



Culinary Herb Recipes

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HERBAL VINEGARS

Herbal vinegars are a favorite way to enjoy the flavors of the herbs year-round. The bottles filled with flavored vinegar make welcome holiday presents. Select decorative, clear glass bottles from your favorite store or better yet; recycle used glass bottles from your kitchen!

Cut a branch of the herb the inside length of the bottle. Rinse the herb and let it air dry. Gently bruise the herb leaves. Insert the branch into the clean bottle. Heat plain, white vinegar almost to a boil and fill the bottle with the vinegar. You can also use wine or cider vinegar as a base. Cover the bottle, set it in a sunny window and allow the herbal vinegar to infuse for two weeks to a month. Try to remember to shake the vinegar daily.

Store the herbal vinegar as is. As you use it in salad dressings, sauces and marinades, you can replenish by adding more heated vinegar.



HERBAL CHEESE SPREAD

8 oz. cream cheese, softened
2 sprigs fresh parsley, chopped
1 tsp. fresh chopped thyme
1 tsp. fresh chopped rosemary
1 garlic clove, mashed
Freshly ground black pepper

Mix well and chill. Let stand for at least one hour before serving. Spread on crackers or toast.

CHEESE BALLS

8 oz. cream cheese, softened
1 cup finely chopped herbs: chives, parsley, rosemary, sage, thyme

Shape the cream cheese into plum size balls and then roll them in the chopped herbs. Serve with salads, as a spread or on hot vegetables.

ROSE GERANIUM POUND CAKE

Use your favorite pound cake recipe. Bake in 2 medium loaf pans. After greasing and flouring the pans, line the bottoms with rose geranium leaves. Carefully pour the batter into the pans. Bake and cool as directed on the cake recipe. After the cakes are cooled and removed from the pan, you can serve as is or decorate the cakes with a glaze made from geranium sugar and garnish with sugared rose geranium leaves.

ROSE GERANIUM SUGAR

Use a soft brush to coat leaves on both sides with gently stirred egg white. Dip leaves in sugar. Brush with egg white and coat with sugar again. Place on a wire rack to dry. Place the rack in the bottom of a very low oven for 10 to 15 minutes with the door left ajar. Cool and store in an air tight container.

HERBAL VINAIGRETTE

One of the simplest dressings to make and one that is infinitely variable. Select herbs from those listed to vary the emphasis. Substitute an herbal oil or vinegar for extra pungency.

3 tbsp. olive oil
1 tbsp. wine vinegar
1/4 tsp. dry mustard
Salt and black pepper
1 clove garlic, minced
3 tbsp. fresh chopped herbs: Examples:
basil, chives, dill, marjoram, thyme
rosemary, salad burnet, tarragon

Mix all the ingredients together in a jar or bottle and shake well. Makes about 2 cups.



BASIL

HERB SALAD

3/4 cup loosely packed, fresh basil
3/4 cup loosely packed fresh parsley
3 tbsp. fresh chervil leaves
3 tbsp. chopped fresh chives
2 tbsp. chopped fresh tarragon
1 tsp. olive oil
1 tsp. fresh squeezed lemon juice
1/8 tsp. salt
Dash of freshly ground pepper

Chop and combine the fresh herbs in a bowl. Drizzle with oil and lemon juice, and then sprinkle with salt and pepper. Toss lightly.

GARDEN PATCH RICE SALAD

Combine in a medium bowl:

2 1/2 cups cold, cooked rice
1/2 cup cold, cooked peas
1/2 cup (2 oz.) drained, sliced olives
1/3 cup sliced green onion
1/3 cup chopped carrot
2 tbsp. chopped parsley
6 strips fried, crumbled bacon

Combine in a separate bowl:

3/4 cup sour cream
1/3 cup nonfat milk
2 tbsp. cider vinegar
2 tsp. Dijon mustard
1 tsp. garlic salt
1 tsp. crushed basil leaves
1/4 tsp. white pepper

Stir the dressing into the rice mixture until coated. Chill and serve on lettuce leaves.

HERBED BROILED FISH

- 1 tbsp. Butter
- 1 tbsp. Chopped Parsley
- 1 1/2 tsp. Salt
- 1/2 tsp. Oregano leaves, crumbled
- 1/4 tsp. Lemon Pepper
- 1 tbsp. Lemon Juice
- 1 1/2 lbs. Fish steaks

Preheat oven broiler. In a small saucepan, melt the butter then add the parsley, salt, oregano, lemon pepper, and lemon juice. Using this mixture, brush both sides of the fish. Broil under the preheated broiler for 10 minutes or until the fish flakes easily when tested with a fork.

BASIC PESTO

- 3 cups fresh basil
- 4 to 6 cloves garlic
- 1/2 to 3/4 cup freshly grated Parmesan cheese
- 2 to 3 tbsp. freshly grated Romano cheese
- 1/2 cup pine nuts, walnuts or pecans
- 2/3 cup olive oil
- Salt and pepper to taste

Chop basil and garlic in food processor. Add cheeses and pine nuts. Process, adding olive oil slowly, until thoroughly mixed. Season with salt and pepper. Store in refrigerator or freezer. Makes 5 to 6 cups. Use on pasta or as a spread or dip with multigrain grain bread and rolls.



HERB BUBBLE BREAD

- 2 cloves garlic, minced
- 1/4 cup butter, melted
- 1/2 tbsp. dried parsley
- 1/4 tsp. dried thyme
- 1/4 tsp. dried basil
- 1/8 tsp. dried rosemary
- 1/2 tsp. dried dill
- 1 cup freshly grated Parmesan cheese
- 1 pkg. frozen white roll dough, thawed

Preheat oven to 350°F. Stir the garlic into the melted butter. In a separate bowl, mix together the herbs and cheese. Cut the dough into small pieces and dip each piece of dough into the garlic-butter mixture, then into the herb-cheese mixture. Stack the pieces of dough in a greased loaf pan. Cover and let rise for about 1 hour, or until doubled in size. Bake in a 350°F oven for 25 to 30 minutes. Remove from loaf pan and serve warm.

HERBAL SALT SUBSTITUTE

- 2 tbsp. dried dill, finely chopped
- 1 tsp. dried oregano, finely crumbled
- 2 tbsp. onion powder
- 1 tsp. celery seed
- 2 tbsp. toasted sesame seed
- 1/4 tsp. lemon pepper
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder

Combine all ingredients in a small bowl and blend well. Put into a shaker with large holes. Store in a cool dark place. Use as you would for any seasoned salt on meats, fish, chicken, vegetables, salad or buttered bread.

ROSEMARY LEMON CHICKEN

4 chicken breasts
1/2 cup lemon juice
1 tsp. lemon peel, finely grated
2 tbsp. honey
2 tbsp. vegetable oil
2 tbsp. fresh finely-chopped rosemary

Mix the ingredients and marinade the chicken breasts for 30 minutes to several hours. Cover and bake at 375°F for 30 minutes. The chicken breasts can also be grilled outside.

BASIL TOMATO PIE

Non-stick cooking spray
2 cups flour
1/2 tsp. salt
2 tsp. baking powder
1/2 cup butter
1/3 cup milk
3 pounds ripe tomatoes, sliced
2 tbsp. finely chopped fresh chives
1/4 cup finely chopped fresh basil
3/4 tsp. salt
1 cup shredded sharp cheddar cheese, divided
2/3 cup mayonnaise

Preheat oven to 350°F. Combine flour, salt and baking powder in food processor container. Process briefly. Add butter; process until crumbly. Add milk. Process until dough forms. Divide dough into halves. Roll on floured surface. Fit half the pastry into a 10-inch pie plate sprayed with non-stick cooking spray. Mix tomatoes, herbs, salt and 1/2 cup cheese in bowl. Spoon into prepared pie plate. Spread mayonnaise over tomato mixture. Sprinkle with remaining 1/2 cup cheese. Top with second pastry, sealing edge and cutting vents on top. Bake at 350°F for 45-60 minutes or until browned and bubbly. Serves 6.

FINES HERB MIX

1 tbsp. dried thyme
1 tbsp. dried savory
1 tbsp. dried marjoram
1 tbsp. dried sage
1 tbsp. dried basil
1 tbsp. dried grated lemon peel

Mix all ingredients together. Store in an air tight container. Use 1/2 to 1 tsp. of the herb mix to season soups, stews, omelets, and salads.

HERB BISCUITS, QUICK-STYLE

4 tbsp. butter or margarine
2 tsp. onion, finely chopped
1 tsp. dried dill weed
1/2 tsp. dried chopped parsley
1 10-oz. tube refrigerated biscuits

Preheat oven to 450°F. Combine butter, onion and herbs in small saucepan. Melt over low heat. Cool slightly. Cut biscuits in half (they'll look like a half moon.) Dip each half in butter mixture and place in a single layer in ungreased 9" square baking dish. Drizzle a little of remaining butter mixture over top of biscuits. Bake 8 to 10 minutes at 450°F. Serves 8.



CRUSTLESS ARTICHOKE AND MUSHROOM QUICHE

Non-stick cooking spray
1 tsp. olive oil
8 oz. slices button mushrooms
1 medium green bell pepper, chopped
1 14-ounce can artichoke hearts,
rinsed, drained, and chopped
1 1/2 tbsp. dried oregano, crumbled
1/8 tsp. cayenne
6 eggs
1/4 cup snipped fresh parsley
1 cup shredded sharp cheddar cheese

Preheat oven to 350°F. Lightly spray an 11x7-inch baking pan with cooking spray.

Heat a large nonstick skillet over medium-high heat. Remove from heat and lightly spray with vegetable oil spray (be careful not to spray near a gas flame). Pour oil into the skillet and swirl to coat bottom. Cook mushrooms and bell pepper for 5 minutes, or until bell pepper is tender crisp, stirring frequently.

To assemble, spoon mushroom mixture evenly into baking pan. Top with artichokes. Sprinkle with oregano and cayenne. Whisk together eggs and milk, and then pour over all.

Bake for 30 minutes, or just until set in center (or it doesn't jiggle when gently shaken). Remove from oven.

Arrange tomatoes over quiche. Sprinkle (in order) with salt, parsley, and cheddar cheese. Let stand for 15 minutes to absorb flavors. Serve warm, not hot, for peak flavors. Serves 6.



COTTAGE CHEESE HERB DIP

1 cup cottage cheese
2 tbsp. lemon juice
2 tbsp. milk
2 tbsp. low-fat mayonnaise
2 tbsp. green onions, chopped
1/4 cup parsley, coarsely chopped
1/2 tsp. basil or dill leaves
Dash black pepper

Mix ingredients in a blender, scraping sides of blender container with a rubber scraper and re-blending as required until mixture is smooth and creamy. Makes 1 1/2 cups. Serve with fresh vegetables or crackers.

HERB TOMATO AND POTATO SALAD

8 small red potatoes (1 pound)
1/2 cup chopped fresh basil leaves **or**
3 tbsp. dried basil leaves
1/3 cup chopped fresh sage leaves **or**
2 tbsp. dried sage leaves
1/2 cup fresh mint leaves **or**
2 tbsp. dried mint leaves
1/2 cup olive or vegetable oil
1/2 cup white wine vinegar
5 Roma (plum) tomatoes, cut in fourths
1 small onion, finely chopped

Heat one inch of water (salted if desired) to boiling in 3-quart saucepan. Add potatoes. Cover and heat to boiling; reduce heat. Cook 20 to 25 minutes or until tender; drain. Cool; cut potatoes into two inch slices.

Gently mix potatoes and remaining ingredients. Cover and refrigerate about 2 hours, stirring occasionally, until chilled. Serves 6.

HERB TOMATO TART

- 1 (17¼ ounce package) frozen puff pastry sheets, thawed
- 4 plum tomatoes, thinly sliced
- 1 teaspoon salt
- 1 (8 oz.) package shredded mozzarella cheese
- 1 (4 ounce) package crumbled feta cheese
- ¼ cup chopped onion
- 1 clove garlic, minced
- ¼ cup finely chopped fresh herbs *
- 1 tablespoon olive oil

Preheat oven to 400°F. Roll 1 pastry sheet into a 14-inch square on a lightly floured surface; place on an ungreased baking sheet. Cut 4 (14- X 1-inch) strips from remaining pastry sheet, and place along edges on top of pastry square, forming a border. Reserve remaining pastry for another use.

Bake at 400°F for 10 minutes or until golden. Transfer to a wire rack to cool.

Place tomato slices in a single layer on paper towels; sprinkle evenly with salt. Let stand 20 minutes.

Place baked pastry shell on baking sheet; sprinkle with mozzarella cheese, feta cheese, onion and garlic. Arrange tomato slices on a single layer on top. Sprinkle with herbs; drizzle with oil.

Bake at 400°F for 15 minutes or until cheese melts; serve immediately.
Serves 4.

** For the mixed fresh herbs, you can use oregano, basil, chives, sage, tarragon, rosemary, thyme and dill. You can also substitute mixed dried herbs for fresh.*

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