

# Recipes

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## Tulsi Tea

*Infuse fresh or dried holy basil leaves in water alone or combine with other herbs such as lemon verbena, lemon grass or lemon balm, anise seeds, ginger root, mint and honey or stevia. Serve hot or iced.*

10-15 fresh leaves

12 ounces boiling water

Pour boiling water over leaves and other herbs if using. Steep 8-10 minutes. Add sweetener if using.

## Gai Pad Bai Gaprow (Chicken Stir-Fry with Holy Basil)

*The basil traditionally used in this recipe is bai gaprow, or holy basil which can be harder to find because of its shorter shelf life. Holy basil hasn't much taste when raw, but when cooked it becomes strong and distinctive. Asian basil makes a good substitute, though it can't be cooked as long or it will lose flavor.*

1 pound skinless boneless chicken breast

1 tablespoon vegetable oil

3 garlic cloves, chopped fine

2 small fresh red or green Thai (bird) chilies or serrano chilies, or to taste, seeded and minced (wear rubber gloves)

¼ cup chicken broth or water

1 tablespoon Asian fish sauce (preferably naam pla)

2 teaspoons sugar

1 teaspoon soy sauce

¼ teaspoon freshly ground black pepper

1 ½ cups loosely packed fresh holy basil leaves or Asian basil leaves (from about 2 ounce sprigs), washed well and spun dry

2 tablespoons fresh lime juice or to taste

Accompaniment: Thai Sticky Rice or Thai Jasmine Rice (see [epicurious.com](http://epicurious.com))

Freeze chicken, wrapped in plastic wrap, 30 minutes to facilitate slicing. Cut chicken lengthwise (along grain) into thin slices and cut slices lengthwise into thin strips. Cut strips crosswise into 2-inch pieces.

Heat a wok or heavy skillet over high heat until hot. Add oil and heat until hot but not smoking. Add garlic and stir-fry until golden. Add chicken and cook, stirring constantly to prevent sticking, until all chicken is opaque white, 3 to 4 minutes.

Add chilies, broth or water, fish sauce, sugar, soy sauce, and black pepper and stir-fry until combined. Add basil and stir-fry 30 seconds. If using holy basil, stir-fry 1 minute more, or until basil is wilted but still green. Stir in lime juice.

Serve chicken with rice.

— *Gourmet April 1996, [epicurious.com](http://epicurious.com)*

## Basil Lemon Mock Mojito

*Usually mojitos are made with mint leaves. The peppery pungent taste of the basil complements the tangy citrus taste of the lemon. Instead of holy basil (tulsi), you can also use mint or sweet basil leaves.*

18 to 20 small holy basil leaves or  $\frac{1}{8}$  cup holy basil leaves, about 1 gram (or sweet basil or mint)  
2 thin round lemon slices  
2 tablespoons lemon juice  
A pinch of salt  
2 cups or 500 ml club soda, sparkling water or water  
1 to 2 tablespoons sugar or to taste (or sweetener of choice)

In a mortar-pestle or pitcher, add  $\frac{1}{8}$  cup basil leaves, 2 slices of lemon, 1 to 2 tablespoons sugar, and a pinch of salt. Note, 2 tablespoons sugar makes the drink sweet. Use 1 tablespoon of sugar for a more tangy taste or sweetener of choice. Muddle all the ingredients with the pestle. Spoon the muddled ingredients into two glasses.

In each glass, add 1 tablespoon lemon juice and crushed ice or ice cubes. Pour in club soda, sparkling water or water. Stir very well with a stirrer or spoon. Serve immediately.

— *Adapted from Veg Recipes of India, [vegrecipesofindia.com](http://vegrecipesofindia.com)*