

# Recipes



## Parsley, *Petroselinum crispum* spp.

### Tips

- Parsley can be used fresh or added towards the end of the cooking time.
- Parsley is a great addition to blended herbs to create herb butter.
- “Fines herbes” is a dried blend includes parsley, chervil, chives and tarragon.
- Parsley is included in the fresh bundle of herbs called “Bouquet garni”, which is added to soups, stocks, soups and sauces.
- Include parsley stems, along with the leaves, for a stronger flavor.
- Fresh parsley can be chopped and frozen in a freezer bag or in ice cube trays with water.
- Parsley can also be dried and stored up to one year.

### My Secret Herb Butter

3/4 cup butter, softened  
1/3 cup cut celery leaves, packed  
1 tablespoon fresh sage  
1 tablespoon fresh thyme  
1/3 cup chopped fresh parsley  
1/3 cup green onions, including tops  
1 tablespoon fresh marjoram  
1/4 teaspoon freshly ground black pepper

Blend or process all ingredients until well blended. May be stored in the refrigerator for 1 week.

Mary Nell Jackson, Member at Large, Texas  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

## Parsley Salad Dressing

1 bunch fresh parsley (standard grocery store bunch) 3 tablespoon chopped chives  
1 tablespoon sugar  
1/2 cup lemon juice 1 clove garlic, minced  
1 tablespoon chopped scallions  
1 cup olive oil  
1 teaspoon salt  
Freshly ground black pepper to taste  
Place all ingredients in a blender and process until mixed.

Tester's note: "Nice, green, fresh salad dressing, I really like the taste of this one!"

Eleanor Davis, Western Pennsylvania Unit  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

*Our best chimichurri recipe comes together quickly in the food processor, and tastes great on steak, fish, and chicken. Made from just a few pantry ingredients like red-wine vinegar, garlic, crushed red pepper, and salt and pepper—plus two kinds of fresh herbs—this bright-green sauce from Argentina has amazing depth of flavor. It's especially delicious on anything grilled, but also works great on simply steamed vegetables and roasted meats.*

1/4 cup parsley  
3 tablespoons red wine vinegar  
4 garlic cloves, minced (2 1/2 tablespoons)  
2 tablespoons oregano leaves  
2 teaspoons crushed red pepper  
Kosher salt and freshly ground pepper  
1/2 cup extra virgin olive oil

In a food processor, combine the parsley, vinegar, garlic, oregano and crushed red pepper. Process until smooth; season with salt and pepper. Transfer the sauce to a bowl and pour the olive oil over the mixture. Let stand for at least 20 minutes.

The chimichurri can be refrigerated overnight. Bring to room temperature before serving. Makes 3/4 cup.

Michelle Bernstein  
FoodandWine.com, June 2006

## Fresh Parsley Syrup

*To complement your “at home spa” experience, you can serve refreshing drinks infused with parsley. This basic simple syrup recipe featuring fresh parsley is perfect for adding to teas, smoothies and cocktails. I like to use curly parsley but any favorite variety will work. I mix it with fresh cucumber juice and lime juice over ice for a refreshing summer drink. You can even add a little vodka or gin for a garden cocktail.*

1 cup fresh parsley  
1 cup water  
1 cup sugar

Place all ingredients in a saucepan and bring to a boil. Turn off heat and stir well until all of the sugar is dissolved. Let steep for 30 minutes then strain out the parsley leaves and pour into a clean container. Store in the refrigerator. It should last for two to three weeks, you can also freeze it for year round use. Yield: 8 ounces

Janice Cox, HSA member and author  
JaniceCox.com

**Note:** *if using parsley on your skin is new, you will want to do a patch test first. This is true with any new skincare. Simply rub a bit inside your arm or behind your knee and wait a few hours to see if your skin reacts to the new ingredient.*

*We all know that parsley is a powerful mouth freshener, but it also makes a mild and gentle toner for the skin. Use this freshener throughout the day to keep your complexion clean and radiant. Parsley is easy to find in any grocery store or farmer’s market. It’s also a snap to grow in your garden or in a container. Parsley especially loves to be planted next to roses. It is believed when planted at the base of your rose bush, it makes the flowers smell sweeter.*

1/2 cup chopped fresh parsley  
1 cup boiling water

Place the parsley in a ceramic bowl and pour the boiling water over the leaves. Allow the mixture to cool completely, then strain and pour into a clean container.

To use: Apply to your skin using a clean cotton ball or small spray bottle. Yield: 8 ounces

Janice Cox, HSA member and author  
JaniceCox.com

## Parsley Mouth Rinse

*Parsley leaves freshen the breath and clean and disinfect the gums. It has a bright, green flavor and can be used throughout the day to keep your mouth healthy. Like many natural products, this one also has multiple uses so it is perfect for travel or if you want to limit products on your shelves. It also makes a nice after-bath splash and facial toner. Because it contains fresh parsley, and depending how often you use this product, you may want to store it in the refrigerator to extend its shelf life.*

2 tablespoons fresh parsley leaves or 1 tablespoon dried  
1 cup boiling water  
2 tablespoons rosewater

Place the parsley in a glass or ceramic dish and pour the boiling water over them. Let this mixture steep for several hours, then strain and discard the leaves. Add the rosewater and stir well. Pour into a clean container.

To use: Pour a small amount into a clean glass and rinse your mouth after brushing your teeth and gums. Swish the liquid back and forth in your mouth and gargle with it. Yield: 8 ounces

Janice Cox, HSA member and author  
JaniceCox.com

**Do you have any recipes featuring parsley to share?**

**Contact [educator@herbsociety.org](mailto:educator@herbsociety.org)**