**Bouquet garni**

Bouquet garni is an essential part of French cuisine. The herbs are selected because of their ability to develop flavour during slow cooking. You can use a bouquet garni when preparing seafood, French onion soup, stews, such as Boeuf Bourgignon, fish stock and meat stock.

Use celery leaves, parsley, a sprig of thyme and a bay leaf. Make a little package of them with a leek leaf and tie together with string so it is easier to remove before serving the dish.

You can add other herbs, such as rosemary, oregano or tarragon, to the bouquet garni, depending on which dish you are making.