

Recipes



Tips for Cooking with Mexican Tarragon

- *Tagetes lucida* may be referred to in recipes as Mexican tarragon, Texas tarragon, mint marigold, Mexican mint marigold or sweet mace.
- The flowers are edible and can be taken apart and petals sprinkled on salads or soups.
- Add the leaves at the end of the cooking time for best flavor.
- Chop and sprinkle fresh over sautéed vegetables, near the end of cooking.
- Especially good on squash and complementary to green steamed or lightly boiled green beans.
- Substitute for French tarragon.
- Use leaves fresh or dried, though some flavor is lost in the drying process.
- Use to flavor simple syrups and vinegar.
- Add finely chopped to boxed or made from scratch pound cakes or sugar cookies.
- Add to chicken, tuna and potato salads, as well as deviled eggs.

Texas Tarragon Vinegar

White wine vinegar
Texas tarragon leaves

Fill clean jars 1/3 to 1/2 full with the fresh leaves (no stems as it tends to turn the vinegar brown). Add white wine vinegar and fill to the top. Cover with a non-reactive (not metal) lid and let steep for 2-3 weeks. Strain out the leaves and filter if desired. Use or store in clean bottles or jars.

Henry Flowers, HSA Pioneer Unit

Basic Herb Butter

1/2 pound butter (unsalted)
1 tablespoon chives
1 tablespoon mint marigold
Dash of salt

Bring butter to room temperature. Lightly chop herb and blend with butter in a food processor or chop more finely and blend in by hand. Refrigerate at least 6 hours or overnight if possible.

Notes: If available substitute some chervil for part of the parsley or tarragon instead of mint marigold.
Yield: 1/2 pound

Henry Flowers, HSA Pioneer Unit

Sweet Red Chile Dressing

3 large dried New Mexico red chiles or ancho chiles
3/4 cup water
1/2 cup vegetable oil
1/2 cup white wine (or rice or cider)
4-5 tablespoons honey
1 tablespoon fresh ginger, finely chopped
1/2 teaspoon salt
1 large clove garlic, peeled and finely slivered
1/4 cup herb of choice: spearmint, lemon balm, basil, mint marigold, lemon thyme or mixture

Remove stems and seeds from chiles; rinse and cut them into strips with kitchen scissors. Place chiles and water in a small saucepan; bring to a boil. Remove pan from heat and cool at least 5 minutes.

Place chile mixture and remaining ingredients in a blender or food processor container; puree until smooth. Taste and add more salt or honey if too sharp. Serve on fruit or vegetable salads. Delicious as a marinade or drizzled on grilled chicken, seafood or pork.

Madalene Hill and Gwen Barclay

Confetti Pasta Salad with Texas Tarragon Vinaigrette

8 ounces uncooked shell pasta	1/4 cup finely chopped red onion
1 pint small cherry tomatoes	3 tablespoons chopped fresh dill
2 cups coarsely chopped fresh spinach	Fresh Texas Tarragon Vinaigrette
1 yellow bell pepper, chopped	4 ounces crumbled feta cheese

Optional: 1 tablespoon finely chopped Mexican Mint Marigold

Cook pasta and drain. Toss pasta with all ingredients. Serve immediately or chill.

8 servings

Texas Tarragon Vinaigrette

1/4 cup Texas Tarragon Vinegar	1/4 teaspoon salt
1 tablespoon Dijon mustard	1/4 teaspoon pepper
1 clove garlic, pressed	1/4 cup vegetable oil

Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking until blended. To prepare ahead, store in refrigerator up to one week, and bring to room temperature then whisk before serving.

Adapted from a Southern Living Recipe

Mexican Mint Marigold Buttermilk Cake

1 cup butter	3 cups flour
3 cups sugar	1/2 teaspoon baking soda
1/2 cup Mexican mint marigold leaves	1/2 teaspoon salt
1 cup eggs (4 to 6)	1 cup buttermilk

Remove the marigold leaves from the stem and then place them in a food processor with half of the sugar. Process just until the leaves are finely chopped. Mix butter and sugar well in a mixer. Add eggs and beat until well mixed and fluffy (2-3 minutes). Mix dry ingredients in a separate bowl. Add dry ingredients and buttermilk alternately in small amounts on low speed and only until well blended.

Greased and floured pans:

- Large Bundt* – 325° - 1 1/2 hours
- Small Bundt* – 325° - 70 min
- 2 large or 4 small loaf pans – 350° - 1 hour

Cake is done when a toothpick inserted comes out clean. The top of the cake in the pan will be a light brown and usually has cracks.

Cool 10 min. then remove from pan – the cake does shrink down some.

Let cool completely. Sprinkle with powdered sugar if desired.

Great served with a lemon or rose geranium custard or ice cream.

Note: I have found that it is best to use a heavy, not thin, Bundt pan and if using a smaller one to make sure that it is not overfilled or the cake will overflow the pan in the oven

Henry Flowers, HSA Pioneer Unit

***Many thanks to Henry Flowers for contributing these recipes
from his collection and sharing some tips for using Mexican Tarragon!***