

LIVE WELL WATERTOWN

www.livewellwatertown.org

Eat Well Watertown 2021 Zoom Series

Growing and Cooking with Herbs



March 11, 2021

6:30-7:30 p.m.

Recipes

Recipe Ideas

These ingredients and quantities are suggestions to build on. Add, modify, or remove according to your own taste. Experiment to see which recipes you like best.

Herb Vinegars

Almost any herb can be used with vinegar.

Pour the vinegar into a clean sterilized bottle or jar. Add the desired herbs. Close tightly. Leave to infuse for about 2 weeks, then strain through a coffee filter or cheesecloth into a clean sterilized bottle or jar.

You can also add flavors such as garlic, lemon zest, hot pepper, or a mixture of different herbs.

Pesto

Pesto is a sauce which combines herbs, oil, and other flavors. While basil pesto is the most common, you can use other herbs to make interesting sauces.

Basil Pesto

Ingredients

- 1 cup fresh basil leaves
- ¼ cup fresh parsley leaves
- ¼ cup extra virgin olive oil
- 1 ½ TBSP pine nuts
- 1 garlic clove, peeled
- 2 TBSP freshly grated parmesan cheese
- 1 TBSP soft butter
- Salt to taste

Puree the leaves, oil, pine nuts and garlic in a blender or food processor.

Mix the cheese into the butter by hand (not in a blender), add to the herbs, and season to taste.

To store, pour a thin layer of oil on top, then refrigerate.

Mint pesto

- Substitute mint for the basil and parsley.
- Substitute walnuts for the pine nuts.

Tarragon pesto

- Substitute tarragon for the herbs
- Add a dash of lemon or lime juice.

Salads & Sandwiches

Add a handful of chopped herbs to your favorite salad or sandwich.

Teas

Make your own herbal teas with combinations of dried herbs, lemon/orange/lime zest, cinnamon sticks, whole cloves/honey.

Grilled (or Broiled) Fish with Dill Sauce

Yield: 4 portions

Ingredients

- 4 portions of firm fish of your choice, such as salmon, cod, or tilapia
- 2 – 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ¼ - ½ cup fresh green herbs, stems removed, chopped
- Salt & pepper to taste

Combine all ingredients except fish in a sealable plastic bag, and mix well. Place fish in the bag and seal closed. Allow fish to marinate in the mixture for 20 – 40 minutes.

Remove fish from marinate and grill or broil for 3 – 5 minutes on each side until done.

Note: the marinate and herb stems can be cooked with extra water and then stored to be used towards a fish stock.

Herbed Feta Dip

From Taste of Home.com

Yield: 3 cups

Time: 25 minutes

Ingredients

- 1/2 cup packed fresh parsley sprigs
- 1/2 teaspoon pepper
- 1/2 cup fresh mint leaves
- 4 cups (16 ounces) crumbled feta cheese
- 1/2 cup olive oil
- 3 tablespoons lemon juice
- 2 garlic cloves, peeled

In a food processor, combine the first 5 ingredients; cover and pulse until finely chopped.

Add cheese and lemon juice; process until creamy. Serve with fresh vegetables.

Demonstration Recipes

Herb Butters

Use unsalted butter at room temperature and add clean fresh chopped herbs, with optional additions such as lemon juice, lemon zest, salt, pepper, paprika, or cumin.

Chamomile Tea

1. Place ½ to 1 teaspoon of dried chamomile in either:
 - A teapot or
 - A tea ball placed in a tea cup
2. Cover with boiling water. Let it steep for 3 to 5 minutes.
3. If using a teapot, pour the tea through a strainer into a cup.
4. If using a tea ball, remove it from the cup.
5. If desired, add freshly squeezed lemon juice or sweetener of choice.

Roasted Root Vegetables with Thyme

Yield: 4 Servings

Ingredients

- 2 pound assorted root vegetables; potatoes, carrots, parsnips, cut in chunks
 - 1/4 cup olive oil
 - 1 teaspoon salt
 - 1 tablespoon fresh or dried thyme
1. Set oven to 425° F.
 2. Mix oil and salt in an ovenproof dish.
 3. Add vegetables, and stir to coat on all sides.
 4. Sprinkle with thyme.
 5. Roast until potatoes are golden, stirring occasionally, approximately 25-35 minutes.