

Basil

Basil Preparing & Cooking Tips:

Wash & remove leaves from main stems.

If a recipe calls for 1 tsp of dried basil,
double the amount for fresh basil.

* Throw a handful of basil leaves in an ordinary
salad & your taste buds will rejoice

*Sprinkle sliced tomatoes & slices of mozzarella
with basil, oil and vinegar for an appetizer

*Put the above mixture on French bread, then
broil for a tasty bruschetta.

Storing Fresh Basil

Wrap leaves in slightly damp paper towels and
place in a plastic bag or put stems in a glass of
water (change the water every few days), then
cover with a plastic bag and secure. Refrigerate.

Freezing Basil

Basil is good for freezing. Wash, drain & pat dry.
Snip leaves off stems. Roll leaves into small, tight
bundles about 1 ½ “ in diameter. Tie with kitchen
string. Wrap in freezer film and store in freezer bags.

To use: leave string tied; chop across end of roll.

Note: These usually are not suitable for garnish since
the frozen product becomes limp when it thaws.

Chop and use in cooked dishes.

Tomato Basil Dressing

Bunch fresh basil to yield 1 ¼ cups lightly packed

1 small clove garlic

6 Tbsp. low-fat ricotta

1 ounce Parmigiano Reggiano finely grated

8 ounces ripe well-flavored tomato

Freshly ground black pepper to taste

Wash, dry and trim basil of tough stems

Grate Parmigiano

Place basil, garlic, ricotta and parmigiano in food
processor and process until completely blended.

Wash, trim and cut tomato into large chunks.

Add to processor and process until tomato is diced.

Serve over arugula salad, over raw vegetables like
peppers, cooked asparagus or over warm potatoes,
even over pasta.

Basil Pesto

4 cups tightly packed fresh Basil leaves

½ cup olive oil

2 cloves garlic peeled and crushed

salt & pepper to taste

¼ cup pine nuts, walnuts or almonds

½ cup freshly grated parmesan cheese

In food blender, blend all but nuts and cheese.

Add nuts and chop a bit more.

Remove and stir in grated cheese.

Store in refrigerator in an air tight container

for up to 3 weeks or freeze for up to 6 months.

Basil Mayonnaise

1 cup mayonnaise

¼ cup basil leaves

1 teaspoon lemon zest

1 tablespoon lemon juice

Place above ingredients in a blender and blend until smooth. Use basil mayonnaise on Paninis, in salads, or as a vegetable dip.