

Everything Herbal

French Sorrel Soup

2 T. butter
1 med. onion, chopped
4 T. chopped fresh lovage leaves
4 T. chopped fresh French sorrel leaves
2 T. flour
2 c. chicken or vegetable stock
1 c. milk
Salt to taste
Pepper to taste

1. Saute onion in butter for 5 min., or until onions are soft.
2. Stir in lovage and French sorrel.
3. Stir in flour and cook for 1 min.
4. Gradually stir in stock. Cover and simmer gently for 15 minutes.
5. Stir in milk, salt, and pepper. Reheat slowly. Do not boil.

Boursin Style Cheese Spread w/ Crackers

8 oz. cream cheese, softened
1 stick unsalted butter, softened
1/4 t. red wine vinegar
1/2 t. Worcestershire sauce
1 clove garlic, minced
1 1/2 t. chopped fresh parsley
1 1/2 t. chopped fresh dill
4/3 t. chopped fresh basil
3/8 t. chopped fresh marjoram
3/8 t. chopped fresh thyme
1/4 t. chopped fresh rosemary
Dash of cayenne pepper

1. Combine cream cheese and butter. Mix well.
2. Stir in vinegar and Worcestershire sauce. Blend well.
3. Add garlic, herbs and cayenne. Blend well.
4. Refrigerate for several hours or overnight before serving.
5. Use as a spread for crackers, a topping for sandwiches or spread for bagels.

Rosemary Foccacia

2 1/2 c. flour
2 T. chopped fresh rosemary
1 T. sugar
1 t. salt
1 pkg. active dry yeast
3 T. olive oil
1 cup warm water



2 t. olive oil
1/4 c. grated parmesan cheese

Mix 1 c. flour, rosemary, sugar, salt and yeast in large bowl. Add 3 T. olive oil and warm water. Beat for 3 minutes until well mixed. Stir in enough remaining flour until dough is soft and leaves sides of bowl. Place dough on lightly floured surface. Knead 5 to 8 min. or until dough is smooth and springy. Place dough in large greased bowl, turning dough to grease all sides. Cover and let rise for 30 minutes. Grease large cookie sheet. Gently push fist into dough to deflate. Divide in half. Shape each half into a flattened 10-in. round. Cover loosely and let rise for 30 min. Heat oven to 400 degrees. Gently make depressions about 2 inches apart in dough with fingers. Carefully brush with 2 T. olive oil; sprinkle with cheese. Bake 15-20 minutes.

Marinara Sauce

1 lb. diced fresh peeled tomatoes
1 onion, diced
4 cloves garlic, minced
2 T. olive oil
1 T. minced fresh oregano
1 t. thyme leaves
1/2 c. basil leaves, julienned
Salt & Pepper

Heat olive oil over medium heat, add onion & garlic. Lightly brown. Add tomatoes. Cook over med-lo heat for 1/2 hour. Add herbs, salt & pepper and cook for 20 minutes.

Dilled Chicken Salad

1 lb. lettuce, shredded
1 1/2 lbs. cooked chicken breast, cubed
2 c. dry three-color pasta, prepared according to package directions
1 medium cucumber, sliced
1 med. red onion, sliced thin
10 oz. frozen peas, thawed
2 cups salad dressing
2-3 T. fresh dill
1 c. shredded cheddar cheese

1. Layer ingredients, except cheese, in order given.
2. Refrigerate for several hours until ready to serve.
3. Toss well. Sprinkle cheese over top.

Rhubarb Mint Cobbler

2 lbs. rhubarb stalks, sliced into 1/2 in. pieces

3/4 c. sugar

1/2 c. chopped spearmint

2 T. unsalted butter

Biscuits

1 c. flour

2 t. baking powder

1/4 t. salt

5 T. sugar

4 T. unsalted butter

1/2 cup minus 1 T. heavy cream

Preheat oven to 400 degrees. Put rhubarb into 9x13 in. Baking dish and mix in sugar and mint. Dot w/ butter. Bake rhubarb for 20 min. until it softens and bubbles around edges appear. Take it out of oven and stir gently with spatula.

While rhubarb is baking, make biscuits. Put flour, baking powder, salt and 3 T. sugar in food processor and turn it on just long enough to mix the ingredients. Add butter and pulse until the largest pieces of butter are smaller than grains of rice. Pour in the cream and pulse just until the dough gathers in clumps. Turn dough out onto a piece of parchment paper and divide it into 8 equal parts. Lightly form each piece into a shaggy disk the size of a sausage patty, about 2 1/2 in. diameter.

Arrange the biscuits on top of the hot rhubarb and sprinkle them with the remaining 2 T. sugar. Put the dish back in the oven and bake another 20 min., or until biscuits are nicely browned. Serve cobbler warm with vanilla or strawberry ice cream or sweetened crème fraiche.

Ditch Water (A Family Favorite!)

1 can frozen lemonade concentrate

6 Lipton Tea bags

Large handful of spearmint

Place 6 teabags and spearmint in small saucepan filled with water. Simmer together. Place frozen lemonade concentrate in pitcher. Strain tea/spearmint mixture into pitcher. Stir. Fill pitcher the rest of the way with water that has been mixed in with the tea bags and spearmint and strained.