

Recipes



Agave, *Agave spp.*

Tips:

- Agave syrup is also known as agave nectar.
- Agave syrup that is light in color is mild and neutral tasting, amber colored has a medium intensity with a caramel flavor and dark agave syrup has a strong caramel flavor.
- Use the darker agave syrups in foods that are heavily seasoned and the lighter syrups for beverages and fruit desserts.
- Agave syrup dissolves quickly even in clod beverages.
- Swap agave syrup for honey or white sugar in beverages, baking and cooking, but use about 25% less than white sugar.
- Simple syrup for cocktails can be made with a 1:1 ration of agave syrup to water. Stir until clear with no need to heat.
- Tequila can be used in dishes such as ceviche, grilled chicken, fresh salsa, marinated steak, and fish. It also pairs well with fruits. Mezcal can be used similarly, and adds a smoky flavor.

Agave-Barbecue Roasted Chicken

3 to 5-pound whole chicken

Kosher salt and ground black pepper

6-ounce can tomato paste

5 tablespoons agave syrup

3 tablespoons olive oil

5 tablespoons cider vinegar

1 ½ tablespoons Dijon mustard

1 teaspoon kosher salt

2 teaspoons ground cumin

1 teaspoon cinnamon

1 teaspoon garlic powder

1 teaspoon Worcestershire sauce

½ teaspoon ground black pepper

Heat the oven to 400 degrees F.

Place the chicken on the cutting board breast side down. Use kitchen shears to carefully cut from the neck hole down the length of the backbone and out the rump. This will require a little effort, but the shears should cut through the bones without difficulty.

Spread open the chicken, exposing the cavity. Sprinkle the inside with salt and pepper. Turn over the chicken and place it cavity side down in a roasting pan just a bit larger than the chicken. Gently press the chicken to flatten. Season over and under the skin with salt and pepper. Cover tightly with foil and roast for 30 minutes.

Meanwhile, prepare the barbecue sauce. In a medium bowl, whisk together all ingredients. Set aside.

After the chicken has roasted for 30 minutes, remove the pan from the oven and remove the foil. Use a pastry brush to brush the barbecue sauce thickly over the entire chicken. Return to the oven and roast for another 30 minutes, or until the meat at the thickest part reaches 165 degrees F.

J.M. Hirsch, National Food Editor for the Associated Press
Foodnetwork.com

Basil Lemonade

1 ¼ fresh lemon juice (from about 8 lemons), plus
lemon slices for garnish
½ cp agave syrup or honey
1 cup packed fresh basil leaves, plus more for garnish
3 cups cold water
Ice cubes

Place lemon juice, agave (or honey) and basil in a blender and blend until very smooth. Pass through a strainer into a pitcher or large jar. Add water and chill until ready to serve.

Serve over ice, garnished with lemon slices and basil leaves.

Tip: To make ahead, prepare through step 1 and refrigerate for up to 4 days.

Sylvia Fountaine, September 2023
Eatingwell.com

Healthy Hot Cacao

2 cups reduced-fat milk or unsweetened nondairy milk
2 tablespoons cacao powder
¼ teaspoon ground cinnamon
1 tablespoon agave syrup

½ teaspoon vanilla extract
Whipping cream or nondairy whipped cream (optional)
Shaved dark chocolate (optional)

Combine milk, cacao powder and cinnamon in a small saucepan over medium heat; whisk to break up any clumps. Cook, whisking occasionally, until the mixture is smooth and steaming, 2 to 3 minutes.

Remove from heat and stir in agave and vanilla. Pour into two mugs. Top with whipped cream and shaved dark chocolate, if desired.

Tip: Substitute unsweetened almond milk, oat milk, cashew milk or coconut milk, if desired.

Andrea Mathis, MA, RDN, LDD
Eatingwell.com, January 2021

Mezcal-cured Salmon with Sorrel Salad

Instead of smoking salmon, Alex Stupak ingeniously adds smokiness with chipotles and mezcal, then serves the silky salmon with a crisp sorrel salad drizzled with a lime and cream cheese dressing. Note, substitute spinach if sorrel is unavailable.

Salmon

1 (12-ounce) skinless salmon filet
½ cup mezcal

3 dried chipotle chiles, stemmed, seeded, and torn into
small pieces
¼ cup kosher salt

Salad

2 ounces cream cheese, room temperature
2 tablespoons fresh lime juice
Kosher salt

4 ounces small sorrel leaves (or spinach)
¼ cup red onion, thinly sliced

Set salmon fillet in a glass or ceramic baking dish. Brush the fish all over with $\frac{1}{4}$ cup of the mezcal, then cover with plastic wrap and refrigerate for 1 hour.

In a spice grinder, combine the dried chipotles with the kosher salt and grind to a fine powder. Sprinkle both sides of the salmon with the chipotle salt, then cover with plastic wrap and refrigerate for 4 hours longer.

Brush the salmon with the remaining $\frac{1}{4}$ cup of mezcal and tightly wrap the fillet in plastic. Refrigerate for at least 4 hours or overnight. (The salmon can be prepared through this step and refrigerated for up to 4 days.)

Unwrap the salmon. On a work surface, using a very sharp, thin knife, cut the fish at an angle crosswise into very thin slices. Arrange the slices on a platter.

Make the salad

In a blender or food processor, puree the cream cheese with the lime juice and 2 tablespoons of water. Season with salt. In a bowl, toss the sorrel with the red onion and the dressing. Serve the salad alongside the salmon.

Alex Stupak
FoodandWine.com

Grilled Tequila Lime Chicken

Tequila lime chicken is a popular dish for both its ease of preparation and pop of summer flavors. Use blanco tequila for a bright, fresh zing, or reposado for a woodier taste to boost the chicken's grilled flavor. Serve with rice and beans, or coarsely chop the finished chicken and serve with warmed soft corn tortillas for Mexican-style tacos.

2 pounds boneless skinless chicken breast, thighs or a mixture of both

$\frac{1}{4}$ cup blanco or reposado tequila

$\frac{1}{2}$ cup lime juice, freshly squeezed if possible

$\frac{1}{4}$ cup lemon juice, freshly squeezed if possible

$\frac{1}{4}$ cup olive oil

3 garlic cloves, minced

2 tablespoons honey

2 tablespoons cilantro, finely chopped

1 $\frac{1}{2}$ teaspoons kosher salt

$\frac{1}{2}$ teaspoon black pepper

In a bowl, whisk together all of the ingredients except the chicken. Place the chicken in a sealable plastic bag or in a glass baking dish and pour the mixture over it. Close the bag or cover the baking dish and place in the refrigerator for at least one hour, or overnight for a deeper marinade. When ready to cook, remove the chicken from the marinade and grill over medium high heat for approximately 10 to 15 minutes on each side or until its interior temperature reaches 165°F.

Cooking time will vary by thickness of chicken pieces.

Ohlq.com

**Do you have a recipe using agave to share?
Please send it to educator@herbsociety.org**