2½ oz	¼ cup	
Black pepper, ground		1 tsp		2 tsp	
Chives, dried		1 tsp		2 tsp	
Parsley, dried		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
					<p>2 Pour 3 cups (about 1 lb 11½ oz) Ranch Dressing into a container.</p> <p>For 50 servings, use a 2 qt container. For 100 servings, use a 1 gal container.</p>
					<p>3 Cover and refrigerate.</p>
					<p>4 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>5 Critical Control Point: Hold at 41 °F or below.</p>
					<p>6 Portion using a 1 fl oz ladle (¼ cup).</p>



RECIPE RANCH DRESSING

NUTRITION INFORMATION

For 1/8 cup (1 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	23
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	196 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	37 mg
Iron	0 mg
Potassium	35 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

50 Servings	100 Servings
About 3 lb 7 oz	About 6 lb 14 oz
About 1 qt 2 ⁷ / ₈ cup/2 qt container	About 3 qt 1 ³ / ₄ cup/1 gal container





CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

Basic Overview of Dried Herbs and Their Uses

[WATCH THE VIDEO](#)

<https://vimeo.com/695263896/0921f03b8f>

QR CODE

Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Ranch Dressing USDA
Recipe for Schools
handout – 1 per person



Required recipe
ingredients



Required recipe
utensils, tools,
pans, etc.



Infographic: Fresh to Dry
Herb and Spice Conversion
Chart – 1 per person



Infographic: CICN
Dried Herbs Poster – 1
per person

NOTE: Participants will be working together to make the recipe. Determine the quantity of the recipe to prepare based on the number of servings needed for your service. Scale recipe accordingly.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the ingredients that will be used for the training. Set up a workstation for each participant with the utensils and ingredients needed to prepare the recipe.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographics and recipe. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting the activity.
- 3** As a group, the participants will prepare the recipe. Divide and assign the recipe steps so everyone can participate.
 - Instruct participants to take their time and follow the recipe carefully.
 - Discard waste.

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants to describe how they can use dried herbs to enhance the flavor of a menu item.
 - Ask participants to discuss ways to make dried herb blends fun for students.
 - Ask participants what are their thoughts about creating a school signature dried herb blend. Would they consider it important to have a taste test with students and staff.
 - Ask participants to discuss possible dried herb combinations that could be used to create flavor shakers for use by students.
- Ask if the participants feel more comfortable with the training topic or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.
- Remind participants that they should not add ingredients to any standardized recipe without consulting with the Menu Planner or Supervisor first. Recipes may need to be tested/analyzed when adding spices/herbs/culinary acids, etc. before implementing in school cafeterias.



The University of Mississippi

School of Applied Sciences

800-321-3054

www.theicn.org