

Herb Recipes Spring 2007

Apricot Sage Cookies (Better Homes and Gardens)

1¾ cups all-purpose flour
1/3 cup sugar
1/4 cup yellow cornmeal
1/2 cup butter
2 Tbs fresh sage, snipped
3 Tbs milk
Apricot "spreadable fruit"

Preheat oven to 375°. In a bowl, stir together flour, sugar, and cornmeal. Cut in butter with a pastry blender or fork until mixture resembles fine crumbs. Stir in sage and milk to combine; form into ball. Knead until smooth, divide in half. On a lightly floured board, roll half at a time to 1/4" thickness and cut into 2" rounds. Bake about 10 minutes on an ungreased cookie sheet until edges are firm and bottoms are lightly browned; transfer to rack to cool. Spread bottoms of half the cookies with apricot spread, top with remaining cookies. Makes 20 sandwich cookies.

Herb Apple Cheese Casserole

2 cups tart apple, finely chopped
1/2 cup onion, finely chopped
1/4 cup butter
1/4 tsp granulated garlic
1/4 tsp dried thyme
1/4 tsp dried marjoram
2 strips bacon

4 Tbs flour
1 tsp salt
1 cup milk, lukewarm
1 cup cheese, grated
1/4 cup walnuts, finely chopped
4 egg yolks
6 egg whites
1/4 tsp cream of tartar

Preheat oven to 350°. Saute apples and onion in butter with garlic, thyme, and marjoram for about 3 minutes. In a separate skillet, fry bacon until crisp, drain and crumble finely; set aside. To apple skillet, stir in flour, salt, and add milk gradually, cooking and stirring over low heat until very creamy. Stir in cheese, nuts, and bacon. Beat egg yolks well and stir in, Beat egg whites with cream of tartar until stiff peaks form and fold into mixture. Pour into buttered and lightly floured deep dish casserole. Bake for 45 minutes.

Herbed Walnuts and Pecans (Feast In A Flash)

2 Tbs butter
2 Tbs olive oil
1 pound nuts (walnuts, pecans, and/or almonds)
5 Tbs fresh rosemary, finely chopped
1 tsp paprika (or chili powder)
2 teaspoons salt

Preheat oven to 325°. Place the butter and oil in a large pan or baking sheet and melt in the oven. Scatter the nuts in the pan and stir to coat, then spread in a single layer. Scatter the rosemary, salt, and paprika over the nuts. Bake for 20-25 minutes, shaking and stirring several times until nuts are golden brown. Serve warm or at room temperature.

Try with sage, cashews with cumin, or almonds with ginger.

Savory Herb Popcorn (Alton Brown, Food Network)

3 Tbs peanut oil
1/2 cup popcorn kernels
1/2 teaspoon popcorn salt (fine grind)
1 tsp fresh thyme, finely chopped
1 tsp fresh rosemary, finely chopped
3 Tbs unsalted butter

Place the oil, popcorn, and salt in a large, 6-quart metal mixing bowl. Cover with heavy-duty aluminum foil and poke 10 slits in the top with a knife. Place the bowl over medium heat and shake constantly, using a pair of tongs to hold the bowl. Continue shaking until the corn stops popping, approximately 3 minutes. Remove from heat and carefully remove the foil. Stir in any salt on the sides of the bowl. Sprinkle on the herbs, drizzle with melted butter, and stir to combine.

Try with grated parmesan cheese added after the butter.

Herb Recipes Spring 2007

Chicken & Sun-Dried Tomato "Sausage"

Cary Rasey 2007

1# ground chicken
1/4 cup onion, finely chopped
1/3 cup ricotta cheese
1-2 Tbs sundried tomato pesto*
1 egg
2 oz grated parmesan
1 Tbs each fresh rosemary and sage, minced*
Salt and pepper to taste
Garlic salt, paprika, lime juice*

This is a very flexible recipe...it is based on my pork sausage meatball recipe which uses the ricotta and parmesan. The cheeses keep them very moist. It would be good with basil instead of rosemary and sage, or oregano and chopped cooked spinach would be good too. Chopped sun-dried tomatoes (re-hydrated, or in oil) can be used equally well in place of the pesto.

Mix together the ricotta, parmesan, egg, sun-dried tomato, herbs, and salt and pepper. In a bowl, loosely spread out the chicken and sprinkle onion over. Drop cheese mixture in spoonfuls over the chicken and gently mix by hand. The chicken is delicate, the less "Squishing" you can do, the better for the texture. Form into patties and pan-fry for sandwiches, or make walnut-sized meatballs and bake at 350 for 25-30 minutes. I sprinkle the tops with garlic salt and paprika for a little color before cooking, and squeeze lemon or lime juice over them before or after baking. You could also form a flat (1-2") meatloaf and bake as well. I like to bake the meatballs or loaf on a rack wrapped in foil with drainage holes poked through to allow the fats and juices to drip out and not make the meatballs soggy.

Herb Recipes Spring 2007

Warm Olives with Oregano and Sesame Seeds

(Food and Wine)

- 1 Tbs sesame seeds
- 2 Tbs extra-virgin olive oil
- 3/4 pound olives
- 1 Tbs fresh minced oregano

In a medium dry skillet (not non-stick), toast sesame seeds over moderate heat until golden, about 1 1/2 minutes. Transfer to plate. Heat oil in skillet. Add the olives and oregano and cook over low heat, stirring, until just heated through. Stir in the sesame seeds, transfer to bowl and serve.

Any olives are good this way, try Nicoise or Kalamata

Fresh Sage Sausage

- | | |
|------------------------------|-------------------------|
| 1 clove garlic, mashed | 1 tsp black pepper |
| 1 clove shallot, mashed | 1 tsp red pepper flakes |
| 1 Tbs fresh rosemary, minced | 1/4 cup water |
| 1 Tbs fresh sage, minced | 2 strips bacon, minced |
| 1 tsp salt | 1 pound ground pork |

Combine all seasonings. In large bowl, mix with hands pork, bacon, water, and seasonings, gently, so as not to overly mash the pork. Shape into patties and pan fry,

Tomato, Basil, and Brie Pasta

- 4 lg. ripe tomatoes
- 1 lb. Brie cheese
- 1 c. washed and dried basil leaves
- 3 cloves garlic
- 1 c. olive oil
- 2 1/2 tsp. salt
- 1/2 tsp. pepper, freshly grated
- 1 1/2 lbs. linguine

Peel tomatoes and cut into 1/2 inch cubes. Remove rind from cheese and cut into small pieces. Cut basil into strips. Peel and mince garlic.

Combine all these ingredients in large bowl. Cover with plastic wrap. Let sit for 2 hours or more. Lift the wrap frequently and stir. Cook pasta until al dente. Toss warm pasta with the tomato mixture. Serves 6.

Lemon Rosemary Cookies

- 2/3 cup flour
- 1/2 cup yellow cornmeal
- 1/2 cup unsalted butter, softened
- Pinch salt
- 1/2 cup sugar
- 1 large egg
- 2 tablespoons finely chopped fresh rosemary
- 2 Tablespoons grated lemon zest
- 1/2 tsp. vanilla extract

1. Combine flour, cornmeal and salt in a medium bowl. Beat butter and sugar in large mixer on medium high speed until creamy. Beat in egg, rosemary, lemon zest and vanilla until light and fluffy. Reduce speed to low; gradually beat in flour mixture just until combined.
2. Spoon dough onto a sheet of plastic wrap, forming a log about 10-12 inches long. Wrap tightly and freeze for four hours or overnight.
3. Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper. Unwrap log and cut into 3/8 inch thick slices. Place slices 1 inch apart on cookie sheets. Bake until edges of cookies are lightly golden, 15 to 17 minutes. Cool completely.

Basil Breadsticks

- 1 tsp. dried basil
- 1 cup water
- 2 T. olive oil
- 1 tsp. salt
- 2 tsp. (or 1 packet) dried instant yeast
- 3 1/2 cups flour (approx.)

Rehydrate dried basil in the cup of water and heat to 120 to 130 degrees. In a large mixing bowl, combine one cup flour, salt and yeast. Gradually add the wet ingredients and mix well. Continue to add flour until dough is stiff. Knead until bough becomes smooth and elastic. Place dough back into bowl, cover and let sit 20 minutes, in a warm place.

Grease baking sheet and dust lightly with cornmeal. Divide the dough into 12 pieces, shaping into 8 inch 'ropes'. Place evenly on baking sheet, cover and let rise for 20-30 minutes. Bake in a pre-heated 425 degree oven for 16 to 20 minutes, or until golden brown.

Basil flavor develops with time, so bake earlier in the day and reheat slightly before serving.