

# Recipes



## Sweet Basil, *Ocimum basilicum*

### Tips

- Harvest basil before flowers develop for best flavor.
- Prune plants often, cutting 2-4" sprigs or as much as  $\frac{2}{3}$  growth at a time. Cuttings should be just above a leaf node.
- Store cut basil in water on the countertop, avoiding the cold of the refrigerator
- Add basil towards the end of cooking time or use fresh.
- Stack basil leaves on top of each other, roll and slice lengthwise to create julienned ribbons.
- Basil pairs well with strawberries, lemons and peaches. Try a combination in fresh water, or add to lemonade or cocktails.
- To preserve flavor and color, add chopped basil to ice cube trays or other small container, top with olive oil and freeze.

### Creamy Basil Vinaigrette

1 ounce olive oil	2 teaspoons maple syrup
2 ounces cider vinegar	$\frac{1}{8}$ teaspoon black pepper
4 ounces plain nonfat yogurt	1 teaspoon fresh basil, chopped
$\frac{1}{2}$ teaspoon Dijon mustard	$\frac{1}{2}$ teaspoon fresh tarragon, chopped

Mix all ingredients thoroughly. Store in the refrigerator.

### Basil Lime Ice

1 cup sugar	2 $\frac{1}{2}$ cups boiling water
2 teaspoons freshly grated lime zest	1 cup low-fat plain yogurt
$\frac{1}{3}$ cup fresh lime juice	7 basil leaves

Combine sugar, lime zest and lime juice in a heatproof bowl. Add 4 whole basil leaves. Using the back of a large spoon, gently bruise the basil leaves against the bottom or side of the bowl. Add boiling water and stir until the sugar has dissolved. Cover and let steep for 15 minutes.

Discard basil leaves. Cover and refrigerate until chilled, about 1 hour or overnight. Slice remaining basil leaves in very thin strips. Add basil and yogurt to the lime mixture and whisk until smooth. Pour into an ice cream maker and freeze according to manufacturer's directions. (Alternatively, freeze mixture in a shallow metal pan until solid, about 6 hours. Break into chunks and process in a food processor until smooth.) Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 ½ hours. Serve in chilled dishes. 8 serving, ½ cup each.

Karen Kennedy, HSA Staff

## Basil Cinnamon Ice Cream

1 cup fresh cinnamon basil	2 cups heavy cream, well chilled
1 cup whole milk, well chilled	1 – 2 teaspoons pure vanilla extract
¾ cup granulated sugar	

Heat the milk and pour over 1 cup of fresh cinnamon basil. Cover with plastic wrap and steep for 1 hour. Strain out herbs and chill.

In a medium bowl, whisk together the milk and sugar until sugar is dissolved. Stir in the heavy cream and vanilla to taste. Turn on the machine and pour in the mixture, through the ingredient spout. Let this mix until thickened, about 25 – 30 minutes. Makes 6-8 ½ cup servings.

Note: Substitute 1 cup fresh sweet basil plus 1 cinnamon stick for cinnamon basil.

Billi Parus, HSA Tidewater Unit

## Lemon Basil Glaze

¼ cup half and half	2 tablespoons fresh lemon juice
3 tablespoons chopped fresh basil	Dash of salt
1 ½ cups powdered sugar, sifted	

Combine half and half and basil in a small glass bowl and microwave on high for 45 seconds. Let stand 5

**Do you have any recipes featuring sweet basil to share?**

**Contact [educator@herbsociety.org](mailto:educator@herbsociety.org)**