

Recipes



Bay - *Laurus nobilis*

Tips for Use:

- Remove whole leaves before serving, due to their thick texture
- Crush leaves impart additional flavor. Place in a mesh bag or tea ball for easy removal.
- Use fresh or dried leaves to make traditional French bouquet garni, tied herb bunch including bay, parsley and time. It is used to flavor soups, stews, sauces, marinades, stuffings, etc.
- Due to its complex flavors which include sweet and spicy notes, bay can be used in desserts like puddings, custards, sauces, sweet doughs, syrups, cordials, and fruit compotes. It pairs especially well with chocolate.
- Infuse cream with a bay leaf before mixing it with dark chocolate to make ganache to add depth to the flavor.
- Store fresh bay leaves wrapped in plastic in the refrigerator and dried in a sealed container in a dark location.
- Fresh bay leaf is more potent than dried.

Cardamom Apples with Bay Leaf Cream

4 apples, peeled, halved and cored
1 orange
1 cup sugar
1 cup water
Seeds from 8 cardamom pods
1/4 cup plus 2 teaspoons brown sugar
4 tablespoons butter, cut in pieces
1/2 cup heavy cream
2 fresh bay leaves
2 teaspoons brown sugar

Preheat oven to 350 degrees F. Remove zest from orange and cut into thin strips. Juice the orange.

Place sugar, water and cardamom seeds into a saucepan and bring to a boil. Add halved apples and simmer for 3 minutes. Remove from heat and allow apples to cool in the liquid. Remove apples from liquid and drain.

Heat cream and 2 teaspoons brown sugar in a small sauce pan, just to the boiling point. Remove from heat, add fresh bay leaves, cover, and allow to steep for 30 minutes. Remove bay leaves and chill the cream in the refrigerator.

Combine ¼ cup brown sugar and butter in a small baking dish. Carefully lay the apples on top of brown sugar, flat side down. Pour orange juice and zest over apples. Bake for 10 minutes.

Turn apples in the orange syrup and return to oven for 10 minutes. Remove apples from the syrup and place in individual serving dishes. Drizzle a little of the orange syrup over the apples and add a spoonful of bay leaf cream in the apple hollow.

Makes 8 servings.

Katherine K. Schlosser, North Carolina Unit
The Herb Society of America's [Essential Guide: Growing and Cooking with Herbs](#)

Herbed Olives

2 cups unpitted ripe or green olives
1 bay leaf
2 small hot dried chiles
2 tablespoons drained capers
2 cloves garlic
12 rosemary leaves
2 tablespoons finely chopped celery leaves
1 cup olive oil (or more as needed)

Press each olive between your fingers so the marinade can penetrate the olive. Place olives in a glass jar with all ingredients except the olive oil. Pour enough olive oil to cover the olives. Cover jar and shake well. Refrigerate for 3 or 4 days before using.

Remove garlic if olives are stored any longer than 4 days.

Marion Foster, Tidewater Unit
The Herb Society of America's [Essential Guide: Growing and Cooking with Herbs](#)

Chocolate Pudding with Bay

2 cups half-and-half cream
3 large fresh bay leaves or 2 dried bay leaves
3 tablespoons cornstarch
2/3 cup sugar
2 pinches salt
1/4 cup unsweetened cocoa
1/2 cup milk
3 ounces bittersweet or semisweet chocolate, cut into small pieces
1/2 teaspoon pure vanilla extract

Heat the half-and-half cream with the bay leaves in a heavy-bottomed saucepan over medium heat. When the cream starts to bubble around the edges of the pan, remove from heat and cover. Let stand for 30 minutes.



After the bay has infused in the cream for nearly 30 minutes, combine the cornstarch, sugar, salt, and cocoa in a bowl and add the milk, whisk the contents together. Pour the mixture into the warm cream and place over moderate heat. Continue cooking and whisking as the pudding thickens.

When the pudding begins to bubble and come to a boil, stir and boil for 1 minute. Remove the pan from heat and whisk in the chocolate pieces until they are melted. Add the vanilla and stir well. Carefully remove the bay leaves and pour the pudding into six ramekins or custard cups.

Place the custard cups on a plate or pan and allow them to come to room temperature. Refrigerate until chilled; at least 30 to 45 minutes. Serve at cool room temperature and garnish with whipped cream if desired.

Makes 6 servings.

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[Bay - An Herb Society of America Guide](#)

***Do you have a recipe using bay leaf to share?
Please send it to Educator@herbsociety.org***