



## **Basic Herb Recipes**

### **Herb Infusion (tea)**

2TBSP herb (if fresh, ½ that if dried) to 1 pint boiling water.

Place herb in container that has a lid, pour boiling water on the herb, stir well, cover and steep for 10-30minutes. Strain and squeeze. Drink warm or cold, sweetened to taste.

### **Herb Oil**

Fill a jar one-half full with desired herbs. Fill the jar to top with oil (prefer extra virgin olive oil) making sure the herbs are covered. Allow to steep for 2-3 weeks, in the refrigerator if the herbs are fresh and juicy to prevent spoilage, or a dark cupboard if dried. Remove herbs and enjoy as a seasoning on salads, vegetables and meats, and to dip bread in. Basil, oregano, chiles, garlic, thymes and rosemary are all delicious here.

### **Herb Butter**

To one stick softened butter add up to one-half cup minced herbs and (optional) the juice of one-half lemon. Process until completely mixed. Freeze in 1 TBSP increments on a cookie sheet then transfer to a freezer bag and store frozen. Or roll into a log on waxed paper, wrap tightly and refrigerate to use immediately or freeze for later use. Dill is terrific this way, as is chives, mints, basil, parsley and tarragon. Combinations: mint & dill; basil, oregano, thyme; garlic, marjoram; parsley, chives, tarragon & shallots.

### **Herb Pesto (paste)**

Pesto can be made from numerous herbs and combinations of the basic ingredients. Let your imagination loose! Parsley can be used in a combination to balance the stronger herbs such as sage. Basic ingredients: Herbs, garlic, cheese, oil, nuts, coarse sea salt.

- Classic Basil Pesto: 2 cups fresh basil leaves, 2 large garlic cloves, ½ C freshly grated parmesan cheese, ¼C pine nuts, ½ C olive oil, coarse sea salt to taste, pinch of fresh grated nutmeg. Combine all ingredients except oil in a food processor and pulse 2-3 times. With machine running add the olive oil, process to desired consistency. Season to taste and let stand 5 minutes before serving.

### **Herb Honey**

Add several sprigs of herbs to a jar of honey, making sure they are fully immersed. Warm gently to infuse or let steep for several days to a few weeks till desired flavor is achieved. Remove herbs. Herbs to try are rosemary, any of the thymes or mints, anise hyssop, official hyssop, sage. They can be used for flavor in recipes and tea or for medicinal use.

### **Herb Vinegar**

Fill a jar with herbs and fill to top with vinegar. Vinegars to try are apple cider, white wine, red wine or champagne. Place wax paper over top then screw on lid. Keep in a dark cupboard or the refrigerator for 2-6 weeks until desired flavor is achieved. Strain and rebottle, keep refrigerated. Excellent as a marinade, in salads and dressings. Herbs to try are tarragon, chive blossom, basil. Combinations: oregano, thyme, basil and garlic; chiles, garlic, oregano; parsley, sage, shallot; burnet, dill, shallot.

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