

Recipes



Featuring Lemon Balm

Herbal Water

1 handful of lemon balm

1/2 handful of pineapple sage

1/2 handful orange mint

1/4 handful mystery herb (like rose, lime basil, or rose scented geranium) in 2 quarts of water

Six hours before drinking it, gather the herbs, wash them gently in cold water and place them in a jug of water. Place the jug in the fridge so that is refreshingly chilled for family or guests. For a morning garden tour, make this the night before. Any citrus, pleasant scented geranium, mint or other pleasing herbs can be substituted.

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Lillian's Lemon Noodles

1 cup butter (no substitutions)

1 1/2 cups sugar

2 eggs

6-8 leaves of lemon balm that have been finely chopped (can put in blender with eggs to be chopped)

Blend in:

2 3/4 cups flour

1 teaspoon cream of tartar

1 teaspoon baking soda

Zest of one fresh lemon or a tablespoon of dried grated lemon peel

1 teaspoon vanilla

Chill batter 1 hour or longer. Roll small balls the size of a cherry or walnut depending on the size of cookie you like; bake at 350°F, 8-12 minutes, till golden. Batter can be kept up to a week covered, in refrigerator. While still warm, frost with small dollop of lemon butter icing. Lemon Butter Icing: Beat one stick of room temperature butter with 1 box 4X sugar. Add the juice of 1/2 lemon, 1 teaspoon vanilla; beat well. If too stiff, add a drop or two of milk. Lemon zest optional.

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Lemon-Rosemary Sorbet

The combination of lemon balm and rosemary in this herbal sorbet is very refreshing on a hot summer day. The vodka improves the texture of the sorbet, but you may omit it if you wish. Make your sorbet several hours ahead so that it can “set up” in the freezer before serving.

1½ cups sugar	¾ cup lemon juice
1½ cups water	1 tablespoon vodka
6 sprigs lemon balm (5-inch long each)	
¼ cup roughly chopped, fresh rosemary	

In a medium saucepan, combine sugar and water. Bring to a boil and stir until sugar is dissolved. Remove from heat, add herbs and cover. Set aside for 30 minutes to steep. Strain mixture and discard herbs. Add lemon juice and vodka and chill mixture for 30 minutes. Place in an ice cream maker and freeze according to manufacturer's instructions.

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Lemon Balm and Chive Butter

This lovely butter is delicious on any steamed vegetable, tossed with grains or pasta, and with fish or shellfish. Of course, it is great on a just-baked biscuit or any bread. Makes about 1 cup

8 tablespoons unsalted butter	1 tablespoon snipped chives
2 tablespoons minced lemon balm	Salt to taste
1 tablespoon minced parsley	

Soften the butter and combine with the minced herbs. Salt to taste and cover and chill overnight to ripen the flavors.

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More recipes can be found in:
[Lemon Balm: An Herb Society of America Guide](#) and
[The Herb Society of America's Essential Guide to Growing and Cooking](#)
[with Herbs](#) edited by Katherine K. Schlosser:
<http://tinyurl.com/pj5od8o>

Want to share a favorite family recipe featuring lemon balm?
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