

Recipes



Anise Hyssop, *Agastache foeniculum*

Tips for Use:

- Add flowers to salads
- Substitute leaves for French tarragon
- Use fresh or dried leaves in tea
- Add to sweet foods and beverages like hot chocolate, cookies and candy
- Dry flowers for use in potpourri, dream pillows or other craft projects

Anise Hyssop Cordial

Fill a jar with fresh anise hyssop leaves until it is half full. Add vodka and fill to ½ inch from the top, cover and let sit for one month in a cool, dry location. Strain the leaves and sweeten the vodka with a simple syrup to taste. (make a simple syrup by dissolving 1 cup of sugar in 1 cup of boiling water)

Anise Hyssop Sauce

3 tablespoons sugar

6 tablespoons apple cider vinegar

½ cup water

½ cup anise hyssop leaves, coarsely chopped

2 teaspoons cornstarch

2 tablespoons water

Combine sugar, apple cider vinegar, and ½ cup water in a small pot and bring to a boil. Add anise hyssop leaves and flowers and return mixture to a boil. Turn off the heat and allow mixture to steep for 30 minutes. Pour through a sieve, pressing leaves to extract all liquid. Combine cornstarch and 2 tablespoons water in a small bowl. Whisk into strained liquid. Bring mixture to a boil while whisking to thicken the sauce. Serve with roast lamb or veal.

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