

Salad Burnet, *Sanguisorba minor*

Tips for Salad Burnet:

- The cucumber flavor of this herb is best used fresh since the flavor is diminished when dried and when cooked at high temperatures.
- Chop and sprinkle on salads.
- Chop and add to salad dressings, salsas, marinades and sauces,
- Try adding to cold soups such as tomato or beet.
- Add a refreshing twist to cold beverages, including tomato juice, sangria 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.
- Freezing salad burnet leaves preserves their flavor for up to a year, and you need only chop them, finely, before placing them in a container or freezer bag.

Cream Cheese Tea Sandwiches with Salad Burnet

4 slices whole grain bread (or whole grain crackers, if desired)

Butter, softened for spreading

1 tablespoon fresh salad burnet leaves, whole

½ cup cream cheese, softened

Salt, to taste

Black pepper, to taste

Spread the butter on each slice of bread

Add whole leaves to the cream cheese (Note: due to salad burnet's delicate nature, it is not necessary or really possible to mince the leaves.)

In a small bowl combine the salad burnet and cream cheese. Add salt and pepper to taste. Mix well.

Spread the cream cheese mixture on two slices of bread. Place other slices on top and cut sandwiches in half or quarters.

Ready in 10 minutes. Yields 2 sandwiches.

By COOKGIRI
Food.com

Cucumber Detox Drink with Salad Burnet and Lime

Filtered water
Mint leaves
Salad burnet leaves
Lime slices (or lemon)
Cucumber slices

Combine all ingredients in a pitcher and let it steep overnight in the fridge. Strain the water you pour it into the glass. Remove herbs and cucumber slices after one day to prevent them from becoming bitter or spoiled. The strained beverage will keep for about four days in the fridge.

Inspired by Saladburnet.org

French Bread with Walnuts and Salad Burnet

1 French bread baguette – whole grain
1 handful of salad burnet, leaves only
 $\frac{3}{4}$ cup of chopped walnuts
Good quality olive oil

Preheat oven to 375°F. Cut the baguette into slices, but take care not to cut through.

Wash and chop the salad burnet. Crush the walnuts into pieces and divide them with the burnet among the slices of bread. Drizzle inside the cuts and the top of the loaf with good olive oil. Bake 10 minutes and serve immediately. Serves 4 to 6

Translated from French
Katy Gawelik
Emilieandleassecrets.wordpress.com

Garden Herb Butter

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

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.

Note: Place in a container for serving or shape into a log, refrigerate then slice.

HSA's New York Unit
For Use and Delight: A Herbal Sampler, 2000

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