



Culinary Containers: Personalized Herb Pots

Thai Herbs: Bay, Cilantro, Curry Plant, Garlic Chives, Thai Basil, Lemongrass

Thai flavors are easy to produce at home when you have the right flavors.

Thai Chicken Roll-Ups

2 tablespoons lime juice, 4 tablespoons mayonnaise, 3 tablespoons peanut butter, 1/2 teaspoon ground ginger, 1/8 teaspoon ground red pepper, 1 crushed garlic clove, 4 10" flour tortillas, 1/2 cup chopped Thai Basil, 4 large Napa cabbage leaves, 2 grilled chicken breasts sliced (or sliced deli roast chicken)

Combine first 6 ingredients, blend well. Spread mixture on tortillas. Top each tortillas with 1/4 cup Thai Basil, cabbage leaf, chicken; roll up, wrap, and chill. (Add red bell pepper strips if desired.)

Poultry Herbs: Sage, Marjoram, Rosemary, Lemon Thyme

Chicken is a great vehicle for your fresh herbs: it takes on many flavors without overpowering them.

Roast Lemon Chicken with Shallots and Potatoes

1 6 lb chicken, 2 lemons, 1/2 cup sage leaves, 2 tablespoons olive oil, 2 teaspoons paprika, 1 teaspoon ground cumin, 1 1/2 teaspoons salt, 1/2 teaspoon black pepper, 4 pounds Yukon Gold potatoes in 1" pieces, 1 pound shallots, peeled

Rinse chicken and place in rack in roasting pan. Squeeze juice of 1/2 lemon, reserve other half. Thinly slice remaining lemon. Loosen skin from breast and push in 6 lemon slices and 8 sage leaves. Place remaining sage and lemons in cavity.

In a small bowl mix 1 tablespoon lemon juice, olive oil, paprika, cumin salt and pepper. Rub half of this over chicken, toss the rest with potatoes and shallots and scatter around chicken. Roast at 425*, stirring vegetables after 45 minutes. (Add 1/4 water if pan is too dry.) Roast for 1 1/4 to 1 1/2 hours.

French Herbs: Tarragon, Chervil, Parsley, Rosemary

These are delicate, classic flavors that taste fabulous with eggs, chicken and meats.

Omelet Aux Fines Herbes

4 eggs, salt and pepper, 1 tablespoon of fines herbes (chervil, chives, parsley) 2 tablespoons goat cheese (opt.), 2 tablespoons heavy cream, 1 tablespoon butter

Heat pan and add butter. Lightly beat eggs and cream, season. Pour eggs into pan and tilt cover bottom. Cook, shaking occasionally, until bottom is set, lifting edges and tilting to let eggs run under. When almost done sprinkle with herbs and goat cheese, fold in half and serve.

Tea Herbs: Chamomile, Lavender, Mints, Rosemary

Many fresh herbs can be combined with boiling water, allowed to steep, and then served hot or cold.