SENSATIONAL SEASONINGS
Idaho Child Nutrition Programs
Objectives

- Explore characteristics of herbs, spices and seasonings
- Cooking with herbs, spices and seasonings foods
Profes sional Standards

- **Nutrition (1000)**
  - General Nutrition (1300)
    - Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc. (1320)

  - Food Production (2100)
    - Develop culinary skills necessary for school meal preparation (2130)
# Herbs, Spices and Seasonings

<table>
<thead>
<tr>
<th>Herbs</th>
<th>Spices</th>
<th>Seasonings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaves, stems and soft portions of plants</td>
<td>Bark, roots, seeds, and fruit</td>
<td>Aromatic vegetables, juices, vinegars, flavored oils, zests</td>
</tr>
<tr>
<td>Fresh, Dried, Ground</td>
<td>Usually dried, ground</td>
<td>Fresh, dried, granulated, liquid</td>
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<tr>
<td>Oregano</td>
<td>Cinnamon</td>
<td>Mirepoix</td>
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<tr>
<td>Thyme</td>
<td>Pepper</td>
<td>Infused oils or vinegars</td>
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<tr>
<td>Rosemary</td>
<td>Ginger</td>
<td>Citrus zest</td>
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<tr>
<td>Parsley</td>
<td>Paprika</td>
<td>Fruit juices</td>
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<tr>
<td>Basil</td>
<td>Cayenne (Red Pepper)</td>
<td></td>
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</tbody>
</table>
HERBS
Name that Herb

- Basil
- Cilantro
- Parsley
- Mint
- Oregano
- Sage
- Chives
- Dill
- Tarragon
- Rosemary
- Lavender
- Thyme
Flavoring with Herbs

- Herbs lift the flavor of food
- Fresh, dried and frozen
- Fresh herbs should be used in dishes shortly after they are harvested
- Added at the end to hot food
- Fresh herbs should be added early to cold food
- Dried herbs should be added early

1 Tb fresh = 1 tsp dried = 1/4 to 1/2 tsp ground
Storing Herbs

**Fresh**
- Rinse with cold running water and drain
- Wrap herbs in moist paper towels and place in plastic bag
- Store in the refrigerator for up to 4-7 days

**Dried**
- Usually at their best flavor for 3-6 months after purchase
- Store in airtight container in a dark, cool and dry place
SPICES
Name that Spice

- Cinnamon
- Ginger
- Nutmeg
- Paprika
- Black Pepper
- Cumin
- Cardamom
- Mustard
- All Spice
Flavoring with Spices

- It is a good idea to familiarize yourself with spices before adding them to dishes
- Ground spices lose their flavor after six months of purchase
- Stales spices can develop a bitter flavor – discard them
- Add spices near the end of cooking hot foods
- Add spices early in cold foods to all flavors to blend
- Be careful with spices that have “heat” (pungency) that may intensify over time—such as hot peppers, pepper, or ginger
Freshness

- Replace every 6-12 months.
- Is it still effective?
  - Crush a small amount—does it have an immediate rich full aroma? If not, it may no longer be an effective seasoning.
Adjusting Recipe Yield

- Increasing recipe from 50-100 servings
  - Double herbs and spices

- Increase recipe another 100 servings
  - Increase herbs and spices by 25%
    - Test Recipe for taste and quality
AROMATICS AND ACIDS
Cooking with Aromatic Vegetables

- Mirepoix
  - Onions, carrots, and celery
    - Ratio 2:1:1 (onions, carrots, celery)
    - Cook onions first until slightly translucent, then add carrots, and finally celery
  - Aromatics go into the pot first so distinctive flavors and aromas can infuse everything else that will be added to the dish
Cooking with Acids

- Acids offer bright, tangy, refreshing, and contrasting flavors to foods
  - Citrus juices
  - Vinegars
    - Vinaigrettes
- Acids create a salty flavor when added to food before cooking
  - Marinated food
Most Effective Seasonings for Reducing Salt

- Black Pepper
- Garlic Powder
- Curry Powder
- Cumin
- Dill Seed
- Basil
- Ginger
- Coriander
- Onion
- Lemon
- Vinegar
Flavor Stations

- Cafeteria Flavor Station
  - Garlic & Onion Powders
  - Red Pepper Flakes
  - Mexican Mix
  - Cajun Mix
  - All Purpose
  - Hot pepper sauce
  - Vinegar

- Be aware of high sodium condiments, such as hot sauce.
Spotlight Seasoning Blends

• Payette School District
  ◦ Food Service Director
    • Kellie Campbell

• Current Sodium Levels for Lunch
  ◦ High School: 1278 mg (<1420 mg)
  ◦ Middle School: 1238 mg (<1360 mg)
  ◦ 4th – 5th: 915 mg (<1230 mg)
  ◦ K – 3rd: 897 mg (<1230 mg)
Payette School’s House Spice Blends Tasting

- **Basic Blend**: paprika, black pepper, onion powder, garlic powder, coriander and oregano
- **Mexican Blend**: chili powder, cumin, garlic powder, coriander and oregano
- **Italian Blend**: basil, marjoram, garlic powder, oregano, rosemary, thyme, sage and black pepper
- **Indian Blend**: turmeric, cumin, cardamom, cinnamon, ground mustard, coriander and black pepper
REDUCING SODIUM IN YOUR SCHOOL MENUS
Start by Setting Goals

1. Identify a strategy to lower the sodium content of a food you serve

2. Write a goal to work on
   - Be specific
   - How can you measure the reduced sodium content of the food?
   - How will you ensure the low sodium food is appealing to students?
   - When will you accomplish the goal?
Chef Designed School Breakfast Cookbook

- Basil Honey Mustard
Wrap Up
References


- Erin Sharp, MAT, MS. No Time To Train, A Year of 10-Minute Workshops for Lunchroom Staff. Cornell Center for Behavioral Economics in Child Nutrition Programs, 2015.


- The Addition of a Plain or Herb-Flavored Reduced-Fat Dip Is Associated with Improved Preschoolers’ Intake of Vegetables Jennifer S. Savage, Julie Peterson, Michele Marini, Peter L. Bordi Jr, Leann L. Birch, DOI: http://dx.doi.org/10.1016/j.jand.2013.03.013 Journal of the Academy of Nutrition and Dietetics, Vol. 113, Issue 8, p1090–1095 Published online: May 22 2013


