



Everything Herbal
by Cheryl Jabz

Parsley

FLAVOR & COMMON USES

FRESH • BRIGHT • VERSATILE



Parsley is a fresh, leafy herb with a clean, bright flavor that adds color and balance to many dishes. It comes in curly and flat-leaf varieties, with flat-leaf parsley offering a slightly stronger taste. Mild, grassy, and gently peppery, parsley is much more than a garnish.

1. FLAVOR PROFILE

- ➔ Fresh and bright
- ➔ Mildly grassy
- ➔ Slightly peppery
- ➔ Clean and lightly bitter
- ➔ Delicate but versatile



3. PAIRS WELL WITH



Lemon



Garlic



Olive Oil



Butter



Potatoes



Tomatoes

2. COMMON USES



Garnish: Sprinkle over soups, pasta, potatoes, and roasted vegetables.



Salads: Use in tabbouleh, green salads, pasta salads, and grain bowls.



Sauces: Blend into chimichurri, gremolata, herb butter, or pesto-style sauces.



Cooking: Stir into eggs, rice, soups, stews, stuffing, and savory dishes.



Fresh Finishing Herb: Add at the end of cooking for the brightest flavor.



Herbal Blends: Pairs well with garlic, lemon, dill, chives, basil, and oregano.

4. GOOD TO KNOW

- ➔ Flat-leaf parsley is often preferred for cooking because of its stronger flavor.
- ➔ Curly parsley is milder and commonly used as a garnish.
- ➔ Add parsley near the end of cooking to keep its fresh taste and color.



SCAN ME



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