

Recipes



Doublemint *Mentha 'Madelene Hill'*

Tips for Use:

- Doublemint has both spearmint and peppermint flavors
- Recipes may refer to doublemint as red-stemmed mint, which is the same plant.
- Spearmint is often substituted if doublemint is unavailable.

Fresh Apple Cake with Doublemint

Dry:

3 cups sifted flour
2 cups sugar
1 teaspoon soda
½ teaspoon salt
1 ½ teaspoons cinnamon

Wet:

2 tablespoons vanilla
2 eggs, well beaten
1 cup vegetable oil
3 cups apples, chopped
1 cup nuts, chopped
1 tablespoon apple mint

Preheat oven to 350 degrees F. Butter and flour bundt pan, set aside.

In a medium bowl, combine dry ingredients.

DO NOT USE A MIXER! Add vanilla, eggs, oil, apples, nuts and doublemint to dry ingredients. Stir until barely mixed. Scrape into prepared bundt pan.

Bake for 45 to 55 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and cool completely before removing from pan.

Tawana Liggett
HSA Texas Thyme Unit

Minted Fruit Dressing

¾ cup vegetable oil
2 tablespoons cider vinegar (if vinegar is strong, add less)
3 tablespoons lemon or lime juice
¼ cup orange juice

2 Tablespoons sugar
½ teaspoon salt
1/8 teaspoon paprika
3 Tablespoons fresh, red-stemmed apple mint (doublemint) or spearmint, chopped

Combine all ingredients in blender container. Blend until smooth. Add more mint and sugar if needed. Chill and use for greens or toss with chunked fruit. Yields 1 ¼ cups.

Southern Herb Growing by Madalene Hill and Gwen Barclay

Festival Hill Rosemary-Mint Jelly

This recipe was served at many Festival Hill functions.

5 tablespoons firmly packed rosemary leaves
5 tablespoons firmly packed doublemint (fresh, red-stemmed apple mint) or spearmint leaves
4 cups pineapple juice
6 tablespoons lemon juice
5 cups sugar
2 pouches liquid pectin

Combine herbs and part of juice. Bring to a boil. Remove from heat and let steep 10-15 minutes. Strain and add remaining juice. If needed, add more juice to make 4 cups total. Place juice in a heavy, large saucepan over high heat; add sugar and bring to a full rolling boil that cannot be stirred down. Add pectin quickly, continue stirring and heat again to full rolling boil. Boil hard for 1 minute. Remove from heat, stir, and skim off foam quickly. Pour jelly immediately into sterilized containers. Seal and process 5 minutes in hot water bath, according to jar manufacturer's instructions. Let cool out of drafts and do not disturb for 24 hours. Yield: approximately 7-8 jars, ½ pint each.

Madalene Hill and Gwen Barclay

Doublemint (Red-stemmed Apple Mint) Tea

Keep the process simple by using a family sized black tea bag, or three small tea bags. Place the tea bags(s) into a typical sized teapot, adding approximately six 6-inch-long tips of doublemint. Pour boiling water into the pot and let it steep for 7 minutes. Strain the ingredients and the mixture is ready to use. Add a slice of lemon and sweetener of choice, if desired. Serve over ice and enjoy!

Kay and Tony Scanapico
HSA Pioneer Unit

Midsummer Night's Marinated Roast Pork

1 2½-3 pound pork roast
Sweet Mint Vinegar Marinade (see recipe below)
Mint vinegar paste (increase amounts to totally coat roast): 3 tablespoons doublemint vinegar and 3/8 cups brown sugar

Marinate pork roast in marinade of 6 tablespoons sweet mint vinegar, ¾ cup brown sugar and 1/8 cup canola oil. Marinate for about 3 hours in the refrigerator, turning it in the marinade every 45 minutes.

Pre-heat the oven to 325°F. Place pork roast in a baking dish. Make a loose paste of mint vinegar and brown sugar and smear over roast. Bake, uncovered, for 3 hours or until meat thermometer reads 170°.

Billi Parus
HSA Life Member

Sweet Mint Vinegar

1 ½ cup fresh, doublemint leaves and stems; rinsed and crushed
3 cups white balsamic vinegar

Place both in a quart jar and place plastic wrap over the jar opening and cap with a metal lid. (Plastic wrap prevents the vinegar from coming in contact with the metal lid, so the lid does not corrode.) Let this “steep” for 2-3 weeks. When vinegar is ready, strain it through coffee filters to remove the herbs or combination of herbs. Pour the strained vinegar into a sterilized bottle and cap.

Billi Parus
HSA Life Member

Mint Sorbet – a real palette cleanser!

The freezing process reduces the sweetness of sorbets. You may want to taste the infusion before putting it into an ice cream maker. If you need more sweetness, add sugar by ¼ cup amounts.

3 cups apple juice
1 cup fresh, doublemint - leaves and stems; rinsed and crushed
1 cup sugar
2 tablespoons fresh lemon juice

Bring juice to a boil. Remove from heat and pour over the mint. Cover with plastic wrap and steep for 30 minutes. Squeeze out mint and strain through a coffee filter. Add sugar and stir until sugar is dissolved. Add lemon juice. Refrigerate overnight. Freeze according to appliance directions. Makes 6-8 half cup servings.

Billi Parus
HSA Life Member

**Many thanks to all who contributed recipes.
Do you have a recipe using doublemint to share?
Email: educator@herbsociety.org**