

# Recipes

---



## **Rubus spp. Brambles**

### **Herbed Raspberry Vinegar**

White wine or champagne vinegar

Raspberries or blackberries

Additional flavoring herbs of choice

Pack washed and dried herbs and berries into a clean, wide-mouthed canning jar. Fill the jar with as much as you can fit in, leaving a small amount of space at the top. Pour selected vinegar over the herbs, covering them. If using a metal lid, place plastic wrap over the top to create a barrier and prevent the metal from eroding. Let steep for a few weeks. Setting the jars in the sun will speed up the process.

After steeping, strain the vinegar using a coffee filter in a fine mesh strainer. Pour strained vinegar into clean bottles. Close with a cork, nonmetal lid or a use plastic wrap barrier and a metal lid.

Use raspberry vinegar to make salad dressing by adding one part vinegar to two parts good quality olive oil. Add a splash of the vinegar to soups or stews, deglaze pans or sprinkle over vegetables such as spinach and kale. Also use in recipes in place of plain vinegar, such as in fruit salads and coleslaws.

Raspberry/herb blends:

- Thai basil, sliced ginger, blackberries – spray on vegetables prior to roasting
- Lavender and black raspberries – good choice for fruit salads
- Mint and red raspberries – great on spinach salads

Adapted from Karen O'Brien  
The Herb Society of America's Essential Guide to Rubus

### **Lavender Raspberry Lemonade**

½ cup lavender flowers (use food grade)

2 cups water

½ gallon lemonade

1 pint fresh raspberries, cleaned and dried

Boil the water and pour over the lavender flowers in a large glass measuring cup or bowl. Steep the flowers 15 minutes. Strain; and pour into the pre-made lemonade. Chill. When serving, add 4-5 raspberries to a glass; muddle them slightly, and pour in lemonade.

Karen O'Brien  
The Herb Society of America's Essential Guide to Rubus

## Chocolate Raspberry Tart with Gingersnap Crust

*The chocolate filling is a variation on the ganache for the Chocolate-Raspberry Truffles. For the crust, you'll need nothing fancier than a bag of store-bought gingersnaps.*

Vegetable oil for the pan

About 40 gingersnap wafers (to yield 1½ cups finely ground)

4 tablespoons melted unsalted butter

3½ cups fresh raspberries

8 ounces semisweet or bittersweet chocolate, finely chopped

1¼ cups heavy cream

Small pinch of salt

Position a rack in the middle of the oven and heat the oven to 325°F. Oil the sides and bottom of a 9 ½ inch flute tart pan with a removable bottom. In a food processor, grind the gingersnaps until they're the texture of sand. Transfer to a bowl, add the melted butter, and work it in by squishing the mixture together with your hands. Press into the sides and bottom of the oiled tart pan. Set the pan on a baking sheet and refrigerate for 20 minutes to firm. Bake the tart crust on the baking sheet until fragrant, about 15 minutes, checking and rotating if needed to make sure the crust doesn't get too dark. Set on a rack to cool.

Note: A ginger snap crust needs no rolling. Simply press it into the tart pan with the bottom of a measuring cup or a jar.

Meanwhile, pass 1 cup of the berries through a food mill fitted with a fine disk or force them through a fine sieve, mashing with a wooden spoon, into a medium bowl. You'll have about ½ cup puree; set it aside and discard the contents of the strainer. Put the chopped chocolate in a medium bowl. Heat the cream just until boiling. Pour the hot cream over the chopped chocolate; whisk to blend. Stir in the raspberry puree and the salt. Pour the mixture (called ganache) into the cooled tart shell. Refrigerate until the ganache is fairly firm, about 1 hour. Arrange the remaining raspberries on top of the ganache; they should completely cover the surface. Chill until the ganache is completely firm, about 30 minutes, and serve. Serves 8-10.

Tips: This tart can be made up to a day ahead.

Michelle Polzine  
Fine Cooking Issue 52

## Country Raspberry Leaf Rinse

*Raspberry leaves are naturally cleansing. They have been used by women for years to treat skin and hair. Fresh leaves make an excellent final rinse for your hair and scalp. They are naturally acidic, helping to restore your hair's natural acid level, which is often stripped away by alkaline shampoos. For a bit of natural color, you may add a few fresh berries to the recipe. If you do not have access to fresh leaves, you can purchase them at a natural food store, or look for herbal teas made from raspberry leaves and use the contents of their bags.*

1 cup fresh raspberry leaves, washed

2 cups boiling water

Place the leaves in a ceramic or glass bowl. Pour the boiling water over them and allow the mixture to sit for 15 minutes. Strain and pour into a clean bottle.

To use: After shampooing pour through your hair as a final rinse. Dry and style your hair as usual. Save any leftover rinse in the refrigerator. Yield 16 ounces.

Janice Cox  
*Natural Beauty from the Garden, 2<sup>nd</sup> Edition*

For more information on *Rubus* spp., including history, growing tips, cultivars and recipes, see  
The Herb Society of America's Essential Guide to *Rubus*, available soon.

**Do you have a recipe using brambles to share?  
Please send it to [Educator@herbsociety.org](mailto:Educator@herbsociety.org)**