

EVERYTHING HERBAL

by Cheryl Jabz

Flavor of Basil

Its Most Common Uses

1) BASIL FLAVOR PROFILE

Basil has a sweet, fresh, slightly peppery flavor with hints of clove, mint, and anise. It adds brightness and aroma to a wide variety of foods, making simple dishes taste extraordinary.



2) MOST COMMON USES

- Pesto
- Pasta dishes
- Tomato sauces
- Pizza
- Salads
- Sandwiches
- Soups
- Herbal butter
- Infused oils
- Tea
- Vegetable dishes

3) PAIRS WELL WITH



Tomatoes



Garlic



Olive Oil



Mozzarella



Lemon



Chicken



Zucchini



Parmesan

4) CHERYL'S HERBAL TIP

Fresh basil is best added near the end of cooking to keep its bright, fresh flavor and vibrant color.

Dried basil works beautifully in sauces and soups, allowing its warm, herbal essence to blend and deepen as it cooks.



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