

“ A Dinner To Die For ”

A Herb Medley

Hot Basil Brie

Sorrel Herb Soup

Main Course:

Medallions of Pork Tenderloin in Rosemary Sauce

Baked Basil Stuffed Tomatoes

“Dilly” Green Beans

Herbed Lemon Rice

Dessert:

Peaches with Basil Sauce

Recipe Preparation For Four

Grapes Stuffed with Herbed Cream Cheese

INGREDIENTS:

- 1 package of Cream Cheese (8oz.)
- 6 tablespoons milk
- 1 teaspoon chicken flavoured base
- 1 tablespoon hot water
- 1 teaspoon chopped marjoram
- 1 teaspoon chopped french tarragon
- 1 bunch of seedless green grapes

METHOD:

- mix cheese in a bowl until soft and creamy, stir in milk gradually
- dissolve flavour base in hot water and add to cheese with herbs and mix well
- cover and refrigerate

Battered Herbs

INGREDIENTS:

- 3/8 cup of flour
- 1/4 cup of cornstarch
- 1/2 teaspoon salt
- 2 tablespoons water
- 1 egg (separate white and yolk)
- oil for frying
- herb leaves (peppermint; pineapple sage; lemon balm; applemint)

METHOD:

- beat egg white until it stands in soft peaks
- in separate bowl beat flour, cornstarch, salt, water & egg yolk to form smooth batter
- fold in egg white last
- grasp the washed & dried leaves by their stems, dip them into the batter & fry in oil until crisp and golden; remove and drain

Cream of Parsley Root Soup

INGREDIENTS:

- 1-1/4 lb Parsley Root
- 4-1/2 Cups Chicken Stock
- 7/8 Cups of Light Cream
- Pepper
- 1/3 Cup of Fresh Parsley
- Parsley Sprigs for Garnishing
- 4 Tablespoons of Butter

METHOD:

- Peel, wash & cut root into small pieces
- Heat butter in a large pot & fry roots gently
- Pour in stock & simmer till roots are soft
- Add pepper, cream & stir for one minute
- Puree pot's contents in a blender & pour into a large bowl
- Chop 1/3 cup of parsley very fine & blend along with 1/2 cup of puree until puree turns green; pour into small measuring cup
- When ready to serve, heat both separately till hot
- Pour puree into soup bowls & add a tablespoon of green puree into the centre of each bowl
- Garnish with parsley sprig

Medallions of Pork Tenderloin in Rosemary Sauce

INGREDIENTS:

Marinade:

2lb. or 2 medium sized pork tenderloins

6 tablespoons Rosemary Oil
Pepper

Sauce:

16 teblespoons Rosemary Oil

4 tablespoons Rosemary Vinegar

4 tablespoons Liquid Honey

2 tablespoons Dijon Mustard

Rosemary sprigs for garnishing

METHOD:

- marinate pork in a shallow ovenproof dish with rosemary oil and pepper for 30 min. Prick pork with a fork and turn several times during this period
- sear pork completely on a hot grill (caution oil may flame) ; reduce heat to med/low and cook for 10 min., turning 2 or 3 times.
- add sauce ingredients into same ovenproof dish and warm in oven
- when pork is slightly pink on the inside, remove from grill & slice into medallions about 1/2 inch thick
- add medallions to the sauce, coating all sides of the pork ; heat for 2 - 3 min.
- serve medallions with sauce.

Baked Basil Stuffed Tomatoes

INGREDIENTS:

4 medium sized Tomatoes

2 tablespoons Bread crumbs

5 tablespoons chopped Basil Leaves

2 tablespoons Basil Oil

4 tablespoons Parmasan Cheese

2 cloves Garlic

1 teaspoon lime juice

Pepper & Butter

METHOD:

- scoop about 3/4 of the tomatoe and trow into blender along with basil leaves, basil oil , parmasan cheese, garlic cloves & lime juice
- blend till smooth and pour mixture into small bowl
- pepper the inside of tomatoes
- add bread crumbs to mixture and stuff into tomatoes
- pepper , sprinkle with parmasan cheese , add dab of butter
- place in ovenproof dish , bake in oven at 350 °F till tomatoes are heated throughout

Green Beans Steamed in Dill Water

INGREDIENTS:

16 Whole Green Beans (ends cut)

1 tablespoon of chopped fresh dill or teaspoon of dry dill

METHOD:

- in a pot cover beans with cold water add dill
- bring water to boil, drain and serve

Herbed Lemon Rice

INGREDIENTS:

Rice
2 tablespoons Butter
2 tablespoons Olive Oil
6 tablespoons chopped Lemon Balm

METHOD:

- prepare rice
- melt butter and oil in a saucepan
- heat through and set aside
- mix into rice when ready to serve

Peaches with Basil Sauce

INGREDIENTS:

2 cups of Cranberry Juice
3/4 cup of Orange Juice
1/4 cup of Lemon Juice
1/2 teaspoon grated lemon peel
2 tablespoons honey
dash cinnamon
4 “free stone” ripe peaches, peeled and halved

Sauce:

1 cup milk
3 egg yolks
1/4 cup white sugar
1/2 cup chopped basil

METHOD:

- combine liquids, honey, lemon peel, cinnamon and peach halves in non-metal pot
- bring to boil; reduce heat cover and simmer for 5 minutes
- allow peaches to cool in the liquid till ready to serve; remove from liquid with slotted spoon
- place 2 halves on each serving plate, make slits along the length of peaches & drizzle with basil sauce

Basil Sauce:

- heat milk in glass pot just till bubbles form around edge ; whisk egg yolks and sugar together in a medium bowl
- whisk in a small amount of hot milk, then the rest of the milk
- return contents to pot, add basil, stirring, over low heat for about 8 min. or until thick
- strain into a clean bowl, cover with plastic and refrigerate until well chilled