

Knowing, Growing, and Cooking with Mediterranean Herbs



*Presented by The St. Louis Herb Society
at the Kemper Center for Home Gardening
Missouri Botanical Garden
September 25, 2017, 6:00-8:00 pm*

CHICKEN MARBELLA (prepared for buffet service)

Yield: 10 to 12 servings as a main protein
(twice as many tasting portions)

Ingredients:

- chicken, 2 pounds breast fillets plus 2 pounds thighs
- 1 head garlic, pureed (really)
- ¼ cup dried oregano (really)
- ½ cup red wine vinegar
- ½ cup olive oil
- 1 cup pitted prunes which have been cut in thirds
- 1 cup pitted green olives which have been cut in half
- ½ cup capers
- 6 bay leaves
- 1 cup light brown sugar
- 1 cup white wine

Directions:

Combine the first nine ingredients (not the light brown sugar and not the white wine) and refrigerate overnight. This is critical.

Preheat oven to 350 degrees Fahrenheit. Arrange chicken pieces in single layer in baking pan(s) and spoon marinade on top. Sprinkle with brown sugar and pour wine around.

Bake 50 to 60 minutes, basting periodically.

Pour of the pan juices into a small sauce pan. Boil gently to reduce the volume to about one cup.

After the chicken has cooled enough to be handled pull into pieces. Discard the bones. Discard the bay leaves. Combine chicken, reduced sauce, and the other baked ingredients in a 9 x 9-inch baking dish. At this point the dish can be refrigerated until the following day. Cover with aluminum foil and reheat in a 350 degree Fahrenheit oven prior to service.

Adapted from *The Silver Palate Cookbook* by Sheila Lukins and Julee Russo (1979)

Classic Italian Turkey Meatballs

Makes 20 to 24 meatballs

Ingredients for the Meatballs:

- 1 cup plain breadcrumbs
- ½ cup finely grated Parmesan cheese, plus more for serving
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh Italian parsley
- ¼ cup whole milk, at room temperature
- 1 tablespoon catchup
- 1 tablespoon tomato paste
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 large eggs, at room temperature
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 pound ground dark turkey meat
- 1 pound spicy Italian turkey sausage links, casings removed
- extra-virgin olive oil, for drizzling

Ingredients for the Tomato Sauce:

- ¼ cup extra-virgin olive oil
- 3 large cloves garlic, smashed and peeled
- 1 large onion, finely chopped
- 1 teaspoon kosher salt, plus more to season
- ½ teaspoon freshly ground black pepper plus more to season
- ¾ cup chopped fresh basil, divided
- 2 teaspoons finely ground fennel seeds
- 2 teaspoons dried oregano
- 2 (28-ounce) cans crushed tomatoes
- ½ cup low-sodium chicken broth, optional

Directions:

Preheat oven to 400 degrees Fahrenheit.

For the meatballs: In a large bowl, combine the breadcrumbs, Parmesan cheese, basil, parsley, milk, ketchup, tomato paste, salt, pepper, eggs, garlic, and onions. Using a wooden spoon, stir to blend. Add the ground turkey and sausage. Using fingers, gently mix all the ingredients until thoroughly combined.

Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2 –inch balls. Place the meatballs on a heavy nonstick baking sheet, spacing apart. Drizzle with olive oil and bake until cooked through, about 15 minutes.

For the tomato sauce: Heat the olive oil in a large deep skillet with 2-inch-high sides over medium-high heat. Add garlic, onions, salt, and pepper. Cook for 5 to 6 minutes. Add ½ cup basil, fennel, oregano, and crushed tomatoes. Bring to a simmer. Cook over medium heat until the sauce thickens slightly, stirring occasionally, 15 to 20 minutes. Stir in the remaining ¼ cup basil. Adjust the seasoning with more salt and pepper, if desired.

Add the meatballs to the tomato sauce and simmer until the meatballs are heated through, about 10 minutes. Thin the sauce with chicken stock, ¼ cup at a time, if needed.

Serve with grated Parmesan cheese alongside.

Recipe from “Classic Italian Turkey Meatballs” by Giada De Laurentis, www.foodnetwork.com To locate the original recipe, in the search box enter “Classic Italian Turkey Meatballs” (without quotation marks). The recipe by Giada De Laurentis will be the first recipe in the list of recipes that will appear.

Crunchy Vegetables with Herbed Veggie Dip

Makes 2 cups

Ingredients:

- ½ cup Greek-style yogurt
- ½ cup sour cream
- 1 tablespoons minced green onion, white and light green parts only
- 3 tablespoons finely chopped flat-leaf parsley
- 1 tablespoons chopped fresh dill
- 1 tablespoons chopped fresh chives
- 1 tablespoon thinly-sliced fresh basil
- 1 teaspoon sherry vinegar (or white wine vinegar)
- 1 teaspoon fresh lemon juice
- salt and pepper to taste

Directions:

In a small bowl, whisk all ingredients together. Taste and adjust the seasoning. Serve with fresh vegetables. Herbed veggie dip can be stored in a refrigerator for up to 4 days.

Recipe adapted from “Summer Snack Recipe: Creamy, Cool Herbed Yogurt Dip”, by Megan Gordon, posted on June 12, 2013, www.thekitchen.com. The best way to reach the original recipe is to do a Google search on the phrase “herbed yogurt dip thekitchen” (without quotation marks).

Deviled Eggs with Dill & Capers

Makes 12 pieces

Ingredients:

- 6 hard-boiled eggs
- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 2 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon finely minced shallot
- 1 ½ teaspoon fresh or freeze-dried dill, chopped,
plus additional for garnish
- 1 teaspoon fresh or freeze-dried flat-leaf parsley, chopped
- 1 tablespoon capers, drained, rinsed, chopped
- salt and ground black pepper, to taste

Directions:

Peel and halve eggs lengthwise. Remove yolks into a small bowl.

Mash to a smooth paste. Add the sour cream, mayonnaise, lemon juice, mustard, dill, and capers. Blend well and taste the mixture. Add salt and pepper as necessary. (The addition of salt is not likely to be necessary due to the saltiness of the capers.)

Spoon the mixture into the egg halves and garnish with additional dill.

Recipe Note: If you wish to diminish the background taste of lemon in this recipe, omit the sour cream and fresh lemon juice and substitute 3 tablespoons of Greek yoghurt.

Recipe adapted from “Deviled Eggs with Dill & Capers” by Culinary Thymes posted to www.culinarythymes.com/deviled-eggs-with-dill-capers

Hummus with Ginger and Cilantro

Makes 10 generous servings

Ingredients:

- 1 (19-ounce) can chickpeas (prefer Goya brand, available at Global Foods Market in Kirkwood)
- 4 large garlic cloves
- juice of one small lemon or ¼ cup juice
- ¼ teaspoon ground ginger
- 1½ teaspoons ground cumin
- 1 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 5 tablespoons sesame tahini (prefer Ziyad brand tahini available at Viviano's on the Hill)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon grated fresh ginger

Directions:

Preheat oven to 400 degrees Fahrenheit.

Place garlic cloves in tin foil and seal. Bake for 20 minutes. Cool and remove outer covering.

Drain liquid from chickpeas reserving 4 tablespoons of the liquid.

Microwave the chickpeas for 1 minute on high. Place the chickpeas plus the following in a food processor: 4 tablespoons bean liquid, 4 roasted and peeled garlic cloves, ground ginger, cumin, lemon juice, and salt. Blend contents of food processor until fairly smooth. Add olive oil and tahini and process until smooth.

Make a day before serving to meld flavors. Just before serving top the hummus with chopped cilantro and grated fresh ginger. Spread on simple crostini.

Recipe from a member of the St. Louis Herb Society.

Luscious Lemon Squares

Ingredients:

- 1 cup all-purpose flour
- ½ cup salted butter, softened
- ¼ cup powdered sugar, plus more for dusting
- 1 cup granulated sugar
- 2 teaspoons grated lemon peel, optional
- 2 tablespoons lemon juice
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 eggs

Directions:

Preheat oven to 350 degrees Fahrenheit.

Mix flour, butter, and ¼ cup powdered sugar. Press in ungreased square pan, 8x8x2-inches or 9x9x2-inches, building up ½-inch edges.

Bake crust 20 minutes.

Beat granulated sugar, lemon peel (if using), lemon juice, baking powder, salt, and eggs in an electric mixer on high speed for about 3 minutes or until light and fluffy. Pour over hot crust.

Bake 25 to 30 minutes or until no indentation remains when touched lightly in center. Cool. Dust with powdered sugar. Cut into approximately 1 ½ inch squares.

Recipe from "Luscious Lemon Squares", www.bettycrocker.com. In the search box on the home page enter the name of the recipe (without quotation marks).

Poğaç

Makes 12 six-inch-long crescent-shaped pieces

Ingredients:

17.5 ounces all-purpose flour (or preferably 00 flour such as King Arthur brand “Italian-Style Flour”)
0.25 ounces (7 grams) instant dry yeast
5 ounces salted butter, melted
5 rounded tablespoons labna or Greek-style yogurt, divided
1 tablespoon sugar
2 eggs, divided
1 teaspoon salt
1.5 fluid ounces lukewarm water
8 ounces Kasserli cheese, coarsely grated with a box grater
4 tablespoons chopped flat-leaf parsley
horizontally sliced pitted black olives
nigella (aka kalonji, black cumin, black onion) or sesame seeds, for sprinkling



Directions:

Mix the yeast with the water and sugar in a large bowl. Stir in flour, salt, melted butter, 4 rounded tablespoons labna, and one egg plus one egg white. Knead to a smooth dough. (If the humidity is high or if the labna or Greek-style yogurt is particularly moist some additional flour might be needed. If the humidity is low a small amount of additional water might be necessary.) Liberally coat the dough with olive oil. Cover and let the dough rest in a warm place for about one hour.

In the meantime prepare the filling by mixing the cheese with the parsley.

Preheat the oven to 360 degrees Fahrenheit.

Mix one egg yolk and one rounded tablespoon labna to create an egg wash.

Divide the dough in half. Divide one-half of the dough into six equal parts. (Six parts will occupy the space on one baking sheet.) Using hands and a rolling pin, flatten each piece of dough into a six-inch-diameter circle. The dough will be relatively thin.

Place some filling on one-half of the dough circle, leaving a half-inch-space near to the edge uncovered. Moisten the edge of the dough circle with a little water. Fold the dough circle in half covering the filling. Press down, fold up, and then crimp the edge of the filled dough half circle. Brush the top of each piece with egg wash. Sprinkle with nigella or sesame seeds. These steps are illustrated immediately below.



Place on a baking sheet that is covered with parchment paper.

Bake until the top of each piece turns a light golden brown, and the dough is completely baked, about 20 minutes. Remove from the oven and cool on a wire rack for two minutes before serving.

With the remaining half of the ingredients bake a second sheet of poğaças. (The dough can be stored in a refrigerator for 24 hours prior to baking).

Poğaças can be reheated in an oven at 250 degrees Fahrenheit. It is best eaten immediately, but it is still excellent within one day of being baked.

Recipe Note 1: Poğaças can be found in an infinite number of variations in Turkey and throughout the Balkans.

Recipe Note 2: This recipe works with a variety of dough shapes including smaller crescents and three-bite-size balls.

Recipe Note 3: The optimum Turkish cheese to use with this recipe is fresh kasar (“taze kasar”). Do not use aged kasar (“eski kasar” which is also known as “kashkaval”). The Greek equivalent of fresh kasar is “kasseri” which frequently appears in wine and cheese shops. Locally, it can be found at Global Foods Market and at the Dierbergs Market on Eagar Road in Brentwood. Akawi (also spelled akkawi and ackawi) cheese can also be used. The cheeses that are listed previously are all high melting point cheeses. Many recipes for poğaças achieve a different taste and texture by using fea cheese. In Turkey this is known as peynirli poğaças.

Recipe Note 4: For a tasty variation, replace the olives with coarsely chopped mint leaves (or nepitella) plus chunks of olive-oil cured grilled artichokes that have been rinsed and patted dry.

The recipe above has been adapted from “Poğaças – Turkish Stuffed Bread Rolls”, posted by Rosa Lasdica to her blog www.mediterranealicious.com

Prosciutto e Melone

Ingredients:

¼ pound of thinly sliced prosciutto
1 cantaloupe melon
mint leaves

Directions:

Halve and seed cantaloupe. Cut into long wedges and remove rinds. Cut into bite-size pieces.

Separate ham slices and cut each into strips. Wrap a strip around each melon piece, add a mint leaf, and skewer with a toothpick.

Recipe note: If wrapping the melon pieces proves to be difficult, place the mint leaf on the melon then fold a section of the ham strip like a ribbon and then skewer with a tooth pick.

Rosemary Pineapple Punch

Makes 5 quarts

Ingredients:

- 1 cup fresh rosemary
- 2 cups water
- 1 (46-ounce) can unsweetened pineapple juice
- 2 liters Sprite
- 1 liter ginger ale
- 1 lemon thinly sliced, for garnish
- 6 sprigs rosemary, for garnish
- 1 ice block, to chill the punch

Directions:

In a small sauce pan, combine water and rosemary. Heat to a boil. Remove from heat and steep for 30 minutes. Strain and chill.

Chill pineapple juice, Sprite, and ginger ale.

Combine all the chilled ingredients in a punch bowl. Add the ice block and the garnishes.

Recipe "Rosemary Pineapple Punch" posted by Alia55 to www.food.com

Simple Crostini

Makes about 60 crostini

Ingredients:

one baguette Italian or French bread (8-10 oz.)
¾ cup olive oil
coarse ground salt
course ground pepper

Directions:

Preheat oven to 350 degrees Fahrenheit.

Slice baguette on a diagonal making ¼ inch slices (about 60 slices). Brush both sides of bread with olive oil and place on 2 large rimmed baking sheets. Season with salt and pepper. Bake until golden brown, about 15-20 minutes, turning the pan midway. If underside of bread does not brown turn the bread over during baking. Let cool on the baking sheets.

Recipe from a member of The St. Louis Herb Society.

Spaghetti Squash al Funghetto

Serves 6-8

Ingredients:

- 1 spaghetti squash (about 44 to 48 ounces)
- 1 tablespoon olive oil plus more for baking the squash
- 1 clove garlic, thinly sliced
- 1/4 cup dry white wine
- 1/4 cup vegetable stock
- 1/4 cup finely grated parmesan cheese
- 1 tablespoon fresh flat-leaf parsley, chopped
- 3/4 tablespoon fresh nepitella, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions:

Preheat an oven to 375 degrees Fahrenheit.

Carefully cleave the squash lengthwise into two halves. Remove seeds and loose pulp. Brush the squash with olive oil. Place in a 9x13 inch baking dish with the cut edges of the squash downward. Add water until the baking dish is filled to a depth of approximately 1/2 inch. This will take about 1 cup of water. Bake, uncovered, until the squash is cooked through but not mushy (50 to 60 minutes).

Remove the squash and allow to cool until it can be handled easily. Scoop out the cooked squash and separate the spaghetti-like strands. At this point the squash can be stored in a refrigerator for up to a day prior to use.

Add 1 tablespoon olive oil to a 12-inch sauté pan and warm over medium heat. Add sliced garlic and cook until the garlic has become very slightly brown. Discard the cooked garlic. Add squash and toss with the hot oil. Add wine and vegetable stock. Cook, stirring periodically, until the squash is warmed through. Allow almost all the liquids to reduce. Add parmesan cheese, salt, and pepper. Mix, and continue cooking until the cheese has warmed through and is relatively evenly distributed through the squash. Taste and add more salt or pepper if desired. Add parsley and nepitella. Mix and continue cooking for 30 seconds more. Serve warm.

Recipe from a member of The St. Louis Herb Society.

Recipe Note 1: The parmesan cheese needs to be finely ground so that it can melt quickly and be distributed relatively evenly through the strands of spaghetti squash.

Recipe Note 2: If you do not yet have nepitella growing in your herb garden, substitute one tablespoon fresh spearmint plus one tablespoon fresh Greek oregano.

White Chocolate Macadamia Nut Cookies

Makes about 42 cookies

Ingredients:

3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
2 tablespoons culinary lavender buds

2 eggs
1 cup salted butter (softened)
 $\frac{3}{4}$ cup of sugar
 $\frac{3}{4}$ cup of brown sugar
1 tablespoon milk
1 teaspoon vanilla extract

1 cup macadamia nuts
1 (12-ounce) package white chocolate chips

Directions:

Preheat oven to 350 degrees Fahrenheit.

Mix flour, baking soda, salt, and lavender buds together in a bowl and set aside.

In another mixing bowl cream the butter and sugars together. Add eggs, milk, and vanilla and mix together. Add the dry mixture to the wet mixture. Once all is incorporated together add the nuts and chips.

Drop by rounded tablespoons onto a parchment lined cookie sheet. Bake until the edges are beginning to slightly brown, about 8 minutes. Immediately place the cookie sheet on a cooler service to stop the baking. After two minutes, remove cookies from the cookie sheet and place on a wire rack to cool completely.

Recipe note: For crunchier cookies bake a bit longer.

Recipe from Tracy Smith, owner, Long Row Lavender Farm, Wright City Missouri. She has granted permission for its use and sharing.