

# Chimichurri Sauce

Source: *Simply Recipes*

## Ingredients

- 1 cup of flat leaf parsley, trimmed of thick stems
- 3-4 cloves of garlic
- 2 Tbsp of oregano leaves, fresh (or 2 tsp of dried oregano)
- 2 Tbsp red wine vinegar
- 1/3 cup of Extra virgin olive oil
- 1/2 tsp kosher salt
- 1/4 tsp red pepper flakes or to taste

## Directions

1. Finely chop the parsley, oregano and garlic. Place in small bowl.
2. Add rest of ingredients. Stir together and serve. If making ahead, refrigerate up to 10 days. Return to room temperature prior to serving.

## Notes

- This is traditional Argentina recipe. Mexico substitutes some of the parsley with cilantro (about 1/4 cup). Instead of red pepper flakes you can use finely chopped small red chili pepper to taste.
- This sauce is traditionally served with steak but tastes great with chicken, shrimp, fish or grilled vegetables.

Enjoy!





# food and herb pairing quick sheet

source: bill nolan

## tomato

allspice  
basil  
cloves  
cumin  
fennel  
marjoram  
oregano

## squash

cardamom  
ginger  
nutmeg

## carrots

nutmeg  
dill  
parsley  
rosemary  
thyme

## peas

basil & mint  
tarragon  
parsley  
thyme

## mushrooms

sage  
garlic  
oregano  
thyme  
rosemary

## cucumbers

parsley  
basil  
dill

## eggplant

oregano  
parsley

## broccoli

mustard  
nutmeg  
sage



## beef:

bay leaf, cayenne, chili, curry, dill, ginger, marjoram, oregano, parsley

## pork:

allspice, basil, cardamom, cloves, curry, ginger, marjoram, mustard

## lamb:

Basil, cardamom, curry, mace, marjoram, mint, oregano, paprika

## poultry:

allspice, anise, bay leaf, cayenne, curry, dill, marjoram, mustard, nutmeg

## fish:

allspice, anise, basil, bay leaf, cayenne, chives, curry, dill, fennel, ginger

## fruit:

allspice, anise, cinnamon, cloves, curry, ginger, mace, mint, nutmeg



SOURCE: BILL NOLAN

# FRESH HERBS &

## MUSHROOMS

2 tablespoons chopped fresh herbs of your choice:

- Thyme
- Rosemary
- Sage
- Oregano
- Parsley
- Coriander

1 lb. fresh mushrooms such as white button  
Olive oil

1. Brush and clean the mushrooms.
2. Slice and set aside.
3. Prepare your herbs, rinse and dry, then mince. Mincing the herbs helps release their oils, which flavors the dish.
4. Heat a sauté pan to medium heat.
5. Add 3 teaspoons of olive oil.
6. When hot but not smoking add the mushrooms and cook until they have given off their liquid and are lightly browned.
7. Add the herbs and cook for about 30 seconds.
8. Add the finished mushrooms to a recipe or serve as a side dish.

## Peas

1 tablespoon chopped fresh herbs of your choice:

- Basil and mint
- Thyme
- Tarragon
- Parsley

1 package frozen peas, 9 oz.  
1/2 tablespoon butter

1. Steam or simmer the peas in hot water until warmed through.
2. Drain any excess water and add butter.
3. Add fresh herbs and stir together.

INGREDIENTS

DIRECTIONS



# HERB GROWING

## HINTS



## Keys to Growing Herbs

- Proper pots
- Proper soil
- Water
- Sunlight

## Growing Your Own Tips

- Herbs grow well in pots and small containers
- Clay pots will draw more moisture from the soil
- Make sure your pots have holes in the bottom so the water can drain
- Use a product like Miracle Grow Potting Mix
- Herbs prefer direct sunlight and should be out of strong winds
- Some herbs require multiple plantings (cilantro, parsley)
- Prune and pinch flowering buds to prolong life

## Harvesting Herbs

- Properly harvesting herbs allows you to enjoy the plant longer
- Cut the stems just above the junction, where the plant splits off
- Use scissors rather than pulling or tearing the leaves
- Remove any flowers from all herbs
- Follow the  $\frac{1}{3}$  rule: harvest only  $\frac{1}{3}$  of the plant when harvesting
- Taking  $\frac{1}{3}$  of the plant allows for more growth
- Harvest the largest, oldest leaves first
- It is best to harvest before the plant flowers for optimal flavor

# THAI CRUNCH — SALAD —

*Source: Chef Julia Nordgren, MD*

## INGREDIENTS

*1/2 small green cabbage, thinly sliced  
1 cucumber, peeled, halved lengthwise, seeded, and thinly sliced  
2 heaping tablespoons chopped mint  
2 heaping tablespoons chopped basil  
3 scallions, light green and white parts only, thinly sliced  
2 pinches kosher salt, plus more for dressing  
Juice of 2 limes, divided  
1 tablespoon sesame oil or avocado oil  
1 tablespoon fish sauce, or more to taste  
1 tablespoon mirin  
1 serrano chili or Thai chili, seeds removed, diced  
1 teaspoon honey  
1/4 cup chopped raw cashews or peanuts (optional)*

## DIRECTIONS

- 1. Mix together cabbage, cucumber, mint, basil, and scallions in a large bowl. Sprinkle with salt and a squeeze of lime. Set aside while you make the dressing.*
- 2. Whisk together remaining lime juice, oil, fish sauce, mirin, chili, and honey. Taste and adjust seasonings, adding more salt if needed.*
- 3. Toss the vegetables with the dressing. Top with chopped nuts if desired.*

