

Recipes



Dill, *Anethum graveolens*

Tips for Using Dill:

- Harvest dill leaf (also known as dill weed) at any point in the growing season until the yellow flower clusters form.
- Since the flavor begins to diminish soon after picking, use cut dill as soon as possible.
- Make dill infused vinegar by placing dill leaves in a jar and covering with white wine vinegar.
- Use fresh dill in pickle recipes, cucumber salads, and in dishes with cheese, eggs, potatoes and fish.
- Dill seeds are harvested just as they start to turn a tan color. Cut and dry upside-down in a brown paper bag that will catch the seed as it falls from the clusters. Or tie small paper bags on the plant to catch the seeds as they mature. Store in an airtight container when completely dry.
- Whole flower heads with partially ripened seeds are used whole for pickling.
- Add fresh dill along with olive oil and lemon to make a simple but flavorful pasta salad with vegetables dressing.

Cucumber Dill Salsa

2 cucumbers, peeled, seeded, and chopped
3 plum tomatoes, chopped
¼ cup chopped chives or green onions
2 tablespoons chopped garlic chives

2 tablespoons chopped fresh dill
1 tablespoon lemon or lime juice
Pepper to taste

Combine all ingredients. Chill and serve. Makes a good dressing for hummus on a pita.

Jennifer F. Jordan, HSA Tidewater Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Mustard Dill Sauce

½ cup fresh dill, chopped
½ cup Dijon mustard
1 tablespoon honey

3 tablespoons dill white wine vinegar
3 tablespoons plain yogurt
½ cup olive oil

In a blender, combine all ingredients except the oil. With the motor running, slowly add the oil. Blend until thick and smooth. Place in a covered container and refrigerate.

Serve with steamed vegetables, grilled chicken or fish.

Eleanor Davis, HSA Western Pennsylvania Unit

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Ranch Dressing

- ½ cup mayonnaise
- ½ cup sour cream
- ¾ cup buttermilk
- 2 cloves garlic, minced
- ¼ cup freshly chopped parsley
- 2 tablespoons freshly chopped dill
- 2 tablespoons freshly chopped chives
- 1 ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon onion powder
- pinch cayenne pepper

In a medium bowl, whisk together mayonnaise, sour cream, and buttermilk. Add remaining ingredients and stir until combined. Store covered in the refrigerator for up to one week. Makes 1 cup.

Makinze Gore, June 2023
Delish.com

Dill and Chive Peas

- 1 package (16 ounces) frozen peas
- ¼ cup snipped fresh dill
- 2 tablespoons minced fresh dill
- 1 tablespoon butter
- 1 teaspoon lemon pepper seasoning
- ¼ teaspoon kosher salt

Cook peas according to package directions. Stir in remaining ingredients; serve immediately.

tasteofhome.com

Ukrainian Dill Potatoes

- 2 pounds small new potatoes
- 2 teaspoons kosher salt, plus more
- 3 cloves garlic
- ¼ cup unrefined sunflower oil
- ½ cup finely chopped fresh dill

Measure 2 pounds new potatoes: if they're about an inch in diameter, leave them whole. If they're larger, cut into 1-inch chunks, making sure all the potatoes are roughly the same size to ensure even cooking.

Place the potatoes in a large pot and add enough water to cover by about 2 inches. Add 2 teaspoons kosher salt, cover, and bring to a boil over medium-high heat. Reduce the heat to low and gently simmer with the lid ajar until the potatoes can be pierced easily with a fork, being careful not to overcook them, 12 to 15 minutes.

Meanwhile, finely grate 3 garlic cloves on a Microplane or run through a garlic press and place in a small bowl. Add ¼ cup sunflower oil and stir to combine. finely chop fresh dill until you have ½ cup.

Drain the potatoes and return to the pot. Add the garlic oil, dill, and a pinch of kosher salt. Gently toss to combine. Taste and season with more salt as needed.

Note: 2 tablespoons fruity extra-virgin olive oil plus 2 tablespoons walnut oil can be substituted for the sunflower oil.

Store leftovers in refrigerator in an airtight container up to 4 days.

Alexandra Shytsman
Kitchn.com

Lemon and Dill Chicken

4 boneless skinless chicken breasts, 1-1 ½ pounds
salt and freshly ground pepper, to taste
3 teaspoons extra-virgin olive oil, or canola oil,
divided
¼ cup finely chopped onion

3 cloves garlic, minced
1 cup reduced-sodium chicken broth
2 teaspoons flour
2 tablespoons chopped fresh dill, divided
1 tablespoon lemon juice

Season chicken breasts on both sides with salt and pepper. Heat 1 ½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

Reduce heat to medium. Add the remaining 1 ½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with remaining 1 tablespoon of chopped fresh dill.

EatingWell Test Kitchen
EatingWell.com

For more information and recipes using dill, see [The Herb Society of America's Essential Guide to Dill](#)

**Do you have a recipe using dill to share?
Please send it to educator@herbsociety.org**