

Recipes



Chervil, *Anthriscus cerefolium*

Tips

- Best to use chervil leaves that are fresh and add towards the end of cooking in dishes that won't over power its delicate flavor.
- Avoid using chervil leaves from a plant that is flowering as they will be bitter.
- The delicate flavor is used with eggs, especially omelets, fish, vegetables, fresh fruit and salads, and as a garnish
- Add to herb blends and rubs, pesto, salad dressings, herb butters and mild sauces.

Early Spring Omelet with Chervil

4 eggs, room temperature
1 tablespoon milk
1 tablespoon mayonnaise
1/4 teaspoon salt

1 tablespoon chopped fresh chervil
1 teaspoon chopped fresh chives
1 tablespoon butter
1/4 cup grated or sliced Gruyère cheese
1/8 teaspoon pepper

Separate eggs. Beat the whites until frothy but not stiff. Beat yolks until light. Add milk, mayonnaise, salt, pepper, chervil and chives to the yolks, blending well. Fold in the egg whites.

Heat the butter in a sauté pan over medium-low heat. Pour in the egg mixture and cook over low heat until eggs rise and begin to set. Turn omelet and allow to finish cooking.

Sprinkle cheese over the top of the omelet. Fold omelet in half and carefully slide onto a warmed platter. Garnish with additional chopped chervil.

Chef Shad R. McLennan,
Friend of the HSA North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Cream of Chervil Soup

2 cups chopped carrots, cooked
2 1/2 cups potatoes, peeled, cooked and chopped
1 Tablespoon butter
1/4 cup finely chopped scallions or leeks

5 cups chicken stock
1 cup half-and-half or whipping cream
1/2 cup chopped fresh chervil
Salt and pepper
Chervil for garnish

Melt the butter in a saucepan and gently sauté the chopped scallions for 5 minutes. Add the chicken stock, cooked carrots and potatoes. Simmer for 10 minutes. Allow the mixture to cool slightly, then puree in a blender. Return to the saucepan and stir in cream, chervil and seasonings. Cook until heated through. Garnish with chervil sprigs. Yields 6 servings.

Eleanor Davis, HSA Western Pennsylvania Unit

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

Zesty Spring Dressing

1/2 cup olive oil
1/4 cup champagne vinegar
2 tablespoon fresh lemon juice
Zest of 1 lemon

1/4 teaspoon salt
2 teaspoon fresh dill
2 teaspoon chopped parsley
1 tablespoon chopped chervil

Whisk together the olive oil, vinegar, lemon juice and salt. Add lemon zest and herbs, stirring thoroughly. Keep in a covered jar in refrigerator, allowing flavors to blend for at least 2 hours.

Katherine K. Schlosser, HSA North Carolina Unit

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

Spring Pesto with Chervil and Pine Nuts

2 cups fresh chervil
1/4 cup freshly grated Parmesan cheese
1/4 cup toasted pine nuts
1/3 cup olive oil
1 clove garlic, sliced
Salt and pepper to taste

Toast pine nuts in a dry sauté pan for 2 to 3 minutes, or just until the nuts take on a golden color. Remove from heat and place the nuts in a dish until ready to use. Wash and dry the chervil and mince the garlic.

Combine chervil, Parmesan, pine nuts, garlic and 2 tablespoons of olive oil in a food processor. Pulse lightly to ensure that ingredients are well combined. Add additional olive oil as necessary to make a thin paste, leaving bits of chervil still visible. Season with salt and pepper, then store in the refrigerator for up to 3 days. If you will be keeping the pesto longer, freeze in an ice cube tray, then pop the cubes into a plastic bag and seal.

Katherine K. Schlosser, HSA North Carolina Unit

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

Vinaigrette Carrots

1 pound baby carrots, peeled
1/2 cup chopped fresh chervil
1/2 cup white wine vinegar
1/3 cup olive oil

1 1/2 tablespoon fresh lemon juice
1 tablespoon snipped fresh chives
Chive blossoms for garnish

In a saucepan, steam the carrots in a cup of salted water for 4 to 5 minutes. Rinse carrots in cold water and pat dry.

Whisk together the remaining ingredients and season with salt and pepper. Toss the carrots in the mixed dressing. Chill for at least 2 hours. Serve with a chive blossom for garnish.

Eleanor Davis, HSA Western Pennsylvania Unit

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

New Potatoes with Butter, Shallots and Chervil

2-1/4 lb. small (2-inch) new potatoes, such as Yukon Gold or Yellow Finn, peeled and halved lengthwise (about 14 potatoes)

Kosher salt

1 large shallot, minced (about 1/4 cup)

2 teaspoon fresh lemon juice

6 tablespoons unsalted butter, cut into 8 pieces, softened to room temperature

2 tablespoons chopped fresh chervil or flat-leaf parsley

Freshly ground black pepper

Put the potatoes in a medium pot, add water to cover by 1 inch, and season generously with about 2 Tbs. salt (the water should taste almost as salty as sea water). Bring to a boil, reduce the heat to a simmer, and gently cook the potatoes until tender when pierced with a fork, 10 to 12 minutes. (You want them to maintain their shape, so be careful not to overcook them.)

Meanwhile, combine the shallot, lemon juice, and a pinch of salt in a small bowl, and let sit for at least 10 minutes and up to 2 hours.

Drain the potatoes and return them to the warm pot. Immediately add the shallot mixture, butter, and chervil or parsley and gently stir to combine. Season with salt and pepper to taste and serve.

6 Servings

Tasha DeSerio,
Fine Cooking, Issue 85

Do you have any recipes featuring chervil to share?

Contact educator@herbsociety.org