

## QUICK FLAVOUR BOOSTS

*If you have any of these extra flavour boosters to hand, try adding a little into your dishes. Without needing to open a cookbook or follow a recipe, simply experimenting with different flavour combinations can mean a very simple supper of baked or steamed fish or chicken, for example, is elevated to something rather more delicious. Of course, you don't have to add them all (that might be a bit overwhelming!), but perhaps try one or two of the suggestions and see how it tastes.*

### Tomato dishes

- o Dried or fresh herbs (especially rosemary, thyme, basil and oregano)
- o Spices - Smoked paprika, ground coriander and cumin, sumac.
- o Chilli – fresh or dried.
- o Onions, garlic, chives, spring onions, leeks
- o Sliced black olives, sun-dried tomatoes
- o Anchovies or capers
- o Even a tiny bit of very dark chocolate...(really, it adds a delicious earthy note)

### Fish dishes

- o Lemon or lime zest or juice
- o Preserved lemons – pips removed & finely diced
- o Fresh or sun-dried tomatoes
- o Fresh fennel or dill, chervil, tarragon, chives, coriander, parsley, basil
- o Pesto or salsa verde
- o Soy sauce / tamari, miso paste, chilli

### Chicken dishes

- o Fresh or dried herbs (especially thyme, mint, rosemary, sage)
- o Lemon – zest or juice
- o Garlic and onions
- o Soy sauce / tamari, miso paste, chilli
- o Spices (sumac, jerk seasoning, harissa, za'atar, nutmeg, coriander, cumin)
- o Grainy mustard

### Vegetable / Bean dishes

- o Pesto or salsa verde - homemade or good quality shop-bought
- o Good quality, organic butter
- o Extra virgin olive oil, lemon juice or zest and a little salt
- o Parmesan or crumbled feta
- o Finely sliced shallots, red onion, spring onion, chives (or pickled onions - see [ameliafreer.com](http://ameliafreer.com) for recipe)
- o Torn fresh herbs; parsley, coriander, basil, rocket, mint.
- o Tahini sauce, or homemade olive-oil aioli (see [ameliafreer.com](http://ameliafreer.com) for recipes)
- o Fresh chilli or chilli flakes
- o Spices (ground cumin, coriander, turmeric, za'atar, smoked paprika) or dried herbs (basil, oregano, Herbes de Provence) - best used when cooking or roasting.

