



Herbfest
2009
'Local Flavors'
Recipes

SAGE AND GINGER CARROTS

2 lb baby carrots (scrubbed clean)
½ cup unsalted butter (one stick)
6 tbsp brown sugar (loosely packed)
2 tbsp ginger (fresh, chopped)
½ of a lemon (juiced)
¼ tsp salt
1 clove of garlic (mashed)
1 tbsp sage (fresh, chopped) or 1 tsp dried
Pinch cinnamon

Poach carrots in simmering water or chicken broth until just tender. Drain. Melt butter and add brown sugar, ginger, lemon juice, salt, garlic, cinnamon and sage. Add carrots and gently sauté 2 to 3 minutes to blend flavors.

BAKED BASIL TOMATOES

4 tomatoes
Virgin olive oil
4 oz sharp cheddar
4 oz fresh whole wheat bread crumb
1 tbsp basil
4 tbsp butter, melted

Preheat oven to 350 degrees. Wash and cut tomatoes in half. Rub with olive oil. Combine other ingredients and divide equally on top of tomatoes. Bake in a shallow dish for fifteen minutes.

SAVORY MASHED POTATOES WITH GARDEN HERBS

**2 to 2- 1/2 lbs Yukon Gold or Russet-type potatoes
(approximately 4 large potatoes), peeled and cut into quarters**

2 garlic cloves

1/2 cup milk

1/3 cup heavy cream

4 tbsp butter

1-1/2 tsp finely snipped fresh chives

1 tbsp finely chopped parsley

1-1/2 tsp finely chopped fresh tarragon

Dash of nutmeg

Salt and freshly ground black pepper

In a large saucepan, cover the potatoes and garlic with water and boil for 10 to 15 minutes, or until the potatoes are tender. Be careful not to overcook them. Drain off the water.

Meanwhile, in a small saucepan, heat the milk and cream. When the mixture is hot but not boiling, add the butter and continue heating until the butter has melted. Force the potatoes and garlic through a ricer or mash in a bowl until smooth. Place the potatoes in a large saucepan and over medium heat. Slowly stir in the warm milk mixture with a spoon until it has a creamy texture. Fold in the herbs. Add salt and pepper to taste.

Meanwhile, in a small saucepan, heat the milk and cream. When the mixture is hot but not boiling, add the butter and continue heating until the butter has melted. Force the potatoes and garlic through a ricer or mash in a bowl until smooth. Place the potatoes in a large saucepan and over medium heat. Slowly stir in the warm milk mixture with a spoon until it has a creamy texture. Fold in the herbs. Add salt and pepper to taste.

BREAD BOWL SEAFOOD DIP

1 package cream cheese (8 oz) softened

1/2 cup mayonnaise

1-1/2 tsp Dijon mustard

1 can small shrimp, rinsed and drained (6 oz)

1 can crabmeat, drained, flaked and cartilage removed (6 oz)

2/3 cup shredded Monterey Jack cheese, divided

1/2 cup chopped green onions

1 round loaf sourdough bread

Assorted fresh vegetables

In a large bowl, beat the cream cheese, mayo and mustard until smooth. Stir in the shrimp, crab, 1/3 cup Monterey Jack cheese and onions. Cut the top fourth of the loaf off and carefully hollow out the bottom. Leaving a 1/2 inch shell. Cube removed bread and set aside for later. Spoon seafood mixture into bread shell. Sprinkle with remaining cheese. Wrap tightly in heavy duty foil and place on a baking sheet. Bake at 350 degrees for 25 minutes. Unwrap and bake an additional 20-25 minutes or until cheese is melted and dip is heated. Serve with vegetables and bread cubes.

CONFETTI CHEESE SALSA

2 cups finely shredded cheddar cheese
2 cups shredded part-skim mozzarella cheese
2 large tomatoes, seeded and chopped
1 medium green pepper, diced
1 small cucumber, seeded and diced
1 small onion, chopped
8 oz ranch salad dressing
2 tbsp salsa
Corn or tortilla chips

In a large bowl, combine the first six ingredients. Combine the salad dressing and salsa; pour over cheese mixture and toss gently. Serve salsa with chips. Refrigerate leftovers.

CREAMY SHRIMP SPREAD

8 oz cream cheese, softened
2 tbsp ketchup
1 tbsp mayonnaise
2 tsp dried minced onion
2 tsp prepared mustard
Dash of garlic salt
1 can tiny shrimp, rinsed and drained (4 oz)

French bread baguette, sliced

In a small bowl, combine the cream cheese, ketchup, mayo, onion, mustard and garlic salt. Stir in the shrimp. Cover and refrigerate for at least 1 hour. Serve with baguette slices.

OLIVE RICE CHEESE SPREAD

8 oz cream cheese, softened
1/4 cup grated parmesan cheese
2 tbsp prepared Italian salad dressing
1 tsp dried basil
1/4 tsp pepper
1 cup cooked wild rice
2 tbsp diced carrots
2 tbsp snipped fresh chives
1 tbsp sliced ripe olives
1 tbsp sliced stuffed green olives
1/4 to 1/2 cup slivered almonds, toasted

In a small bowl, beat the cream cheese, parmesan cheese, salad dressing, basil and pepper until smooth. Stir in the rice, carrot, chives and olives. Transfer to a serving bowl. Cover and refrigerate for at least 1 hour. Just before serving, top with almonds.

DILLY CORNED BEEF DIP

1 can corned beef (12 oz)
2 cups sour cream
2 cups mayonnaise
1/3 cup minced fresh parsley
2 tbsp finely chopped onion
2 tbsp snipped fresh dill or 2 tsp dill weed
1/2 tsp seasoned salt
Assorted crackers or vegetables

Crumble corned beef into a large bowl. In a small bowl, combine the sour cream, mayo, parsley, onion, dill and seasoned salt. Pour over beef, toss to coat. Serve with crackers or vegetables.

GARLIC BEAN DIP

1 can garbanzo beans or chickpeas, rinsed and drained
1/3 cup reduced-fat mayonnaise
2 tbsp minced fresh parsley
4-1/2 tsp lemon juice
1 garlic clove, peeled

In a food processor or blender, combine all of your ingredients. Cover and process until smooth. Transfer to a serving dish, cover and refrigerate for 1 hour. Serve with pita bread

ROASTED RED PEPPER DIP

1 cup sour cream
1/2 cup mayonnaise
1/2 tsp horseradish prepared
1/8 tsp cayenne pepper
4 drops hot pepper sauce
7 oz roasted sweet red peppers, drained and chopped
1 medium sweet red pepper
Assorted fresh vegetables

In a small bowl, combine the first five ingredients. Stir in the roasted red peppers. Cut a thin slice off one long side of sweet red pepper; remove seeds. Spoon dip into pepper cup. Serve with vegetables.

WALNUT CORN DIP

16 oz cream cheese, softened
¼ cup lime juice
2 to 3 tsp ground cumin
½ to 1 tsp cayenne pepper
½ tsp salt
Dash pepper
1 can whole kernel corn, drained
1 cup shopped walnuts, toasted
1/3 cup finely chopped onion
Tortilla chips

In a small bowl, combine the cream cheese, lime juice, cumin, cayenne, salt and pepper. Stir in the corn, walnuts and onion. Refrigerate until serving. Serve with tortilla chips.

“HERB’S COLOGNE”

1 cup mayonnaise or Miracle Whip
1 tsp lemon thyme
1 tsp dill seed or fresh dill leaf
2 tbsp relish

Mix ingredients together to a smooth consistency. Chill and serve with your favorite fish filet.

GRILLED FENNEL FILET

4 filets of fish (your choice)

4 tbsp butter
1 onion, white, chopped
Salt & pepper to taste
1-2 sprigs of fennel
1 lemon

In aluminum foil, combine filet, butter, salt & pepper. Place the fennel sprig on top of the filet. Cover with another piece of aluminum foil and arrange on your grill. Time to cook varies depending on the filet size and grill capabilities.

RED POTATOES & SAGE

2 lbs red new potatoes, scrubbed and cut in half
2 tbsp olive oil
1 tsp season salt
½ tsp black pepper
3 tbsp chopped fresh sage

Preheat oven to 450 degrees. In large bowl, stir together potatoes, oil, salt, pepper and 2 tbsp of the sage. Mix until coated. Pour a small amount of water in a shallow pan and lay potatoes in pan, in water, spreading them out evenly. Cover tightly with aluminum foil and roast in preheated oven for 15 minutes. Remove foil and roast 10 more minutes. Turn potatoes over and roast 10 more minutes or until crisp. Sprinkle with remaining sage and serve.

TARRAGON GREEN BEANS

1 lb green beans, ends cut off and cut in 1/3's

1 tbsp butter
1 tbsp fresh lemon juice
1 tbsp fresh tarragon leaves

Set a steamer basket in a saucepan with 1 inch simmering water. Add green beans. Cover and steam until tender, about 5 minutes. In a bowl, toss together the steamed green beans, butter, lemon juice and tarragon. Season with coarse salt and ground pepper.

WATERMELON SALAD WITH HABANERO & BASIL

2 cups watermelon cubes
 $\frac{3}{4}$ minced onion
 $\frac{1}{2}$ cup seedless grapes, quartered
1 green bell pepper, finely chopped
1 to 2 tsp minced habanero pepper
3 tbsp lime juice
1 tbsp olive oil
3 tbsp thinly sliced fresh basil
Salt and pepper to taste

Combine all ingredients in a bowl and toss well. Allow the flavors to meld before serving.