



BASIL

Enhances almost everything.

- Aroma suggests a combination of fresh, tree-ripened oranges, cloves and licorice
- To keep the color a bright garden green add a pinch or two of coarse salt to basil leaves before chopping.
- For best aroma and flavor: shred fresh basil gently with fingers instead of chopping with a knife add dried basil during last minutes of cooking or use fresh
- Good in butter, vinegars, oils, salad dressings (Vinegar made with Opal Basil is pink - with Purple Ruffles, vinegar is a beautiful red!)
- Fresh leaves can be boiled and eaten spinach-style as an aromatic vegetable dish
- BBQ - Use as a smoke producer, in basting brush, in marinade
- Basil belongs in every tomato dish from tomato juice to tomato aspics, soups, salads, and soufflès
- Gives special touch to scrambled eggs, sausage, lamb, venison, beef, liver, and all types of poultry.
- The robustness of basil rescues cheese dishes from blandness
 - Use in cheese soufflès, cheese omelets, cheese puddings and cottage cheese.
- Perfect flavoring for egg and potato salads
- Flavors Manhattan clam chowder, minestrone, bean and beef soups
- Tea good tonic against affects of rheumatism.
- For a spicy taste in seafood use in liquid to cook fish or shellfish gives the elusive tantalizing herbal taste to West Coast cioppino.
- Rolls and bread are well seasoned with basil.
- Adds an aromatic twist to sandwiches and hamburgers when used in place of lettuce
- Basil butter, made by kneading a handful of finely minced basil leaves into a quarter pound of butter along with a little lemon juice, is a useful mixture to have on hand. It freezes well, and small pieces can be sliced as needed for a sauce to serve over broiled fish or poached eggs or for a spread on sourdough bread.
- A combination of basil, parsley and savory has quite a biting flavor and serves nicely as a substitute for black pepper.
- Add 1/4 teaspoon of basil to water in which you boil potatoes and spaghetti
- For Italian cooks basil is one of the important seasonings in a variety of tomato and pasta dishes.
- Thai cooks use basil for stir frying beef, seafood, and poultry
- Stir shredded leaves into melted butter to pour over steamed carrots, boiled potatoes, or spinach
- Wrap foods (shrimp, chicken, fish) for cooking in lettuce leaf basil
- Perk up tossed salads by sprinkling crushed basil over the salad or adding it to French or Russian dressing
- When baking apples or making apple pie sprinkle a few leaves over the apples for delicious flavor
- Scented basil gives interesting flavors to fruits and desserts

Flowers

Have mild basil flavor - use any place you would use the leaves.

They are lovely scattered over salads, sauces, scrambled eggs

(Best way to remove florets is to snip stem closely above and below each flower whorl, discarding the stems in between which are bitter)

Pesto !!!!!!!

- A glorious, creamy emulsion of fresh basil leaves and grated Parmesan cheese, garlic, pine nuts, and olive oil traditionally made with mortar and pestle
- It is a
- classic sauce for ribbon pasta and potato gnocchi
- classic seasoning for minestrone
- superb sauce for boiled steaks and fish, baked potatoes or potato salad green beans or garbanzos
- stuffing for tomatoes.
- mixed with rice and nuts for roast chicken stuffing
- spooned over cold poached vegetables

Basil, Garlic and Cheese Sauce

2 cups fresh basil leaves, stripped from their stems, coarsely chopped and tightly packed; or substitute 2 cups fresh flat-leaf Italian parsley, coarsely chopped, and 2 tablespoons dried basil leaves

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 to 2 teaspoons finely chopped garlic

2 tablespoons finely chopped pine nuts or walnuts

1 to 1 ½ cups olive oil

½ cup freshly grated romano or Parmesan cheese

TO MAKE IN A BLENDER, combine the coarsely chopped fresh basil (or fresh parsley and dried basil), salt, pepper, garlic, pine nuts or walnuts and 1 cup of olive oil in the blender jar. Blend them at high speed until the ingredients are smooth, stopping the blender every 5 or 6 seconds to push the herbs down with a rubber spatula. The sauce should be thin enough to run off the spatula easily. If it seems too thick, blend in as much as 1/2 cup more olive oil. Transfer the sauce to a bowl and stir in the grated cheese.

TO MAKE THE PESTO BY HAND, crush the coarsely chopped fresh basil (or fresh parsley and dried basil) with a mortar and pestle or place in a heavy mixing bowl and crush with the back of a large wooden spoon until the herbs are smooth and almost pastelike. Work in the salt and pepper, garlic, and pine nuts or walnuts, and then add the olive oil 1/2 cup at a time, continuing to crush the herbs. When the sauce is thin enough to run off the pestle or spoon easily, mix in the grated cheese.

Lime-Basil Sauce

- 4 cups lightly packed fresh basil leaves*
- ½ cup olive oil or salad oil*
- 2 cups (about 8 ounces) freshly grated Parmesan cheese*
- 2 tablespoons sugar*
- 3 cloves garlic, quartered*
- ¼ cup lime juice*

In a blender or food processor, combine basil, oil, 1 cup of the cheese, the sugar, garlic and lime juice. Whirl until smoothly blended ; scrape down sides of container several times.

Good served with just about everything: cooked spaghetti, spaghetti squash, boiled potatoes, steamed vegetables, and over fish and poultry.

The mixture freezes beautifully. Place in zip lock freezer bag to freeze.

Braised Leeks with Lime Basil Sauce

- 5 lbs. leeks, trimmed to 6 to 7 inches from the root end and washed well*
- 5 cups chicken or vegetable broth*
- 2 lemons, sliced very thin and seeded*
- ½ cup olive oil*
- ¼ cup lime basil sauce*
- Kosher salt and freshly ground black pepper to taste*

Place leeks in 2 layers in a 14x9x2 inch oval dish. Pour broth over leeks. Place lemon slices evenly over leeks. Drizzle olive oil over lemons.

Cover tightly with microwave plastic wrap. Cook at 100 percent power in a high-power oven for 50 minutes. Prick plastic to release steam.

Remove from oven and uncover. remove lemons or leave on if desired. Sprinkle lime-basil sauce evenly over leeks. Season with salt and pepper.

Serve hot or cold. Serves 8 as a side dish.

Lemon basil chicken

- ½ cup butter or margarine*
- 2 chicken breasts, split, skinned and boned*
- 1 cup regular-strength chicken broth*
- 2 teaspoons grated lemon peel*
- 3 tablespoons chopped fresh basil or 1 tablespoon dry basil,*
- 2 tablespoons lemon juice.*

Melt 2 tablespoons of the butter over medium heat in a 12 inch frying pan. Lightly brown chicken in butter. Add broth, peel, chopped basil, and juice; simmer, covered, until chicken is no longer pink when cut in thickest part, 12 to 12 minutes. Lift out and keep warm.

Boil pan juices, uncovered, over high heat until reduced to about half. Reduce heat to medium. Add any accumulated juices from chicken, then, in one chunk, the remaining 6 tablespoons butter; stir constantly until butter is melted. If sauce is too thin to coat a spoon, simmer, uncovered, shaking pan constantly, until thicker. Pour around chicken. Garnish with basil leaves. Makes 4 servings.

Tomato Basil Sorbet

Peel tomatoes.

Put all ingredients in blender or food processor.

Freeze til slush

Beat

Put in freezer til served.

6 ripe tomatoes

Juice of 1 large lemon

*½ cup sugar syrup**

3 limes

6 - 8 fresh basil leaves finely chopped

¾ cup tomato sauce

Salt and pepper to taste

Dash tobasco sauce

**Sugar syrup*

Bring 2 lbs sugar and 4 cups water to gentle boil. Reduce heat until bubbles break surface. Simmer 10 minutes. Remove from heat and cool. Store up to 3 weeks

Melon Steeped in Basil and Mint

2 cups water

½ cup sugar

1 cup lightly packed fresh basil leaves

½ cup lightly packed fresh mint leaves

2 tablespoons chopped fresh ginger

1 small honeydew melon

1 small cantaloupe

Fresh Basil sprigs

Yogurt

In a 2- to 3-quart pan, bring water and sugar to a boil over high heat. Remove from heat and stir in basil leaves, mint, and ginger: set aside to cool slightly. Meanwhile, cut honeydew and cantaloupe into half lengthwise and remove seeds. Cut each honeydew half into 6 wedges. Cut off and discard rind. Place melon pieces in a 9-13- inch dish or pan. Pour the warm syrup over melon; cover and chill 4 to 6 hours. Drain; discard liquid, leaves, and ginger. Serve, or cover and chill up to overnight. Arrange equal portions of both melons on each of 4 dinner plates; garnish with basil sprigs. Spoon yogurt onto individual portions.

