



# HSA Recipes

## ARTEMESIA DRACUNCULUS

### TARRAGON VINEGAR

Tarragon, stems and leaves  
White wine vinegar  
Optional: garlic, thyme, chives or other herbs

Wash herbs in cool water. Pat or spin dry in a salad spinner. Loosely fill a clean canning jar with tarragon or combination of herb sprigs. Cover with a noncorrosive lid (such as plastic wrap followed by jar lid or a cork) and store in the dark for two weeks or longer. Shake occasionally. To decant, strain vinegar and place in smaller bottles with an additional decorative sprig of tarragon. Use vinegar in potato, chicken or tuna salads and to make vinaigrettes and marinades.

Karen Kennedy  
HSA Staff

### RASPBERRY VINAIGRETTE

Tarragon, stems and leaves  
White wine vinegar  
Optional: garlic, thyme, chives or other herbs

Wash herbs in cool water. Pat or spin dry in a salad spinner. Loosely fill a clean canning jar with tarragon or combination of herb sprigs. Cover with a noncorrosive lid (such as plastic wrap followed by jar lid or a cork) and store in the dark for two weeks or longer. Shake occasionally. To decant, strain vinegar and place in smaller bottles with an additional decorative sprig of tarragon. Use vinegar in potato, chicken or tuna salads and to make vinaigrettes and marinades.

Karen Kennedy  
HSA Staff

### TARRAGON-MUSTARD CHICKEN

3 tablespoons Dijon mustard	2 cups regular or whole wheat panko bread crumbs
3 tablespoons olive oil	4 skinless boneless chicken breast halves
2 garlic cloves, minced	
1 tablespoon fresh tarragon, chopped or 1 teaspoon dried tarragon	

Preheat oven to 450°F. In a small bowl, whisk together mustard, olive oil, garlic and tarragon. Put breadcrumbs on a rimmed plate or pie pan. Salt and pepper the chicken breasts. Spread mustard mixture over both sides of each piece of chicken and then dip chicken into the breadcrumbs to coat both sides. Place chicken on a baking sheet coated with

cooking spray or oil. Bake at 450°F until crumb coating is golden brown and chicken is cooked, about 14 minutes.

Serves 4

Karen Kennedy  
HSA Staff

## TARRAGON BUTTER

3 tablespoons Dijon mustard	2 cups regular or whole wheat panko bread
3 tablespoons olive oil	crumbs
2 garlic cloves, minced	4 skinless boneless chicken breast halves
1 tablespoon fresh tarragon, chopped or 1	
teaspoon dried tarragon	

Preheat oven to 450°F. In a small bowl, whisk together mustard, olive oil, garlic and tarragon. Put breadcrumbs on a rimmed plate or pie pan. Salt and pepper the chicken breasts. Spread mustard mixture over both sides of each piece of chicken and then dip chicken into the breadcrumbs to coat both sides. Place chicken on a baking sheet coated with cooking spray or oil. Bake at 450°F until crumb coating is golden brown and chicken is cooked, about 14 minutes.

Serves 4

Marie G. Fowler  
HSA Arkansas Unit  
*The Essential Guide to Growing and Cooking with Herbs*

## TARRAGON GOAT CHEESE MOUSSE

15 oz. ricotta cheese	2 tablespoons chopped fresh chives
4 oz. goat cheese	2 (5-inch) sprigs tarragon
1 whole head garlic	1 teaspoon olive oil

Preheat oven to 400°F. Slice top from the head of the garlic and place head on a large square of aluminum foil. Drizzle olive oil over the top and wrap. Bake for about 30 minutes – until soft and lightly browned.

Drain the ricotta cheese in a cheesecloth-lined strainer for about an hour. In a food processor, mince the herbs. Squeeze the soft garlic out of the head and into the herbs, add cheeses, salt and pepper to taste. Process until blended. Chill. Serve with crackers.

Linda Franzo  
HSA New Orleans Unit  
*The Essential Guide to Growing and Cooking with Herbs*

***The Herb Society of America's Essential Guide to Growing and Cooking With Herbs***, edited by Katherine K. Schlosser, can be obtained [here](#).