

SALT

1 part salt, coarse sea salt
1-2 parts fresh herbs

Blend all together in a food processor—blend until chopped up but not so much to begin to liquify. Spread out on parchment paper to dry. Continue to stir daily until dry. Can dry in low oven in a shorter amount of time.

Suggestions: rosemary, sage, parsley, basil, dill, oregano, lemon basil, thyme or mint.....use your imagination

Uses: on anything

Favorites: *Basil *Lemon/Rosemary

SUGAR

2 part sugar
1-2 parts fresh herbs

Using a mason jar with lid, layer your herbs between layers of sugar. Make sure all botanicals are dry before you begin layering. Gently bruise the botanicals before you layer. Or alternative is the same method as the SALT process.

Suggestions: mint, lemon verbena, lavender, sage, thyme

Uses: Cookies, cakes, pies—any recipe that calls for sugar

Favorites: *Lemon Verbena *Mint

VINEGARS

2 cups vinegar of your choice: white wine, red wine, champagne, apple cider or rice

1 cup herbs—insert fresh herbs of your choice into the glass container

Suggestions:

- Apple cider—tarragon, chives, garlic
- Rice—anise hyssop, fennel seed, mint, chive blossoms, calendula petals
- Champagne—rose petals, lemon balm, lemon thyme, lemon verbena
- Red wine—basil, rosemary, thyme, oregano
- White wine—lemon herbs, mints, dill, chives, salad burnet

Uses: vinaigrettes, marinades, drizzle over vegetables, fish, chicken and mixer for cocktails, AKA Shrubs

Favorites: *Italian Herbs with red wine vinegar
Tarragon *Basil

SIMPLE SYRUP

1 cup sugar
1 cup water
handful of fresh herbs

Dissolve the sugar and water—turn off heat— then add herbs to infuse in the heat. The longer you keep the herbs in the sugar mix the stronger it will be.....taste often. Strain and keep in refrigerator. **2 pts sugar to 1 prt water for thicker syrup**

Suggestions: mint, basil, lemon verbena, rosemary, lavender, citrus peel, most spices such as; vanilla beans, star anise, cinnamon, Strawberry/lemon balm—orange/rosemary

Uses: Cocktails, ice tea, water, yogurt, fruit salads, over ice cream

Favorites: *Basil *Lemon Verbena Use within 1 month refrigerated

HONEY

1 cup honey
Added botanicals

Place botanicals in jar and cover with honey—steep for 2-4 weeks, strain and use

Suggestions: Lavender, rosemary, sage, rose petals, thyme, mint, calendula

BUTTER

1 stick of unsalted butter
2-3 T of fresh herbs

Blend the herbs and butter in a food processor—remove and roll butter onto wax paper and shape into a log. Twist ends, place in freezer bag, well marked and freeze.

Suggestions: almost any herb makes great flavored butter—can add lemon zest for added flavor

Uses: Endless

Favorites: *Sage (Thanksgiving) *Basil * Oregano

ALL HERBS...ALL THE TIME

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Spices can be added to vinegars, honey, simple syrup and sugars. Cinnamon, star anise, cloves, black pepper corns, citrus peels, vanilla beans
Before processing any herbal products—remove any damaged or diseased leaves.

Salamaia Bolognese Salt

1 cup salt of choice
1/4 cup each of finely chopped fresh: rosemary and sage
2 finely chopped garlic cloves
1 Tbsp pepper

Mix all together and lay out on a baking sheet to dry for 2-3 days.
Once dry, bottle into glass containers.

Spiced Sugar

3 C sugar
1 vanilla Bean
1 T cinnamon
1 T cardamom
1/2 T nutmeg

Use for coffee or tea or over oatmeal and fruit

Four Thieves Vinegar

4 cloves garlic, chopped
2 parts fresh lavender flowers
2 parts fresh rosemary leaves
2 parts fresh sage
1 part fresh thyme
Apple cider or white wine vinegar

Add herbs to a glass jar. Pour vinegar to cover. Cap and place jar in a warm spot for 3-4 weeks. Strain then pour into another glass container.

Fine Herbes Blend

Equal amounts of:

Parsley, chives, tarragon and Chervil

Used in French cooking

Hint for fresh vs dry herbs

1 teaspoon dried = 1 tablespoon fresh

Lemon Verbena Dip

8 oz. cream cheese
8 oz lemon yogurt
1/4 C minced lemon verbena leaves
1/4 C sugar
1/3 C lemon juice

Serve with fruit and cookies

BOURSIN CHEESE -Made with fresh herbs

1# cream cheese, softened
8 Tbsp butter, softened
Chop the following FRESH herbs and add to cream cheese mixture:
2 Tbsp chives
2 Tbsp parsley
1 ½ Tbsp marjoram
1 Tbsp basil
1 ½ Tbsp lemon thyme or English thyme
1 Clove garlic
½ tsp pepper, freshly ground
Salt to taste

Chill for 3 hours before serving. Can be frozen, thaw and re-blend with a mixer before serving.

Note – if using dried herbs adjust accordingly

Lakeside Salt

Uses dried herbs—make adjustments for fresh

1# of coarse sea salt
4 tsp thyme
4 tsp oregano
2 tsp sage
4 tsp rosemary (ground or finely chopped)
8 tsp white onion powder
4 tsp granulated lemon peel

Mix all together well and store in glass container.

Recipes from: Susan Liechty

herbsdel@gmail.com