

# AROMATIC HERBS AND SPICES

An essential cookbook

4Beno, 2018/2019

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# INTRODUCTION

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# AROMATIC HERBS

## BASIL

**Origin:**

Tropical regions from Central Africa to Southeast Asia.

**Description:**

Tender herb; leaves may taste somewhat like anise, with a strong, pungent, often sweet smell; the fresh herb can be kept for a short time in plastic bags in the refrigerator or for a longer period in the freezer.

**Uses:**

It is one of the main ingredients in pesto, a green Italian oil-and-herb sauce; also used in salads, side dishes and desserts; the most commonly used Mediterranean basil is the “Genovese” one.



# AROMATIC HERBS

## CHERVIL

### Origin:

Native of the Caucasus, spread by Romans through Europe, where it is now naturalised.

### Description:

Plants grow up to 40-70 cm, with tripinnate, curly, leaves; flowers are small and white and form small umbels, 2,50/5,00cm wide; fruits are about 1cm long, oblong-ovoid with a slender, ridged beak.

### Uses:

Used, particularly in France, to season poultry, seafood, young spring vegetables, soups, white meat, legumes and sauces; it must be added at the end of cooking.



# AROMATIC HERBS

## CHIVES

### Origin:

It is the only species of Allium native to both the new and the old worlds.

### Description:

The grass-like, leaves, which are shorter than the scopes, are hollow and tubular.

### Uses:

With cheese, in cream cheese and sour cream, in quiches, with eggs, fish dishes.



# AROMATIC HERBS

## DILL

### Origin:

Widely grown in Eurasia, where its leaves and seeds are used as a herb for flavoring food.

### Description:

It is an annual herb in the celery family, which grows up to 40-60cm, with slender hollow stems and alternate, finely divided, softly delicate leaves 10-20cm long.

### Uses:

Fish dishes, soups and pickles.



# AROMATIC HERBS

## LAUREL

Origin:

Asia, Mediterranean Basin.

Description:

It grows to 10-12 metres; dark green, its leaves shine on the higher part and opaque on the lower part, are oval and lightly waved.

Uses:

Fish and meat dishes and aromatic spirits.



# AROMATIC HERBS

## LEMONGRASS

### Origin:

Belongs to Asian, African, Australian and tropical Islands grass family.

### Description:

Grows to about 2 metres and has magenta-colored base stem; commonly cultivated for culinary and medical uses because of their scent, resembling that of lemon.

### Uses:

Widely used as culinary herb in teas, soups, and curries.



# AROMATIC HERBS

## LEMON THYME

### Origin:

It is a spice native of the coasts of the Mediterranean.

### Description:

It is a plant that loves to live in full sun; it adapts to the ground, leaves are small and long, colour varies from light to dark green.

### Uses:

Used with meat, poultry and fish, for its intense taste.



# AROMATIC HERBS

## MARJORAM

### Origin:

Cold-sensitive perennial herb or undershrub with sweet pine and citrus flavour; in some Middle Eastern countries, marjoram is synonymous with oregano.

### Description:

Leaves are smooth, simple, ovate to oblong-ovate, 0.5–1.5 cm long, 0.2–0.8 cm wide, with obtuse apex, entire margin, symmetrical but tapering base, and reticulate venation; the texture is extremely smooth due to the presence of numerous hairs.

### Uses:

Marjoram is used for seasoning soups, stews, dressings, and sauces.



# AROMATIC HERBS

## MINT

### Origin:

Perennial herbaceous plant, strongly aromatic, which belongs to the Labiate family, and to the genus *Mentha*; Europe.

### Description:

Leaves are dark green, and small.

### Uses:

Swordfish with mint, grilled red meat.



# AROMATIC HERBS

## OREGANO

### Origin:

It is a flowering plant in the mint family, native of temperate Western and Southwestern Eurasia and Mediterranean region.

### Description:

It has purple flowers and spade-shaped, olive-green leaves; it is a perennial, although it is grown as an annual in colder climates, as it often does not survive the winter.

### Uses:

It is used, for the flavor of its leaves, with pizza, grilled salmon, baked potatoes and mozzarella cheese.



# AROMATIC HERBS

## PARSLEY

### Origin:

Flowering plant, native of central Mediterranean regions like Southern Italy, Greece, Portugal, Spain, Malta, Morocco, Algeria and Tunisia.

### Description:

Bright green, biennial plant in temperate climates, or annual herb in subtropical and tropical areas; as a biennial, in the second year, it grows a flowering stem to 75 cm (30 in) tall with sparser leaves and flat-topped 3-10 cm diameter umbels with numerous 2 mm diameter yellow to yellowish-green flowers; the plant normally dies after seed maturation.

### Uses:

Green parsley is used as a garnish on potato dishes, on rice dishes, on fish, fried chicken, lamb, goose, steaks, meat or vegetable stews.



# AROMATIC HERBS

## ROSEMARY

### Origin:

Rosemary is a herb from Europe, Asia and Africa, spontaneous in the mediterran area, but found near pre-Alping lakes and in Padana plain, in stony and hilly places.

### Description:

Woody, perennial herb with fragrant, evergreen leaves and white, pink, purple, or blue flowers.

### Uses:

Flatbreads, meat dishes, extracts, sauces and vegetables.



# AROMATIC HERBS

## SAGE

### Origin:

Member of the mint family, native of the Mediterranean region; it has a long history of medicinal and culinary use and, in modern times, as an ornamental garden plant.

### Description:

*Salvia Officinalis* (also called sage) is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers.

### Uses:

Served alone fried, used in meat and fish dishes and in pasta sauces (tomato and sage, butter and sage...).



# AROMATIC HERBS

## SAVORY

Origin:

Europe, North America (Atlantic coast)

Description:

Summer savory is annual, winter savory is perennial; they grow to around 30 to 60 cm in height and have very slender, bronze-green leaves; summer savory is more bitter in flavour.

Uses:

Grilled meats, barbeques, stews, sauces.



# AROMATIC HERBS

## TARRAGON

Origin:

Southern Siberia and Southern Russia.

Description:

There are many variations like "French tarragon", the best for culinary use, "Russian tarragon" and "wild tarragon"; it grows to 120-150 cm tall, with slender branched stems; leaves are lanceolate, 2-8 cm long and 2-10 broad, glossy green.

Uses:

It is one of the four fines herbes of French cooking, suitable for chicken, fish and egg dishes; it is the main flavouring component of Béarneise sauce.



# AROMATIC HERBS

## THYME

Origin:

Mediterranean Basin.

Description:

Aromatic perennial evergreen herb with culinary, medicinal and ornamental uses; the most common variety is *thymus vulgaris*; ancient Egyptian used thyme for embalming; it is best cultivated in a hot, sunny location with well-drained soil; generally planted in the spring, thereafter grows as a perennial.

Uses:

To cook game, in cheese, in bouquet garni, in sauces and risotto.



# SPICES

## CARDAMON

Origin:  
Europe.

Description:  
Capsule containing many small seeds of  
brown-black colour, used loose or grated.

Uses:  
To convey aroma in Turkish coffee, Arab  
coffee and tea; green cardamon is used to  
flavor sweets.



# SPICES

## CINNAMON

### Origin:

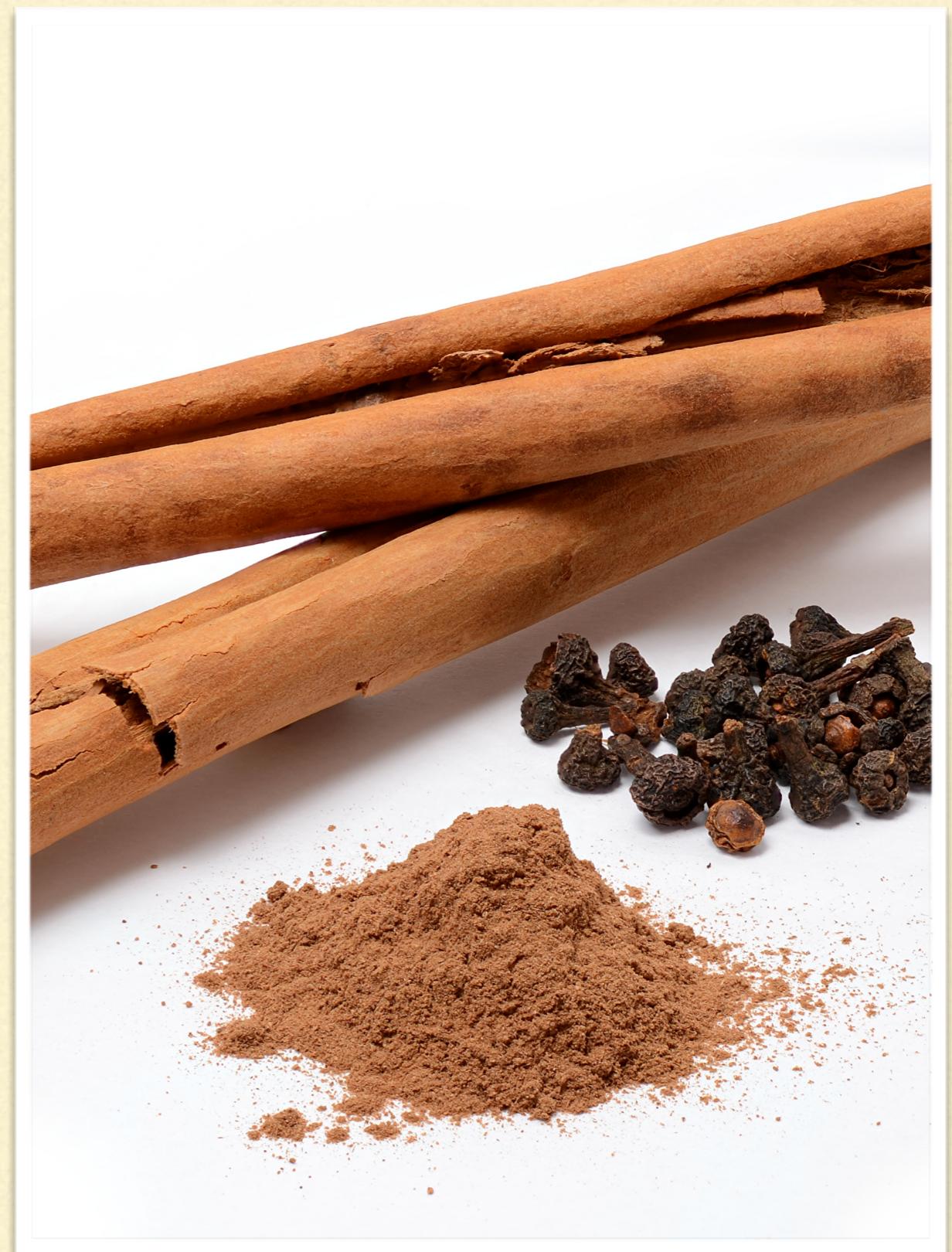
India, Sri Lanka, Bangladesh, and Myanmar.

### Description:

Evergreen tree characterized by oval-shaped leaves, thick bark, and berry fruits; it grows to 10–15 m tall, with greyish bark and hard, elongated leaves that are 10–15 cm long and have a decidedly reddish colour when young.

### Uses:

Mainly as an aromatic condiment and flavouring additive in a wide variety of cuisines, sweet and savoury dishes, breakfast cereals, snackfood, tea and traditional food.



# SPICES

## CORIANDER

### Origin:

Also known as chinese parsley, it is an annual herb in the family Apiacæe, native of Iran.

### Description:

Soft plant, growing to 50 cm high; leaves are variable in shape and slender and feathery higher on the flowering stems; flowers are white or very pale pink, borne in small umbels.

### Uses:

All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking; it is used in Guacamole, a Mexican sauce, and in fish dishes.



# SPICES

## CUMIN

Origin:

Mediterranean Basin.

Description:

It grows to 30-50 cm, and is tall; flowers are small, white or pink, and borne in umbels.

Uses:

Cumin seeds are used as a spice for their distinctive flavour and aroma and can be found in some cheeses or in chili powder.



# SPICES

## CURRY

Origin:

It is a mixture of spices from India.

Description:

Beaten in the mortar, it forms a yellow-mustard strongy fragrant powder.

Uses:

With meat (generally white), legumes, vegetables, rice.



# SPICES

## NUTMEG

Origin:

Indonesia, tropical area.

Description:

Dry-almond ovate, with a particular taste and smell due to its aromatic oil, spicy.

Uses:

To season trifles, creams, and bechamel sauce; added to fillings such as those in ravioli and cannelloni.



# SPICES

## SAFFRON

Origin:

Greece, on Crete.

Description:

Saffron is the stigma of *crocus sativus*; it has a spicy, pungent, and bitter flavour with a sharp and penetrating fragrance; used in European, North African and Asian cuisines, its aroma is described by taste expert as resembling that of honey, with a woody touch.

Uses:

In cheeses, confectioneries and liquors, baked products, curries, meat dishes and soups, such as Bouillabaisse, Spanish paella and risotto, Milanese style.



# SPICES

## STAR ANISE

Origin:

Asia.

Description:

Star anise is a species of evergreen plant, 5 to 10 meters high, with a flower of brown color containing in each leaf a glossy seed; it is used in the kitchen as a spice and, in Europe, for the production of different liquors including Sambuca, pastis and pebbles.

Uses:

Syrups, icecream, biscuits, teas, game dishes.



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# RECIPES

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BASIL

# CREAMY ROCKET, BASIL AND PINE NUTS LINGUINE

Serves: 4

Preparation time: 20 minutes

Cooking time: 3 minutes

Utensils: Mixer

Ingredients:

- 340 g linguine
- 75 g rocket
- 45 g basil leaves
- 30 g Parmesan cheese, grated
- 3-4 garlic cloves, finely chopped
- 2 tbsp pine nuts
- 5 tbsp extra virgin olive oil
- salt and ground black pepper, to taste

Method:

- In a food processor, mix rocket, basil, garlic, pine nuts, as well as salt and pepper to taste.
- With the food processor running, slowly add the oil in a steady stream until the mixture is smooth.
- Boil the pasta according to package directions. Drain and place in a large serving bowl.
- Toss the pasta with the pesto, sprinkle with the cheese and serve hot.

# PENNE WITH TOMATO-BASIL SAUCE

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Serves: 6

Preparation time: 30 minutes

Cooking time: 20 minutes

Utensils: 2 pots, 1 wooden spoon, 1 chef knife

Ingredients:

- 500 gr organic penne
- 800 gr crushed tomatoes
- 1 tbsp basil leaves
- 2 garlic cloves, chopped
- salt, to taste
- freshly ground black pepper, to taste
- 1/2 cup Parmesan cheese, grated

Method:

- Heat olive oil at medium heat.
- Add garlic cloves and stir-fry until golden brown.
- Add crushed tomatoes, basil, salt and pepper and keep cooking.
- Reduce heat and simmer for 8-10 minutes.
- Boil the pasta following the instructions on its package.
- Drain and toss the cooked pasta in the sauce until completely mixed.
- Sprinkle with Parmesan cheese.

# PESTO SAUCE

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Serves: 2

Preparation time: 15 minutes

Utensils: 1 bowl, mixer

Ingredients:

- 2 cups tightly packed basil leaves
- 1/2 cup Ligurian extra-virgin olive oil
- 3 tablespoons pine nuts
- 2 garlic cloves
- 1 pinch of salt
- 1/2 cup freshly grated parmesan
- 2 tablespoons freshly grated pecorino romano cheese

## Method:

- Wash the basil in cold water and pat dry.
- Process basil, pinenuts, garlic, an ample pinch of salt and olive oil in the mixer until creamy.
- Add the grated cheese, mix well and serve with handmade pasta (trofie are strongly suggested).



CHERVIL

# BAKED COD WITH HERBY CRUST

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Serves: 2

Preparation time: Less than 30 mins

Cooking time: 10 to 30 mins

Ingredients:

- 2 x 180g pieces of cod loin

- 2 tbsp fresh white breadcrumbs

- 2 tbsp chopped fresh herbs

(such as a mixture of chervil, chives, parsley, coriander)

- 1 clove garlic, finely chopped

- 2 tbsp olive oil

- salt and freshly ground black pepper

- 140 gr new potatoes, any large one cut in half

- 160 gr fresh peas

## Method:

- Heat the oven to 200C/180C Fan/Gas 6.
- Mix together the herbs, garlic and oil. Stir in the breadcrumbs and season with salt and pepper. Put the fish on a baking sheet and spread the breadcrumb mixture over the fish. Bake in the oven for 10-15 minutes until the flesh becomes opaque and flakes easily.
- Boil the potatoes in a large pan of water for 12-15 minutes, until cooked. Boil the peas in a separate pan of water for a few minutes, just until cooked. Take the cod out of the oven and serve with potatoes and peas.

# FISH SOUP WITH ROUILLE-TOPPED CROSTINI

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Serves: 6-8

Preparation time: 30 mins to 1 hour

Cooking time: 30 mins to 1 hour

Utensils: teaspoon, tablespoon, carving knife, pot, cups

## Ingredients:

### For the fish soup:

- 4 tbsp olive oil
- 1 onion, peeled, roughly chopped
- 2 banana shallots, peeled, roughly chopped
- 1 fennel bulb, trimmed, roughly chopped
- 4 garlic cloves
- 2kg/fish bones (if using fish heads, ask your fishmonger to remove the gills)
- 300g prawn shells and heads
- 2 tbsp sun-dried tomato purea
- 400g canned chopped tomatoes
- 500g tomato sauce
- 2 tbsp dried mixed herbs
- 1.5 litres chicken or vegetable stock
- 1 tsp caster sugar
- salt and freshly ground black pepper
- 1 small dressed crab (optional)
- 250 ml double cream

# FISH SOUP WITH ROUILLE-TOPPED CROSTINI

For the rouille-topped crostini:

- 1 small unbaked ciabatta, cut into 6-8 thin slices
- 1 splash olive oil
- salt and freshly ground black pepper
- 2 garlic cloves
- 2 free-range egg yolks
- 75ml extra virgin olive oil
- 75ml vegetable oil
- 1 large pinch cayenne pepper
- 3 tbsp tomato puree
- freshly squeezed lemon juice, to taste

To serve:

- 6-8 bantam eggs (available from farm shops)
- 1 splash of white wine vinegar
- 75g gruyère, grated
- chervil sprigs, to garnish

Method:

- For the fish soup, heat the oil in a frying pan over a medium heat. Fry the onion, shallots and fennel for 8-10 minutes, or until softened, then add the garlic and continue to fry for a further 1-2 minutes, stirring well.
- Add the fish bones and fry for a further 4-5 minutes, stirring well. Add the prawn shells and heads, tomato purée, chopped tomatoes, sauce, mixed herbs, stock and caster sugar and stir until well combined. Bring the mixture to the boil, then reduce the heat until the mixture is simmering and simmer for 30 minutes. Once cooked, set aside to cool slightly.
- Meanwhile, for the rouille-topped crostini, place the slices of ciabatta onto a baking tray. Brush each slice with a little olive oil and season, to taste, with salt and freshly ground black pepper. Bake in the oven for 5-6 minutes, or until crisp and golden-brown. Set aside.
- To make the rouille, blend the garlic and egg yolks in a food processor with a pinch of salt.
- Mix together the vegetable and extra virgin olive oil. With the motor still running, gradually add the oils to the egg mixture in a thin stream until the mixture becomes thick and smooth.
- Add the cayenne pepper, tomato purée and lemon juice and blend again until smooth. Set aside.

# FISH SOUP WITH ROUILLE-TOPPED CROSTINI

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- Once the fish soup has cooled, blend the mixture to a smooth purée using a hand-held blender, then strain through a fine sieve into a clean bowl, helping the mixture through the sieve using the back of a wooden spoon. Season, to taste, with salt and freshly ground black pepper.
- Just before serving, reheat the fish soup gently, stirring in the crabmeat (if using) and cream.
- Meanwhile, poach the bantam eggs. Bring a saucepan of water to the boil, add the eggs (still in their shells) and boil for 20 seconds. Remove the eggs from the water.
- Add a splash of white wine vinegar to the boiling water and stir to form a vortex. Crack one of the eggs into the centre of the vortex and poach for 2-3 minutes, or until the egg is cooked to your liking. Remove the poached egg from the pan using a slotted spoon and set aside to drain on kitchen paper. Keep warm. Repeat the process with the remaining eggs.
- Top each crostini with a teaspoonful of rouille and a little grated gruyère. Top each with a poached bantam egg and garnish with a sprig of parsley or chervil.
- When the soup is warmed through, ladle into bowls. Serve the rouille-topped crostini alongside, or float them on the soup.

# HERBY SMOKED SALMON OMELETTE

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Serves: 4

Preparation time: Less than 30 mins.

Cooking time: 10 to 30 mins

Utensils: Whisk, chef knife, pan, chopping board.

Ingredients:

- 8 free-range large eggs
- 2 spring onions, thinly sliced
- 2 tbsp chopped chives
- 2 tbsp chopped chervil
- 20g butter
- 4 thin slices of smoked salmon, cut into thin strips, or 125g smoked salmon trimmings
- 100 gr salad leaves
- freshly ground black pepper

## Method:

- Put the eggs, spring onions and herbs in a bowl, beat together lightly and season with freshly ground black pepper.
- Heat a medium-sized frying pan over a medium-low heat, add a quarter of the butter and melt until begins to foam. Pour in a quarter of the egg mixture and swirl to cover the base of the pan. Stir gently for 2-3 minutes or until almost set.
- Sprinkle over a quarter of the smoked salmon strips and cook for a further 30 seconds, or until just set. Fold over and slide on to a serving plate. Repeat to make three more omelettes. Serve each omelette with salad leaves.



CHIVES

# PANCAKES WITH HERBS

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Serves: 4

Preparation time: 30 mins

Cooking time: 10 mins

Ingredients:

- eggs, 2
- flour 00, 100g
- bacon, 100g
- milk 70 ml
- emmental cheese 50g
- chives 1 spoon
- parsley, 2 spoons
- basil, 1 spoon
- yeast  $\frac{1}{2}$  spoon
- salt, to taste
- black pepper, to taste
- extra virgin olive oil

## Method:

- Grate the cheese and brown the bacon.
- Chop the chives, basil and parsley.
- In a bowl add flour, yeast, cheese and herbs.
- Whisk the eggs with milk, add the mixture, then the bacon and mix.
- Season with salt and pepper.
- Cook the pancakes in a pan with a splash of oil.
- Serve hot.

# POTATO SALAD

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Serves: 4

Preparation time: 10 mins

Cooking time: 30 mins

Ingredients:

- potatoes 800gr
- chives 2 spoon chopped
- salt, to taste
- white pepper, to taste
- yoghurt 250gr
- mustard 1 spoon
- parsley 1 spoon, chopped
- mayonnaise, 2 spoons

## Method:

- Boil the potatoes with the peel.
- Drain and let them cool.
- Prepare the dressing by mixing the yoghurt with mustard, mayonnaise, chives and parsley.
- Dice the potatoes.
- Season.
- Put in the fridge for 30 mins.

# STUFFED OMELETTE

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Serves: 4

Preparation time: 15 mins

Cooking time: 5 mins

Ingredients:

- eggs, 2
- emmentaler cheese 200gr
- cooked ham 120gr
- grana padano cheese (grated), 150gr
- chives (sprigs), 10
- extra virgin olive oil, to taste
- salt, to taste
- black pepper, to taste

## Method:

- Break the chives sprigs and cut the emmentaler.
- Whisk the eggs, add grana padano cheese and chives sprigs.
- Season with salt and pepper.
- Cook the half omelette in the pan with oil then cook the other half.
- Top the first omelette with the filling, then cover with the second.
- Serve hot.



DILL

# GREEK SPINACH DIP

Makes: 1/4 cup

Utensils:

Large frying pan

Slotted spoon

Food processor

Ingredients:

- 2 tbsp olive oil

- 1/4 cup roughly chopped shallots

- 4 green onions, chopped

- 1 tbsp minced garlic

- 340 gr spinach leaves

- 1/2 tsp salt

- 1/2 tsp fresh lemon zest

- 2 tsp fresh lemon juice

- 1 cup Greek yoghurt

- 1/2 cup finely crumbled feta cheese

- 2 tbsp fresh chopped dill

- Freshly ground black pepper, to taste

## Method:

- Heat oil in a large frying pan over high heat.
- Add shallots, onions, and garlic and cook, stirring often, until fragrant (about 1 minute).
- Add spinach and cook, stirring often, until wilted (about 2 minutes).
- Using a slotted spoon, move spinach into a food processor.
- Pulse until roughly puréed (about 5 pulses).
- Add remaining ingredients except pepper, pulse once just to combine.
- Then season to taste with pepper.

# GRILLED POTATO SALAD WITH FRESH DILL

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Serves: 12

Cooking time: 35 mins

Utensils:

- Pot
- Grill

Ingredients:

- 1,4 kg potatoes, peeled and cut into cubes
- 1/4 cup extra virgin olive oil
- 1/4 cup Dijon Mustard
- 2 tbsp dill, chopped
- 115 gr diced peppers
- 1 cup green onions, thiny sliced

Method:

- Place cubed potatoes in boiling water and cook for 2 to 4 minutes, pour out water and let it cool for 2 minutes.
- Heat gas or charcoal grill to 190°C.
- Spray grilling rack with nonstick cooking spray and set aside.
- Add olive oil to partially cooked potatoes and toss to coat.
- Grill potatoes with the lid closed for 15 minutes, stirring them every 5 minutes; they should be just fork tender.
- While potatoes are grilling, combine Dijon mustard, dill, peppers, and green onion in a large salad bowl.
- Add grilled potatoes to the mixture and toss to coat.
- Serve grilled potato salad warm or chilled.

# SHRIMPS AND DILL SALAD

Serves: 12

Preparation time: 15 minutes

Utensils: food processor

Ingredients:

- 3/4 cups fat free sour cream
- 4 garlic cloves, chopped
- juice of 1 lemon
- 1/4 cup fresh dill, chopped
- 2 green onions, chopped
- 1/4 tsp cayenne pepper
- 26-30 shrimps, boiled, peeled and deveined
- 1 cup chopped celery
- 1 cup cucumber peeled and chopped
- 1 medium avocado, chopped
- salt, to taste
- pepper, to taste

Method:

- Combine sour cream, garlic, lemon juice, dill, green onions and cayenne pepper in a food processor.
- Process to obtain a chunky texture for 30 seconds; set aside.
- Remove the tails from shrimp, slice each shrimp into 8 pieces.
- Combine shrimps, celery, cucumber, cayenne pepper, avocado and dress in a mixing bowl.
- Toss gently to coat ingredients, season with salt and pepper.



LAUREL

# BAKED PUMPKIN

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Serves: 4

Preparation time: 10 mins

Cooking time: 20 mins

Ingredients:

- Pumpkin, 1
- Laurel, 6 leaves
- Thyme, to taste
- Garlic, 2 cloves
- Rock salt, to taste
- Extra virgin olive oil, as required.

Method:

- Peel and deseed the pumpkin.
- Dice it and line it in a baking dish.
- Season with salt, garlic, laurel and thyme.
- Add olive oil and bake at 200°C for about 15/20 mins.
- Serve hot or cold.

# LAUREL SPIRIT

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Cooking time: 10 mins

Method:

Preparation time: 2 months

- Wash and pat dry the laurel leaves.
- Soak the laurel for 40 days in alcohol.
- In a pan dissolve the sugar in water and let it cool for 30 mins.
- Combine water and alcohol.
- let it in the freezer for some weeks.
- Serve cold.

Ingredients:

- 500 ml alimentary alcohol
- 500 ml water
- 400 gr sugar
- 40 laurel leav

# SPAGHETTI WITH LAUREL SAUCE

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Serves: 10

Preparation time: 20 mins

Cooking time: 10 mins

Ingredients:

- Spaghetti, 350g
- Tomato sauce, 350g
- Laurel, 8 leaves
- Onion, 1 sliced
- Olive oil, 4 tbsp
- Salt and pepper, to taste

Method:

- In a sauce pan stir fry the onion with olive oil.
- Add the tomato and cook for 5 minutes.
- Season with salt, pepper and add the laurel.
- Cook spaghetti in boiling water for 10 mins.
- Coar spaghetti with tomato sauce.
- Sautee for 2/3 mins and serve.



# LEMONGRASS

# AROMATIC LEMONGRASS OIL

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Preparation time: 10 mins.

Ingredients:

- 500 ml oil
- 1 tuft lemongrass
- 1 tsp salt
- 10-15 coarsely ground green pepper

Method:

- Stuff a bottle with the coarsely ground green pepper, salt and the lemongrass tuft.
- Pour the oil and close hermetically.
- Let it rest for 2-3 week.
- Sieve it and pour it back in the bottle.

# LEMONGRASS ICECREAM

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Preparation time: 1 hour

## Ingredients:

1/4 l cream

1/4 l milk

150 gr brown sugar

100 gr lemongrass

2 egg yolks

1 egg

1 lime

## Method:

- Combine all ingredients.
- Cook until 85°C, stirring.
- Add the chopped lemongrass and the lime juice and mix well.
- Filter the liquid and cool in the damper.

# SALMON FILLET WITH ALMONDS AND PISTACHIOS

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Serves: 1

Preparation time: 15 mins

Cooking time: 12 mins

Ingredients:

- 1 salmon fillet
- salt to taste
- 5g chopped almonds
- 5g chopped pistachios
- 1 leaf lemongrass

Method:

- Preheat the oven al 160°C.
  - Line a tray with greaseproof paper.
  - Put the fillet in it and top with chopped almonds and chopped pistachios.
  - Bake for 12 minutes at 160 °C.
  - Remove from oven.
  - Trim the lemongrass leaf and garnish the fillet.
  - Serve hot.
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# LEMON THYME

# FRISELLA WITH ASPARAGUS, CHERRY TOMATOES AND LEMON THYME

Serves: 4

Preparation time: 30 mins

Utensils:

- Spoons
- Pan
- Bowl

Ingredients:

- 4 frisella bread
- 1 asparagus
- 1 avocado
- 150gr cherry tomatoes
- lemon thyme
- salt, to taste
- oil, to taste

**Method:**

- Soak frisella bread in cold water for a few seconds.
- Stir-fry the asparagus with two spoons of oil (or just some water) for 5-6 minutes.
- Chop the asparagus, cherry tomatoes, avocado and season with oil and salt.
- Top the frisella with the mixture and sprinkle with thyme leaves.

# LEMON THYME ONIONS WITH CACIOCAVALLO CHEESE AND RADISHES

Serves: 4 people

Preparation time: 25 mins

Cooking time: 25 mins

Utensils:

- Pan
- Paper baking
- Oven
- Flat bottom pan

Ingredients:

- 100gr caciocavallo cheese
- 6 onions
- 1 loaf lettuce
- 1 lemon
- 1 lemon thyme
- oil, to taste
- salt, to taste

## Method:

- Divide thyme in leaves, peel the onions and cut in 6-8 slices. In a bowl mix 4-5 spoons of oil with the thyme and soak the onions in this aromatic oil. Lay them in a baking-pan covered with oven paper.
- Salt the onions slightly and cook in oven to 180 °C for about 25 minutes. In the meantime wash the lettuce and the rucola, pat dry and chop and arrange them in a terrine; wash the radishes and cut finely slice them with a potato peeler; reduce the cheese in small flakes.
- Season, the salad and the radishes with a pinch of salt, oil, thyme and lemon juice; arrange the salad and radishes in the plates, top with the warm onions and cheese flakes.

# PENNETTE WITH LEMON THYME CHERRY TOMATOES AND GREEN BEANS

Serves: 4

Utensils:

- Pan
- Knife
- Colander

Ingredients:

- 300gr green beans
- 300gr cherry tomatoes
- 3 twigs thyme lemon
- 1 twist lemon
- 300gr whole wheat pennette
- 2 garlic cloves
- 2 spoons almond powder
- 60gr of black olives
- salt to taste

Method:

- Clean with care the green beans and boil them in abundant salty hot water for 5-10 minutes; once ready, put them in frozen water preserving the cooking water.
- Once cold, cut the green beans in small pieces, wash the cherry tomatoes, cut them in small pieces, and season them with thyme, grated lemon zest and little salt.
- Bring the water of the green beans to the boil and cook the pasta; in the meantime peel and shred the garlic, sautee it with 4 spoons oil in a frying pan until golden brown, then add the cherry tomatoes and sautee them to lively fire for 3-4 minutes.
- Drain the pasta, leaving some water and toss it in the pan; stir in the almond flour, the olives and the green beans; mix well to coat the pasta and serve with fresh lemon thyme sprigs.



# LEMON THYME

# BAKED CANNELLINI BEANS

Serves: 5

Preparation time: 10 minutes

Cooking time: 4 hours

Ingredients:

- dried cannellini beans, 800g
- garlic, 2 cloves
- marjoram, as required
- salt to taste
- tomatoes (pureed), 200g
- pork (rind), 100g
- extra virgin olive oil, as required
- pepper, to taste

Method:

- In a large bowl pour the dried beans and fill with plenty of cold water, the water level must cover the surface of the legumes at least 5 cm.
- Let soak for about 12 hours.
- Chop the garlic and finely chop the pork rind.
- Wash and pat dry the marjoram.
- Drain the legumes and pour them into a pot.
- Add the tomato sauce, garlic, rind and a drizzle of oil and season with salt and pepper.
- Pour the water, so that it covers the beans by overcoming them and blending.
- Preheat the oven to 200°C for about 2 hours.
- Stir from time to time and add more water if necessary.
- Remove from the oven; add the marjoram and a little olive oil.
- Stir softly and serve.

# RISOTTO WITH CHESTNUTS AND BACON

Serves: 4

Preparation time: 60 minutes

Cooking time: 40 minutes

Utensils: casserole

Ingredients:

- Vialone rice, 300gr
- bacon, 150gr
- shallot, 1
- Parmesan cheese, 50 gr
- white wine, 1cl
- chestnuts, 20
- extra virgin olive oil, as required
- butter, 2 tbsp
- marjoram, 1 sprig
- vegetable stock, as required

## Method:

- Rehydrate chestnuts in a little boiling water.
- In a large casserole heat the oil.
- Peel, cut and toss the shallot with the oil.
- Let the shallot wither for a few minutes over low heat.
- Brown the bacon on both sides; when it is crispy add the rice and mix.
- As soon as the rice has absorbed the oil, blend with wine and let it evaporate completely.
- Add a little stock from time to time and mix; halfway through cooking, add the chestnuts.
- At the end of cooking, add butter and Parmesan cheese.
- Serve and decorate with shred marjoram.

# TUNA WITH MARJORAM

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Serves: 4

Preparation time: 30 mins

Cooking time: 20 mins

Utensils:

-blender

-nonstick pan

-serving dish

Ingredients:

-fresh tuna slices, 400g

-extra virgin olive oil, 40g

-marjoram, 5 twigs

-garlic clove, 1

-hot pepper, 1

-parsley, 1 sprig

-salt and pepper, to taste

## Method:

- Prepare a sauce by blending garlic, marjoram, parsley, oil and hot pepper.
- Dice tuna roughly.
- Flour and cook the diced tuna with oil in a nonstick frying pan.
- When the pieces of tuna are browned on all sides, drain the excess oil.
- Arrange the tuna pieces on a serving dish and season with the sauce.



MINT

# MINT AND LEMON ICICLES

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Serves: 6

Preparation time: 5 minutes

Freezing time: 3-4 hours

## Ingredients:

- Water, 200gr
- Sugar, 100gr
- Lemon juice, 120gr
- Lemon slices, 6
- Mint leaves, 6

## Method:

- Heat the lemon juice with sugar and water, bring to a boil and then let it cool.
- Place the mint leaves and lemon slices in the molds, then fill them with the cold syrup.
- Close them and put them in the freezer for 3-4 hour.

# MINT CHEESECAKES

Serves: 3/4

Preparation time: 2 hours

## Ingredients:

140gr butter

300gr chocolate biscuits

160ml double cream

120g sugar

4 sheets jelly

300g ricotta cheese

10 mint leaves

4 tbsp mint syrup

## Method:

- Crumble and mix the biscuits.
- Melt the butter and combine with the biscuits.
- Spoon the mixture in the bottom of the glasses and place in the refrigerator.
- Fill a bowl with cold water and add the jelly sheets, then wring them and keep them aside.
- Chop the mint.
- In a large bowl combine ricotta cheese and sugar, then add the mint and the mint syrup and mix well.
- Add the jelly and keep mixing.
- Whip the cream and with a spoon mix all the ingredients with wide movement from the bottom to the top.
- Remove the glasses from the refrigerator and top with the freshly prepared mixture.
- Keep the mint cheesecakes in the fridge for 2 hours.
- Serve with chocolate chips.

# PASTA WITH ZUCCHINI, LEMON AND MINT

Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

- Zucchini, 350gr
- Spring onions, 60gr
- Grated cheese, 40gr
- Mint leaves 6-8
- Garlic clove 1
- Lemon, 1
- Salt and pepper, to taste
- Fresh pasta 320gr

Method:

- Chop the onion and brown with the garlic clove and extra virgin olive oil over medium heat for 10-15 minutes.
- Cut the zucchini into rounds, remove the garlic from the pan and add the zucchini.
- Season with salt and pepper.
- Stir in the grated lemon peel and a little juice.
- Keep cooking for 10 minutes with a ladle of boiling water and add the mint leaves.
- Boil the pasta in salted water, drain and mix with the sauce.
- Toss the pasta for 2-3 minutes, stir in the grated cheese and serve.



PARSLEY

# OCTOPUS SALAD WITH PARSLEY AND LEMON

Serves: 6

Preparation time: 15 mins

Cooking time: 40 mins

Cooling time: 1 hour

Ingredients:

- lemon, 1
- parsley, some sprigs (an half, chopped)
- celery stick, 1 ( an half, chopped)
- octopus, 1 kg
- white wine, a glass
- carrot, 1, chopped
- garlic, 1 clove, chopped
- extra virgin olive oil, to taste
- salt and pepper, to taste
- juice of 1 lemon

Method:

- In a pot, prepare some water with 3/4 of lemon, a half of parsley and a half of celery.
- Curl the tentacles in the flavoured water.
- Dip the octopus in the water.
- Add a glass of wine in the flavoured water.
- Cook for 40 mins until the octopus is soft but rigid.
- Dice the octopus, add carrot, celery, parsley and garlic.
- Stir in some extra virgin olive oil.
- Season with salt and pepper to taste.
- Add lemon juice.
- Cool in the fridge for 1 hour.
- Serve cold.

# PARSLEY AROMATIC OIL

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Makes: 1 jar

Preparation time: 10 mins

Ingredients :

- 1 bunch parsley

- extra virgin olive oil, as needed

- 1 tsp salt

Method:

- Discard parsley stems.
- Bring a pot of water to the boil. Season with a pinch of salt.
- Dip parsley leaves and blur for 20-30 seconds.
- Drain and transfer in ice and water.
- Dry the parsley leaves with a kitchen cloth. Place in a glass with the same quantity of extra virgin olive oil.
- Let parsley leaves macerate in oil.
- Transfer aromatic oil in a jar and coat with oil to store.

# RICE WITH POTATOES AND PARSLEY

Serves : 2

Preparation time: 20 mins

Cooking time: 20 mins

Ingredients:

- 120 g rice
- 1.5 l vegetable stock
- 1 medium potato, 1/3 chopped, 2/3 diced
- 1 small carrot, 1/3 chopped, 2/3 diced
- 1/4 onion, chopped
- 1 tbsp oil
- 1 sprig parsley

**Method:**

- Prepare the stock with a tablespoon of oil.
- When hot, add the vegetables and cook for 5 mins on medium fire.
- Add the rice and cook for 15/18 mins.
- Sprinkle the parsley, stir and serve hot.



# ROSEMARY

# CRISPY SALMON WITH ROSEMARY

Serves: 6

Preparation time: 30 mins

Cooking time: 10 mins

Utensils:

- baking paper

Ingredients:

- 6 salmon fillets

- 130gr rosemary

- 200gr mayonnaise

- 50gr aromatics herbs, chopped

- 30gr martini dry

- 50gr cream

- gherkins

- salt and pepper, to taste

## Method:

- Slice the fillet. Stretch an oven paper on the worktop and sprinkle with chopped rosemary, then cover with the fish and season with salt and pepper.

- Grill for 10 minutes.

- Mix mayonnaise, whipped cream, martini, aromatics herbs and chopped gherkins.

- Serve the fish hot, garnished with the sauce.

# HONEY AND ROSEMARY RISOTTO

Serves: 4

Preparation time: 15 mins

Cooking time: 20 mins

Ingredients:

- 360g carnaroli rice
- 1 shallot
- 1/2 glass white dry wine
- 1 tablespoon dried rosemary
- fresh rosemary
- extra virgin olive oil, to taste
- 100g caprino cheese
- 50g butter
- hot vegetables stock, to taste
- parmesan cheese, to taste
- black pepper, to taste

Method:

- Chop the shallot and sauté in a pan with a little bit of oil and butter.
- When transparent, add the rice and toast for two minutes.
- Blur with white wine, let evaporate and wet with a ladle of hot vegetable stock.
- Cook the rice, add other broth little by little and mix. Finally add the rosemary chopped and, shortly after, the caprino cheese.
- Far from fire homogenize until creamy with butter, parmesan cheese, pepper and honey.
- Let rest for 1 minute, arrange the risotto on a plate and sprinkle with fresh rosemary.

# LEMON-ROSEMARY LAYER CAKE

Serves: 16

Preparation time: 20 mins

Cooking time: 25 min.

## Ingredients:

-Butter softened, 1 cup plus 2 tablespoon

-Sugar, 1/2 cups

-Eggs, 4

-Egg yolk, 1

-All-purpose flour, 4 cups

-Baking powder, 3 teaspoon

-Salt, 1 teaspoon

-Baking soda, 1/4 teaspoon plus 1/8

-Sour cream, 1/2 cups

-Lemon juice, 6 tablespoons plus 1/4

-Grated lemon zest, 3 teaspoon plus 3

-Fresh rosemary, 3 teaspoons shred

-Cream cheese softened, 230 gr

-Confectioner's sugar, 1/4 cup

## Method:

- In a large bowl, whisk cream butter and sugar until light and fluffy.
- Add eggs and yolk, one at time, amalgamate accurately.
- Combine the flour, baking powder, salt and baking soda; add to the creamy mixture, beating.
- Beat in the lemon juice, zest and rosemary
- Transfer to three greased and floured round baking pans. Bake at 350° for 25-30 minutes or until edges begin to brown. Cook for 10 minutes before removing from pans to wire racks to cool completely.
- For the frosting in a large bowl, heat cream cheese until fluffy. Add sugar, lemon zest and juice, beat until smooth.
- Spread the frosting between layers and over top and sides.
- Refrigerate.



SAGE

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# FRIED SAGE

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Serves: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 40 sage leaves
- beer and flour, as required
- salt, to taste
- sunflower oil, as required

## Method

- Mix beer and flour until the mixture is liquid and only a veil of it covers the sage leaves.
- Soak the leaves in the batter.
- Preheat the sunflower oil at 170°C.
- Fry the sage leaves for 2/3 minutes.
- Pat dry, salt and serve hot.

# RISOTTO WITH SAGE AND LEMON

Serves: 2

Preparation time: 10 minutes

Cooking time: 16 minutes

## Ingredients:

- 160gr Carnaroli rice
- the juice and the grated zest of 1 lemon
- 2l vegetables stock
- 15 sage leaves
- 1 shallot
- olive oil, as required
- 50gr butter
- 30gr parmesan cheese
- salt and pepper, to taste

## Method

- Blend the sage leaves with some olive oil to obtain a sauce similar to “pesto”.
- Stir fry the shallot for 2 minutes, add the rice and toast for 3 minutes.
- Pour the stock, season with salt and pepper and cook for 14 minutes.
- Far from fire, stir in butter, parmesan cheese and let rest for 2 minutes.
- Stir in lemon juice and zest, the sage “pesto” and mix well.
- Serve hot.

# ROASTED DUCK ROLLS FILLED WITH WALNUTS, SAGE AND PARMESAN CHEESE

Serves: 2

Preparation time: 20 minutes

Cooking time: 40 minutes

Ingredients:

- 1 duck breast
- 60 gr walnuts
- 10 sage leaves
- 100 gr parmesan cheese
- 20 gr butter
- 20 gr olive oil
- 80 ml red wine
- salt and pepper, to taste

Method

- Remove the skin from the duck breast and slice it without separating the two parts completely, like two pages of a book.
- Place in the opened breast the walnuts, the sage and the parmesan cheese, roll the filled meat and close the roll with a string.
- Heat some butter and olive oil in a pan, season the duck with salt and pepper, cook it for 5 minutes on both sides.
- Complete the cooking in preheat oven at 180° for 30 minutes (pour some red wine on the bottom of the baking dish).
- Slice and serve hot.