

Recipes



Mexican Tarragon, *Tagetes lucida*

Tips for Cooking with Mexican Tarragon

- *Tagetes lucida* may be referred to in recipes as Mexican tarragon, Texas tarragon, mint marigold, Mexican mint marigold or sweet mace.
- The flavor is similar to tarragon with hints of anise and citrus.
- The flowers are edible and can be taken apart and petals sprinkled on salads or soups.
- Add the leaves at the end of the cooking time for best flavor.
- Chop and sprinkle fresh over sautéed vegetables, near the end of cooking.
- Especially good on squash and complementary to green steamed or lightly boiled green beans.
- Substitute for French tarragon.
- Use leaves fresh or dried, though some flavor is lost in the drying process.
- Use to flavor simple syrups and vinegar.
- Add finely chopped to boxed or made from scratch pound cakes or sugar cookies.
- Add to chicken, tuna and potato salads, as well as deviled eggs.
- Use to flavor vinaigrettes for salads or vegetable dishes.
- Steep the leaves and flowers in just boiled water to make a tea

Texas Tarragon Vinegar

White wine vinegar

Texas tarragon leaves

Fill clean jars 1/3 to 1/2 full with the fresh leaves (no stems as it tends to turn the vinegar brown). Add white wine vinegar and fill to the top. Cover with a non-reactive (not metal) lid and let steep for 2-3 weeks. Strain out the leaves and filter if desired. Use or store in clean bottles or jars.

Henry Flowers, HSA Pioneer Unit

Basic Herb Butter

½ pound butter (unsalted)

1 tablespoon chives

1 tablespoon mint marigold

Dash of salt

Bring butter to room temperature. Lightly chop herb and blend with butter in a food processor or chop more finely and blend in by hand. Refrigerate at least 6 hours or overnight if possible.

Notes: If available substitute some chervil for part of the parsley or tarragon instead of mint marigold.

Yield: ½ pound

Henry Flowers, HSA Pioneer Unit



Peach and Mexican Mint Marigold Shrub

2 ounces peach and Mexican Mint marigold shrub syrup

8 ounces soda water

Peach and Mexican Mint Marigold Syrup

1 cup organic raw sugar

1 cup filtered water

2 ripe peaches, washed, pitted and diced

1 tablespoon Mexican mint marigold leaves (reserve flowers for garnish)

1 cup organic apple cider vinegar

Heat the sugar and water in a medium saucepan over low heat until the sugar dissolves.

Add peaches and herbs and bring to a simmer. Heat the syrup until it changes to a dark peach color and the fruit looks tired.

Add the apple cider vinegar and return to a simmer. Fine-strain and chill.

Store in a mason jar in the refrigerator until ready to use.

To make the shrub, combine the shrub syrup with the soda water in a tall glass (about 12 ounces) filled with ice. Garnish with Mexican mint marigold flowers.

Justin Chamberlain of Dai Due
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Confetti Pasta Salad with Texas Tarragon Vinaigrette

8 ounces uncooked shell pasta

1 pint small cherry tomatoes

2 cups coarsely chopped fresh spinach

1 yellow bell pepper, chopped

¼ cup finely chopped red onion

3 tablespoons chopped fresh dill

Fresh Texas Tarragon Vinaigrette

4 ounces crumbled feta cheese

Optional: 1 tablespoon finely chopped Mexican Mint Marigold

Cook pasta and drain. Toss pasta with all ingredients. Serve immediately or chill. 8 servings

Texas Tarragon Vinaigrette

¼ cup Texas Tarragon Vinegar 1 tablespoon Dijon mustard 1 clove garlic, pressed ¼ teaspoon salt

¼ teaspoon pepper

¼ cup vegetable oil

Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking until blended. To prepare ahead, store in refrigerator up to one week, and bring to room temperature then whisk before serving.

Adapted by Henry Flowers from a Southern Living Recipe

**If you have a recipe featuring Mexican Tarragon to share, email
educator@herbsociety.org**