



## COOL'S GUIDE

# *Aromatic herbs substitution*

HERB	SUBSTITUTE
<b>BASIL</b> Basil has a sweet, slightly peppery flavor. Use oregano or thyme for a similar earthiness, or mint for freshness	Oregano, thyme, or mint
<b>CORIANDER</b> Coriander has a unique, lemony flavor. Parsley provides a milder taste, while mint adds freshness	Parsley, mint, or a mix of both
<b>PARSLEY</b> Parsley is mild and slightly peppery; coriander gives a stronger flavor, while chervil adds a delicate sweetness	A mix of coriander, chervil and celery leaves
<b>THYME</b> Thyme is earthy and woody. Oregano and marjoram provide similar profiles, while rosemary is more intense	Oregano, marjoram, or rosemary
<b>ROSEMARY</b> Rosemary is robust and piney. Thyme and oregano offer earthy alternatives, while sage has a similarly strong profile	Thyme, sage, or oregano
<b>OREGANO</b> Oregano is peppery and slightly bitter. Marjoram provides a sweeter note, while thyme is earthier	Thyme, marjoram, or basil

HERB	SUBSTITUTE
<p>MINT (MOROCCAN) Mint is cooling and sweet. Basil provides a similarly fresh note, while coriander adds brightness</p>	<p>Basil or coriander or a mix of both</p>
<p>DILL Dill has a grassy, slightly anise-like flavor. Fennel fronds match its sweetness</p>	<p>Fennel fronds or parsley. or a mix of both</p>
<p>SAGE Sage is strong and slightly peppery. Thyme and rosemary provide similar earthiness.</p>	<p>Thyme, rosemary</p>
<p>LAUREL (BAY LEAF) Bay leaf is earthy and slightly floral. Thyme provides a good match in long-cooking dishes.</p>	<p>Thyme or oregano or a mix of both</p>

