

Recipes



Peppermint *Menthe x piperita*

Tips

- Use in fresh or dried in tea and tea blends.
- Peppermint in a bolder flavor than spearmint, which is sweeter
- Add a leaf or two to hot chocolate, or steep fresh or dried mint in hot milk, prior to making
- Put a sprig in beverages such as lemonade or cocktails
- Use a garnish on the side of the plate, much like parsley
- Crush fresh leaves and blend into whipped cream
- Make flavored water by adding to iced water with fresh fruit like sliced lemons, strawberries, or cucumbers

August Chicken Salad

4 boneless chicken breasts	4 tablespoons Dijon honey mustard
3 ripe peaches	1 tablespoon fresh thyme leaves
3 ripe tomatoes	3 peppermint leaves, chopped
2 cucumbers	Baby spinach, as a bed
4 tablespoons olive oil	¼ teaspoon sea salt
3 tablespoons white wine vinegar	Cracked black pepper to taste

Coat chicken breasts with half the thyme leaves and grill until cooked through, about 20-25 minutes. Remove to a cutting board to cool. When cool, cut into ¾-inch chunks.

While the chicken is cooking, clean and chop the peaches, tomatoes, and cucumbers. Put into a large bowl for mixing.

In a small bowl, combine olive oil, vinegar, and mustard. When fully blended, add the remaining thyme and the peppermint. Stir until uniform. Retain 2 tablespoons for later use. Add chicken to the fruit mixture, sprinkle with the remaining dressing and gently toss until mixture is evenly coated. Refrigerate 1 hour, or overnight.

Form a bed of cleaned baby spinach leaves in a serving bowl; add the salad mixture, season with cracked black pepper and sea salt, and drizzle with the reserved 2 tablespoons of dressing. Garnish with pansies or nasturtiums.

Joe Money, HSA South Jersey Unit
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Quinoa with Corn and Scallions

4 ears of corn, shucked
1 tablespoon finely grated fresh lemon zest (from 2 lemons)
2 tablespoons fresh lemon juice
½ stick (1/4 cup) unsalted butter, melted
1 tablespoon mild honey
½ teaspoon salt
¼ teaspoon black pepper
2 cups quinoa, (about 10 ounces)
4 scallions, chopped
½ cup chopped fresh mint

Put corn in a 5- to 6-quart wide pot, then add water to cover and bring to a boil, covered. Remove from heat and let stand, covered, 5 minutes. Transfer corn with tongs to a cutting board. When cool enough to handle, cut kernels off cobs with a large heavy knife.

Meanwhile, whisk together lemon zest and juice, butter, honey, salt, and pepper in a large bowl until combined.

Wash quinoa in 3 changes of cold water in a bowl, draining in a large sieve each time.

Cook quinoa in a 4- to 5-quart pot of boiling salted water, uncovered, until almost tender, about 10 minutes. Drain in sieve, then set sieve over same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam until quinoa is tender, fluffy, and dry, about 5 minutes. Remove from heat and let stand (still covered) 5 minutes.

Add quinoa to dressing and toss until dressing is absorbed, then stir in corn, scallions, mint, and salt and pepper to taste.

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Mint Simple Syrup

Mint simple syrup can be used to sweeten and flavor hot or iced teas, lemonades and cocktails. Create your own unique blend of herbs to create a signature beverage!

2 cups water

2 cups of sugar

6-8 sprigs of fresh peppermint (3-4" long, no need to remove from the stems)

1 tablespoon of lemon, lime or orange zest (optional)

In a small pot, bring the sugar and water to a boil. Simmer until the sugar is dissolved, about 3 minutes, and remove from the heat. Add the mint sprigs and citrus zest, cover and steep for 30 minutes. Strain and chill. Will keep in the refrigerator for up to 1 month.

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Do you have any recipes using peppermint to share?

Contact educator@herbsociety.org