

Preserve your herbs for the coming winter

Quick! Before all of the lovely herbs in your garden die! Run out there and harvest them all! Here's a little list of how to store them and what to do with them, in case you didn't already know.
Have fun and keep cooking!

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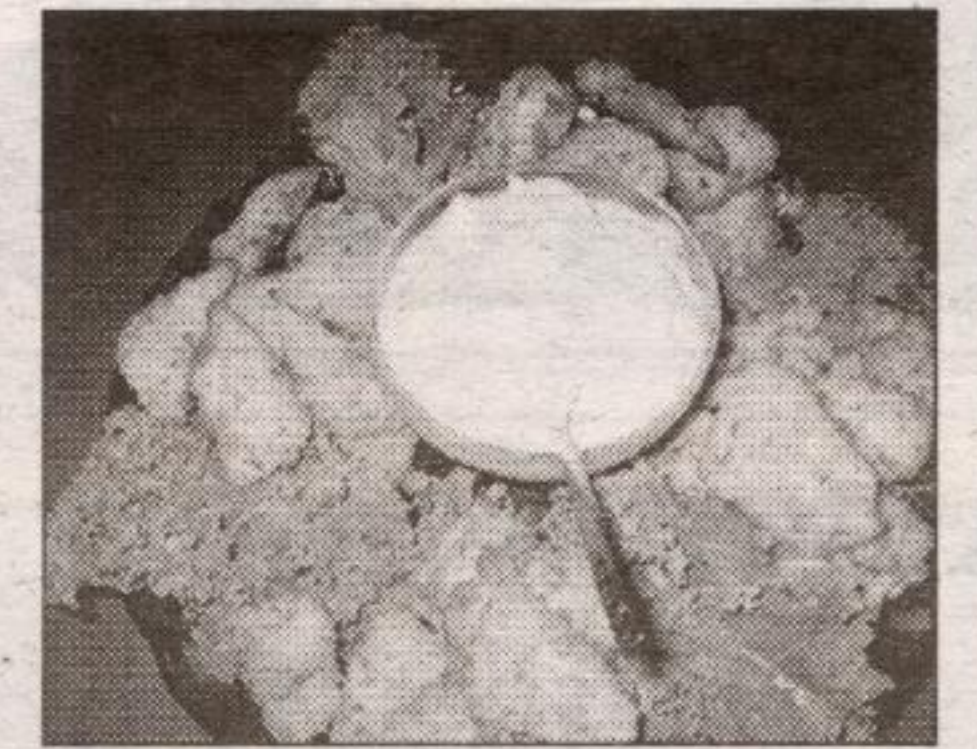
What's cookin'

Lori Gysel
Gerry Kentner



Herb	Best Storage	Goes with...
Basil	Refrigerate or freeze	Tomatoes, salads, pesto, Italian sauces, ratatouille
Coriander	Refrigerate, can try freezing, but the flavour may be lost	Asian, Thai, Indian, and Mexican dishes, salsa, corn salad and chili
Dill	Refrigerate or chop and freeze into ice cubes	Fish and seafood, potato salad, green salad, cucumbers and egg dishes, seeds flavour pickles
Parsley	Refrigerate or chop and freeze in resealable bags	Garnishes, soups, salads, salad dressings, pastas, sauces
Chives	Refrigerate or dry	Egg dishes, salads, new potatoes and mashes
Mint	Refrigerate or dry	Fruit salads, iced tea, lemonade, mint tea, new potatoes, lamb and green beans
Rosemary	Refrigerate or dry	Lamb, chicken, pork and Italian dishes, great with eggplant and roasted potatoes
Sage	Refrigerate or dry	Soups, pork, turkey, chicken and buttered pasta
French tarragon	Refrigerate or freeze	Salads, egg dishes, fish and seafood, chicken, sauces and vinegars
Thyme	Refrigerate or dry	French cuisine, herb butters, chicken dishes, vinegars, fish, sauces and stews

Golden Parmesan Chicken



Ingredients

- 4 small chicken breasts, skinned
- 1 1/2 cups fresh white breadcrumbs
- 1/2-cup Parmesan cheese, finely grated
- 2 tbsp chopped parsley
- 2 eggs, beaten
- 4 tbsp butter, melted
- salt and pepper

Garlic Mayonnaise ingredients

- 1/2-cup mayonnaise
- 1/2-cup sour cream
- 1-2 garlic cloves, crushed

Method

1. Cut each chicken breast into four or five large chunks. Mix together the breadcrumbs, Parmesan, parsley and seasoning in a shallow dish.
2. Dip the chicken pieces in the egg, then into the breadcrumb mixture. Place in a single layer on a baking sheet and chill for at least 30 minutes.
3. Meanwhile, to make the garlic mayonnaise, mix the mayonnaise, sour cream, garlic and small black pepper together. Chill until required.
4. Preheat the oven to 350 F degrees. Drizzle the melted butter over the chicken pieces and cook for about 20 minutes until crisp and golden. Remove the oven and either serve hot with the mayonnaise or chill the chicken and serve cold.



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