



## Semantic Field #24 Culinary Herbs



Basil



Oregano



Rosemary



Thyme



Sage



Parsley



Coriander



Dill



Chives



Bay laurel

Most herbs are best used fresh, as – given that they contain **flavor compounds** that are more volatile than water – the drying process also incidentally ends up removing flavor. However, if only **dry** ones are available, it is advisable to introduce them into your recipe as early in the cooking process as possible, so as to give them time to develop some flavor. By contrast, add **fresh herbs** toward the middle or, better still, the end of the cooking process: this way, their flavor will be better retained.