



## HERBS

**Basil** – The taste of summer! Broad, deep green leaves give lots of options to add to salads, sauces and soups. Many varieties: Traditional sweet; Thai has slight anise notes; Opal is a bit spicy and ginger like; Cinnamon or Lemon are good with desserts.

**Best with:** Everything! Salads, soups, sauces, desserts and drinks

**Chives** – Long, thin stems with mild onion flavor. Both stems and flowers can be eaten. Pale pink blossoms make a great salad garnish. Chopped stems are added to a variety of foods

**Best with:** Eggs, salads, cream cheeses, sauces, soups

**Cilantro** – Flat, delicate leaves with faint anise overtones. Leaves and seeds (Coriander) are used. Associated with Southwest flavors. Also used in Thai dishes.

**Best with:** Soups, stews, curries, sauces, stir-frys, veggies

**Dill** – Delicate, fern-like leaves. Also delicate flavor that tastes like summer.

**Best with:** Salads, summer vegetables like squash, fish, cream cheeses, mustard sauces

**Marjoram** – Small, rounded leaves. Related to Oregano but slightly sweeter and milder in flavor. Primarily used in Mediterranean foods.

**Best with:** Soups, sauces, salads, poultry

**Mint** – Pointed, dark green leaves. Spearmint is most popular/common but also peppermint. Known for taking over gardens! Several varieties: Apple, Pineapple, Chocolate

**Best with:** teas, cold soups, salads, desserts, cocktails, garnishes

**Oregano** – Looks very much like Marjoram. Flavor associated most strongly with Greek and Mediterranean foods but also used in Mexican cuisine. A bit sharper flavor than Marjoram.

**Best with:** Salad dressings, chicken and meat dishes, red sauces, chili

**Parsley** – Tart, grassy flavor that ‘brightens’ food. Two types: Italian Flat and Curly. Flat leaf parsley stands up to heat better and is used in cooked dishes. Curly parsley is best used uncooked.

**Best with:** Almost anything! Salads, vegetables, meats, poultry, fish, soft cheeses

**Rosemary** – Evergreen needle-like appearance with distinctive piney flavor and aroma used a great deal in Italian cooking.

**Best with:** Beef, lamb, pork, chicken, potatoes, red sauces. Use in marinades or as a garnish, as well

**Sage** – Long, silvery, soft leaf with slightly bitter, musty flavor. Used in Mediterranean cooking. Flavor recognized as that of Poultry Seasoning.

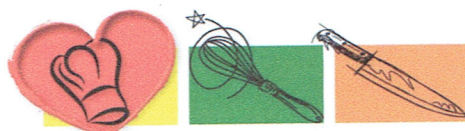
**Best with:** Poultry, meats, and poultry or meat side dishes such as stuffing

**Tarragon** – Long, flat tender leaf with bright licorice flavor. Used in classic sauces such as Bearnaise and Tartar.

**Best with:** Eggs, fish, chicken, salad dressings, mustard sauces

**Thyme** – Tiny, round dark green leaves. Best known as background flavoring for soups and stews. Typically paired with robust meats or poultry. Lemon Thyme also can be used with fish and vegetables. Try it with raspberries, blackberries or blueberries!

**Best with:** Beef, pork, lamb, chicken



## LOVE TO COOK

### Green Goddess Dip

1 c. Sour Cream  
3/4c. Mayonnaise  
1/4c. Parsley, minced  
1/4c. Chives, minced  
2T Tarragon, minced

1T Fresh Lemon Juice  
1 Clove Garlic, minced  
1/8 tsp Salt  
1/8 tsp Pepper

Process all of the ingredients in a food processor until smooth, about 20 seconds. Transfer to a serving bowl and refrigerate until the flavors have blended, at least 1 hour. Serve chilled with crackers or crudités.

### Herb Infused Oil

1c. Fresh Herb Leaves such as Tarragon, Basil, Rosemary or Dill  
¾ c. Extra Virgin Olive Oil

- 1) Fill a large bowl of water with ice cubes and set aside
- 2) Bring a small saucepan of water to a boil over high heat. Add the herb leaves and blanch them to kill any bacteria, 10-15 seconds. Immediately drain the herb in a sieve then plunge it into the bowl of ice water to stop the cooking. Drain the herb again and pat dry in a clean towel or paper towels.
- 3) Transfer the herb leaves to a blender or mini food processor. Add the olive oil and blend well, about 1 minute.
- 4) Let the herb oil sit at room temperature until the flavor develops, about 1 hour. Strain the oil through a sieve, pressing down on the solids to extract all the liquid from them before discarding. Oil will keep, covered, in the refrigerator for 2 weeks.

### **Creamy Herb Dressing**

3T Tarragon Vinegar (or White Vinegar)	1/2 c. Canola Oil
2T Heavy Cream	1T Flat Leaf Parsley, minced
1 tsp Dijon Mustard	1T Chives, minced
2T Mayonnaise	1tsp Tarragon, minced
1/2 tsp Minced Garlic	Salt and Pepper

Place all measured ingredients in a jar or container with a tight lid. Shake vigorously to combine. Season the dressing with salt and pepper to taste. The dressing can be refrigerated covered, for up to 1 week. Best used at room temperature.

### **Chimichurri Sauce**

3 Garlic Cloves	1/2 tsp Crushed Red Pepper
1/2 c. Flat Leaf Parsley	1/3 c. Olive Oil
2T Oregano Leaves	Salt and Pepper
2T Red Wine Vinegar	

With the food processor on, drop garlic through food chute; process until minced. Scrape bowl and add remaining ingredients except oil and process until smooth. Transfer sauce to a bowl and stir in olive oil by hand. Let stand for 20 minutes and season to taste with salt and pepper.

### **Classic Pesto Sauce**

1/3 c. Toasted Pine Nuts (or Walnuts)	1/4 tsp Salt
1-4 Garlic Cloves	Fresh Ground Black Pepper
2 c. Fresh Basil Leaves, packed	1/3 c. Parmesan Cheese, grated
1/3 c. Olive Oil	

- 1) In the bowl of a food processor, pulse the nuts and garlic until crumbly.
- 2) Add the remaining ingredients, except oil and process until fairly smooth, scraping bowl occasionally. With motor running, slowly add oil through feed tube and process until fully combined. Adjust seasonings and flavors to taste.