

**Cooking with Your Fresh Herbs**  
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## **Aioli**

Aioli is a zesty garlic mayonnaise that's used as a sauce, most often for seafood and shellfish, although it's also great on green beans or French-fried potatoes.

### **Curry Dill Aioli Ingredients**

- 1 cup mayonnaise
- 1 tsp. curry powder
- 1 tablespoon garlic (minced)
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ cup lime juice (1 lime)
- 1 tablespoon fresh dill, chopped
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### **Directions**

In a bowl, place mayonnaise, curry powder, garlic, salt and pepper. Start to mix, add the lime juice and dill; combine. Store under refrigeration after completion. Taste and adjust the seasoning if necessary.

### **Lemon Garlic Basil Aioli Ingredients**

- 2 cups mayonnaise
- 4 tablespoons garlic, minced
- 1 lemon (zest)
- 2 tablespoons fresh lemon juice (1 lemon)
- 4 tablespoons fresh basil, chopped

### **Directions**

Place all ingredients into a mixing bowl. Mix well. Let aioli stand 2 hours prior to serving for flavors to combine. Keep under refrigeration.

### **Cook's Notes:**

You can prepare this sauce one to two days in advance. The longer it sets the more the flavor is absorbed into the sauce.

## **Herb Oils**

Drizzle over salads, rice and breads. Herb oils can be substituted for canola oil or olive oil in most recipes and will enhance the flavor of your dish.

### **Directions**

In a 1-quart mason jar, place all the herbs, zest and spices. Pour both oils into saucepan and heat to 160-180 degrees F. Pour the hot oils into the jar and cover with a kitchen towel. Let stand overnight.

### **Assorted Herb Oil**

#### **Ingredients**

- ½ bunch parsley
- ½ cup packed fresh basil
- ½ bunch fresh thyme
- ½ cup packed fresh oregano
- ½ orange, zested
- 1 whole dried arbot chile
- 1 teaspoon whole black peppercorns
- 2 cups canola oil
- 1 cup extra-virgin olive oil

### **Chile Oil**

#### **Ingredients**

- 2 cups canola oil or olive oil
- 4 tsp. dried, crushed red pepper flakes

### **Garlic and Lemon Oil**

#### **Ingredients**

- 2 cups olive oil or canola oil
- 12 whole, peeled garlic cloves
- 1 tsp. red pepper flakes
- ½ tsp. peppercorns
- 2 lemons (zest)

Optional: Place cheesecloth over the top of the jar and replace the outer rim of the lid. Invert and strain oil into desired container.

## Garlic and Herb Marinade

### Ingredients

- 1/3 cup vegetable oil
- 3 cloves garlic, minced
- 3 tsp. thyme
- 3 tsp. Italian oregano seasoning
- 3 tsp. rosemary, crushed
- 1 tsp. salt
- 1 tsp. black pepper

### Directions

In a medium bowl, combine the oil, garlic, thyme, oregano, rosemary, salt and black pepper. Mix well and apply to your favorite meat (2-3 pounds protein).

Note: Let marinade stand for no less than 2 hours, maximum 12 hours.

## Herbal Salts

Sprinkle herbal salts on your favorite soups, salads and stews, or use to enhance the flavors of tomatoes, potatoes, chicken and fish.

### Citrus Rosemary Salt Ingredients

- 1 tsp. fresh rosemary leaves, chopped
- 1 tsp. lemon zest (can sub orange zest)
- 1/2 cup coarse salt

### Garlic Rosemary Salt Ingredients

- 1 garlic clove, minced
- 1 tsp. fresh rosemary leaves, chopped
- 4 tsp. coarse salt

### Directions

In a food processor, combine all the ingredients. Pulse until well blended (for day use).

### STORING SALTS LONG TERM:

1. Chop fresh herb leaves
2. Add salt to leaves
3. Crush the mixture with a mortar and pestle, or food processor for 1 to 2 minutes.
4. Spread the herb and salt mixture on a cookie sheet.
5. Place in oven at 200 degrees between 45-60 minutes.
6. Stir frequently and break up any clumps.
7. Remove from oven and let cool.
8. Pour into jar and seal.
9. Store away from heat and light.

## Tarragon Chive Vinegar

### Ingredients

- 16 sprigs fresh tarragon (5-6")
- 2 whole, peeled garlic cloves
- 12 fresh chive shoots
- 3 ½ cups white wine vinegar

### Directions

Heat the vinegar in a large saucepan over medium-high heat, and heat until vinegar reaches 190 degrees F. Place the herbs in a container large enough to hold the vinegar. Pour the vinegar over the herbs, and after the vinegar has cooled, place the lid on the container. Set in a cool dark place for 1 week.

Sterilize the containers and lids that you will store the vinegar in by immersing them in a large pot of boiling water and boiling for 10 minutes. If using corks, purchase pre-sterilized corks, and then dip them in and out of boiling water 3 to 4 times.

Discard the old herbs. Strain the vinegar through a sanitized colander or funnel lined with cheesecloth. Divide the fresh herbs among the containers and pour the vinegar over them. Seal and refrigerate. The vinegar may be stored at room temperature for 5-6 weeks or in the refrigerator for up to 6 months.

Note: If herbs are left in after 5-7 days they will mold.

## Herb Dips

Try these dips with vegetables or potato chips.

### Base Ingredients

- 8 ounces cream cheese, at room temperature
- ½ cup sour cream
- ½ cup mayonnaise
- ½ tsp. Kosher salt
- ½ tsp. black pepper

### Optional Ingredients Recipe #1

- 2 tablespoons fresh parsley leaves, minced
- 1 tablespoon fresh dill, minced
- 4 scallions, white and green parts, minced

### Optional Ingredients Recipe #2

- 2 tablespoons fresh basil
- 1 tablespoon fresh oregano
- 1 tablespoon fresh mint

### Directions

Combine base ingredients with your choice of optional recipe in a bowl, mix well. Serve best at room temperature or chilled.

## **Yogurt Herb Dipping Sauce**

This is a creamy yogurt dressing. The sour cream and fresh herbs give this dish a little bit of a kick. Try this dip with vegetables or potato chips.

### **Base Ingredients**

- 1 cup plain yogurt
- ½ cup sour cream
- ½ tsp. black pepper
- ½ tsp. Kosher salt

### **Optional Ingredients Recipe #1**

- 2 tsp. fresh parsley, chopped
- 2 tsp. fresh cilantro, chopped
- 2 tsp. green onions, chopped
- 1 tsp. fresh dill, chopped

### **Optional Ingredients Recipe #2**

- 2 tsp. Italian parsley
- 2 tsp. fresh basil
- 2 tsp. fresh thyme
- 2 garlic cloves, minced

### **Directions**

In a mixing bowl, combine base ingredients with your choice of optional recipe. Mix well, cover and refrigerate for at least one hour before serving.



**The “Classics”**  
(from previous seminars)

## Herb Waffle Batter

### Base Ingredients

- 2 cups all-purpose flour
- 1 tsp. salt
- 4 tsp. baking powder
- 2 tablespoons white sugar
- 2 eggs
- 1 ½ cups milk
- 1/3 cup butter, melted
- 1 tsp. vanilla extract

### Optional Ingredients Recipe #1

- 2 tablespoons parsley, diced
- 2 tablespoons rosemary, diced
- 1 tablespoon tarragon, diced

### Optional Ingredients Recipe #2

- 2 tablespoons chives, diced
- 2 tablespoons thyme, diced
- 2 tablespoons oregano, diced

### Directions

In a large bowl, mix together flour, salt, baking powder and sugar. In a separate bowl beat the eggs, stir in the milk, butter and vanilla. Pour the milk mixture into the flour mixture. Beat until blended. Add diced herbs, mix by hand to incorporate. Ladle the batter into a pre-heated waffle iron. Cook the waffle until golden brown. Serve immediately.

## Herb Dip with Hummus

Lots of freshly chopped herbs add zing to our hummus dip. Serve with assorted vegetables, such as baby carrots, bell pepper strips, radishes, snow peas, broccoli and cauliflower florets.

### Base Ingredients

- 1- 15 ounce can chickpeas or garbanzo beans, rinsed
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 2 tablespoons tahini paste
- 1 tsp. ground cumin
- ½ tsp. Kosher salt
- ½ tsp. black pepper
- ½ to 1 ½ cups olive oil

### Optional Ingredients Recipe #1

- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh mint
- ¼ cup chopped fresh chives
- ½ cup feta cheese

### Optional Ingredients Recipe #2

- 1 large roasted red bell pepper
- 1 jalapeno, seeded, diced
- 3 tablespoons chopped cilantro leaves
- 1 tsp. paprika
- 3 tablespoons chopped onion
- 1 tablespoon chopped chipotle pepper in adobo (optional)

### Directions

Place beans and all the base ingredients in a food processor gradually add the olive oil and puree until smooth. Add optional recipe; puree until incorporated. Chill until ready to serve.

## Cilantro Lime Ranch Dressing

### Ingredients

- ¾ cup mayo
- ¾ cup Greek yogurt
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- ½ cup buttermilk
- ½ cup cilantro, chopped
- 2 tablespoons, chives, roughly chopped
- 2-3 cloves of garlic, minced
- ¼ tsp. salt
- ¼ tsp. black pepper

### Directions

Place all ingredients into a food processor and blend until smooth and creamy. Refrigerate at least one hour before serving.

## Pasta with Herb Butter and Cream

### Ingredients

- 8 ounces pre-cooked pasta
- ½ cup heavy cream
- 3 tablespoons butter or herb butter
- 3 to 4 tablespoons mixed chopped fresh herbs such as tarragon, chives or Italian parsley
- Salt and pepper, to taste

### Directions

In a saucepan place the heavy cream and butter. Simmer over low heat for a minute or until slightly reduced and then season with salt and pepper. Keep warm over low heat. Drain pasta and add it to the cream sauce. Toss pasta coating them with cream sauce. Add fresh herbs, salt, and pepper and toss again, still over low heat, until sauce has thickened and pasta is well coated. Serve immediately.

## Garlic and Sun-Dried Tomato Herb Butter

### Ingredients

- 2 garlic cloves, minced
- 1 tablespoon finely chopped chives
- 3 tablespoons sun dried tomatoes, diced
- ½ tsp. Kosher salt
- ½ tsp. black pepper
- ½ pound unsalted butter, softened

### Directions

In a mixing bowl, add butter, garlic, chives, sun dried tomato, salt and pepper. Whip together until well incorporated. Take a piece of plastic wrap and lay it on the counter. Place the butter mixture on the plastic wrap and shape into a log or place the bowl in the refrigerator covered to firm it back up.

## Traditional Pesto Sauce

### Ingredients

- 2-3 cloves garlic
- 2 cups basil leaves, packed
- 1 cup olive oil
- 1/3 cup pine nuts, roasted
- ½ cup Parmesan cheese
- Kosher salt

### Directions

In a food processor, mix the garlic, basil, a pinch of salt, pine nuts and cheese into a paste. Gradually blend in olive oil; adjust seasoning to taste.

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## Kale Pesto

### Ingredients

- 2-3 cloves garlic
- 3 cups kale, chopped, packed
- ½ cup olive oil
- 1/3 cup pine nuts, roasted
- ½ cup Parmesan cheese, grated
- Kosher salt

### Directions

In a food processor, mix the garlic, kale, a pinch of salt, pine nuts and cheese into a paste. Gradually blend in olive oil; adjust seasoning to taste.

## Roasted Red Pepper Pesto

### Ingredients

- 2 large red bell peppers, roasted and peeled
- 3 garlic cloves
- 2-3 cups Extra-virgin olive oil
- 1 cup basil leaves, packed
- ½ cup grated Parmesan cheese
- 1/3 cup pine nuts, roasted
- Black pepper (to taste)
- Salt (if needed)

### Directions

Roast or grill the red bell peppers until the skins are charred, then using tongs, transfer them to a covered container such as a small pan with a lid or even a plastic Ziploc bag to let them rest. Peel them when cool.

In a food processor, mix the garlic, peppers, basil, pine nuts, cheese and black pepper into a paste. Gradually blend in olive oil; adjust seasoning. Add salt only if needed, since the cheese will add saltiness.

## Herb Butter

### Ingredients

- ½ pound unsalted butter
- 2 tablespoon minced fresh chives
- 1 tsp. lemon zest
- 1 tablespoon minced oregano
- 2 tablespoon minced parsley leaves
- ½ tsp. Kosher salt
- ½ tsp. black pepper
- Pinch of cayenne = ¼ tsp. (optional)

### Directions

In a large bowl mix the butter and the other ingredients with a rubber spatula until evenly combined.

Lay about a foot-long section of plastic wrap on a work surface. Put the herb butter on the bottom center of the plastic wrap, and form into a mound about 8 inches long. Fold the bottom edge of the plastic wrap over the butter and roll the enclosed butter forward until completely wrapped, to form a tube of butter about 1 ½ inches in diameter. Twist the ends together like a party favor. Refrigerate until firm or freeze for up to 1 month. Sliced as needed for corn on the cob, grilled steaks or chicken kiev.