

**The St. Louis Herb Society Spring Evening Herb Class  
“Knowing, Growing, and Cooking with English Herbs”**

The Kemper Center at the Missouri Botanical Garden  
April 24, 2018, 6-8 pm

# Anise Hyssop and Apple Salad

Serves 4

## Ingredients:

1 cucumber  
salt  
2 eating apples  
½ iceberg lettuce, sliced  
½ head bok choy or Napa cabbage, sliced  
1 Belgian endive, sliced  
1 tablespoon (15 ml) finely chopped anise hyssop leaves  
5 anise hyssop flower spikes, individual flowers removed

For the dressing:

3 tablespoons (45 ml) olive oil  
1 tablespoon (15 ml) balsamic vinegar

## Directions:

Peel the cucumber (if you want to be fancy, leave alternate stripes of skin). Slice thinly, then sprinkle salt over the cucumber and leave for at least one hour. Wash the salt off under cold water and drain.

Core and slice the apples – there is no need to peel them. Mix together the sliced apples, iceberg lettuce, bok choy, endive, cucumber, and anise hyssop leaves. Toss in the flowers, reserving a few for scattering over the finished salad.

Make the dressing by mixing together the ingredients. Pour over the salad and then toss. Scatter the remaining flowers over the salad and serve.

From “Jekka’s Herb Cookbook” by Jekka McVicar, Firefly Books, 2011, page 25.

# Herbed Deviled Eggs

Yields: 16 pieces

## Ingredients:

8 large eggs  
½ cup mayonnaise  
1 teaspoon grainy Dijon mustard  
1 ½ teaspoons sherry vinegar  
sea salt  
freshly ground pepper  
1 teaspoon chopped fresh thyme, plus sprigs and leaves for garnish  
1 teaspoon finely chopped chives, plus shipped chives for garnish

## Directions:

Prepare an ice-water bath. Put eggs in a medium saucepan. Cover with water by one inch. Bring to a boil over medium-high heat. Cook, gently stirring as water begins to boil, 2 minutes. Cover, and remove from heat. Let stand 10 minutes. Transfer to the ice-water bath and cool.

Peel eggs; halve lengthwise. Reserve four of the egg-white halves for another use. Pass yolks through sieve into a medium-sized bowl using the back of a spoon. Stir in mayonnaise, mustard, and vinegar. Season with salt and pepper. Stir in herbs.

Spoon or pipe mixture into whites filling to ½ inch over surface. Garnish with herbs.

Recipe from “Herbed Deviled Eggs”, [www.marthastewart.com](http://www.marthastewart.com).

# Lemon-Thyme Cookies

Yield: 36

## Ingredients:

- ½ cup butter, softened
- ¼ cup granulated sugar
- 1 tablespoon snipped fresh thyme
- 2 teaspoons finely shredded lemon peel
- 1 tablespoon lemon juice
- ¼ teaspoon ground cardamom
- 1 ¼ cups all-purpose flour
- coarse sugar for finishing

## Directions:

Preheat oven to 350 degrees Fahrenheit. Beat the butter in a medium mixing bowl with an electric mixer (or stand mixer) on medium high speed for 30 seconds. Add granulated sugar until combined, scraping sides of bowl occasionally. Beat in thyme, lemon peel, lemon juice, and cardamom. Beat in as much flour as you can with the mixer. Stir in any remaining flour with a wooden spoon. Knead until smooth. Form mixture into a ball.

Divide dough into three equal portions. Roll each portion into a 6x4.5-inch rectangle (about ¼ inch thick) on a lightly floured surface. Cut dough into 1 ½ inch-squares with a scalloped-edge pastry wheel. Sprinkle cutouts with coarse sugar. Place cutouts on ungreased cookie sheets.

Bake in preheated oven for 12 to 15 minutes or until edges are just lightly brown. Transfer to wire racks and let cool.

Store cookies in layers separated by pieces of waxed paper in an airtight container.

Recipe from “Lemon-Thyme Cookies”, Better Homes & Gardens, [www.bhg.com](http://www.bhg.com)

# Shrimp Salad with Parsley and Other Herbs

Serves 6-8

(Makes 24 tasting portions at a buffet)

## Ingredients:

2 pounds large shrimp  
1 cup orange bell pepper, diced  
1 cup celery, peeled and diced  
½ teaspoon shallot, finely chopped  
½ cup flat-leaf parsley, chopped  
½ cup mayonnaise  
½ cup labna  
1 tablespoon plus 1 teaspoon lemon juice  
¼ teaspoon ground black pepper  
no salt is necessary but up to ¼ teaspoon may be added to taste  
additional herb selected from: 2 teaspoons fresh tarragon, chopped  
1 teaspoon tarragon, dried and crumbled  
1 tablespoon nepitella  
½ tablespoon each of mint and oregano  
1-3 teaspoons the herb(s) of your choice

## Directions:

Bring a large pot of salted water to a boil over high heat. Add the shrimp and cook, stirring until bright pink and cooked through (1.5 - 2 minutes). Drain in a colander and mix with ice cubes to cool as quickly as possible. Shell the shrimp and devein if necessary. Cut each large shrimp into three pieces.

In a large bowl, mix all of the ingredients except the shrimp and salt (if using). Add the shrimp and mix. Chill in a refrigerator or serve immediately.

If salt is added, it is best added just prior to serving. Otherwise the salt will draw moisture from the shrimp, celery, and bell peppers; thus diluting the sauce.

This recipe has been contributed by a member of the St. Louis Herb Society.

# Parsley Mint-Stuffed Mushrooms

Makes 20 appetizers

## Ingredients:

- 20 medium mushrooms
- 3 tablespoons butter
- 2 tablespoons finely chopped red bell pepper
- 1 medium garlic clove, minced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1/3 cup fine dry Italian-style bread crumbs
- 2 tablespoons grated Parmesan cheese

## Directions:

Remove stems from mushrooms. Finely chop enough of the stems to measure ¼ cup and set aside.

Melt butter in large skillet over medium heat. Add the ¼ cup chopped mushroom stems, red bell pepper and garlic; stirring occasionally until vegetables are tender. Stir in parsley and mint; mix well. Stir in bread crumbs.

Spoon bread crumb mixture into mushroom caps. Place on ungreased cookie sheet and bake at 400 degrees Fahrenheit for 15 minutes or until heated through.

Note: These can be made several hours ahead of time, or even the day before. Cover and refrigerate until ready to serve. Uncover and bake as above.

This recipe has been contributed by a member of the St. Louis Herb Society.

# 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](http://www.food.com)

# Rosemary Roasted Cashews

Yield: approximately 3 cups

## Ingredients:

- 1 ¼ pounds cashew nuts
- 2 tablespoons coarsely chopped fresh rosemary leaves
- ½ teaspoon cayenne
- 2 teaspoons dark brown sugar
- 2 teaspoons kosher salt
- 1 tablespoon melted butter

## Directions:

Preheat oven to 375 degrees Fahrenheit.

Place the nuts on an ungreased baking sheet and bake for about 10 minutes until they are warmed through. Meanwhile, combine the rosemary, cayenne, sugar, salt, and butter in a large bowl. Toss the warm nuts with the rosemary mixture until the nuts are completely coated. Serve warm.

Recipe from Ina Garten, on the television show “Barefoot Contessa”, episode “Dinners in the Fridge”, 2003. See, “Rosemary Roasted Cashews” by Ina Garten, [www.foodnetwork.com](http://www.foodnetwork.com).



# 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.