

Recipes



Featuring Chervil

- This cool season annual is grown for its fresh, delicate flavor
- The flavor of chervil has been described as similar to parsley with a hint of anise
- Chervil is used in herbal blends such as fines herbs, bouquet garni and herbes de Provence
- Use fresh or add towards the end of cooking time
- Classic ingredient in béarnaise sauce and wonderful with spring vegetables, on eggs, in salads, or with poultry and fish
- The recipes below are found in *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs* edited by Katherine K. Schlosser can be found <http://tinyurl.com/pj5od8o>.

Want to share a favorite family recipe featuring chervil?

Send it to us at: herbs@herbsociety.org

Early Spring Omelet with Chervil

4 eggs, room temperature
1 tablespoon milk
1 tablespoon mayonnaise
¼ teaspoon salt
⅛ teaspoon pepper

1 tablespoon chopped fresh chervil
1 teaspoon chopped fresh chives
1 tablespoon butter
¼ cup grated or sliced Gruyère cheese

Separate eggs. Beat the whites until frothy but not stiff. Beat yolks until light.

Add milk, mayonnaise, salt, pepper, chervil and chives to the yolks, blending well. Fold in the egg whites.

Heat the butter in a saute pan over medium-low heat. Pour in the egg mixture and cook over low heat until eggs rise and begin to set. Turn omelet and allow to finish cooking.

Sprinkle cheese over the top of the omelet. Fold omelet in half and carefully slide onto a warmed platter. Garnish with additional chopped chervil.

Chef Shad R. McLennan, Friend of the HSA North Carolina Unit

Cream of Chervil Soup

2 cups chopped carrots, cooked
2½ cups potatoes, peeled, cooked and
chopped
1 Tablespoon butter
¼ cup finely chopped scallions or leeks

5 cups chicken stock
1 cup half-and-half or whipping cream
½ cup chopped fresh chervil
Salt and pepper
Chervil for garnish

Melt the butter in a saucepan and gently sauté the chopped scallions for 5 minutes. Add the chicken stock, cooked carrots and potatoes. Simmer for 10 minutes. Allow the mixture to cool slightly, then puree in a blender. Return to the saucepan and stir in cream, chervil and seasonings. Cook until heated through. Garnish with chervil sprigs. Yields 6 servings.

Eleanor Davis, HSA Western Pennsylvania Unit

Zesty Spring Dressing

½ cup olive oil
¼ cup champagne vinegar
2 tablespoon fresh lemon juice
Zest of 1 lemon

¼ teaspoon salt
2 teaspoon fresh dill
2 teaspoon chopped parsley
1 tablespoon chopped chervil

Whisk together the olive oil, vinegar, lemon juice and salt. Add lemon zest and herbs, stirring thoroughly. Keep in a covered jar in refrigerator, allowing flavors to blend for at least 2 hours.

Katherine K. Schlosser, HSA North Carolina Unit

Vinaigrette Carrots

1 pound baby carrots, peeled
½ cup chopped fresh chervil
½ cup white wine vinegar
⅓ cup olive oil

1½ tablespoon fresh lemon juice
1 tablespoon snipped fresh chives
Chive blossoms for garnish

In a saucepan, steam the carrots in a cup of salted water for 4 to 5 minutes. Rinse carrots in cold water and pat dry.

Whisk together the remaining ingredients and season with salt and pepper. Toss the carrots in the mixed dressing. Chill for at least 2 hours. Serve with a chive blossom for garnish.

Eleanor Davis, HSA Western Pennsylvania Unit

Spring Pesto with Chervil and Pine Nuts

2 cups fresh chervil	1/3 cup olive oil
1/4 cup freshly grated Parmesan cheese	1 clove garlic, sliced
1/4 cup toasted pine nuts	Salt and pepper to taste

Toast pine nuts in a dry sauté pan for 2 to 3 minutes, or just until the nuts take on a golden color. Remove from heat and place the nuts in a dish until ready to use. Wash and dry the chervil and mince the garlic.

Combine chervil, Parmesan, pine nuts, garlic and 2 tablespoons of olive oil in a food processor. Pulse lightly to ensure that ingredients are well combined. Add additional olive oil as necessary to make a thin paste, leaving bits of chervil still visible. Season with salt and pepper, then store in the refrigerator for up to 3 days. If you will be keeping the pesto longer, freeze in an ice cube tray, then pop the cubes into a plastic bag and seal.

Katherine K. Schlosser, HSA North Carolina Unit