

Recipes



Tarragon, *Artemesia dracunculus*

Tips:

- Use fresh tarragon whenever possible since tarragon loses flavor when dried.
- Store freshly cut tarragon in a glass of water on the counter for a week or loosely wrap in a damp paper towel and store in a plastic bag in the refrigerator.
- Add at the end of cooking time to sauces, stews, soups, meat and fish dishes etc. to maintain the most flavor.
- Substitute tarragon for basil for a different twist on classic basil dishes like a caprese salad.
- Add tarragon to mayonnaise to make a sandwich spread.
- Make tarragon vinaigrette for salads or cooked vegetables using tarragon vinegar, olive oil, salt and pepper.
- Tarragon is part of the French medley of herbs referred to as fines herbs, along with parsley, chervil, and chives.

Tarragon Vinegar

Tarragon, stems and leaves

White wine vinegar

Optional: thyme, chives or other herbs

Wash herbs in cool water. Pat or spin dry in a salad spinner. Loosely fill a clean canning jar $\frac{1}{2}$ way with tarragon or combination of herb sprigs. Pour white wine vinegar over the herbs, covering herbs completely. (Use a ratio of about 1 part herbs to 2 parts vinegar) Cover with a noncorrosive lid (such as plastic wrap followed by a canning jar lid or a cork) and store in the dark for two weeks or longer. Shake occasionally. To decant, strain vinegar into 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

$\frac{1}{4}$ cup raspberry infused balsamic vinegar

$\frac{1}{4}$ cup maple syrup

$1\frac{1}{2}$ teaspoons Dijon-style mustard

1 tablespoon fresh tarragon, chopped or $\frac{1}{2}$ teaspoon dried tarragon

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground pepper

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup vegetable oil

Blend ingredients until emulsified. Use immediately or refrigerate. Great on salads with fresh fruit, chicken, feta or bleu cheese, pecans or walnuts and lettuce, spinach or quinoa.

Karen Kennedy
HSA Staff

Tarragon Goat Cheese Mousse

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

Tarragon Mustard Chicken

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

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 the 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

Green Goddess Sauce

Great with salmon, crudites, or turkey sandwiches.

2 tablespoons parsley
2 tablespoons tarragon
2 tablespoons scallions
2 tablespoons chives
½ cup mayonnaise
2 tablespoons creme fraiche
2 tablespoons white wine vinegar
salt and pepper to taste

Combine herbs in a food processor and blend until a smooth paste forms. In a bowl, combine mayonnaise with creme fraiche and vinegar. Add the paste to the mayonnaise mixture and stir to combine; season with salt and pepper. Makes ½ cup.

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