

Recipes



Lemon Balm *Melissa officinalis*

Tips for Use:

- Add fresh leaves to complement fruit salads or beverages.
- Combines well with parsley and basil as well as dill, tarragon, chervil and chives.
- Steep in hot milk for custard-based dessert recipes and ice cream.
- Like other tender leaf herbs, add towards the end of cooking time.
- Combine fresh or dried with other herbs for herbal tea or add to black, green, or white tea, served hot or iced. Add a handful to a pitcher of black iced tea, with or without a handful of spearmint.
- Make a simple syrup to add to cocktails/mocktails and other recipes.
- Make lemon balm scented sugar by adding chopped lemon balm to sugar, seal, and store for six weeks.
- Infuse in cold drinking water alone or with other herbs such as spearmint, orange mint, pineapple sage, rose petals, basil, and sliced fruit.
- The flowers are edible and can be used in salads and a garnish.

Lemon Balm Tea

Fresh lemon balm leaves or dried and crumbled lemon balm leaves

Water

Rinse fresh lemon balm leaves in cool water. Place about ½ cup fresh leaves in a teapot and add 2 cups of boiled water. Steep for 10 minutes and up to several hours. Strain and drink warm or refrigerate to serve cold.

For dried lemon balm, place 1-3 teaspoons in a tea strainer. Add one cup of water and steep for 10 minutes. Remove strainer and enjoy hot or refrigerate.

Adjust the volume of lemon balm to water to match desired quantity.

Herbal Shortbread Cookies

1 cup (2 sticks) unsalted butter, room temperature, cut up
½ cup confectioner's sugar or ½ cup packed brown sugar
2 cups un-sifted all-purpose flour
½ teaspoon salt
1 tablespoon lemon balm (can substitute lavender flowers, calendula flower petals, candied ginger, or rosemary)

Preheat oven to 325°F. In an electric mixer (or with a wooden spoon), beat together the softened butter and sugar until smooth. Sift flour and salt on top of mixture and sprinkle in herb of choice; blend all together just until ball begins to form.

On a floured surface, roll out to a circle or square shape, about ¼ to ½-inch thick. When you have the shape you want, move the dough to an ungreased baking pan. Cut wedges or small squares in the dough, but do not pull apart.

Bake for 25 minutes or until top is dry and just turning golden. Take a sharp knife and cut through the marked areas. Cookies will keep well in an airtight container

Debby Accuardi, HSA Member at Large, West District
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
edited by Kathy Schlosser

Chicken Salad with Creamy Lemony Herb Dressing

Keywords: lemon balm, chicken, main dish

1-pound cooked chicken breasts, cut or torn into bite size pieces.
¾ cup thinly sliced celery (cut on diagonal)
½ cup thinly sliced chives or substitute green onions (green portion only)
¾ cup toasted pecan pieces, or other nuts may be substituted
1 cup seedless grapes, cut in halves
½ cup golden raisins
Sprigs of lemon balm, lemon thyme, lemon basil or Mexican mint marigold for garnish

Creamy Lemony Herb Dressing

- ¾ cup sour cream
- ¾ cup mayonnaise
- 2-3 tablespoons lemon juice
- 1 teaspoon ground coriander seed
- 3 tablespoons honey
- 1 tablespoon grated lemon peel
- 2 tablespoons chopped fresh lemon balm
- 2 tablespoons chopped fresh Mexican mint marigold or tarragon
- 2 teaspoons chopped fresh lemon thyme
- 2 tablespoons chopped fresh parsley
- ½ teaspoons salt
- ¼ teaspoon freshly ground white pepper

Mix dressing by combining all ingredients in a small bowl with a rubber spatula or a wire whip. Do not combine in a blender or processor, or it will be too thin. Dressing should be highly seasoned to flavor chicken and other ingredients. Place chicken pieces in a medium mixing bowl. Add celery, chives, nut pieces, grapes, and raisins, tossing them lightly with a fork. Taste dressing. For seasoning, adding more salt and lemon juice as needed. Gently fold in just enough dressing to coat salad. Serve on lettuce leaves or other greens; garnish with additional nuts and herb sprigs.
Yield: 4 generous servings

© 1994 Madalene Hill, Gwen Barclay, *Flavour Connection*

Do you have a recipe using lemon balm to share?

email educator@herbsociety.org

For more information, see

[Lemon Balm: An Herb Society of America Essential Guide](#)