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Baby food should not be soft. Introducing interesting flavors early on is a great way to offer your child a varied diet. In addition, it goes a long way to cultivating an adventurous eater later in life. Suzy Scherr is fresh and bright, this dish tastes like spring and comes together almost instantly. Using frozen peas means that your child can enjoy this pretty pastel puree at any time of year. Advertising Advertising Susie Sherr Pear Mash does not have to be sweet and cinnamon-y like traditional applesauce. Roasting fruit with fresh thyme gives these pears a unique depth of taste and amazing freshness. On the left overall, these pears are a good accompaniment to fried chicken or on top of salad greens with Gorgonzola and toasted nuts. Advertising Susie Sherr Carrot and Chickpeas show often in Moroccan cuisine, a delicious cuisine that celebrates soft, sweet spices. This is the perfect taste profile for developing the sky. Susie Scherr This silky puree has a texture like hummus and flavors straight from Tuscany. Your baby will love this one... If you can keep yourself from eating the whole batch first. Remaining slightly thick, kids love this failure with soft vegetables or spread to crackers. Susie Scherr This bright green puree tastes as good as it smells. Fresh basil and soft garlic raise the green beans to a new level by putting the grayish, jarring stuff of shame. Adults will love these beans tossed with pasta or served together with roasted meat - just mash a small portion for the baby and save the rest for mom and dad. Copyright © 2014 Meredith Corporation. All content on this website, including medical reports and any other health-related information, is only for informational purposes and should not be treated as a specific diagnosis or treatment plan for any individual situation. The use of this site and the information contained in the present does not create a doctor-patient relationship. Always seek direct advice from your own doctor for any questions or questions you may have regarding your own health or other people's health. Advertising Advertising Lee is learning salt properly (don't worry, it's ok in moderation!) or incorporating spices and herbs into your repertoire, these simple techniques will bring more excitement to everything you cook. Kate Sears Salt is a necessary flavor enhancer. Add it incrementally during cooking, tasting the dish along the way. For best results, pour salt in the palm of your hand or a small bowl and pinch between your fingers to add. Advertising Kate Sears spices are great in themselves, or combined in a mixture known as dry rub. To create a balanced blend, include each of these elements: salt, sugar (granular or pepper, and spices or a combination of spices. Kate Sears Herbs come in many textures and flavors. Strong herbs, such as rosemary and thyme, can be added up to Delicate herbs, like basil and parsley, are best added at the end. Advertising Kate Sears These simple and delicious studs will make it into your regular dinner rotation. The remaining rosemary can be dried with air and then stored in a jar or plastic bag for up to a year. Kate Sears If you make salsa in a blender, add a tablespoon or two of water to facilitate the treatment. Kate Sears Make a full batch of this sweet-spicy rub and you'll have enough for two meals. Store the remaining rub at room temperature in an airtight container for up to a month. Advertising Kate Sears basil and pine nut pesto is a classic, but for an unconventional twist you can combine a variety of tender herbs to make a delicious pasta sauce. Kate Sears Here's a sweet way to introduce more exotic spices into your repertoire. Cardamom is an Indian spice that pairs nicely with cinnamon. Originally published as December 2013 issue of Parents magazine Advertising Although herbs and spices are often grouped together, they are actually completely different cooking elements with one main similarity: They come from aromatic plants. Herbs leaves, stems and flowers of these plants are found in temperate climates, and are usually soft (such as basil) or slightly woody (e.g. rosemary). Spices are bark, roots, seeds, kidneys and berries plants from tropical and subtropical zones, and are usually texture like peppers or cinnamon sticks. Whether the recipe requires herbs or spices (or how it combines the two) can provide a history lesson that links the origin of the dish to its community roots. For example, the long list of spices and herbs in the big one pot dishes of New Orleans like gumbo and jambalaya reflect the layers of Western European and Afro-Caribbean influences of this port city. Every other culture - from Italy to the West Indies - stirred something up into the pot. However, the big difference between spices and herbs is the order and time of their use, which all comes down to one issue: HEAT. Spices like him. There's no grass. Herbs Because their essential oils are reduced by heat, herbs are added to the end of piquant cooking time as a way of balancing the taste. When the heart stalks of herbs are used at the beginning of the cooking process, such as rosemary or thyme in cooking broth or in stewing liquid- they are discarded after lending their essential oil for liquid. Then the same grass, freshly cut, added right before serving. Spices because they are usually texture, spices require heat and moisture to release their essential oils. They are introduced at the beginning of the cooking process, playing a more important role in the development of taste. Spices can produce an almost infinite range of flavors - from subtle to complex, giving you a know how to treat them. Once you understand that proper heat heat unlock and maximize their taste contribution, each dish you make with spices will be noticeably better. This content is imported from an embedded name. You can find the same content in a different format, or you may be able to find more information on your website. Whole spices are usually immersed in cooking liquid, such as cloves, spices or peppercorns in broth or stew as a pot roast. Place the spices in a small square of gauze, draw the edges together to form a bag, loosely tie it to the kitchen twine (or use a small pre-made spice bag), and place it on a clean work surface. Using the side of the knife blade, click on the bag and bruise the spices. This will crack the surface of the entire spice (without grinding) and allow the maximum flavor to be released as the liquid heats up. At the end of cooking time, it is easy to remove the bag- without having to strain the loose spices from the flavored liquid, and continue your recipe. Things you need are a simple bag made with 100 per cent cotton muslin and quite durable for hours of stewing. Cheese cloth, unopened cotton 90 class, with a thin mesh, can be cut to any size. Twine Cooking, 16 ply 100 percent cotton. Land Spices Ground spices, say, in stews or chili-should be sprinkled with fragrant vegetables like garlic and onions as they are fried, allowing natural moisture in vegetables to help cook spices as a way to energize their flavor before extra liquid (such as chicken broth) is added. During this process, you should be stirring frequently to prevent the spices from burning. When using a dry rub on the meat that needs to be frostbitten, the surface of the pan should be covered with enough oil to cover the spice crust (without dipping the meat). This allows the hot mas to cook spices, and also prevents the dry rub from sticking. Shredding your own spices is a vital part of the kitchen's awareness, connecting you on a much deeper level with the smell and sounds of good home cooking. Toast them first only to add to their flavor. We like the Lodge Cast Iron Spice Skillet, with a pre-flavored cooking surface that is just the right size for toasting a small amount of spice. Cook by shaking the pan frequently until the spices become fragrant and begin to darken. Distribute the roasted spices on a large plate (crowding will cause them to steam and soften). When cool, use a mortar and pestle or spice grinder to get the roughness you want. If you use an electric blade grinder, shake periodically (with a tight lid) so that the spices are evenly distributed for even grinding. No one likes to bite into a piece of clove. Mortar and Pestle As vs. Electric Spice Grinder When You Spices with solution and pestle, there is minimal friction-no heat from the engine to burn oils- for a greater release of flavor and flavor. You'll also get the better control, grinding spice texture you need, from barely cracking fine-like powder. There are many different materials, but marble remains the best for spices. Solid, non-porous surfaces are good for grinding, will not absorb or transmit odors, and are easy to clean. The mortar should be filled less than halfway to prevent spills on the sides when grinding. Look for a four-inch diameter solution with about two inches of deep unpolished bowl and a pestle with a textured or matte working tip for better traction. Sit the pestle on top of the spices, apply downward pressure, and work the pestle in circular motions, grinding the spices against the walls of the solution. The classic style in Carrara marble is also good for grinding salt. Guide The Spice Grinders As with a solution and pestle, these crush spices without heat from mechanical blades that can burn essential oils. Kuhn Rikon High Performance Ratchet Grinder, a Swiss high-quality material design without BPA with a unique back and forth handle and a non-corrosion ceramic stone grinder. The Anatolia Spice Grinder Bazaar is a small but beautifully vintage meat grinder with a fully metallic body and corrugated roller mechanism that produce a relatively even grind. Electric spice Grinders Stainless-steel Secura Spice Grinder, two removable bowls with different blade mechanisms, one for grinding and one for grinding. Cuisinart SG-10, shredded with a light press-down lid and a cup of larger capacity. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. 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