

19th Annual Herb Fest Recipes

Saturday, June 21st, 2014

Pureed Fennel Soup

<http://www.williams-sonoma.com/recipe/pureed-fennel-soup.html>

This simple soup showcases the subtle flavor of fennel. Olive oil is added when the soup is pureed, which lends a nice richness and provides a healthier alternative to finishing the dish with cream.

Ingredients:

3 T olive oil

1 yellow onion, chopped

3 small shallots, finely chopped

2 medium fennel bulbs, trimmed, cored and white portion diced, green fronds reserved for garnish

1 apple, peeled and diced

1 T fennel seeds, crushed

Kosher salt and freshly ground pepper, to taste

4 cups vegetable stock

½ t chopped fresh thyme

Directions:

In a Dutch oven over medium heat, warm 1 of the olive oil. Add the onion and shallots and cook, stirring occasionally, until tender, 8 to 10 minutes. Add the diced fennel, apple and fennel seeds, and season with salt and pepper. Cook, stirring occasionally, until fragrant, about 2 minutes. Add the stock and bring to a boil, then reduce the heat to medium-low and simmer, uncovered, for 30 minutes. Add the thyme and adjust the seasoning with salt and pepper.

Working in batches, transfer the soup to a blender, add the remaining 2 T olive oil and puree until smooth. Return the soup to the pot and reheat gently. Ladle the soup into warmed bowls and garnish with fennel fronds. Serve immediately. Serves 6.

Chocolate Peppermint Muffins

Courtesy of the Madison Herb Society

<http://www.thewisconsinherbalist.com/resources/January%202014%20Issue%2013.pdf>

Ingredients:

4 cups all-purpose flour

1 $\frac{3}{4}$ cups cocoa

2 $\frac{1}{2}$ cups sugar

1 $\frac{1}{2}$ t baking soda

$\frac{1}{2}$ cup ground dried peppermint or $\frac{3}{4}$ cup finely

Minced and crushed fresh peppermint

1 $\frac{1}{3}$ cups oil

4 eggs

1 $\frac{1}{2}$ cups buttermilk

1 T vanilla

1 $\frac{1}{2}$ cups mini-chocolate chips

Directions:

1. Mix together flour, cocoa, sugar, baking soda, baking powder, peppermint (if using dry) and chocolate chips. Set aside.
2. Mix together peppermint (if using fresh) oil, eggs, buttermilk and vanilla.
3. Pour wet ingredients into the dry and mix all together just till moistened.
4. Fill paper lined or greased muffin cups $\frac{3}{4}$ full. Bake at 375F just till tops spring back 15-20 minutes. Test often as the "brown" muffin color doesn't show if it is over baked.

Makes 18.

Herbed Cheese Spread

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<http://www.companyscoming.com/recipes/herbed-cheese-spread/2004/8/43/>

One taste and you'll be hooked! Delicious on crackers or crusty bread.

Ingredients:

8 oz. block of cream cheese, cut up and softened

3 T finely chopped fresh parsley
3 T chopped fresh chives
1 t pepper
2 T sweet (or regular) chili sauce
1 T soy sauce
1 t finely chopped fresh parsley, for garnish
1 t chopped fresh chives, for garnish

Directions:

1. Beat cream cheese in medium bowl until smooth.
2. Combine parsley, chives and pepper in small cup. Add to cream cheese. Beat well.
3. Add chili sauce and soy sauce to cream cheese mixture. Beat well. Transfer to serving bowl. Cover. Chill for at least 2 hours to blend flavors.
4. Garnish with parsley and chives. Makes about 1 ¼ cups.

Roasted Zucchini with Thyme

<http://www.marthastewart.com/313238/roasted-zucchini-with-thyme>

Ingredients:

3 zucchini (1 ½ pounds)
1 onion
2 tablespoons olive oil
1 teaspoon dried thyme
½ teaspoon salt
¼ teaspoon pepper

Directions:

Preheat oven to 450 degrees. Quarter and cut zucchini into 1 ½-inch chunks. Thinly slice onion.

On a rimmed baking sheet, toss zucchini and onion with oil, thyme, salt, and pepper. Roast 30 minutes, tossing halfway through. Serve.

Lemongrass Chicken Soup

Martha Stewart Living, August 2008

<http://www.wholeliving.com/131638/lemongrass-chicken-soup?czone=home%2Fherb-garden%2Frecipes&gallery=274306&slide=990325¢er=276995>

The subtle heat of ginger and chili, combined with the bright aroma of fresh mint, enlivens this lightened rendition of chicken soup.

Ingredients:

2 pounds skinless chicken legs

4 lemongrass stalks, white and pale-yellow parts only, smashed and chopped

4 scallions, halved crosswise

1 onion, halved lengthwise

2 ounces ginger (1-inch piece), ½ thinly sliced and ½ julienned

1 fresh Thai or serrano chili, seeded

1 teaspoon black peppercorns

10 cups water

5 stems fresh cilantro, plus ⅓ cup leaves

3 stems fresh mint, plus ¼ cup thinly sliced leaves

1 ½ tablespoons fish sauce

1 cup mung bean sprouts

Directions:

1. Place chicken, lemongrass, scallions, onion, sliced ginger, chili, peppercorns, and water in a large pot. Cover, and bring to a simmer. Uncover partially, and gently simmer for 1 hour.
2. Add cilantro and mint stems, and simmer for 15 minutes. Add fish sauce, and strain through a cheesecloth-lined sieve. Reserve broth and chicken. Discard remaining solids. Shred chicken meat, and discard bones. Refrigerate broth and chicken separately for at least 4 hours (or overnight).
3. Skim fat from broth, and reheat broth. Combine chicken, julienned ginger, cilantro leaves, thinly sliced mint, and bean sprouts in a bowl. Divide broth among bowls, and serve with chicken mixture on the side.

Oven-Roasted Grape Tomatoes with Chives

Everyday Food, December 2008

<http://www.marthastewart.com/318943/oven-roasted-grape-tomatoes-with-chives>

These tender roasted tomatoes add a spark to weeknight meals.

Ingredients:

2 pints grape tomatoes, halved

1 teaspoon olive oil

½ teaspoon crushed dried rosemary

Coarse salt and ground pepper

¼ cup coarsely chopped fresh chives

Directions:

Preheat oven to 450 degrees. On a rimmed baking sheet, toss tomatoes, oil, and rosemary. Season with salt and pepper. Roast until tomatoes are browned on bottom and begin to collapse, about 15 minutes. Toss with chives.

Herb Salad with Feta

Martha Stewart Living, January 2005

<http://www.marthastewart.com/318073/herb-salad-with-feta>

Using two kinds of parsley -- flat-leaf and curly-leaf -- brings a variety of textures to this salad. But it's also fine to choose just one, as long as you have two cups total.

Ingredients:

¼ cup extra-virgin olive oil

2 tablespoons fresh lemon juice

Coarse salt

Freshly ground pepper

1 cup firmly packed fresh flat-leaf parsley leaves

1 cup firmly packed fresh curly-leaf parsley leaves

½ cup firmly packed fresh mint leaves

1 small head Boston lettuce (9 ounces), torn into bite-size pieces

2 ounces (⅓ cup) feta cheese, crumbled

Directions:

Whisk together oil and lemon juice in a medium bowl, and season with salt and pepper. Add flat-leaf parsley, curly-leaf parsley, mint, and lettuce; toss to combine. Garnish with cheese.

Herb Infused Potatoes

Martha Stewart Living, March 1998

<http://www.marthastewart.com/316900/herb-infused-potatoes>

Try experimenting with other kinds of potatoes, but be sure to adjust the cooking time accordingly.

Ingredients:

6 Idaho potatoes

30 sprigs fresh herbs, such as thyme, rosemary, oregano, or bay leaves

½ cup low-sodium canned chicken broth, skimmed of fat

¼ cup olive oil

2 teaspoons salt

½ teaspoon freshly ground black pepper

Directions:

Heat the oven to 400 degrees. Peel the potatoes. Using a paring knife, cut a slit two-thirds of the way through one of the potatoes. Make parallel slits, spacing an inch apart. Repeat process with remaining five potatoes.

Insert an herb sprig into each slit, holding the slit open with the paring knife. Place potatoes in a medium roasting pan; drizzle with chicken stock and olive oil. Sprinkle with salt and pepper. Bake until potatoes turn golden, about 30 minutes. Cover, and bake until tender when pierced with the tip of a knife, 30 to 35 minutes. Serve hot.

Fresh Herb Potato Salad

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<http://www.ivillage.com/fresh-herb-potato-salad/3-r-538779#>

Ingredients:

4 lb. Yukon gold potatoes

½ cup sour cream

½ cup diced celery

½ cup chopped lovage

3 tablespoons chopped fresh tarragon

½ cup chopped fresh flat-leaf parsley

2 garlic cloves, pressed

½ cup finely chopped green onions

1 tablespoon Dijon mustard

3 hard-cooked eggs, peeled and grated

1 teaspoon salt

1 cup mayonnaise

¾ teaspoon freshly ground pepper

Directions:

1. Cook potatoes in boiling water to cover 30 to 40 minutes or until tender (or used herb infused potato recipe to infuse more herbal flavor); drain and cool 15 minutes. Peel potatoes; cut into 1-inch cubes.
2. Stir together potatoes, celery, parsley, green onions, and eggs in a large bowl.
3. Stir together mayonnaise and next 6 ingredients; stir into potato mixture. Serve immediately, or cover and chill up to 12 hours

Strawberries with Mint Whipped Cream

Everyday Food, May 2007

<http://www.marthastewart.com/350485/strawberries-mint-whipped-cream>

You can also try the mint syrup (step 1) to sweeten iced tea or lemonade. For a bracing cocktail, add a splash to a glass filled with seltzer, vodka, and lemon.

Ingredients:

¼ cup sugar

2 packed cups fresh mint leaves and stems, coarsely chopped, plus sprigs for garnish

1 cup heavy cream

1 quart strawberries, hulled and thinly sliced

Directions:

Make syrup: In a medium saucepan over medium heat, bring sugar, mint, and 2 tablespoons water to a boil. Remove from heat; steep 15 minutes. Strain through a fine-mesh sieve into a measuring cup, pressing to extract as much liquid as possible. Discard solids. Let cool (makes about 1/4 cup).

Meanwhile, in a large bowl, whip cream until stiff peaks form. Gently fold in 1/4 cup syrup (store any remaining syrup); if needed, re-whip cream to stiffen.

Starting with strawberries, spoon alternating layers of strawberries and cream into four serving glasses. Top each with a mint sprig.

Crescent Rolls with Fresh Herbs

<http://www.pillsbury.com/recipes/crescent-rolls-with-fresh-herbs/84af8a49-9e43-4905-9e93-7cb202468e1b?p=1>

Press a few fresh herbs into the dough, roll up the crescents, brush with egg and bake -- simple, but oh, so elegant.

Ingredients:

4 teaspoons finely chopped fresh parsley

4 teaspoons finely chopped fresh thyme leaves

4 teaspoons finely chopped fresh basil leaves

4 teaspoons finely chopped fresh oregano leaves

2 cans (8 oz. each) Pillsbury™ refrigerated crescent dinner rolls

1 egg

1 teaspoon water

16 small leaves fresh herbs, if desired

1. Heat oven to 375°F. In small bowl, mix all chopped herbs.

2. Separate dough into 16 triangles. Sprinkle each with 1 teaspoon herb mixture; press lightly into dough. Roll up each triangle, starting at shortest side and rolling to opposite point. On ungreased cookie sheets, place rolls point sides down; curve each into crescent shape.
3. In small bowl, beat egg and water until blended. Brush egg mixture over tops of rolls. Place 1 herb leaf on top of each roll; brush egg mixture over top of leaf.
4. Bake 10 to 12 minutes or until golden brown. Serve warm.

Oregano Butter

Martha Stewart Living, September 1995

<http://www.marthastewart.com/318114/roasted-corn-with-oregano-butter>

Ingredients:

4 tablespoons unsalted butter, softened

½ cup fresh oregano leaves, plus 8 sprigs

½ teaspoon salt

¼ teaspoon freshly ground pepper

Directions:

1. Place butter on a cutting board and sprinkle with oregano leaves, ½ teaspoon salt, and ¼ teaspoon pepper. Chop with a sharp knife until butter is smooth and the oregano and seasonings are fully incorporated. Transfer to a small dish and set aside.

Chamomile Pound Cake

Posted by Maria del Mar Sacasa, February 19, 2013

<http://www.serious-eats.com/recipes/2013/02/chamomile-pound-cake-recipe.html>

Pound cakes are among the purest flavored cakes; in this version, chamomile adds a subtle twist.

Note: I always find that cakes baked in loaf pans tend to overcook on the sides. To lessen this effect and promote more even baking, insulate your pan by wrapping it in several layers of heavy-duty foil, or, if you have an extra loaf pan, use it as an extra layer.

Ingredients:

For the Cake:

Baking spray

16 chamomile tea bags

1 ¼ cups boiling water

2 cups (about 10 ounces) all-purpose flour

1 tablespoon baking powder

¾ teaspoon salt

2 ½ sticks (10 ounces) unsalted butter, at room temperature

1 ½ cups (about 10 1/2 ounces) granulated sugar

2 teaspoons finely grated lemon zest from 1 lemon

6 large eggs, at room temperature

2 teaspoons pure vanilla extract

For the Glaze:

⅓ cup honey

Directions:

For the Cake:

1. Adjust oven rack to middle position and preheat oven to 350°F. Lightly spray 9- by 5-inch loaf pan with baking spray.
2. Allow tea to steep in boiling water for 8 to 10 minutes. Squeeze out all liquid from bags and discard. Allow tea to cool to room temperature. Divide tea in half, reserving half for icing.
3. Combine flour, baking powder, and salt in medium bowl; set aside. Beat butter, sugar, and lemon zest with an electric mixer on medium speed until light and fluffy, about 2 minutes. Add eggs, one at a time, beating well after each addition. Reduce mixer speed to low and add flour mixture in three additions, alternating with tea. Scrape bottom and sides of bowl with rubber spatula as needed. Add vanilla and beat just to combine.
4. Scrape batter into prepared pan and bake until a tester comes out clean when inserted, 50 to 60 minutes. Transfer cake to cooling rack and let cool in pan 15 minutes. Invert cake directly onto cooling rack and cool completely, at least 1 hour.

For the Glaze:

1. Combine reserved tea and honey in small saucepan and bring to a simmer over medium heat, stirring until honey mixture is homogenous. Remove from heat and cool 5 minutes.
2. Using a skewer, poke holes all over cake. Pour glaze over cake. Serve.

Cucumber Rounds with Raw Herbed Dill Cashew Cheese

<http://www.rawfoodrecipes.com/recipes/cucumber-rounds-with-raw-herbed-dill-cashew-cheese.html>

The fresh, cooling taste and crunchy, juicy texture of cold cucumber is perfectly paired with this creamy herbalicious raw vegan cashew cheese by Gena Hemshaw of Choosing Raw. The cashew cheese is made super delicious with fresh dill and nutritional yeast for added cheesy flavor and b-vitamins. A super versatile recipe that works great as a spread for flax crackers, raw onion breads, or even as a filling for a collard or lettuce wrap!

Ingredients:

1 $\frac{3}{4}$ cups cashew cheese

2 cups cashews, soaked 2 hours or overnight in water

$\frac{1}{2}$ t sea salt

2 T lemon juice

3 T nutritional yeast

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup tightly packed dill

Directions:

1. Drain cashews and rinse them. Add the drained cashews to the food processor along with the salt, lemon, and nutritional yeast. Pulse to combine.
2. Let the motor run, and drizzle water in, stopping a few times to scrape the bowl down. Keep blending till the cheese has the consistency of a light cream cheese (or whipped ricotta).
3. Add the dill and pulse to combine. Transfer cashew cheese to an airtight container. Will keep for 4-5 days in the fridge.

Makes 1 $\frac{3}{4}$ cups

Sunflower Seed Pesto Pasta Salad

Ingredients:

2 cups washed basil leaves (pack in cup well)

4 cloves of garlic (use less if you like)

$\frac{1}{4}$ cup sunflower seeds

$\frac{1}{2}$ cup grated parmesan cheese

$\frac{1}{2}$ cup olive oil

Salt and pepper to taste

Directions:

1. Dump everything but the oil into a food processor and process until everything comes together. About six seconds or so. Using a flexible scraper, scrape down the sides of the bowl and process again for another six seconds.
2. Slowly add the oil, using only enough for its intended purpose. What does that mean? Use less oil when you are using this as a topping in let's say a pizza or on top of chicken or fish.
3. If you are using it as a dip or bread topper, use a little more oil to create a looser consistency.
4. You really can't screw up pesto. No matter what you do to it (within reason); it's going to be delicious.

Infusion Of Fresh Anise Hyssop

http://www.iloveinns.com/recipes/infusion-of-fresh-anise-hyssop-and-candied-anise-hyssop-sprinkles_780.htm

Capture the subtle scents from the summer garden. This is a simple syrup made from fresh anise hyssop leaves and flowers.

Ingredients:

1 cup sugar

1 cup water

10 fresh sprigs organic anise hyssop, leaves and flowers removed (this should be about 2 cups loose stack of a mix of young and mature leaves and purple flower clusters).

Directions:

1. To make anise hyssop infusion/syrup bring water and sugar to a boil and add anise hyssop leaves and flowers. Stir to coat. Remove from heat and let cool stirring occasionally. Strain out leaves and squeeze to get all remaining liquid out. Store infusion in the refrigerator for several months. Makes about 1 ½ cups.

Fresh Anise Hyssop Mascarpone Frosting For Vanilla Cake

http://www.iloveinns.com/recipes/fresh-anise-hyssop-mascapone-frosting-for-vanilla-cake_895.htm

Mascarpone is like the heaviest cream made into a mild cheese. Add a Fresh Anise Hyssop Infusion and whip until fluffy. Like heaven! Use to frost a delicate vanilla cake.

Ingredients:

1 lb. Mascarpone cheese

Anise Hyssop infusion/syrup from my recipe for Fresh Anise Hyssop Infusion

Directions:

1. Beat mascarpone until smooth.
2. Slowly stream in 1 cup of Anise Hyssop infusion/syrup until smooth and fluffy (like whipped cream). Fill and frost cooled cake. Decorate the cake with fresh anise hyssop leaves and flowers for more flavor.

Any leftover syrup can be refrigerated for up to 3 months. It's really good as a flavored sweetener for hot or cold drinks.

Rhubarb Custard Bars

Taste of Home Recipe

Ingredients:

2 cups all-purpose flour

¼ cup sugar

1 cup cold butter

Filling:

2 cups sugar

7 tablespoons all-purpose flour

1 cup heavy whipping cream

3 eggs, beaten

5 cups finely chopped fresh or frozen rhubarb, thawed and drained

Topping:

2 packages (3 ounces each) cream cheese, softened

½ cup sugar

½ teaspoon vanilla extract

1 cup heavy whipping cream, whipped

Directions:

In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13-in. x 9-in. baking pan. Bake at 350° for 10 minutes.

Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° for 40-45 minutes or until custard is set. Cool. For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator. Yield: 3 dozen.

Glazed Carrots with Hyssop

<http://www.herb.co.za/herbal/hyssop02.htm>

About 500g young carrots, scraped and thinly sliced; 1 cup chicken stock; 1 tbsp honey; 1 tbsp unsalted butter; 1 tbsp finely chopped fresh hyssop leaves; salt and freshly ground white pepper to taste.

In a saucepan, combine the carrots, stock, honey, butter and salt and pepper. Bring to a simmer over medium heat. Cover and cook over low heat until the carrots are tender and the liquid is a syrupy glaze, about 20 minutes or so. Be careful that it does not burn. Toss the carrots with hyssop and serve immediately.

If you don't want to 'ruin' 500g carrots, try this tester: 2 large carrots thinly sliced, 1 tbsp water (or chicken stock), 1 tbsp butter, 1 tsp honey or brown sugar, 1 tsp finely chopped hyssop. Proceed as above. This needs only about 10 minutes to cook, but beware, it burns very easily.

Kerbelsuppe (Cream of Chervil Soup)

<http://www.saveur.com/article/recipes/kerbelsuppe-cream-of-chervil-soup>

Chervil stems are used to enrich the broth in this simple herb soup from Spoonfuls of Germany by Nadia Hassani (Hippocrene Books, 2013) traditionally served on the Thursday before Good Friday in German homes. This recipe first appeared in the tablet edition of our April 2014 issue with the story Seeing Green.

Ingredients:

6 oz. fresh chervil, stems and leaves separated

3½ cups chicken stock

½ cups heavy cream

2 egg yolks

Kosher salt and freshly ground black pepper, to taste

Directions:

Bring chervil stems and stock to a simmer in a 4-qt. saucepan over medium-high heat; simmer, covered, until stems are tender, 8–10 minutes. Strain stock, discarding stems; return to pan and keep warm. Purée chervil leaves, cream, parsley, yolks, salt, and pepper in a food processor until smooth; transfer to a bowl. Whisk 1 cup broth into yolk mixture, then slowly whisk into remaining broth until smooth.