

Herb Recipes from Dakota Gardeners September 21, 2022 Meeting with Shari Mayer

Purple Basil Lemonade Sally McNamara (*courtesy Shari Mayer*)

Purple basil leaves
Water
Lemonade mix

Heat water, remove from heat and put purple basil leaves in water. Let cool. Strain. (You can freeze into ice cube trays at this point for later use.)

Mix with lemonade to taste.

Depending on how much basil is used, will determine the strength of the basil water.

Iced Mint Tea from Today's Herbal Kitchen (*courtesy Shari Mayer*)

9 c water, divided
12 large sprigs fresh spearmint
4 1/4 oz tea bags
1 c orange juice
1/4 c lemon juice
1 c sugar

Bring 3 c water to boil. Remove from heat and add mint and tea bags. Cool and strain. Combine orange juice, lemon juice, sugar, and remaining 6 cups water. Stir to dissolve sugar. Add to tea. Pour over ice.

Serves 6-8

Basil pesto from Shari Mayer

2 c packed, fresh basil leaves, washed and dried
2 cloves garlic, crushed
1/2 tsp sea salt
1/2 c pine nuts, toasted
1/2 c parmesan cheese, grated
1/2 c olive oil, extra virgin

Place basil leaves in food processor. Pulse until well chopped. Add garlic, salt, pine nuts and cheese; blend well. Using attachment for adding liquids drop by drop, add olive oil to form a thick paste.

Pesto will keep several days, well sealed, in fridge, or it may be frozen.

Cilantro Pesto from Nourishing Traditions (*courtesy Shari Mayer*)

2 c packed, fresh cilantro leaves, washed and dried
2-4 garlic cloves
1/2 tsp sea salt
1/4 c pine nuts, toasted
1/4 c Parmesan cheese, finely grated
1/4 – 1/2 olive oil, extra virgin

Place cilantro leaves in food processor. Pulse until well-chopped. Add salt, pine nuts and cheese and blend well. Using attachment for adding liquids drop by drop, add olive oil to form a thick paste.

Sage Pesto from Today's Herbal Kitchen (*courtesy Shari Mayer*)

3/4 c coarsely chopped fresh sage leaves
1 c vegetable oil
3/4 c walnut oil
1/2 c peanut oil
1 1/2 c hazelnuts, toasted
1 c walnuts, toasted
1 1/2 T garlic, chopped
1 tsp allspice
2 c parmesan cheese, freshly grated

Combine sage and next 7 ingredients in food processor until finely chopped but not pureed. Transfer mixture to a bowl and fold in 2 cups cheese.

Parsley-Chive Pesto from Marc Battistini (*courtesy Shari Mayer*)

1 cup fresh parsley
1 cup fresh chives, minced
4 tablespoons fresh lemon juice
2/3 cup parmesan cheese, grated
2/3 cup olive oil
Salt and pepper

Puree parsley and chives in food processor. Add lemon juice and cheese, and process. With processor running slowly, add oil. Add salt and pepper to taste.

Rosemary Mixed Nuts from Union Square Bar Café (*courtesy Shari Mayer*)

2 1/4 (18 oz) assorted UNSALTED mixed nuts, including peeled peanuts, cashews, brazil nuts, walnuts, pecans, and whole unpeeled almonds
2 Tbsp fresh rosemary leaves, coarsely chopped
1/2 tsp cayenne pepper
2 tsp dark brown sugar
2 tsp sea salt
1 Tbsp unsalted butter, melted

Preheat oven to 350 degrees.

Toss the nuts in a large bowl to combine and spread them out on a baking sheet. Toast in the oven until light golden brown, about 10 minutes.

In a large bowl, combine the rosemary, cayenne, sugar, salt and melted butter. Thoroughly toss the toasted nuts in the spice butter and serve warm. Once you eat these, you will never want to stop!

Cucumber Spread with Lemon Thyme from Today's Herbal Kitchen (*courtesy Shari Mayer*)

1 medium cucumber

1/2 medium onion
1 8-oz cream cheese, softened
Dash salt
*Dash hot pepper sauce
1 Tbsp lemon thyme

Grind cucumber to a pulp in a blender or food processor. Place pulp on double layer of cheesecloth and squeeze out juice. Grind onion in blender or food processor. Add cucumber, cream cheese, and remaining 4 ingredients. Blend until fairly smooth. Refrigerate overnight. Serve with fresh veggies or crackers.

*If you don't have hot sauce, for 3-4 drops of hot pepper sauce you can substitute 1/8 teaspoon cayenne pepper or red pepper flakes

Yield: 1 cup

Fresh Herb Butter with Garlic from Martha Stewart

This is just one recipe for herb butter. A general rule-of-thumb is to use a couple of tablespoons fresh minced herbs of your choice per every stick (1/2 cup) of butter. The ratio is flexible and can be modified to your tastes or what you have on hand.

1 cup butter, softened
3 to 5 cloves garlic finely chopped or squeezed through garlic press
salt and pepper to taste
1 T each freshly chopped flat leafed parsley, rosemary, sage and thyme

Combine in mixer. Transfer butter mixture to a piece of plastic wrap or waxed paper. Roll up to form a cylinder, twisting ends of wrap to seal. Refrigerate until firm, at least 1 hour and up to 1 week. Freezes well. Use frozen butter within 4-6 months for the best flavor.

There are many more uses for herb butter than just a spread for bread. You can use cut-off medallions (or coins) of butter from the log when needed for use in sauces, on breads, or atop vegetables or meats. Drop a "coin" or a tablespoon on your meat just before serving and let it melt. Drizzle melted herb butter over popcorn.

- Lemon-thyme herb butter is great on vegetables or fish. One stick of butter with two tablespoons of freshly chopped thyme and two teaspoons of grated lemon zest.
- Mediterranean Blend:
 - 1 Tbsp Fresh thyme Minced
 - 1 Tbsp Fresh oregano Minced
 - 1 Tbsp Fresh rosemary Minced
 - 1 Tbsp Fresh sage Minced
- Seafood Blend:
 - 1 Tbsp Dill Ground seeds or fronds
 - 1 Tbsp Parsley Minced
 - 1 Tbsp Lemon verbena or lemon balm Can use 2 tsp lemon zest
 - 1 Tbsp Fresh tarragon Can substitute with basil
- Mexican Blend:
 - 1 Tbsp Fresh cilantro Minced
 - 1 Tbsp Mexican oregano Regular oregano is fine

2-3 tsp lime zest zested with microplane

Herbed Goat Cheese Spread from Mary Bittner

Blend:

8 oz cream cheese

3 oz Goat cheese

Add:

1 T fresh basil, chopped

1 T fresh Chives, chopped

1 T fresh Dill, chopped

1 T fresh Parsley, chopped

1 t fresh shallots, chopped

1 clove garlic, chopped

Dash of salt

Serve at room temperature for best flavor. Must made at least 1 day ahead to let flavors blend. Freezes well.

Italian Bread Dipping Oil | Restaurant-Style from Rachel Cooks (*Rachel Gurk*)

Prep Time 10 minutes

Total Time 10 minutes

Servings 7 tablespoons dry mix

Herb Mix:

1 tablespoon (2-3 large cloves) fresh minced garlic

1 tablespoon dried oregano

1 tablespoon dried basil

1 tablespoon dried parsley

2 teaspoons onion powder

2 teaspoons freshly cracked black pepper

2 teaspoons red pepper flakes – I used 1/4

1 1/2 teaspoons kosher salt

1 teaspoon dried thyme

1/2 teaspoon dried rosemary

1/2 teaspoon garlic powder

Instructions:

1. Mix all dry herb ingredients together in a small bowl.
2. When ready to use, mix 1 tablespoon of mixture with about 1/2 cup of olive oil. Let stand at least an hour to infuse the flavors in the oil. If desired, add 1 tablespoon freshly grated Parmesan cheese before serving.
3. Store remaining mixture in fridge for up to a week.

If you'd like to store this mix longer, leave out the fresh garlic and just add it when you're ready to serve. If you do this, you don't need to refrigerate the mixture.

Herbs de Provence (*courtesy Shari Mayer*)

This herb blend can be used in many recipes. See the tian recipe from Ann Fecht in the bonus section.

3 Tbsp dried marjoram

3 Tbsp dried thyme
3 Tbsp dried savory
1 tsp dried basil
1 tsp dried rosemary
1/2 tsp dried sage
1/2 tsp fennel seeds optional
Lavender optional

Flaky Savory Crackers with Fresh Herbs – from Little Vienna

This dough is a cross between short crust and puff pastry – buttery, herby goodness! The steam from the butter creates lots of little pockets in the dough, which result in light, flaky, and puffy crackers.

6 1/2 tablespoons (90 g) cold unsalted butter, cubed
1 1/4 cups (160 g) all-purpose flour
1/4 teaspoon fine salt
1 tablespoon+ finely minced fresh herbs (here: a mix of rosemary and thyme)
1 tsp garlic powder
2 tablespoons (30 ml) cold water`

Optional Topping:

- Whole fresh herbs + herb flowers (Rosemary including flowers plus thyme including flowers. Or sage, oregano, and parsley leaves as well as chive flowers.)

Instructions

1. Start by cubing the butter and placing it in the freezer to make sure it's really cold. Meanwhile, gather and measure the rest of the ingredients.
2. Add flour, salt, minced herbs, and cold butter in the bowl of a food processor fitted with the metal blade. Pulse a few times, until mixture resembles **coarse crumbs** (don't over process). If you don't have a food processor, you can grate frozen butter directly in a bowl with the flour (stir in between), or quickly work the butter cubes into the flour with your fingers. Pop the mixture in the freezer for 10-15 minutes if you used your hands to get it back to cold.
3. Transfer mixture to a bowl. Sprinkle the cold water over the mixture and try to incorporate it with a spoon. Knead for a few seconds, until it just comes together to a dough. If the dough does not come together, add a bit of water.
4. Form the dough into a 7-inch (18 cm) disc on a floured counter. Wrap it in cling wrap, and refrigerate at least half an hour. You can chill it up to 2 days.
5. Preheat the oven to 350 °F (175 °C) or 320 °F (160 °C) if using a fan-oven.
6. Roll out the dough on a well-floured counter to 12x18 inch (45x30 cm). Flour often underneath the dough and on top so it does not stick to the counter nor the rolling pin. Give the dough a good dusting of flour before you start to cut out circles: Lift the dough from each side and dust underneath with flour.
7. Use a 2.5-inch round cookie cutter (or wine glass) to cut out circles. I got out 23 circles. Put herb leaves/flowers on top and gently press into the dough with your fingers or a rolling pin. They stick best, when just rinsed with water and still a little wet. Or dip herbs in egg white to help them stick. For a quick alternative, see tip. Transfer the crackers to a parchment paper lined baking sheet. Reform the leftover dough into a ball, then roll out again and cut into more rounds (I got an additional 5 rounds out of this). I usually do this only one time, then cut the dough scraps into pieces and place them on the baking sheet next to the crackers. The baked dough scraps are delicious too.
8. Bake the crackers until they are starting to turn pale golden, 15-20 minutes in the preheated oven at 350 °F (175 °C) or at 320 °F (160 °C) fan. If you want to bake more than one sheet at once, use fan for even baking. With bottom-top heat rotate sheets in between or bake one sheet after the other.
9. Let the crackers cool completely on wire rack.

Notes:

For quicker crackers: When you are almost finished rolling out the dough, sprinkle fresh herbs on top. Place a sheet of parchment paper on top and lightly roll with a rolling pin to press the herbs into the dough. Cut rectangles/squares using a pastry wheel/pizza cutter or a knife.

For thicker crackers: Roll out the dough thicker and cut out about 15 crackers. They will still have those nice layers, but they will not puff up and rather stay flat.

Pineapple Sage Tea Bread from Janet Erdman *(courtesy Shari Mayer)*

1 8-oz can crushed pineapple in juice, undrained
1/2 c dark raisins
1 c flour
2 tsp baking powder
1/2 tsp salt
1/4 tsp baking soda
3/4 c whole wheat flour
3/4 c brown sugar, packed
3 Tsp butter, softened
2 eggs
1/2 c pineapple sage leaves, packed (fresh)

Mix pineapple and juice with raisins in small bowl. Set aside. Mix together flour, baking powder, salt, soda in bowl and set aside. Place butter, brown sugar, eggs, and pineapple sage leaves in food processor bowl. Process until sage leaves are finely minced. Pour into mixer bowl. Stir in pineapple, juice, and raisins. Stir in flour mixture. Mix until all is moist and well-blended. Pour into greased and floured loaf pan. Bake at 350 degrees about 1 hour or until center tests done.

Rosemary Lemon Cookies from Karalyn, Minnesota State Fair Winner, 2014 Gold Medal Flour Cookie Contest

Also scroll to the next page for bonus recipe from Ann Fecht. Lemon Rosemary Cremes Star-Tribune Cookie Contest recipe winner – scrumptious sandwich cookies! But these State Fair winners are really good too, and less work. Tastes like a buttery, lemony shortbread with an accent of rosemary. Not overly sweet, and the glaze finishes it off perfectly.

1 pound butter (2 cups), softened (I prefer to use only salted butter.)
8 ounces granulated sugar (just over 1 cup)
3 egg yolks (large eggs)
1/4 cup cream (*I've used 2% or whole milk; whatever I had at the time*)
24 ounces Gold Medal all-purpose flour (about 5 1/3 cups)
1 vanilla bean (1 1/2 teaspoons vanilla extract)
2 teaspoons freshly grated lemon zest, packed (*yes, really! don't skimp!*)
(*You'll need 2 whole fresh lemons for this recipe, 1 for zest and 2 for juice.*)
3 tablespoons finely minced fresh rosemary (*yes, really! don't skimp!*)

Glaze: freshly squeezed lemon juice (3 tablespoons), powdered sugar (2 cups), milk (1-2 tablespoons). *Fresh lemon juice is best, takes one or 2 lemons. You will use all the glaze and then some, depending on the size of the cookies and the thickness of the glaze.*

Combine butter and sugar together in mixer. Add egg yolks and cream. Mix well. Stir in flour. Add seeds/paste of vanilla bean (or extract substitute), grated lemon zest and rosemary. Stir just until blended. The dough is very soft. Divide dough in half and wrap each half in waxed paper or plastic wrap and chill dough for at least 2 hours, or overnight.

The refrigerator roll cookie method also works well with this recipe. Divide the dough in two, roll each half into 2.5-inch diameter rolls, wrap in waxed paper and chill. It does flatten a bit on the bottom as it chills because the dough is so soft. If you want more perfectly round cookies, rotate the log occasionally while it chills. I find cutting ¼ inch slices off the chilled log is much easier than rolling dough, cutting circles, repeat. If necessary, return partially used roll to refrigerator to keep the dough cold before slicing.

Preheat oven to 350 degrees. Roll dough out to about 1/4 inch thick. Use cookie cutter to cut out cookies and place on ungreased baking sheet.

Bake until light golden brown, about 12 minutes, rotating the pan halfway through for even baking. Cool cookies completely on wire rack before glazing. Mix lemon juice, powdered sugar and enough milk to make a thin glaze. Dip the cookies top side down into glaze or drizzle onto tops of cookies. Let cookies sit on rack until glaze is dry. Makes about 75 cookies.

BONUS RECIPES

Lemon Rosemary Sandwich Cremes from Ann Fecht

One of the winners from the 2021 Star Tribune Holiday Cookie Contest from Cynthia Baxter of Minneapolis. These are delicious!

Makes about 2 dozen sandwich cookies.

Note: This dough must be prepared **MORE THAN ONE DAY IN ADVANCE** to make the rosemary brown sugar.

For rosemary brown sugar:

- 3/4 c. lightly packed light brown sugar
- 1 large fresh rosemary sprig

For cookies:

- 2 c. flour, plus more for rolling dough
- 1/4 tsp. salt
- 1/4 tsp. baking powder
- 1 c. (2 sticks) unsalted butter, at room temperature
- 1 tsp. freshly grated lemon zest
- 1 tsp. finely chopped fresh rosemary
- Fresh small rosemary leaves, for garnish

For lemon creme:

- 2 c. sifted powdered sugar, plus more as needed
- 1/4 tsp. salt
- 2 tbs. unsalted butter, at room temperature
- 1/3 c. mascarpone cheese
- 2 tbs. freshly squeezed lemon juice, plus more as needed

Directions

To prepare rosemary brown sugar: Gently roll rosemary sprig between your hands or under a rolling pin to release its fragrance. In a small bowl or jar, bury the rosemary in the brown sugar, cover tightly and let sit at room temperature for 24 to 72 hours; the longer it sits, the deeper the flavor. When ready to bake, discard rosemary sprig from brown sugar and reserve brown sugar.

To prepare cookies: In a medium bowl, whisk together flour, salt and baking powder, and reserve. In the bowl of an electric mixer on medium-high speed, beat butter and 1/2 cup lightly packed rosemary brown sugar until light and fluffy, about 2 minutes.

Reduce speed to low, add flour mixture and mix until just incorporated. Add lemon zest and 1 teaspoon finely chopped rosemary and mix until just incorporated. Shape the dough into a disk, wrap in plastic wrap or wax paper and refrigerate until slightly firm, about 30 to 60 minutes.

Preheat oven to 350 degrees and line baking sheets with parchment paper.

On a lightly floured work surface, using a lightly floured rolling pin, roll dough to 1/4-inch thickness. Use a small cookie cutter to cut dough and place cookies 2 inches apart on prepared baking sheets. Repeat with remaining dough, gathering up scraps, rerolling and cutting until all dough is used.

For half of the cookies, lightly brush the tops with water (leaving the other half of the cookies plain). Sprinkle the remaining 1/4 cup rosemary brown sugar on the water-brushed cookies and then garnish with small rosemary leaves. Bake until cookies are lightly browned on the bottom, about 12 to 14 minutes. Remove cookies from oven and cool for 2 minutes before transferring to a wire rack to cool completely.

To prepare lemon creme: In the bowl of an electric mixer on low speed, combine powdered sugar, 1/4 teaspoon salt, 2 tablespoons butter, mascarpone and lemon juice, and mix until combined. Increase speed to medium and mix until creme is smooth and creamy, adjusting with powdered sugar or lemon juice to achieve desired consistency.

To assemble cookies: Spoon or pipe a dollop of lemon creme into the center of the bottom side of a plain cookie. Top with a rosemary-topped cookie, as if making a sandwich, and gently press cookies together until filling spreads evenly to about 1/16th-inch from edge. Repeat until all cookies form sandwiches.

Lavender Fairie Cookies from Today's Herbal Kitchen (*courtesy Shari Mayer*)

1/2 cup butter
1 c sugar
2 eggs
1/2 tsp vanilla
1 T fresh lavender flowers, finely chopped
1 1/2 c flour
2 tsp baking powder

Cream butter and sugar. Beat in eggs, vanilla, and lavender flowers. Stir in flour and baking powder until well blended. Drop by half teaspoons on an ungreased baking sheet. Bake for 6-8 minutes at 375 degrees. Cool slightly on baking sheet before transferring to a cooling rack.

Makes 3-4 dozen

Dill Pesto from Today's Herbal Kitchen (*courtesy Shari Mayer*)

1 c fresh dill leaves
1/2 c fresh parsley

1/4 c parmesan cheese, finely grated
1/4 c almonds, toasted
2 garlic cloves
1/2 c olive oil, extra virgin
1/2 tsp sea salt
1 c swiss cheese, grated

Combine dill and next 5 ingredients in food processor or blender until coarsely pureed. Add cheese and process until mixed. Add extra oil if consistency is too thick.

Makes 1 1/2 cups

Basil Cream for Soup from Ellen Held

1 cup fresh basil leaves
2 cloves garlic, peeled
2 tablespoons oil
1/2 cup heavy cream

Puree the basil, garlic, and oil in food processor. Slowly add the cream until a smooth mixture is formed. To serve, swirl a tablespoon or two onto the top of any hearty, hot soup: tomato, broccoli, cauliflower, or leek and potato.

Late Summer Tian of Eggplant, Squash, Tomatoes, and Lamb with Herbs de Provence

from Pedaling Through France cookbook by Sara Leah Chase (Ann Fecht made this for the garden club's 25th anniversary party.)

In Provence, layered vegetable gratins are called *tians*, after the round or oval earthenware dishes in which they are baked.

Makes 6 servings

2 medium eggplants, stemmed and sliced into 1/2 inch thick rounds
Sea or coarse salt
3 large yellow squash, stemmed and sliced into 1/2 inch thick rounds
1/4 cup plus 3 tablespoons olive oil
3 tablespoons herbs de Provence
Freshly ground black pepper, to taste
1 large onion, diced
3 cloves garlic, minced
1 pound lean ground lamb
1/2 cup dry red wine
1/2 cup slivered fresh basil
1 cup freshly grated Parmesan or Gruyere cheese
4 large vine-ripened tomatoes, sliced 1/2 inch thick

Layer the eggplant slices in a colander, sprinkling them generously with salt as you go; allow to drain for 3 minutes.

Preheat oven to 375 F.

Rinse the eggplant slices and pat them dry. Lay out both the eggplant and squash rounds in a single layer on large baking sheets. Brush them lightly on one side with 1/4 cup of the olive oil. Sprinkle the vegetables

generously with the herbs de Provence and season with pepper. Bake the vegetables until softened and just beginning to brown, 15 to 20 minutes.

Meanwhile, heat the remaining 3 tablespoons olive oil in a large skillet over medium-high heat. Add the onion and garlic and saute until softened, about 5 minutes. Add the lamb and cook, crumbling it into small bits with the back of a wooden spoon, until it loses its pink color, 7 to 8 minutes. Pour in the wine and continue cooking until the wine has reduced by half, 5 to 7 minutes more. Season the mixture with salt and pepper, stir in the basil, and remove from the heat.

Assemble the *tian* in a gratin dish that is 12 to 13 inches wide. Make a layer of half of the eggplant rounds and sprinkle lightly with about 2 tablespoons of the grated cheese. Top with a layer of half of the squash rounds and sprinkle them with cheese as well. Next, spread half of the lamb mixture over the squash rounds, and then top with half of the tomato slices. Sprinkle the tomatoes with 2 more tablespoons grated cheese, and then repeat the layering process all over again with the remaining vegetables and meat. The *tian* should end with a final layer of tomatoes.

Make the topping:

Combine the bread crumbs, parsley, basil and Parmesan in a small bowl. Moisten the mixture with the olive oil and then sprinkle it evenly over the top of the *tian*. Cover the *tian* tightly with aluminum foil and bake for 30 minutes. Uncover and continue baking until the vegetables are very tender and the top is crusted brown, 30 to 45 minutes longer. Let the *tian* cool for a few minutes and then serve by scooping it out onto plates.

Savory Parmesan Coins from *Fine Cooking*, courtesy of Ann Fecht

Yields about 4 dozen 1 1/2- inch coins

6 oz (1 1/3 cups) all purpose flour
1 ounce (3/4 cup lightly packed) freshly and finely grated Parmigiano Reggiano cheese
1 generous tablespoon finely grated lemon zest (from 1 to 2 lemons)
2.5 teaspoons coarsely chopped fresh rosemary
1 teaspoon table salt
1/4 teaspoon coarsely ground black pepper
4 ounces (1/2 cup) unsalted butter, cut into 1/2-inch pieces, chilled
1 large egg yolk
2 tablespoons fresh lemon juice
Kosher salt for sprinkling on top (optional)

Combine the flour, cheese, lemon zest, rosemary, salt and pepper in a food processor. Process until just blended. Add the butter pieces and pulse until the dough resembles coarse crumbs. Stir the yolk and lemon juice together with a fork and drizzle over the mixture. Pulse until the dough begins to form small, moist crumbs that just begin to clump together.

Pile the moist crumbs on an unfloored work surface. With the heel of your hand, push and gently smear the crumbs away from you until they start to come together in a cohesive dough. Using a pastry scraper or a metal spatula, lift up one edge of the dough and fold it into the center (the dough will still be rough, so don't expect a neat, smooth fold). Repeat with the opposite edge, like folding a letter. Turn the dough 45 degrees. Give the dough another smearing and shape it into a 14-inch log that is 1 1/4-inch in diameter. Wrap in plastic and refrigerate until firm, about 4 hours, or up to two days. (The dough may also be frozen for up to a month and then thawed on the counter for about an hour or in the refrigerator overnight.)

Heat the oven to 375 degrees F. Line two large baking sheets with parchment. Using a thin, sharp knife, cut the log into 1/4-inch slices. Arrange about 1/2 inch apart on the prepared sheets. Bake until medium golden around

the edges, 15 to 20 minutes, rotating the sheets as needed for even baking. (Don't overbake or you'll lose the lemon and rosemary flavors.) If you like, sprinkle the crackers with a little kosher salt just as the baking sheets come out of the oven. Set the sheets on racks to cool. When the coins are completely cool, store in an airtight container.