



Week 3 Participant Manual: **Herbs**



Week 3 Contents

- Herb Use Guide
- Household Herbs Recipes
- Fresh Basil Recipes

Journaling

- What are your thoughts on the potential health benefits of herbs?
- What are some new ways you can incorporate the use of fresh and dried herbs into your daily life?



Herbs Use Guide

Foods	Examples of Herbs and Spices that Go with Foods
Beef	bay leaf, chervil, garlic, oregano, parsley, rosemary, savory, tarragon
Lamb	cinnamon, cumin, garlic, mint, oregano, rosemary, thyme
Pork	crushed red pepper, fennel, garlic, ginger, paprika, savory, thyme
Poultry	garlic, basil, cumin, curry oregano, sage, thyme
Seafood	basil, cilantro, dill, fennel, garlic, ginger, oregano, parsley, thyme
Bread	caraway, oregano, poppy seed, rosemary, thyme
Cheese	basil, chives, dill, garlic, parsley, thyme
Fruit	anise, cinnamon, cloves, ginger, lavender, mint
Salads	basil, chives mint, paprika parsley, tarragon
Vegetables	basil, chives, cilantro, crushed red pepper, curry, garlic, mint, parsley

Cooking is an art! Experiment! Try various herbs and spices and see what works for you.

The strength of an herb is an important thing to know because this helps us to determine how much to use. Just as too much salt can ruin a meal, the same is true for too much of an herb or spice.

Strength of herbs

Strong

These should be used with care since their flavors stand out. They include allspice, bay, cardamom, curry, ginger, mustard, pepper (black), rosemary, and sage, Thai basil.

Medium

A moderate amount of these herbs is recommended. Herbs in this category include basil, celery seed and leaves, cumin, dill, fennel, tarragon, garlic, marjoram, mint, oregano, savory, thyme, and turmeric.

Mild

These herbs may be used in large quantities and combine well with most other herbs and spices. This group includes chervil, chives, and parsley.



Household Herbs Recipes

Tabouli

You'll Need

- 1 cup bulgur wheat
- 1 ½ cups fresh chopped parsley
- ½ cup chopped green onion
- 1 small cucumber, chopped
- 3 medium size tomatoes, chopped
- 1 teaspoon salt
- ¼ cup fresh mint, chopped
- 1/3 cup olive oil
- 1/8 cup lemon juice
- 2 cups warm water

Directions

- Soak bulgur wheat in 2 cups of warm water for 35-40 minutes.
- While wheat is soaking finely chop all the vegetables, parsley and mint.
- In a large size bowl combine all chopped ingredients, olive oil, salt, and lemon juice.
- Drain and dry wheat and combine with ingredient mixture. Mix well. Enjoy!

Play with Your Food

Add some chopped Kalamata olive



Lavender Lemonade

You'll Need

- 3 Tablespoons dried lavender flowers
- 1 tray of ice cubes
- 2 cups boiling water
- ½ to ¾ cup sugar
- The juice from 8 lemons
- 5 cups cold water (you may want to add more to adjust for personal taste)

Directions

- Place the ice cubes into a pitcher that can hold at least 2 quarts.
- Put the lavender into a bowl, and pour the boiling water over it. Allow it to steep for approximately ten minutes. Then strain out the lavender and discard.
- Mix a ½ cup of the sugar (it is better to start at the lower end and then if you need more you can always add it but you can't take out) into the lavender mixture and then pour this mixture into the pitcher that contains the ice.
- Add the lemon juice to the pitcher. Then add the cold water and stir. Taste and adjust the sugar and water to your liking. Enjoy!!

Play with Your Food

Try adding a splash of lime.



Strawberry Mint Smoothie

You'll Need

- 1 cup frozen strawberries
- 1 teaspoon chopped mint
- ½ cup orange juice
- ¼ teaspoon vanilla
- ½ cup plain yogurt

Directions

Place everything in a blender and blend until smooth. Add some crushed ice if you would like.

Play with Your Food

Try using pineapple juice instead of orange juice.

House Cleaning Tip

Rosemary Disinfectant

Place 1 cup of rosemary leaves and stems and 1 quart of water in a pot and bring to a boil. Allow to simmer for 45 minutes. Strain and add 1 cup of water and 1 squirt of dish detergent.

Use to clean sinks and bathrooms, countertops and stoves. Store the excess disinfectant in the refrigerator for up to 1 week.



Fish in Lemon Coriander Sauce

You'll Need

- 2-3 green chilies stems removed and deseeded and chopped
- 2 garlic cloves, minced
- ¼ cup lemon juice
- ½ salt
- 4 Tablespoons chopped fresh cilantro
- ½ teaspoon ground coriander seeds
- 1 ½ pounds halibut or other firm white fish
- 4 Tablespoons butter or olive oil
- Lemon Slices

Directions

- Mix the chilies, garlic, salt, lemon juice, cilantro, and coriander and use to marinate the fish for half an hour (no longer than one hour).
- Remove the fish and combine the marinade with the butter or olive oil.
- Grill or broil the fish, basting with the marinade mixture.
- Serve with lemon slices

Play with Your Food

Try this marinade with shrimp.



Fresh Basil Recipes

Basil Pesto Sauce

Yields approximately 1 ½ cups

You'll Need

- 1 cup packed basil leaves
- ½ cup toasted walnuts
- 1 garlic clove
- ½ cup Parmesan Cheese
- 1/3 cup olive oil
- Salt to taste
- Pepper to taste

Directions

Mix all in a blender or food processor until an even consistency is reached.

Tips

- You can add more garlic if you would like. You may want to mix it, have a taste and then decide.
- This pesto freezes wonderfully. Place the pesto in ice cube trays and once the pesto has solidified place the cubes in a plastic bag and use it in the future. The ice cube technique is nice because it freezes the pesto in handy portion sizes.
- The recipe can easily be doubled.
- You can try different nuts such as pine nuts or macadamias.
- You can try different herbs such as cilantro or parsley.
- Serve over top of pastas, grilled vegetables, and fish. Or turn a piece of French or Pita bread into a pesto pizza. The options are endless but all are delicious.
- Leave out the parmesan cheese for a vegan pesto sauce.



Caprese Salad

You'll Need

- Tomatoes, cut into 1/4-inch thick slices
- 1/2 pound fresh mozzarella 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Olive oil for drizzling
- Salt and pepper

Directions

Layer basil on plate, top with tomato and cheese slices. Drizzle with olive oil and salt and pepper.



Bruschetta

You'll Need

- 1 pound tomatoes, finely chopped
- 2 cloves garlic, crushed
- 1 Tablespoon fresh parsley chopped
- 2 Tablespoons fresh basil
- 2 Tablespoons balsamic vinegar
- Pinch of salt
- ¼ cup olive oil

Directions

Mix well and serve on pieces of toasted baguette slices.



Lemon Basil Shrimp Pasta

You'll Need

- 8 ounces uncooked spaghetti
- 1 pound peeled and deveined large shrimp, cooked
- 1 garlic clove, crushed
- 1/4 cup chopped fresh basil
- 2 Tablespoons drained capers
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 2 cups baby spinach

Directions

Cook pasta

When pasta is done, stir in all other ingredients.

.

Play with Your Food

- Replace the capers with olives of choice
- Lightly sauté spinach
- Choose a different type of pasta
- Add more garlic