

parsley
curly vs
flat leaf pesto
all

Italian
pesto =
to pound

make pesto + freeze (like mole)
in cubes - or freeze in a ball
on a cookie sheet

parsley - good for digestion?

How to Make Herb Pests

From Moosewood Restaurant Cooks at Home

Pesto will keep refrigerated for a week and frozen for several years. When preparing pesto specifically for freezing, omit the cheese, and add it to the thawed pesto before serving. To make pesto, whirl all the ingredients, except the oil, in a food processor or blender. When everything is well chopped, add the oil in a thin stream to form a smooth paste. If you are using a blender, it may be necessary to pre-chop the herbs and nuts by hand. The nuts help the blending process by adding resistance or "grit" to the chopping action of the blades. Ice cubes can be used to enhance the blending process if you desire a nut-free pesto. Freeze pesto in ice cube trays or place small amounts (couple tablespoons) on waxed paper on cookie trays for placement in the freezer. When frozen, place the cubes in plastic bags or sealed containers. One or more "herb cubes" can be used in soup, stir fry, stew, rubbed on meats or fish, casseroles or other dishes where herbs are needed.

Pesto Genovese

3 cups loosely packed fresh basil leaves
1/3 cup pine nuts or chopped almonds
1/2 cup grated Parmesan cheese
3 garlic cloves, coarsely chopped
1/2 cup olive oil (more or less to achieve desired consistency)
Salt and ground black pepper to taste

small amt lemon juice
will keep green color
when frozen

don't add s/p - add @
cooking/eating
time

Pesto Provençal

1 cup loosely packed fresh parsley leaves
2 tablespoons fresh thyme leaves
2 tablespoons fresh rosemary leaves
1 tablespoon fresh oregano leaves
1/4 cup coarsely chopped scallions or chives
1/3 cup pine nuts or chopped almonds
1/2 cup vegetable or olive oil (more or less to achieve desired consistency)
salt and ground black pepper to taste
Note: other herbs can be included such as marjoram, tarragon, fennel or savory

Fine Herbes Pesto

1 cup loosely packed fresh parsley leaves
1/4 cup loosely packed fresh tarragon leaves
2 tablespoons fresh thyme leaves
1/4 cup coarsely chopped chives
1/3 cup pine nuts or chopped almonds
1/2 cup grated Parmesan cheese
1 1/2 teaspoon lemon juice
1/4 cup vegetable or olive oil (more or less to achieve desired consistency)
salt and ground black pepper to taste
Note: other herbs can be included such as marjoram, oregano, fennel or savory

Cilantro Pesto

1 cup loosely packed fresh cilantro leaves
1 cup loosely packed fresh parsley leaves
1/3 cup chopped almonds
2 garlic cloves, coarsely chopped
1 small fresh chile or 1/4 to 1/2 teaspoon cayenne
2 tablespoons lime or lemon juice
1/4 cup vegetable oil (more or less to achieve desired consistency)
salt and ground black pepper to taste

tarragon differs
fresh (more assertive)
vs dried

Southeast Asian Pesto

- great for stirfry

From *Basil: An Herb Society of America Guide* (www.herbsociety.org)

Combine garlic, ginger and lemon grass in food processor; process until smooth. Add remaining ingredients using only as much vegetable oil to achieve a smooth paste. Taste and adjust salt and vinegar as needed. Freeze up to 2 years in air tight container.

2 or 3 large cloves garlic, cut into pieces

2 cups peeled & coarsely chopped fresh ginger

$\frac{1}{4}$ cup firmly packed sliced lemon grass, white fleshy portion only

2 cups sliced green onions or chives

2 cups firmly packed fresh basil (*? thai basil*)

2 cups firmly packed fresh coriander (cilantro) leaves & stems

1 to 2 teaspoons chopped fresh hot peppers to taste (seeds & stems removed) - *hot chili paste*

2 cups toasted almonds (sliced or slivered)

2/3 to $\frac{1}{4}$ cup peanut oil or other mild vegetable oil

2 teaspoons sesame oil

$\frac{1}{4}$ to 1/3 cup rice wine vinegar, lemon juice or lime juice

1 teaspoon salt

Herbes de Provence and Roasted Garlic Pesto

From *Garlic: An Herb Society of America Guide* (www.herbsociety.org)

1 medium head garlic, roasted with olive oil and wine in oven or top of stove

1 cup each firmly packed fresh basil and sweet marjoram or mild oregano leaves & tender stems

$\frac{1}{4}$ cup firmly packed fresh thyme leaves and tender stems

2 tablespoons each firmly packed rosemary, sage and winter or summer savory leaves & tender stems

4-5 large fresh bay leaves, tough center stem removed and leaves cut into several small pieces

1 tablespoon whole fennel seeds, ground

2 tablespoons fresh or dried lavender flowers (be sure flowers do not contain potpourri fragrance oil)

2 tablespoons orange peel, cut into small pieces

1 teaspoon salt

$\frac{2}{3}$ to $\frac{3}{4}$ cup extra virgin olive oil

Break roasted garlic into individual cloves and squeeze out soft garlic from pointed end. Blend with remaining ingredients in a food processor until smooth. Use concentrate in very small amounts since flavor is quite pungent. Use as a rub to season meats, in sauces and vegetables or dilute with vinegar and additional olive oil for a delicious salad dressing or marinade. To keep oil-based mixtures fresh, use immediately or store up to 2 years in an airtight container in freezer.

Shiso Pesto

From Chef Kevin Martinez at Tokyo Café (Kansas City Star, August 15, 2012)

Combine all ingredients in food processor and process until smooth and thick. Can be used fresh or frozen.

15-20 shiso leaves

great w/ fish

2 teaspoons minced garlic

2 tablespoons peeled, diced fresh ginger

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

6 scallions, green parts only (or chives)

2 tablespoons lime juice

Salt to taste

lemon grass - annual

lemon verbena - annual

very lemony fresh or dry

Lemon Pesto

2 cups fresh lemon balm or lemon verbena leaves

1/2 cup extra-virgin olive oil

3 or 4 cloves garlic

Blend all ingredients together in a food processor until chunky, but not too well blended. Use to baste broiled or grilled fish or chicken, or serve as traditional pesto over pasta.

French herb mixtures

herbes de Provence — an assortment of dried herbs said to reflect those used commonly in southern France; typical mixture includes summer savory, basil, thyme, oregano, rosemary and fennel seed

bouquet garni — bundle of more pungent herbs, which release their flavors in long cooking; commonly includes parsley, thyme and bay leaf but can use basil, peppercorns, rosemary, tarragon and onion

fines herbes — mixture of parsley, chive, tarragon and chervil; marjoram, garden cress, sweet cicely or lemon balm can be added to fines herbes

Bouquet garnis

From *Herbs & Spices: The Cook's Reference* by Jill Norman (DK Publishing)

FOR BEEF

Bay, parsley, thyme & outer piece leek

Oregano, bay, garlic & strip orange peel

Thyme, savory, marjoram & hyssop (little bit)

FOR PORK

Sage, celery, parsley & thyme

Lovage, rosemary & savory

Orange thyme, tarragon & bay

FOR LAMB

Rosemary, garlic, oregano (marjoram) & thyme

Lavender, savory & myrtle

Lemon thyme, mint & parsley

FOR VEGETABLES

Oregano, thyme, parsley & sage

Celery, savory, tarragon & parsley

Bay, Lovage, rosemary & marjoram

FOR GAME

Parsley, juniper berries, thyme & bay

Lemon balm, marjoram, mint & celery

Rosemary, myrtle & strip orange peel

FOR FISH

Parsley, tarragon, thyme & strip lemon peel

Fennel, bay & lemon thyme

Dill, parsley, Welsh onion & lemon balm

FOR POULTRY

Parsley, bay, tarragon & bruised lemon grass

Marjoram, rosemary & savory

Lemon thyme, lovage, parsley & outer leek

Cuban Adobo

From *Herbs & Spices: The Cook's Reference* by Jill Norman (DK Publishing)

Adobos occur throughout Central- and South-American cooking. In this recipe, blend everything in a food processor and keep in a jar in the refrigerator for 4 to 5 days. Adobo can be used either dry as a rub or liquid as a marinade. To use this recipe as a rub, omit the juice.

1 tablespoon fresh thyme leaves
1 tablespoon fresh oregano leaves
2 handfuls cilantro, leaves and sprigs
3 garlic cloves, crushed
1 teaspoon ground cumin
2 teaspoon ground black pepper
7 tablespoons (100ml) bitter orange juice or lime juice

Note: bitter or sour orange juice = 1 or 2 parts lime or lemon juice + 2 parts orange juice

Chilean Aliño

From *Herbs & Spices: The Cook's Reference* by Jill Norman (DK Publishing)

Aliño means seasoning or dressing and is used throughout South America for herb and spice mixtures to rub onto meat, poultry or fish, or to flavor soups and casseroles. For this recipe, mix and crush the herbs and store in an airtight container. Note: use same recipe with fresh herbs for immediate use or can be frozen.

1 tablespoon dried thyme
1 tablespoon dried rosemary
1 tablespoon dried oregano
1 tablespoon dried sage
1 tablespoon dried mint
1 tablespoon dried lemon balm
1 tablespoon dried marjoram
1 tablespoon dried tarragon

Herb Vinegars

Herb vinegars and herb-infused oils offer cooks a convenient way of incorporating the essence of summer herbs all year round. Use them in dressings, marinades, steamed vegetables, soups, sauces and stews. The sharp tanginess of herb vinegars also allows cooking with less or no salt. Apple cider vinegar and white- and red-wine vinegars are best as starting ingredients. Distilled white vinegar and rice vinegar are acceptable, especially as a clear, uncolored base for brightly colored herbs or flowers.

See the following publication for further details about making herb-infused vinegars:

Andress EL, Harrison JA. *Preserving Food: Flavored Vinegars*. FDNS-E-1 (University of Georgia) (www.nchfp.uga.edu/publications/uga/uga_flavored_vinegars.pdf)

Examples of common herb-vinegar combinations:

- Chervil, shallots and white-wine vinegar
- Rosemary, raisins, orange peel, garlic and white-wine vinegar
- Dill, chives and apple-cider vinegar
- Sage, parsley, shallots and red-wine vinegar
- Cilantro, chives and rice vinegar
- Borage, dill, shallots and white-wine vinegar
- Purple basil, garlic and distilled white vinegar
- Savory, chive blossoms and cider vinegar
- Oregano or marjoram and red-wine vinegar
- Coriander leaf (cilantro), garlic and rice vinegar
- Tarragon, shallots and apple-cider vinegar
- Fennel leaf, garlic, parsley and white-wine vinegar

Herb-Infused Oils

Herb-infused oils have such a concentrated flavor, only a small amount is needed to enhance seasoning. Mild oils that will not compete with the herb flavors are best choices: canola, corn, light olive, safflower or soy. Fresh herbs to use include basil, coriander leaves, dill, lemon balm, lemon verbena, marjoram, mint, oregano, rosemary, sage, tarragon and thyme. Garlic, shallots and chili can also be added.

See the following publication for important details about making herb-infused oils:

Abo B, et al. *Making Garlic- and Herb-Infused Oils at Home*. PNW664 (University of Idaho) (www.cals.uidaho.edu/edcomm/pdf/PNW/PNW664.pdf)

Herb Butters

From *The Moosewood Restaurant Kitchen Garden* by David Hirsch (Fireside Books)

Butter enhanced with fresh herbs can be used as a spread, as an enhancement or for sautéing. Herb butter can be prepared in the summer and kept frozen in small packages for winter use. It will keep refrigerated for 4-5 days and frozen 6-9 months. Herb-infused oils are a good alternative for those who do not want to use butter. Allow the butter to soften for ease of preparation. Cream in the remaining ingredients. Allow the herbs to impart their flavor for at least an hour before immediate use.

Tarragon - Dijon Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 1 tablespoon finely chopped fresh tarragon + 1 tablespoon finely chopped fresh chives + 2 teaspoons fresh lemon juice + 1 teaspoon Dijon mustard

Dill - Chive Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 2 tablespoons finely chopped fresh dill + 1 tablespoon finely chopped fresh parsley + 1 teaspoon prepared horseradish

Basil - Garlic Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 2 tablespoons finely chopped fresh basil + 1 teaspoon finely chopped fresh oregano + 1/2 teaspoon finely chopped fresh thyme + 1 large garlic clove, minced or pressed

Fines Herbes Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 2 teaspoons each of finely chopped fresh chives, parsley, tarragon and chervil

Mint Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 2 tablespoons finely chopped fresh spearmint + 1 tablespoon finely chopped fresh fennel leaf + 1 tablespoon finely chopped fresh parsley + $\frac{1}{2}$ teaspoon finely chopped fresh lemon balm + 1 teaspoon fresh lemon juice

Sage Butter

$\frac{1}{4}$ pound (1 stick) softened butter + 2 tablespoons finely chopped fresh sage + 1 teaspoon finely chopped fresh marjoram + 1/2 teaspoon finely chopped fresh thyme

Herbal Mop for Steaks

Recipe from Marc Forgione, executive chef and owner at American Cut, Atlantic City
From *Wine Enthusiast* magazine, December 2012

½ pound dry-aged beef fat

½ pound unsalted butter

1 head garlic, sliced in half crosswise

14 sprigs thyme

14 sprigs rosemary

10 whole peppercorns

1 bay leaf

Render beef fat in a saucepan. Add the butter, garlic, thyme sprigs, rosemary sprigs, peppercorns and bay leaf. Cook until brown and fragrant. Strain out solids and spoon over grilled steak. You can also tie together other sprigs of rosemary and thyme, and use them to brush the mop onto the steak.

A Wine Lover's Guide to Herbs

by Alexis Korman, *Wine Enthusiast* magazine, December 2012

Examples of good herb and wine grape / wine combinations:

- Sage and syrah
- Thyme and red Rioja
- Lemon verbena and Italian pinot grigio
- Garlic chives and Chablis or rich California chardonnay
- Thai basil and sauvignon blanc
- Rustic herbs (sage, dill, thyme, rosemary) and cabernet franc
- Bright herbs (basil, lemon grass, coriander leaf, parsley) and riesling

Herb Resources

Cooperative Extension

Growing Herbs for the Home Garden. Horticulture Info Sheet 8110 (www.ces.ncsu.edu)

Herbs: Preserving and Using. CSU Fact Sheet 9.335
(<http://extension.colostate.edu/docs/pubs/foodnut/09335.pdf>)

The Herb Society of America (www.herbsociety.org)

“The Mission of the Herb Society of America is to promote the knowledge, use and delight of herbs through educational programs, research and shared experiences.....”

Essential Guide to the Beginner’s Herb Garden

Beginning Herb Gardening (PowerPoint presentation)

Essential Guides to.....

Herb of the Month

The Herbalist magazine

Books

Rodale’s Illustrated Encyclopedia of Herbs, edited by C. Kowalchik & W.H. Hylton (Rodale Press)

Herbs & Spices: The Cook’s Reference by Jill Norman (DK Publishing)

The Moosewood Restaurant Kitchen Garden by David Hirsch (Fireside Books)