

# RECIPES

## Gulf Coast Herb Society

### Peach Basil Smoothie

1 cup plain vanilla yogurt  
1/2 cup peach nectar  
1/2 cup diced peaches, fresh, canned, or frozen  
1/2 tsp. fresh basil  
1/2 cup ice cubes

Put all ingredients in a blender and blend for one minute or until smooth.  
Makes 2 servings

Experiment other juice/fruit/herb combinations. Adjust amounts to suit your taste. Some smoothies will be thicker than others:

- pineapple juice /pineapple/mint
- orange juice/mandarin oranges/orange mint
- lemonade/blueberries/lemon verbena
- apple juice/apples, apple mint or ginger

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### Basil Oil

1 cup fresh basil leaves  
3 cups water  
1 tsp. salt  
1 cup olive oil

Blanch the basil in boiling salted water until wilted (a few seconds). Remove and shock in a bowl of ice water. Remove, squeeze out excess water. Place in a blender with olive oil. Puree until smooth.

Store in refrigerator in airtight container for about 3 weeks.

Can be added to soups, stews, and other dishes. Good way to preserve basil for winter, when fresh basil is not available.

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### Michelle's Rosemary Revelations

#### Decorate the Dinnerware

Soak some stalks in water for 30 minutes. It becomes flexible and easy to work with. Take the rosemary soaked stems and wind them around the base of serving platters, serving spoons, or even the dinner flatware. Place items in plastic in the refrigerator until ready to use. They make a festive, aromatic, garden-fresh table decoration.

#### Aromatic Kabobs

Another use is for kabobs. Cut off the lower needles and strip the outside bark of the lower portion of the stem. Now a fresh, aromatic skewer is available for meat, seafood, and veggie kabobs. Before using them, they should be soaked in water for a couple of hours to prevent burning. Slide the equal-sized

cubes of food over the rosemary stems. The aroma will infuse the meat and vegetables. Because the rosemary is pre-soaked, it will not catch on fire if used on the grill at a medium temp.

### **Crockpot Crowns**

When making a crock-pot dinner (always use a plastic crock-pot liner for easy clean-up) Michelle fills her pot with the meats, veggies, and liquid of the day. Then she makes a crown of rosemary to place on top of the pot. As the food cooks, it is infused with the woody aroma of rosemary. The crown is easily removed and discarded from the pot before serving. This makes seasoning a snap!

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### **Lemon Balm Fruit Dip**

2 oz. unsalted margarine or butter  
8 oz cream cheese, or low fat cream cheese  
1 tsp. orange zest  
1 Tbsp. orange juice or orange liqueur  
3 Tbsp. fresh lemon balm, chopped  
Fresh fruit

Allow margarine and cream cheese to soften, then blend together in a medium bowl. Mix in the other ingredients. Let the dip chill overnight to allow the flavors to blend.

Serve at room temperature with fresh strawberries, orange slices, mangoes, grapes and pineapple chunks. Great as an appetizer to begin a buffet or to end a brunch.

Makes about 12 oz.

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### **Lemon Balm Cookies**

2 Tbsp. lemon balm leaves, finely chopped  
1 tsp. lemon juice  
1 cup butter, softened  
2/3 cup sugar  
1 egg  
2 1/3 cups all-purpose flour  
1/2 tsp. salt  
Whole fresh lemon balm leaves for garnish

In small dish, combine finely chopped lemon balm leaves and lemon juice, press mixture with back of spoon to blend. In large mixer bowl, cream butter and sugar until light and fluffy. Beat in egg and lemon mixture. Gradually add flour and salt. Cover and refrigerate 3 hours or until firm. Roll in waxed paper.

Preheat oven to 350° F. Slice chilled dough into slices about 1/8" thick. On ungreased cookie sheet bake 8–10 minutes. Cookies will be slightly brown around edges when done; do not overbake.

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### **Fresh Basil Vinaigrette**

juice of 2 fresh lemons  
1/3 cup apple cider vinegar  
3 garlic cloves, minced  
1 tsp. Dijon mustard  
1 tsp. finely chopped red onion  
1/2 packed cup fresh basil leaves, chopped  
1/2 cup grated Parmesan cheese  
2 1/4 cups extra-virgin olive oil  
salt to taste  
freshly ground black pepper

In a small bowl, whisk first 7 ingredients together. Slowly drizzle in olive oil while whisking briskly. Season to taste with salt and black pepper. Stir in other minced fresh herbs if desired. Store in airtight container in refrigerator for up to one week.

Make approx. 3 cups

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### **Dale's Basic Herb Jelly**

3 cups apple juice or water\*\*  
1 cup fresh basil\*\*  
2 Tbsp. fresh lemon juice  
1 pkg. powdered pectin (1 3/4 oz.)  
1/2 tsp. butter  
3-4 drops food coloring (optional)  
4 cups sugar

To make the herbal infusion: In a covered saucepan combine fruit juice or water with the herbs. Heat to the boiling point, but do not boil. Remove from heat and let steep, covered, for 20 minutes. Strain the liquid through a coffee filter or jelly bag, squeezing the herbs to include all the flavor. Discard herbs. This is the herb jelly liquid base

In a large pot, mix the prepared herb infusion with the lemon juice, pectin, butter, and food coloring. Mix well. Put over highest heat, stirring constantly, until mixture comes to a full rolling boil that cannot be stirred down. Stir in 4 cups sugar. Continue stirring, return to full rolling boil, and boil hard for exactly 1 minute. Remove from heat. Stir and skim off foam with a metal spoon. Immediately pour into hot, sterilized jars. Seal.

Yields approximately 40 oz.

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### Tranquil Lavender Potpourri

4 cups lavender bud, dried  
2 cups rose petals, dried  
1 cup mixed culinary herbs of choice (oregano, basil, thyme, rosemary, sage)  
1 cup spearmint  
1/2 cup southernwood\*  
1/4 cup chopped orris root mixed with 1 tsp. lavender essential oil

Combine all the ingredients and stir gently. Place mixture in a glass jar and cover with a lid. Allow to blend for 4 - 6 weeks. Then, display in a pretty jar or in sachet bags or sacks.

\*Southernwood is '*Artemisia abrotanum*', a type of wormwood. If not available, it can be omitted from the recipe. It adds a camphor-type odor and is used frequently as a natural air freshener. May substitute with another variety of artemisia if desired.

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### Basil Pesto

4 cups fresh basil leaves, washed & patted dry  
2 garlic cloves, coarsely chopped  
1/2 cup toasted walnuts or pine nuts  
3 Tbsp. freshly grated Parmesan cheese  
1/2 cup extra virgin olive oil  
salt to taste  
ground black pepper to taste

In food processor place first 4 ingredients. Process about 10 seconds. With motor running slowly pour in olive oil. Season with salt and pepper to taste. Place in airtight container and refrigerate.

Makes about 1 cup.

Note: Can be frozen in ice cube trays. Pop out and store in airtight container in freezer.

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