

A Case Study on Role of Herbs in Cooking

Chef Zaid Shaikh and Jeet Shetty

Bunts Sangha's Ramanath Payyade College of Hospitality Management Studies, Mumbai, India

Abstract: *This case study examines the significant role of herbs in cooking, focusing on their impact on flavor, aroma, and culinary techniques. It explores the diverse uses of herbs in different cuisines, their nutritional benefits, and their contribution to the overall culinary experience. The study highlights a specific region renowned for its herb cultivation and analyzes the ways in which herbs enhance the authenticity and uniqueness of its traditional dishes.*

Keywords: Fresh herbs, Dried herbs, Medicinal herbs, Aromatic herbs, Culinary herbs, herbal plants