

Tarragon, *Artemisia dracunculus*

Tips for Use:

- Use fresh tarragon when possible since it loses flavor when dried.
- Add fresh tarragon sprigs to pickling brine.
- Tarragon bruises easily so handle gently and chop with single strokes.
- Add fresh tarragon towards the end of cooking time or raw for best flavor. The flavor turns bitter if cooked too long.
- Fresh tarragon makes a tasty garnish along side of or sprinkled on salads and many other dishes.

Tarragon Vinegar

Tarragon, stems and leaves

White wine vinegar

Optional: garlic, thyme, chives or other herbs

Wash herbs in cool water. Pat or spin dry in a salad spinner. Loosely fill a clean canning jar with tarragon or combination of herb sprigs. Cover with a noncorrosive lid (such as plastic wrap followed by jar lid or a cork) and store in the dark for two weeks or longer. Shake occasionally. To decant, strain vinegar and place in smaller bottles with an additional decorative sprig of tarragon. Use vinegar in potato, chicken or tuna salads and to make vinaigrettes and marinades.

Karen Kennedy
HSA Staff

Raspberry Vinaigrette

¼ cup raspberry infused balsamic vinegar

¼ cup maple syrup

1½ teaspoons Dijon-style mustard

1 tablespoon fresh tarragon, chopped or ½
teaspoon dried tarragon

½ teaspoon salt

¼ teaspoon ground pepper

¼ cup olive oil

¼ cup vegetable oil

Blend ingredients until emulsified. Use immediately or refrigerate.

Karen Kennedy
HSA Staff

Tarragon – Mustard Chicken

3 tablespoons Dijon mustard	2 cups regular or whole wheat panko bread crumbs
3 tablespoons olive oil	
2 garlic cloves, minced	4 skinless boneless chicken breast halves
1 tablespoon fresh tarragon, chopped or 1 teaspoon dried tarragon	

Preheat oven to 450°F. In a small bowl, whisk together mustard, olive oil, garlic and tarragon. Put breadcrumbs on a rimmed plate or pie pan. Salt and pepper the chicken breasts. Spread mustard mixture over both sides of each piece of chicken and then dip chicken into the breadcrumbs to coat both sides. Place chicken on a baking sheet coated with cooking spray or oil. Bake at 450°F until crumb coating is golden brown and chicken is cooked, about 14 minutes. Serves 4

Karen Kennedy
HSA Staff

Tarragon Butter

1 cup softened butter
2 teaspoons fresh tarragon, minced
1 teaspoon fresh parsley, minced
1 teaspoon fresh lemon juice

Work herbs and lemon juice into the softened butter. Cover tightly and refrigerate until ready to use.

Marie G. Fowler,
HSA Arkansas Unit

Tarragon Goat Cheese Mousse

15 oz. ricotta cheese	2 tablespoons chopped fresh chives
4 oz. goat cheese	2 (5-inch) sprigs tarragon
1 whole head garlic	1 teaspoon olive oil

Preheat oven to 400°F. Slice top from the head of the garlic and place head on a large square of aluminum foil. Drizzle olive oil over the top and wrap. Bake for about 30 minutes – until soft and lightly browned.

Drain the ricotta cheese in a cheesecloth-lined strainer for about an hour. In a food processor, mince the herbs. Squeeze the soft garlic out of the head and into the herbs, add cheeses, salt and pepper to taste. Process until blended. Chill. Serve with crackers.

Linda Franzo
HSA New Orleans Unit

Creamy Tarragon Sauce

This sauce is like a creamy bearnaise sauce except it skips the butter, egg yolks, and fuss. It's spiked with lemon juice, zesty Dijon mustard, and of course, tarragon. Try it with poached eggs or even grilled steak.

½ cup low-fat plain yogurt
6 tablespoons low-fat mayonnaise
4 teaspoons chopped fresh tarragon, or 1 teaspoon dried
1 tablespoon lemon juice
1 tablespoon water
2 teaspoons Dijon mustard
¼ teaspoon salt
Freshly ground pepper, to taste

Whisk yogurt, mayonnaise, tarragon, lemon juice, water, mustard, salt and pepper in a small bowl.
Make ahead tip: Cover and refrigerate for up to 3 days.

Eating Well Test Kitchen
Eatingwell.com

Citrus Tea with Tarragon

This soothing sweet and fruity tea is the perfect beverage for a stress-free afternoon.

½ cup orange juice
½ cup sugar
¼ cup honey
¼ cup cold water
3 tablespoons lemon juice
2 tablespoons lime juice
½ cup packed fresh tarragon leaves
8 cups water
4 Earl Grey tea bags
Orange slices (optional)
Fresh tarragon sprigs (optional)

In a small saucepan combine orange juice, sugar, honey, ¼ cup cold water, lemon juice, and lime juice. Bring to boiling over medium-high heat, stirring constantly. Remove from heat; and let stand 15 minutes

Place citrus mixture in a blender. Add ½ cup tarragon leaves; cover and blend 30 seconds. Line a fine mesh strainer with a double-thickness of cheesecloth. Strain citrus mixture through the sieve; discard any solids.

In a large saucepan bring the 8 cups water to boiling. Remove from heat. Add tea bags; steep for 5 minutes. Remove and discard tea bags. Stir strained citrus mixture into tea. Garnish each serving with orange slices and a tarragon sprig. Makes 8 servings.

Better Homes and Gardens
BHG.com