

Recipes



Salad Burnet *Sanguisorba minor*

Tips for Use:

- The cucumber flavor of this herb is best used fresh since the flavor is diminished when dried
- Chop and sprinkle on salads.
- Chop and add to salad dressings, salsas, and sauces,
- Try adding to cold soups such as tomato or beet.
- Add a refreshing twist to cold beverages, including tomato juice and cocktails.
- Use as a garnish.
- Pairs well with shellfish and eggs as well as combined with other herbs in cheese spreads.
- Sprinkle chopped leaves over steamed vegetables
- Select the young leaves for best flavor, older leaves tend to get bitter.
- Combines well with other herbs, especially dill, rosemary and tarragon.
- Infuse alone or with other herbs in wine vinegar. Herbal vinegar uses include salad dressing, mayonnaise and egg salad.
- Blend with other herbs such as the blend in the recipe below or simply with dill to make compound butter.

Garden Herb Butter

1 bunch watercress
1 bunch chervil
1 bunch parsley
5 salad burnet leaves
1 garlic clove
1 chopped shallot
1 cup butter
Pinch of salt

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Blanch the watercress, chervil, burnet and parsley in boiling water for 30 seconds. Drain and dry thoroughly, then pound in a mortar with garlic, shallot and a pinch of salt. Then beat in the butter.

— HSA's New York Unit

For Use and Delight: A Herbal Sampler, 2000