



UCCE Master Food Preservers of Amador/Calaveras County

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Preserving Culinary Herbs

See separate handout UCCE Master Food preservers of Amador/Calaveras County “Dehydrating Basics” for general information on dehydrating.

Salt Substitute 1

Ingredients

- 1/2 teaspoon cayenne pepper
- 1 teaspoon ground mace
- 1 teaspoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon dried marjoram
- 1 tablespoon dried thyme
- 1 tablespoon dried parsley
- 1 tablespoon dried basil

Procedure

Combine cayenne pepper, ground mace, onion powder, and garlic powder in small bowl. In spice grinder, grind together marjoram, thyme, parsley, and basil. Add to mixture in bowl and stir together. Place in salt shaker and store in cool, dry, dark location.

Source: Cooks.com

Spicy Herb Seasoning (Salt Substitute 2)

Ingredients

- 3 tablespoon dried basil
- 3 tablespoons dried marjoram
- 3 tablespoons dried parsley
- 3 tablespoons dried thyme
- 4-1/2 teaspoons dried chives
- 2-1/2 teaspoons dried paprika
- 2-1/2 teaspoons dried rosemary
- 2-1/2 teaspoons onion powder

Procedure

Grind ingredients together and use as you would salt. Pepper may also be added.

Italian Herb Blend (Makes 1/3 cup)

Ingredients

1 tablespoon dried oregano
1 tablespoon dried sweet marjoram
1 tablespoon dried chives
2 teaspoons dried rosemary
1 teaspoon dried fennel leaves
1 teaspoon dried sage
1 teaspoon dried mint

Procedure

Combine ingredients in small bowl and transfer to glass container. Use to enhance pizzas, frittatas, various fillings, and tomato sauces. Store in a cool, dry, dark location.

Source: A Country Garden Cookbook, Rosalind Creasy and Carol Saville

Kitchen Herb Garden Rub

Ingredients

1 cup dried parsley
1/2 cup dried oregano
1/4 cup dried rosemary
2 tablespoons dried tarragon
2 tablespoons dried thyme
1 tablespoon coarse salt
1 teaspoon coarse ground black pepper

Procedure

Crush or grind herbs to a coarse powder. Stir in salt and pepper. Store in home canning jar or vacuum package. Label and date. Store in a cool, dry, dark location.

Recommended Use

Chicken and fish. Coat meat lightly with olive oil. Apply rub. Let chicken or fish stand 2 to 4 hours in the refrigerator. Grill.

Source: Ball Blue Book of Preserving, 2014

Dill Butter (Yield: about 1/2 cup)

Ingredients

1/2 cup unsalted butter
1 tablespoon minced fresh dill
1/2 teaspoon grated lemon peel
1/8 teaspoon salt

Procedure

Bring butter to room temperature. Combine butter, dill, lemon peel, and salt in medium bowl, stirring until well blended and smooth. Pack into a plastic freezer jar, or shape into a log and wrap in freezer wrap. Seal, label, and freeze.

Source: Ball Blue Book Guide to Preserving, 2014

Lemon Balm Butter (Yield: about 1/2 cup)

Ingredients

1/2 cup unsalted butter
1 tablespoon minced fresh lemon balm
1 tablespoon minced fresh parsley
1 tablespoon minced fresh chives
1/8 teaspoon salt

Procedure

Bring butter to room temperature. Combine butter, herbs, and salt in a medium bowl, stirring until well blended and smooth. Pack into plastic freezer jar, or shape into a log and wrap in freezer wrap. Seal, label, and freeze.

Source: Ball Blue Book Guide to Preserving 2014

Fresh Herb Butter (Yield: about 1/2 cup)

Ingredients

1/2 cup unsalted butter
1-1/2 teaspoons minced fresh flat leaf parsley
1 teaspoon minced fresh tarragon
1 teaspoon minced fresh thyme
1 teaspoon minced fresh oregano
1/4 teaspoon freshly ground black peppercorns

Procedure

Bring butter to room temperature. Combine butter, herbs, and pepper in a medium bowl, stirring until well blended and smooth. Pack into plastic freezer jar, or shape into a log and wrap in freezer wrap. Seal, label and freeze.

Source: Ball Blue Book Guide to Preserving, 2014

Mint Jelly with Liquid Pectin (Yield: 3 or 4 half-pint jars)

Ingredients

1-3/4 cups mint juice (1-1/2 cups firmly packed fresh mint and 2-1/4 cups water)
3-1/2 cups sugar
2 tablespoons lemon juice
1 pouch liquid pectin

To Prepare Juice: Wash mint, crush leaves and stems or finely chop. Place in saucepan, add water and bring quickly to a boil. Remove from heat, cover and let stand 10 minutes. (A few drops of green food coloring may be added if desired.) Strain to remove mint. Discard mint.

To Make Jelly: Sterilize canning jars by boiling them for 10 minutes under 1000'. Add 1 minute for each additional 1000'. Measure mint juice into a large saucepan. Stir in the sugar and lemon juice. Place on high heat, stir constantly and bring to a full boil that cannot be stirred down. Add the liquid pectin and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; quickly skim off foam. Pour jelly immediately into **sterilized** canning jars, leaving 1/4-inch headspace. Wipe jar rims and adjust lids. Process 5 minutes in a boiling water or steam canner, adding 1 minute for each additional 1000'.

Source: So Easy to Preserve, Cooperative Extension, the University of Georgia, 2014

Herbes de Provence (makes approximately 1/3 cup)

Ingredients

- 1 tablespoon dried thyme leaves
- 1 tablespoon dried sweet marjoram leaves
- 1 tablespoon dried summer or winter savory leaves
- 1 tablespoon dried rosemary leaves
- 2 dried bay laurel leaves, finely crushed in a mortar or spice grinder
- 1 teaspoon dried lavender buds
- 2 teaspoons grated and dried orange zest

Procedure

Place thyme, sweet marjoram, savory and rosemary leaves in small bowl. Lightly crumble leaves with fingertips. Add crushed bay, lavender buds, fennel seeds, and orange zest. Stir together to mix well. Pour into a glass jar and cover tightly. Store in a cool, dry, dark place for up to 1 year.

Source: Herbs - A Country Garden Cookbook, Rosalind Creasy and Carole Saville

Fines Herbs ("Thousand Herbs")

Ingredients

- 2 tablespoons dried tarragon
- 2 tablespoons dried parsley
- 2 tablespoons dried chervil

Procedure

Combine ingredients in a small bowl and transfer to an airtight glass jar. Store in a cool, dry, dark place. (Add to soups, sauces, and savory egg dishes at the end of cooking.)

Source: Herbs - A Country Garden Cookbook, Rosalind Creasy and Carol Saville

Lavender Cookies (Makes 72)

Ingredients

- 1/2 cup butter, softened
- 1/2 cup shortening
- 1-1/4 cups sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2-1/4 cups all-purpose flour
- 4 teaspoons dried lavender flowers
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Procedure

Preheat oven to 375°F. Cream butter, shortening, and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in extracts. In a separate bowl, whisk flour, lavender, baking powder, and salt. Gradually beat into creamed mixture. Drop by rounded teaspoons, two inches apart onto baking sheets lightly coated with cooking spray. Bake until golden brown, 8-10 minutes. Cool 2 minutes before removing to wire racks. Store in airtight container.

Source: Taste of Home magazine, 2007

Herb-Flavored Vinegar

Procedure

Select and prepare containers first. Use only glass jars or bottles that are free of cracks or nicks and can be sealed with a screw-band lid, cap, or cork. Wash hands well before starting any food preparation work. Wash containers thoroughly, then sterilize by immersing the jars in a pan of hot water and boiling for 10 minutes under 1000'. Add 1 minute for each additional 1000'. Once the jars are sterilized, remove from the boiling water and invert on a paper towel to dry. Fill while the jars are still warm.

If using screw caps, wash in hot soapy water, rinse and scald in boiling water. (To scald, follow manufacturer's directions, or place caps in a saucepan of warm water, heat to just below boiling and then remove from the heat source. Leave caps in the hot water until ready to use.) Use non-corrodible metal or plastic screw caps. If using corks select new, pre-sterilized corks. Plastic storage screw caps that are made for canning jars are also now available and would work well for flavored vinegars.

Commercial companies that make herbal vinegars dip the herbs in antibacterial agents not readily available to consumers. As an alternative, briefly dip the fresh herbs in a sanitizing bleach solution of 1 teaspoon household bleach per 6 cups (1-1/2 quarts) of water, rinse thoroughly under cold water, and pat dry. Allow three to four sprigs of fresh herbs or 3 tablespoons dried herbs per pint of vinegar.

Distilled white vinegar is clear in color and best with delicate herbs. Wine and rice vinegars contain protein that provides an excellent medium for bacterial growth if not stored properly.

Preparation

To make herb-flavored vinegars, place prepared herbs in the sterilized jars being careful to avoid overpacking the bottles. Use three to four sprigs of fresh herbs or 3 tablespoons of dried herbs. Heat vinegar to just below boiling (190°F.), then pour over the herbs and cap tightly. Allow to stand for three to four weeks in a cool, dark place for the flavor to develop fully. Strain the vinegar through a damp cheesecloth or coffee filter one or more times until the vinegar is no longer cloudy. Discard the herbs. Pour the strained vinegar into a clean sterilized jar. Add a sprig or two of fresh herbs that have been sanitized as described above. Seal tightly.

Storage and Use

For the best retention of flavors, store flavored vinegars in the refrigerator or a cool, dark place. If properly prepared, flavored vinegars should retain good quality for two to three months in cool room storage and for six to eight months in refrigerated storage. If you notice any signs of mold or fermentation (such as bubbling, cloudiness, or sliminess) in your flavored vinegar, throw it away without tasting or using it.

Flavored vinegars can be used in any recipe that calls for plain vinegar such as marinades and salad dressings.

Source: Flavored Vinegars and Oils, Fact Sheet No 9.340, Food and Nutrition Series, Colorado State University Extension, 2012

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