8. A cooking aid as claimed in any one of claims 1 to 7, wherein the one or more herbs and spices are selected from the group consisting of parsley, rosemary, pepper, and chives.

9. A cooking aid as claimed in any one of claims 1 to 8, wherein the flavour enhancers comprise 10 to 80 % by weight of the composition.

10. A cooking aid as claimed in any one of claims 1 to 9, wherein the one or more flavour enhancers are selected from the group consisting of inorganic salts, salts of amino acids, protein hydrolysates, flavouring preparations, and yeast extracts.

11. A process for the preparation of a cooking aid as claimed in any one of claims 1 to 10, comprising:

a) extending the sheet of flexible burn resistant material on a flat surface;
b) spreading a blend of fat and oil on the sheet; and
c) distributing the one or more herbs, spices and flavour enhancers over the blend of fat and oil; and
d) coating the one or more herb, spices and flavor enhancers with oil.

12. The use of a cooking aid as claimed in any of claims 1 to 10 for cooking meat, where pieces of the meat are placed on the cooking aid in direct contact with the composition and are cooked.

13. The use of a cooking aid as claimed in any one of claims 1 to 10 for cooking vegetables, where vegetable pieces are placed on the cooking aid in direct contact with the composition and are cooked.

~~14. A cooking aid prepared by the process as claimed in claim 11.~~