

Improving the flavour of food without adding salt

Using herbs, spices and other products in your cooking is the answer to improving the natural flavours in food without adding salt.

Meat

Beef	bay leaf, chives, parsley, dry mustard powder, marjoram, thyme, oregano, pepper, garlic, onion, fresh mushrooms, sage, nutmeg
Chicken	green pepper, fresh mushrooms, parsley, chives, poultry seasoning, lemon juice, paprika, sage, thyme, pepper
Pork	applesauce, garlic, onion, pepper, cloves, dill, parsley, sage
Veal	apricot, bay leaf, curry powder, ginger, marjoram, oregano
Lamb	applesauce, garlic, onion, pepper, cloves, dill, parsley, sage
Fish	lemon juice, bay leaf, garlic, dill, parsley, pepper, fresh mushrooms, paprika, curry powder, marjoram

Soups

chives, onion, garlic, chili powder, oregano, thyme, bay leaf, parsley

Vegetables

Corn	green pepper, fresh tomato
Cucumber	chives, dill, garlic, vinegar
Green Beans	dill, lemon juice, marjoram, nutmeg
Tomatoes	basil, marjoram, onion, oregano, onion, parsley
Peas	green pepper, mint, fresh mushrooms
Salads	olive oil and vinegar or lemon juice mixed with dry or Dijon mustard, chives, parsley, garlic, onion, pepper, oregano
Potatoes	green pepper, onion, pepper, chives, parsley, paprika, dill
Rice	chives, green pepper, onion, paprika, parsley

Here is a recipe to use in place of salt:

Herb Shaker Recipe			
½ tsp	basil	1 tbsp	dry mustard
½ tsp	white pepper	1 tsp	thyme
1 tbsp	onion powder	¼ tsp	celery seed
1 tbsp	garlic powder	¼ tsp	rosemary
		½ tsp	paprika
Directions:			
Mix the above into an empty shaker with a few grains of raw rice to allow for easy flow.			

Conversions
¼ tsp = 1 ml
½ tsp = 2 ml
1 tsp = 5 ml
1 tbsp = 15 ml
tsp = teaspoon
tbsp = tablespoon
ml = millilitre