

Mayo Clinic Minute

Ideas for getting better herb flavor

VIDEO	AUDIO
Jen Welper	"We will add some basil."
	When Executive Chef Jen Welper is building an heirloom tomato salad, she reaches for fresh basil.
Jen Welper	"Your best bet is going to be using fresh."
Graphic: 1. Fresh is best 2. Rehydrate dry herbs	Tip No.1: When possible, use fresh herbs. Tip No. 2: Rehydrate dry herbs before you work them into a dish.
Jen Welper	"We're going to add a little bit of vinegar and some olive oil."
	Welper says the vinegar rehydrates this dried basil. The olive oil helps it cling to what needs seasoning.
Jen Welper	"If you're trying to ... "
Jen Welper	"... season, like, a chicken breast, or if you're trying to season potatoes."
	Tip No. 3: ...
Jen Welper	<i>Sound of thyme being chopped</i>
Graphic: 3. Finely chop spices	... If you want any spice to stick, make sure it's finely chopped.
Title: Jen Welper Executive Chef Mayo Clinic Healthy Living Program	"That's a big mistake people make, especially with rosemary and thyme, is they don't really chop it. And it just, it all, kind of, falls off."
	Welper uses a sharp knife and some elbow grease to ensure this spice sticks.
	Toss with some olive oil, salt and pepper, roast for 15 minutes, and it's mission accomplished.
Jen Welper	"So you've got a good, even flavoring through every bite."

	An herb-crusted beet recipe that lives up to its name.
	“Dig in.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.