

# Recipes

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## Lemon Basil *Ocimum x citriodorum*

### Tips for Use:

- Use lemon basil anywhere you would use basil and lemon flavors, like salad dressings, sauces, compound butter, herbal vinegar, chicken or fish, in baked goods, with fruit and in beverages.
- Add a handful to pork, seafood or vegetable stir-fry just before the end of cooking
- Create cocktails and other beverages with a basil simple syrup.
- Chiffonade or use a sprig as a flavorful garnish
- As with other basil, add at the end of cooking times or use fresh
- Store freshly cut lemon basil in water on the countertop

## Basil Simple Syrup

1 ½ cups water

1 ½ cups sugar

About 8 to 10 sprigs lemon basil (or other type of basil)

In a small saucepan, combine water and sugar. Gently bruise the basil leaves and add to the mixture. Bring to a boil over moderate heat. Remove from heat, cover and let stand for at least 30 minutes. Squeeze the leaves as they are removed from the pan and discard. Cool and store in the refrigerator for 6-8 weeks or freeze.

— HSA

## BASIL BLUEBERRY MUFFINS

This is a wonderfully delicious and fragrant muffin; it is sweet like cake. The addition of blue corn is fun and tasty—gives a bit of added texture and the corn is sweet. If you aren't familiar with blue cornmeal, try it and you will find its earthy taste is good in cornbread, muffins, and blue corn pancakes. You can use yellow or white cornmeal if you don't have the blue. Use a combination of lemon and cinnamon basil for the fragrance and flavor; the citrus and the spice go well with the blueberries. However, if



you don't have both basil, either one can be used on its own and still make a tasty muffin.

Makes 1 dozen

½ cup unsalted butter, melted  
1 ⅔ cups unbleached flour  
⅓ cup blue cornmeal  
2 teaspoons baking powder  
½ teaspoon salt  
⅓ cup packed light brown sugar  
⅓ cup granulated sugar  
⅛ teaspoon freshly ground nutmeg  
1 generous cup blueberries  
1 cup milk  
2 extra large eggs  
Generous ¼ cup minced lemon and cinnamon basil leaves

Preheat oven to 400° F. Use a little of the butter melted for the recipe to lightly brush the muffin tin. Set aside the remaining butter to cool.

In a mixing bowl, combine the flour, cornmeal, baking powder, salt, sugars, and nutmeg and toss well. Rinse the blueberries, pick over them, and drain well. Put them in a small bowl and toss them with 1 tablespoon of the flour mixture to coat them.

In a small bowl, lightly beat the eggs with a fork or a whisk, add the milk, and blend well. Stir in the melted butter and minced basil. Pour the liquid ingredients into the dry ingredients and stir to barely combine. Add the blueberries, folding them in gently, until they are just incorporated into the batter. Do not overmix.

Spoon the batter evenly into the muffin tins filling them about two-thirds full. Place in the middle of a hot oven and bake for about 20 minutes, until just golden brown, or a tester comes out clean. Cool in the tin for 5 minutes or so, loosen with a metal spatula and cool on baking racks or eat them warm.

— Recipe © Susan Belsinger.  
*Basil: An Herb Society of America Guide*



## Lemon Basil Snap Beans

*All through the summer and fall we eat these with our fingers with drinks. The simplicity is belying; the beans showcase the basil brilliantly.*

Boil yellow “green” beans in salted water until tender (just beyond tender crisp). Drain and rinse with cold water to stop their cooking.

Turn the beans into bowl with a generous amount of coarse salt and 1 cup of lemon basil leaves for every ½ pound of beans. Enjoy them at room temperature

—Lynne Rossetto Kasper  
The Splendid Table