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

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

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