

SELECTED RECIPES WITH

Basil



Basil Cinnamon Ice Cream

- 1 cup of fresh cinnamon basil
- 1 cup whole milk, well chilled
- $\frac{3}{4}$ cup granulated sugar
- 2 cups heavy cream, well chilled
- 1 – 2 teaspoons pure vanilla extract

Heat the milk and pour over 1 cup of fresh cinnamon basil. Cover with plastic wrap and steep for 1 hour. Strain out herbs and chill.

In a medium bowl, whisk together the milk and sugar until sugar is dissolved. Stir in the heavy cream and vanilla to taste. Turn on the machine and pour in the mixture, through the ingredient spout. Let this mix until thickened, about 25 – 30 minutes. Makes 6-8 $\frac{1}{2}$ cup servings.

Note: If you don't have cinnamon basil, use 1 cup fresh sweet basil + 1 cinnamon stick.

by Billi Parus, HSA Tidewater Unit Member

Basil Lime Ice

- 1 cup sugar
- 2 teaspoons freshly grated lime zest
- $\frac{1}{3}$ cup fresh lime juice
- 2 $\frac{1}{2}$ cups boiling water
- 1 cup low-fat plain yogurt
- 7 basil leaves

Combine sugar, lime zest and lime juice in a heatproof bowl. Add 4 whole basil leaves. Using the back of a large spoon, bruise the basil leaves against the bottom or side of the bowl.

Add boiling water and stir until the sugar has dissolved. Cover and let steep for 15 minutes.

Discard basil leaves. Cover and refrigerate until chilled, about 1 hour or overnight.

Slice remaining basil leaves in very thin strips. Add basil and yogurt to the lime mixture and whisk until smooth. Pour into an ice cream maker and freeze according to manufacturer's directions. (Alternatively, freeze mixture in a shallow metal pan until solid, about 6 hours. Break into chunks and process in a food processor until smooth.)

Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes. 8 servings, 1/2 cup each.

Creamy Vinaigrette

1 ounce olive oil

2 ounce cider vinegar

4 ounce plain nonfat yogurt

½ teaspoon Dijon mustard

2 teaspoons maple syrup

1/8 teaspoon black pepper

1 teaspoon chopped fresh basil

½ teaspoon chopped fresh tarragon

Mix all ingredients thoroughly. Store in refrigerator.