

MYERBERG CENTER – COOKING WITH CHEF ALBA
“COOKING WITH AROMATIC HERBS”
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Pasta with Aromatic Herbs

½- pound thin linguine pasta	2 tablespoons roughly torn fresh basil leaves
2 tablespoons unsalted butter	2 tablespoons fresh thyme leaves
3 tablespoons extra virgin olive oil	2 tablespoons roughly torn fresh tarragon leaves
1 large shallot, finely minced	2 tablespoons roughly chopped fresh rosemary leaves
Salt, black pepper, red pepper flakes	2 tablespoons roughly chopped fresh dill
1 pinch freshly grated nutmeg	Freshly grated Parmesan cheese

1. Heat a 5- to 6-quart pot of water over high heat; bring to a boil. Add the pasta and 2 tablespoons salt; bring to a second boil. Stir vigorously for the first 30 seconds so the pasta will not stick. Cook the pasta until al dente according to package directions.
2. Heat large skillet on medium heat; add butter, oil, and shallot; cook to translucent, 3-4 minutes. Add basil, thyme, tarragon, rosemary, dill, red pepper flakes, nutmeg, salt, and pepper to taste. Cook until herbs are fragrant, 1-2 minutes.
3. When pasta is ready, reserve ½ cup pasta water for later use. Drain pasta and transfer it to the skillet with the sauce; toss well to coat. Drizzle some pasta water if the sauce is too dry. Top with the grated cheese.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Rinse and dry all herbs
- Have a pasta pan filled with water ready to boil right before class

Tartar of Vegetable with Herb Yogurt Sauce

2 large ripe tomatoes	2 sprigs dill, finely minced
2 small zucchini, cut in small dice	3 sprigs thyme, finely minced
1 small cucumber, remove skin, cut in small dice	1/3 bunch Italian parsley, finely minced
1 yellow or orange bell pepper, cut in small dice	Extra virgin olive oil
1 small red onion, minced	sea salt
8 ounces Greek yogurt	black pepper, red pepper flakes

1. Boil tomatoes for 20 seconds in hot water. Remove skin, eliminate seeds, and cut into small cubes. Transfer to a bowl, add remaining vegetables in bowl. Season with salt, pepper, red pepper flakes, 2 tablespoons olive oil, 1/3 of minced herbs; gently mix.
2. Place a pastry ring on each plate; divide the vegetables evenly in the pastry rings.
3. In a bowl add the yogurt, 1/3 of chopped herbs; mix well. Top each pastry ring with yogurt mixture. Top each pastry ring with remaining herb; remove pastry ring and serve.

Note: you can also just place in serving glasses.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have all vegetables rinsed and dried
- Have a small pan filled with water ready to boil tomatoes after start of class

Straccetti di Pollo al Limone e Erbe

6 chicken tenderloin, pounded flat	Zest of 1-2 organic lemons
Flour for dredging	Juice of 1-2 organic lemons
Salt and pepper	½ cup dry white wine (or broth)
2-3 tablespoons extra-virgin olive oil	
2 tablespoons chopped fresh herbs of choice (basil, Italian parsley, rosemary, sage, tarragon)	

1. Zest the 2 lemons. Juice the 2 lemons in a small bowl.
2. Pound chicken tenderloins flat. Then cut diagonally strips of chicken about 3 inches long and 1 inch wide.
3. Place the chicken on a plate and dust some flour on all pieces. Be sure to shake any excess flour. Season with salt and pepper.
4. In a large skillet, add the olive oil on medium heat. When hot add the chicken strips. Cook until mostly golden (no pink).
5. Add the juice of lemon and the white wine. Cook until the juices are reduced, about 5 minutes. If too dry add some water and stir.
6. When the chicken is cooked, add the fresh herbs and lemon zest and turn heat off.

Note: taste the lemon and lemon zest, if too strong, use less.

What to prep ahead

- Have all ingredients measured and ready on a tray
- Have herbs rinsed and dried

MEASURE 1 TEASPOON OF DRY FOR EACH 1 TABLESPOON OF FRESH HERB

Herb/Plan	Substitution	Background/Origin (Not historical)
Basil, fresh only	oregano or thyme	some Mediterranean it is a symbol of love and fidelity. When a woman put a pot of basil on balcony outside her room, it meant that she was ready to receive her suitor
Bay leaves fresh/dry	none	The bay leaf was a mythological sacred plant of Apollo. A branch of the laurel was used to surround the head
Cilantro, fresh only	fresh Italian parsley	Cilantro has been used since around 5,000 B.C. Spanish conquistadors introduced it to Mexico and Peru.
Dill Weed, flavorful like anise	fennel weed	For ancients Greeks/Romans dill was known as a medicinal herb. Soldiers placed burned dill seeds on their wounds to promote healing
Garlic	shallots	Garlic was worshipped by Egyptians and fed to workers building the Great Pyramid at Giza. Greek athletes ate it to build strength
Ginger, fresh only	cinnamon or nutmeg	It was one of the important spices that led to the opening of the spice trade routes
Italian Parsley, fresh only	fresh cilantro	Romans used parsley as a garnish + flavoring. They put it around their necks in belief that leaves would absorb fumes
Mint, fresh only	basil, rosemary	In Greek mythology, there was a beautiful young woman by the name of Minte, who was loved by the god of the underworld, Ade. The cheated wife, Persephone, for revenge transformed her into a plant
Oregano fresh/dry	thyme, basil	Oregano was originally grown extensively in Greece and Italy. Since Greek and Roman times, it has been used with meats, fish, vegetables, and as a flavoring for wine

Rosemary fresh/dry	thyme, tarragon	It is said that during her journey from Egypt, the Virgin Mary draped her blue cloak on a Rosemary bush. She then laid a white flower on top of the cloak. That night, the flower turned blue, and the bush was thereafter known as the "Rose of Mary"
Sage fresh/dry	marjoram, rosemary	"Sage" from the Latin word "salvia," meaning "to save." Greeks and Romans used it to cure snake bites and to invigorate the mind and body. In the Middle Ages, it was used in tea to treat colds and other ailments
Thyme fresh/dry	basil, oregano	Ancient Greeks believed thyme was a symbol of courage and sacrifice. In the Middle Ages, ladies would embroider a sprig of thyme into scarves of their knights. In ancient times, also used to treat melancholy