

Enticing Your Taste Buds

Herb Recipes for Your Secret Spices

We spend a lot of time learning about these wonderful, healthful herbs and spices. What better way for us to put them to use than incorporating them into our foods. By doing this we not only create some really flavorful dishes, but we also put into practice the concept of making medicine of our food. Below you will find a small collection of exciting recipes for you to try. This mini collection of recipes is designed to inspire you the next time you find yourself out foraging, at the local farmer's market or simply at your neighborhood grocery store. Included with each recipe is the resource from where each recipe was found so you can adventure even further with herbs and spices. So forget what your parents always told you and play with your food, and enjoy putting to use these awesome herbs.

Beverages

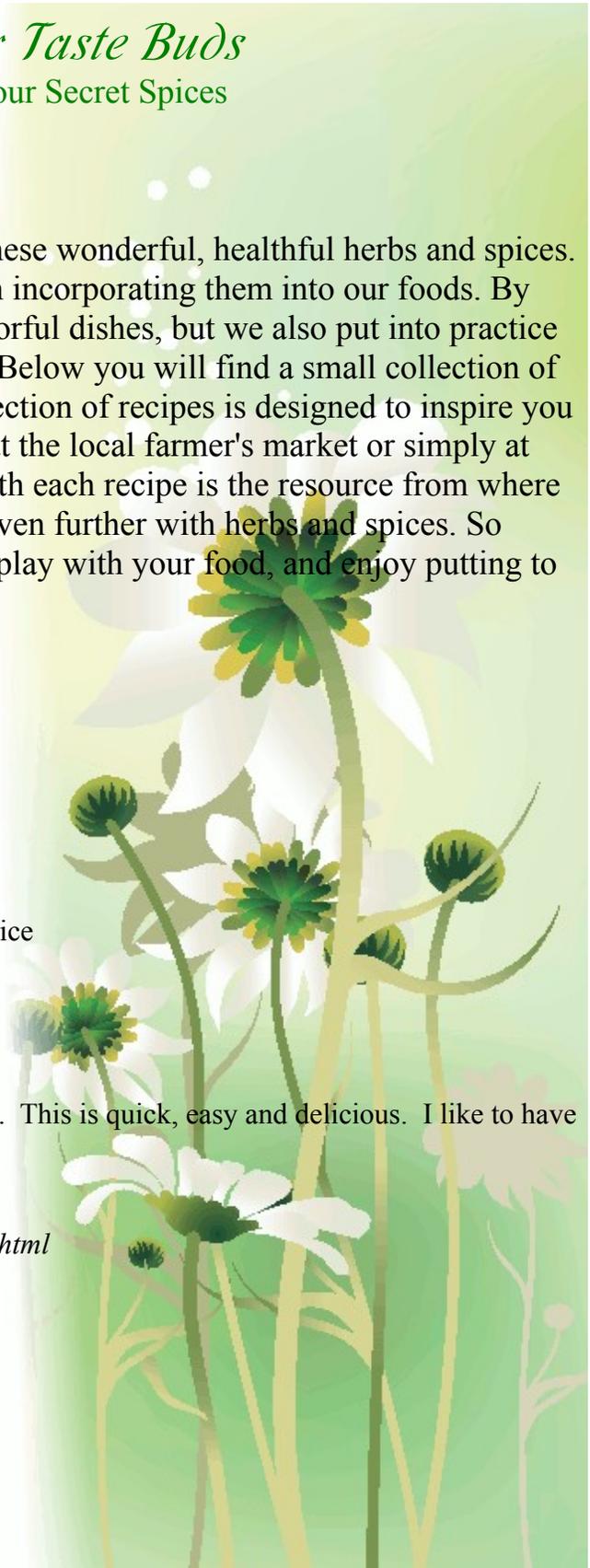
Nettles Cocktail

1 cup tomato juice
½ cup Nettles broth or tonic infusion
1 Tbsp vinegar (use your herbal vinegar!) or lemon juice
Pinch of salt
Pinch of pepper
1 tsp Worcestershire sauce
Dash Tabasco sauce

Mix everything together and drink! Serve hot or cold. This is quick, easy and delicious. I like to have it with breakfast to give my day a healthy start!

By Rose Barlow

<http://rosesprodigalarden.org/recipes/nettlesrecipes.html>



GREEN HERBAL CHAI

1 quart-sized glass jar, and lid
1/2 cup dried nettle leaf
1/3 cup dried red raspberry leaf
2 tsp. cardamom seeds
1/2 tsp. whole peppercorns
1-2 cinnamon sticks
2 TBS fresh ginger, roughly chopped (or 1 scant tsp. dried ginger)
2 tsp. coriander seeds
1/2 tsp. fennel seed
1 vanilla bean (optional)
4 cups boiling water



Honey to sweeten to your own liking
Milk of your choice

1. Boil the water. In the glass jar, combine the nettle, red raspberry, cardamom, peppercorns, cinnamon, ginger, coriander, and fennel seeds.
2. Slice the vanilla bean open, lengthwise. Scrape out the seeds into the jar, and add the rest of the vanilla bean to the pile.
3. Fill jar up to the top, cover, and let steep for 20 minutes. Strain. To have this drink hot, put the strained Chai tea into a pot, add honey, and milk (generally 1/2-3/4 tea and 1/2-1/3 milk), and heat it up. To enjoy cold, add the honey to the Chai while it is still warm to dissolve the honey. Serve with milk over ice!

By Britton, Deep Roots Farm & Herbal

<http://www.etsy.com/shop/DeepRootsHerbals>

<https://www.facebook.com/DeepRootsFarmHerbals>

Dandelion Delight

1 Tbsp chopped dried dandelion root
2 cups water
1 Tbsp fresh washed German Chamomile
1 tsp dried fennel seeds

1. In a nonreactive saucepan over medium heat, bring dandelion root and water to a low simmer. Cover pot, reduce and simmer for 20 minutes.
2. Place chamomile and fennel seeds in a teapot. Pour hot dandelion water over herbs, straining out dandelion and steep for 5 minutes. Drink hot or cool to room temperature.

The Juicing Bible by Pat Crocker & Susan Eagles

Spiced Papaya Tea

2 Tbsp chopped, papaya
½ tsp slippery elm bark
½ tsp lightly crushed coriander
¼ tsp ground cinnamon
¼ tsp cumin
¼ tsp turmeric
2 cups boiling water

1. In a nonreactive teapot, combine papaya, slippery elm bark, coriander, cinnamon, cumin, and turmeric. Pour in boiling water, cover and steep for 15 minutes. Strain the tea into cups and drink warm.

The Juicing Bible by Pat Crocker & Susan Eagles

Sunshine Smoothie with Coconut, Clementine and Turmeric

¼ cup old-fashioned rolled oats
1 cup chilled unsweetened coconut water
2 tablespoons unsweetened coconut milk
Fresh or frozen segments from 2 clementines (about 1 ½ cups)
½-inch fresh turmeric, peeled and roughly chopped (or ½ teaspoon ground), more if desired
½-inch fresh ginger, peeled and roughly chopped
¼ teaspoon vanilla extract
1 teaspoon honey or agave nectar (optional)
1 tablespoon maca powder (optional)

Place the oatmeal in a blender and process until finely ground. Add the remaining ingredients to the blender and process until smooth. For a thicker smoothie, let it stand for about 5 minutes before serving.

By Emily Ho at the Kitchn

<http://www.thekitchn.com/recipe-sunshine-smoothie-with-coconut-clementine-and-turmeric-recipes-from-the-kitchn-199347>



Pesto

Nettle Pesto

2 or 3 big tong-fulls of fresh nettles - Use tongs rather than hands as the nettles will sting you.
3 garlic cloves
2 tablespoons toasted pine nuts
2 tablespoons grated cheese (any hard cheese will do)
6-8 tablespoons blanched, chopped nettles
Salt
Olive oil (use the good stuff)



You must first blanch the nettles before making this pesto. This is how:

1. Get a huge pot of water boiling and add a handful of salt.
2. Grab the nettles with tongs and put them into the boiling water. Stir around and boil for 1-2 minutes.
3. Fish them out with a skimmer or the tongs and immediately dump them into a big bowl with ice water in it. Once they are cool, put them in a colander to strain.
4. Get a cloth towel, like a tea towel, and put the nettles in it. Wrap one end of the towel one way, then the other end of the towel the other and squeeze out as much moisture as you can.

This makes a little more than 1/2 cup of very green, very pretty pesto. Store any unused pesto in the fridge, topped with some olive oil to keep the air out.

1. Pesto is best made with a mortar and pestle, thus the name, which means “pound.” You can make this in a food processor, but it will not be the same. First add the pine nuts and crush lightly — as they are roundish, they will jump out of your mortar if you get too vigorous.
2. Roughly chop the garlic and add it to the mortar, then pound a little.
3. Add the salt, cheese and the nettles and commence pounding. Mash everything together, stirring with the pestle and mashing well so it is all fairly uniform.
4. Start adding olive oil. How much? Depends on how you are using your pesto. If you are making a spread, maybe 2 tablespoons. If a pasta sauce, double that or more. Either way, you add 1 tablespoon at a time, pounding and stirring to incorporate it.
5. Serve as a spread on bread, as an additive to a minestrone, as a pasta sauce or as a dollop on fish or poultry.

by Hank Shaw at Hunter Angler Gardner Cook

<http://honest-food.net/foraging-recipes/greens-and-herbs/nettle-pesto/>

Basil Pesto

2 handfuls fresh basil, roughly chopped
3 Tbsp olive oil
3 to 4 cloves of garlic, roughly chopped
¼ cup of pine nuts or walnuts
¼ cup shredded Parmesan cheese

1. Toss into your blender basil, garlic, olive oil and nuts. Pulse to a course texture.
2. Add Parmesan cheese to the mixture, and pulse until well blended.
3. Adjust ingredients to your liking and enjoy.

By Amy Shea

Dandelion Pesto

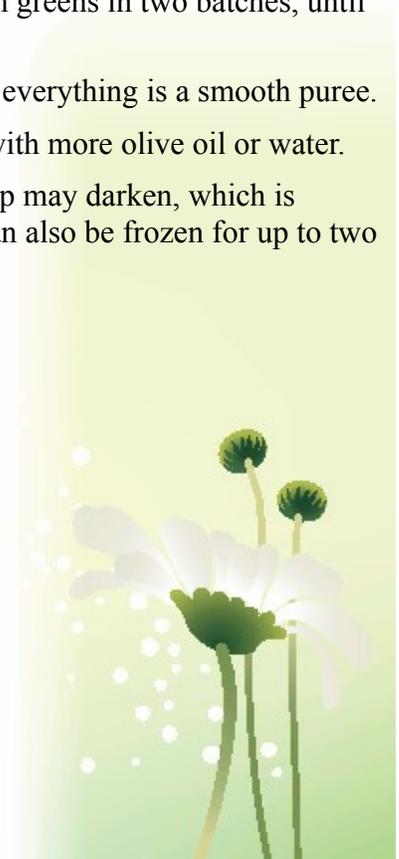
12 ounces (350g) washed and cleaned dandelion leaves
1 cup (250ml) olive oil
4 cloves garlic, peeled
6 tablespoons (40g) pine nuts, lightly toasted
1 1/2 teaspoons sea salt
2 1/2 ounces (70g) Parmesan or Romano cheese, grated

1. Put about one-third of the dandelion greens in the food processor or blender with the olive oil and chop for a minute, scraping down the sides. Add the remaining dandelion greens in two batches, until they're all finely chopped up.
2. Add the garlic cloves, pine nuts, salt, and Parmesan, and process until everything is a smooth puree.
3. Taste, and add more salt if necessary. If it's too thick, you can thin it with more olive oil or water.

Storage: The pesto can be refrigerated in a jar for up to four days. The top may darken, which is normal. You can pour a thin layer of olive oil on top to prevent that. It can also be frozen for up to two months.

By David Lebovitz

<http://www.davidlebovitz.com/2011/03/dandelion-pesto-recipe/>



Something Savory

Wilder Pasta

2 lbs pasta Penne...your choice!
3 qts water
Wild Spring Greens! My suggestions...

1 bunch tender young Dandelion Leaves
1 bunch tender Nettle leaves
1 bunch Lamb's Quarters
1 bunch French Sorrel
1 bunch Ramps, Green Onions or Chives

4 cloves garlic
3 T Olive Oil
Lemon or Italian Herbal Vinaigrette
Seasoned Bread Cumbs
Sea Salt & Ground Pepper to taste

Cook pasta, drain, let it cool down a bit.
Lightly saute garlic in oil.
Next, slice and steam all of the wild and garden greens in a pan.
Combine pasta and greens, tossing them lightly along with the vinaigrette.
Top off with seasoned bread crumbs, salt and pepper. Another option is to place this in a casserole dish, top off with grated parmesan cheese and bread crumbs to bake for an additional 10 minutes.

Foodies, Foragers, Friends by Gigi Stafne

Nettle and Cheese Squares

4 ounces butter
3 organic eggs
1 cup flour
1 cup milk or plain yogurt
1 tsp sea salt
1 tsp baking powder
1 pound Monterey Jack or Goat's Milk Cheese grated
4 cups chopped fresh nettles

Melt butter in pan (9 x 13). Beat eggs. Add flour, milk or yogurt, sea salt and baking powder. Then add the nettles and cheese. Mix all ingredients together well. Spread into pan and bake this at 350 degrees for 30-35 minutes. Cool 20-30 minutes before serving. Consider topping with cut chives, tops of green onions, wild leeks or fresh garden herbs.
Cut into squares. Will make 30 squares.

Foodies, Foragers, Friends by Gigi Stafne



Lemon Rasam

¼ tsp. ground turmeric
⅔ cup dry toor dal (split pigeon peas)
1 Tbs. grated fresh ginger (from 1-inch piece)
2 serrano chiles, stemmed, seeded, and minced
1 14.5-oz. can plum tomatoes, drained and diced
¾ tsp. salt
2 tsp. ghee
1 tsp. brown mustard seeds
½ tsp. asafetida powder
1 red Kashmiri chile (dried red Indian chile), or any hot dried red chile, halved
10 curry leaves, optional
½ tsp. ground cumin
½ tsp. ground black pepper
¼ cup lemon juice
Chopped cilantro, for garnish



1. Combine toor dal with 4 cups water and turmeric in medium saucepan. Bring to a boil over medium heat. Reduce heat to medium-low, partially cover, and simmer 45 minutes, or until toor dal is soft. Transfer to blender or food processor, and blend until smooth. Measure, and return to saucepan. Add enough water to make 5 cups.
2. Stir in ginger, serrano chiles, tomatoes, and salt, and bring to a boil over medium heat. Reduce heat to medium-low, and simmer 5 minutes to marry flavors, stirring occasionally.
3. Meanwhile, heat ghee in skillet over medium heat. Add mustard seeds; asafetida powder; red chile; curry leaves, if using; cumin; and pepper. Cover and heat 1 to 2 minutes, or until mustard seeds begin to pop. Pour into soup. Remove soup from heat, and stir in lemon juice. Season with salt and pepper, if desired. Serve garnished with chopped cilantro.

Vegetarian Times

<http://www.vegetariantimes.com/article/healing-foods-turmeric/>

Caprese Salad

6 medium very ripe tomatoes
4 oz. fresh mozzarella
6 large basil leaves
4 Tbsp. good quality extra virgin olive oil
Salt, preferable good quality sea salt

1. Cut tomatoes and mozzarella into even slices. Layer them on a serving platter or four individual salad plates.
2. Cut basil leaves into thin ribbons and sprinkle them over the salad(s). Drizzle salad(s) with olive oil and sprinkle with salt to taste. Serve immediately.

By Molly Watson

<http://localfoods.about.com/od/salads/r/caprese.htm>

Basil Buttermilk Ranch Dressing

2 tablespoons minced shallot
2 tablespoons chopped basil
2 tablespoons chopped chives
1 tablespoon chopped parsley
1 small clove garlic, minced
2 teaspoons lemon juice or white wine vinegar
1/2 cup mayonnaise
2 tablespoons yogurt or sour cream
1 cup well-shaken buttermilk
Salt and freshly ground black pepper
1/4 teaspoon smoked paprika, optional
Honey, as needed

1. In a jar with a tight fitting lid, combine the shallot, herbs, garlic, vinegar or lemon juice, mayonnaise, and yogurt or sour cream. Screw on the the lid and shake the jar to combine. Stir in most of the buttermilk. Check for consistency, and add more if needed. Taste, then season with salt, pepper and paprika. If the dressing is too sharp, drizzle in some honey to mellow the acidity. Taste again, and adjust if needed.
2. Cover and refrigerate for an hour before using, to allow the flavours to blend and develop.

By Tara O'Brady

<http://food52.com/recipes/22308-basil-buttermilk-ranch-dressing>



Delicious, Delectable & Delightful

Orange Turmeric Gluten Free Cake Recipe

250gm butter
250gm sugar
4 eggs
150gm Greek yogurt
20gm turmeric, finely grated
200gm almond meal
150gm polenta
1 tsp bicarb soda
2 oranges – zested and juiced
ICING:
½ cup of thick Greek yoghurt
½ cup icing sugar
Orange zest to garnish

1. Pre-heat oven to 180°C. Line a 20cm round baking tin with baking paper and grease with butter and coat with polenta. In a mixing bowl cream the butter and sugar till pale. Add one egg at a time mixing until combined. Add the yogurt and turmeric stir to combine.
2. Add the almond meal, polenta and bicarb soda, folding until almost combined. Then add the juice and zest from the oranges, stir to combine.
3. Bake in the oven for 1 hour. Turn out the cake after five minutes of cooling. Allow the cake to completely cool about an hour before icing the cake.
4. To make the icing combine the yoghurt and icing sugar and spread over the top of the cake. Using an additional oranges zest to garnish the top of the cake.

By Lizzie Moulton
www.strayedtable.com



Chinese Five Spice Chocolate Cake with Ginger Buttercream Frosting

Chinese 5 Spice Mix

9 star anise, broken
1 1/2 cinnamon sticks, broken
3 chile de Arbol
1 1/2 teaspoon fennel seeds
1 1/2 teaspoon ground ginger
9 cardamom pods

Chocolate Cake

2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
6 ounces dark chocolate (75%+), chopped
2 eggs, at room temperature
1 cup buttermilk, at room temperature
1 teaspoon vanilla extract
2 cups sugar, plus extra for dusting pan
1/2 cup chocolate pieces/chips
butter for pan
1 cup hot coffee
1 teaspoon baking soda

1. Add all of the spices listed, except the ground ginger, into a warm pan. Shake pan to keep spices moving until they become fragrant. Place these spices plus the ginger into a spice grinder and blend until powdery. Set aside.
2. Preheat oven to 350 degrees. Butter and sugar a 10" round cake pan. Set aside. Combine the flour, baking powder, salt, baking soda and spices then sift to mix. Set aside. In a small bowl, add the chocolate and then pour over the hot coffee. Allow to sit for about a minute then whisk to combine. Chocolate should be runny at this point. In the bowl of your stand mixer, beat the 2 eggs until foamy and lighter in color. Add sugar and whip to combine. Add the buttermilk and vanilla and mix just to combine. Add the chocolate and coffee mixture and blend on medium for about a minute, scraping sides as needed. Add the flour and spice mixture and blend on medium until fully combined, scraping sides as needed. Fold in the 1/2 cup of chocolate pieces. Pour batter into prepared pan. Place on middle rack in oven and bake for 45 minutes, or until pick comes out clean. Allow to cool completely before inverting and frosting.
3. To make buttercream frosting, blend 1 stick (1/2 cup) of softened, unsalted butter and 1 cup of marshmallow fluff until smooth. Add 2 cups of powdered sugar, blend until smooth. Add 1 tsp. vanilla extract and 1 T. finely chopped candied ginger. Combine until thoroughly mixed. Spread onto cooled cake top. Double if looking to cover entire cake.



Invaluable Resources

Yummly.com (<http://www.yummly.com/>)

It's like Pinterest (<http://www.pinterest.com>) specifically for recipes!

Vegetarian Times (<http://www.vegetariantimes.com>)

Food52 (<http://food52.com>)

Strayed Table (www.strayedtable.com)

Local Food at About.com (<http://localfoods.about.com>)

David Lebovitz.com (<http://www.davidlebovitz.com>)

Hunter Angler Gardner Cook (<http://honest-food.net/>)

the Kitchn (<http://www.thekitchn.com>)

Deep Roots Farm & Herbal (<http://www.etsy.com/shop/DeepRootsHerbals>;
<https://www.facebook.com/DeepRootsFarmHerbals>)

Herbalists Without Borders (<http://herbalistswithoutborders.weebly.com/>)

Rose's Prodigal Garden (<http://rosesprodigalgarden.org/index.html>)

Foodies, Foragers, Friends by Gigi Stafne (<http://greenwisdom.weebly.com>)

The Juicing Bible by Pat Crocker & Susan Eagles

Resources for Further Exploration

Edible Wild Plants by Samuel Thayer

Edible Wild Plants by John Kallas, PhD

Healing Teas by Marie Nadine Antol

The Wild Vegetarian Cookbook by "Wild Man" Steve Brill

Sacred and Herbal Healing Beers by Stephen Harrod Buhner

Assembled and Edited by Amy Shea 2014 for Green Wisdom
<http://greenwisdom.weebly.com>

