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Cooking With Herbs
Workshop

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RECIPES

Salads

Violet Infused Vinegar

from the Nerdy Farmwife <https://thenerdyfarmwife.com/five-uses-for-violet-vinegar/>

Ingredients:

- Fresh violets
- Vinegar.

I like the pretty color to show through, plus I like using vinegar for culinary uses, so I use white wine vinegar. Apple cider vinegar is another excellent choice.

Instructions:

Go out and pick some fresh violets from unsprayed areas. Don't pick to the point where no flowers are left, always leave some behind! You can rinse the flowers if you wish. (I don't because I inspect as I pick.)

Fill your jar about half full of violet flowers. Pour vinegar over them and cap with a non-metallic lid. Vinegar will corrode metal, so if that's the only type of cap you have, use a layer of plastic wrap between it and the vinegar.

Let this sit for a few days in a cool, dark place. The vinegar will take on a gorgeous deep magenta hue. Sunlight will fade the colors faster than time alone.

Strain the vinegar and store for a year, possibly longer, in a glass container.

Violet vinaigrette

Ingredients:

- 3 tablespoons oil
- 2 tablespoons violet vinegar
- 1 tablespoon crumbled bacon
- 1/2 tablespoon chopped onion
- 1 teaspoon maple syrup
- Salt and pepper to taste.

Instructions:

Add ingredients to jar and shake together or blend with immersion blender. Let stand for twenty or thirty minutes so the flavors meld together. Shake again and pour over your salad. Yum!

Lemon vinaigrette with herb add-ins

Ingredients:

- 4-6 Tablespoon lemon juice
- 1/3 c. olive oil
- 1 Tablespoon honey
- 2 tsp Dijon mustard
- 1-3 cloves garlic
- 1 tsp salt

- black pepper to taste
- Optional: ½ cup fresh herbs/ 1-2 Tablespoon dried herbs

Instructions:

Blend all ingredients together using an immersion blender, food processor or blender.

Golden Sauce

<http://www.denbyroyal.com/my-blog/2016/5/17/golden-sauce>

Ingredients:

- 1 whole lemon, juiced
- ¼ cup tahini
- ¼ cup olive oil
- ½ cup water
- 1 tsp turmeric
- 1 T sesame oil
- 1 clove garlic, crushed
- Salt and pepper to taste
- Water to thin

Instructions:

Blend all ingredients together using an immersion blender, food processor or blender.

Salad template:

- Leafy green
- Fat
- Protein
- Toppings
 - Chopped or grated raw veggies
 - Roasted veggies
- Dressing

Salad dressing template:

- Fat
- Acid
- Salt
- Emulsifier
- Sweetener (optional)
- Herbs
- Immersion blender (optional but really helpful)

Ideas for Using Herbs in Salads		
Component	Ideas	Ideas for herbal additions
Leafy greens	Romaine, arugula, mixed greens, butterhead lettuce	Purslane, chickweed, violet leaf, dandelion leaf, lambsquarters, parsley
Fat	Avocado, nuts and seeds, cheese, olives	
Protein	Beans, sardines, salmon, lunch meat, diced cooked meat	
Toppings	Cucumber, tomato, raw carrot, roasted	Flowers: calendula, violet,

	root veggies (carrots, beets, sweet potato), onion	dandelion, okra, rose, chickweed, thyme, sage, chive flower, nasturtium, dill, chamomile, yarrow Herbs: chives, hibiscus, nasturtium leaves, basil, dill leaf, tarragon, cilantro, yarrow, sorrel
Dressings	-Vinaigrette with herb infused vinegar -Citrus vinaigrette with herb add-ins -Creamy dressing with herb add-ins (using coconut milk, avocado, egg yolk or other non-dairy alternative) -Dairy based dressing with herb add-ins	Ginger, turmeric, oregano, thyme, sage, rosemary, dill, tarragon, parsley, cilantro

Pestos

Chickweed Pesto

Ingredients:

- 3 big handfuls of chickweed
- 2-6 cloves of garlic
- Juice of ½ lemon
- ½ cup olive oil
- ¼ cup pine nuts
- Salt and pepper to taste

Instructions:

Blend all ingredients together until you reach a smooth consistency. Add olive oil slowly until you reach your desired consistency. Then add more lemon juice, salt, pepper or garlic until you love the taste. Substitute other nut/seed of your choice, like pumpkin seeds or walnuts if you would like.

Spring Green Pesto

Ingredients:

- 2 big handfuls of parsley
- 1 big handful of additional herbs (violet, dandelion greens, cilantro, etc...)
- 2-6 cloves of garlic
- Juice of ½ lemon
- ½ cup olive oil
- ¼ cup pumpkin seeds (or other nut or seed)
- Salt and pepper to taste

Instructions:

Blend all ingredients together until you reach a smooth consistency. Add olive oil slowly until you reach your desired consistency. Then add more lemon juice, salt, pepper or garlic until you love the taste. Substitute other nut/seed of your choice, like pumpkin seeds or walnuts, if you would like.

Ideas for Using Herbs in Pesto	
Component	Ideas
Leafy greens	Chickweed, violet leaf, dandelion leaf, lambsquarter, parsley, nettle, arugula, tarragon, cilantro
Fat	Olive oil
Citrus	Lemon, lime, vinegar
Nut/seed	Pine nuts, pecans, walnuts, sunflower seeds, pumpkin seed, cashew
Add-ins	Garlic, onion, sundried tomato, olive, roasted red pepper, beans, thyme, oregano, sage, rosemary, nettle, nasturtium

Soups

Reishi and Dandelion Broth

When making stock, use what you have. I keep ginger in my house all the time, but if you don't have it on hand, feel free to omit it or substitute other herbs and ingredients.

Ingredients

- 8 cups water
- 4 large reishi mushroom slices
- 1 cup dandelion root, ¼-1/2 cup dried
- 8 to 10 shiitake mushrooms (dried or fresh)
- 1 cup celery with tops, roughly chopped
- 1 cup carrots, roughly chopped
- 2-inch piece fresh ginger, roughly chopped
- 1 tbsp sea salt, plus more to taste
- 2 tbsp apple cider vinegar

Instructions

1. Place all of the ingredients in a slow cooker on low. Cook for 3 hours, stirring once every hour.

2. Strain contents through a sieve. Reserve broth. Discard everything except for the shiitake mushrooms, which can be saved for future dishes.

Nettle Soup

from Simply Recipes ~ https://www.simplyrecipes.com/recipes/nettle_soup/

Ingredients

- 1/2 large shopping bag of fresh nettle tops
- Salt
- 1 tablespoon extra virgin olive oil
- 1 teaspoon butter
- 1/2 cup chopped shallots
- 1/2 cup chopped celery
- 1 pound of Yukon Gold or russet potatoes, peeled and chopped
- 4 cups chicken stock
- 1 to 2 cups of water
- 1 bay leaf
- 1 teaspoon dried thyme (or a couple sprigs of fresh thyme)
- Freshly ground black pepper
- 1 1/2 tablespoons lemon juice
- 2 to 3 tablespoons of heavy whipping cream or non dairy alternative

Instructions

1. Blanch the nettles: Bring a large pot of lightly salted water to a boil. Prepare a large bowl of ice water. Wearing protective gloves, transfer the nettle tops into the boiling water. Blanch for 2 minutes. Use tongs to lift the wilted blanched nettles out of the pot and transfer to the bowl of ice water to shock them. Strain in a colander. Cut away and discard any large stems from the nettles. (This should be easier to do now that the nettle stingers have lost their sting due to the blanching.) You should have 3 to 4 cups of blanched tender nettle tops and leaves for this recipe. Any blanched nettles not used at this point can be frozen for future use.
2. Sauté the onions and celery: In a 6 quart soup pot, heat the olive oil and butter on medium heat. Add the chopped shallots and celery and cook until softened, about 5 minutes.
3. Add potatoes, stock, bay leaf, thyme: Add the chopped potatoes, the chicken stock, bay leaf, and thyme. If using unsalted or low sodium stock, add one teaspoon of salt. Bring to a simmer and simmer for 5 minutes.
4. Chop blanched nettles, add to soup pot, add water, simmer: Roughly chop the blanched nettles. Add 3 to 4 cups of the chopped blanched nettles to the pot. Add enough water to just cover the nettles and potatoes, 1 to 2 cups. Return to a simmer and simmer for 15 minutes or until the potatoes are soft and the nettles tender.
5. Purée the soup: Remove the bay leaves (and thyme sprigs if using) from the pot. Using an immersion blender or working in batches with a standing blender, purée. Return to the pot and take off the heat.
6. Adjust seasonings, add lemon juice, add cream: Add salt to taste. Depending on the saltiness of the stock you are using, you may need to add at least a teaspoon or more to the soup. Add

1/2 teaspoon of freshly ground black pepper. Add lemon juice. Right before serving, swirl in the cream. Adjust seasonings to taste.

7. Sprinkle with black pepper and garnish with a sprig of fresh mint to serve.

Winter Tonic Soup Recipe

from Patricia Kyritsi Howell www.wildhealingherbs.com

Delicious tonic soups are both food and medicine. A good tonic soup, rich with nourishing herbs and mushrooms, provides a serious dose of support for the immune system during cold and flu season. Here is a basic recipe that I make frequently. You can vary the recipe endlessly using ingredients you have on hand as long as you use some or all of the recommended immune-stimulating herbs and shiitake mushrooms. This version calls for either lamb or chicken but it can also be made using 2 cups cooked beans such as adzuki or black beans. Makes ten generous servings.

For the stock:

- 1 gallon cold water
- 8 to 10 dried shiitake mushrooms
- 8-inch fresh burdock root, chopped, or 6 cup dried burdock root
- 10 small ginseng roots
- 1 medium white onion, unpeeled and cut into quarters
- 4 slices dried astragalus root
- 1/2 ounce (or less) dried Solomon's seal root (optional)

For the soup:

- 1 gallon herb stock (using recipe above)
- 2 tablespoons extra virgin garlic oil
- 1 medium red or white onion, peeled and diced
- 1 pound of cubed lamb stew meat or 1 whole organic chicken (approximately 3 pounds)
- 3 carrots, finely diced
- 6 medium green cabbage, quartered and thinly shredded, OR 6 pound fresh leafy greens (kale, chard, collards, etc.), coarsely chopped
- 1 cup of vegetables cut into small pieces (green beans, summer squash, corn, peas, diced winter squash, parsnips, etc.)
- 5 or more cloves fresh garlic, sliced thin
- Salt or tamari and black pepper to taste

To make the stock:

1. Combine all stock ingredients in a large pot with the cold water, stir to combine. Cover and slowly bring to a boil. Reduce heat to a lively simmer,
2. partially cover the pot. Cook for one hour. Cool and strain. Before discarding stock veggies, retrieve the ginseng roots and shiitake mushrooms.
3. Finely chop the ginseng, and slice the shiitakes and set aside. The stock may be frozen for future use when making any soup recipe.

To make the soup:

1. In a large soup pot, sauté onions, carrots, and lamb (if using) over medium heat. When onions are soft and lamb is well browned, add the cabbage and other vegetables. Reduce heat and cook for ten to fifteen minutes, stirring frequently. When the cabbage is slightly wilted, add the soup stock along with the ginseng and shiitake.
2. If using chicken, add it now along with the stock. Be sure the chicken is totally submerged. Bring to a boil, then reduce heat, cover and simmer for about an hour. Remove from heat.
3. If you used chicken, wrestle it out of the soup and into a colander that has been placed over a large bowl. Cool chicken until you can strip the meat off the bones. Discard skin, bones and tough bits. Shred or chop chicken into bite-sized pieces. Return the chicken meat to the soup.
4. Taste the soup, add seasoning as desired. Reheat and add 1 teaspoon (or more) freshly minced ginger to each bowl before serving. If you like kimchi, add some to each bowl before serving.

Ideas for Using Herbs in Soups	
Component	Ideas
Cooked and pureed into soup	Dandelion root, burdock root, shiitake mushroom, stinging nettle
Dried herbs added to broth/stock	Reishi and shiitake mushroom, dried astragalus, ginseng, dried culinary herbs, ginger/turmeric, dried spices
Fresh herb additions at end	Rosemary, thyme, sage, oregano, cayenne, cilantro, parsley, tarragon, basil, etc...
Garnishes	Herbal infused culinary oils: rosemary, thyme, sage, cayenne, etc, pesto, herbal finishing salts

Desserts

Holy basil, Coconut Dark Chocolate Bar

Ingredients:

- 10 oz good quality dark chocolate
- ½ cup coconut flakes
- 2 tsp holy basil, powdered

Instructions:

1. Toast coconut flakes, powder holy basil and melt chocolate.
2. Mix all ingredients together and place in mold until solid. Remove from mold and keep cool.

Holy basil and hibiscus Popsicle

Ingredients:

- 2 cups strong hibiscus and holy basil tea
- ¼ cup of local organic honey; add more for extra sweetness
- 1 limes, juiced
- Strawberries (optional)

Instructions:

1. Brew tea, the longer you let it steep the stronger it will be
2. Let tea cool and then add honey and juice of lime
3. If using, add fruit slices to mold, and then pour tea over them
4. Popsicles will need to sit in the freezer overnight, or for four to five hours minimum.

Herbal Whipped Cream

Ingredients:

- 1 cup heavy whipping cream
- 2-3 Tablespoon dried herbs, 1/3 cup fresh herbs (more or less depending on your preference)
- 2 tablespoons confectioner's sugar or honey

Instructions:

1. Add the cream and tea to a small saucepan. Bring to a gentle simmer then remove from the heat. Pour into a glass container, tea bags and all, and place in the refrigerator to steep and chill, at least 4 hours, preferably overnight.
2. When ready to whip, strain the cream into the bowl of a stand mixer fitted with whisk attachment. Add the confectioner's sugar and beat on high until thick.
3. When ready to serve, pipe or scoop dollops of whipped cream onto fresh berries

Ideas for Using Herbs in Whipped Cream	
Herb to 1 cup cream	Ideas for serving
Lavender whipped cream 1.5 tsp dried lavender	Served over fresh blueberries, blueberry pie, over lemon cake
Holy Basil or culinary Basil whipped cream 1/3 cup fresh	Strawberries, lemon based desserts
Mint 1/3 cup fresh	Blackberries, peaches, chocolate based desserts
Rosemary 1 Tablespoon fresh	Peaches

CALENDAR OF HERBS

Season	Herb
Fall/Winter	<p><i>Commonly find roots and cold hardy greens</i></p> <p>Foraged: burdock root, dandelion root, nettle leaf,</p> <p>Cultivated: burdock root, dandelion root, nettle leaf, parsley, cilantro</p>
Spring	<p><i>Commonly find flowers and tender leaves</i></p> <p>Foraged: Violet, chickweed, dandelion leaf, garlic chive, plantain</p> <p>Cultivated: parsley, cilantro, calendula, chamomile, yarrow, nasturtium, rose, chive, lemon balm, mint</p>
Summer	<p><i>Commonly find heat loving greens and aromatic herbs</i></p> <p>Foraged: purslane, lambsquarter, sorrel, culinary herbs (thyme, oregano, rosemary, sage, tarragon, dill), garlic chive</p> <p>Cultivated: okra blossom, hibiscus, lemongrass, lemon verbena, lemon balm, mint, holy basil,</p>

Recommended Reading:

- The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs – Karen Page, Andrew Doreneburg
- Alchemy of Herbs – Rosalee de la Foret
- Foraging & Feasting: A Field Guide and Wild Food Cookbook – Dina Falconi
- Growing 101 Herbs that Heal – Tammy Hartung
- Medicine Makers Handbook – James Green
- Nature's Garden: A Guide to Identifying, Harvesting and Preparing Edible Wild Plants – Samuel Thayer