

# KISSER'S GARDEN HERBAL

*Herbal Adventures in the Kitchen Garden*



CHIVES

ALLIUM SCHOENOPRASUM

GOODNESS



HERBAL



HERBAL  
TEMPTATIONS

## Today's Recipe

### Parsley & Chive Butter

- 2 tablespoons finely minced fresh Italian parsley
- 2 tablespoons finely minced fresh chives
- 1 cup (2 sticks) unsalted butter, softened
- 2 teaspoons freshly squeezed lemon juice
- 2 teaspoons Dijon mustard
- Salt, to taste

In a small bowl, combine the parsley, chives and butter. Using a wooden spoon, cream together until well blended. Add the lemon juice, mustard and salt and stir until thoroughly combined. This can also be done in a food processor on low speed. Cover and refrigerate for several hours to blend flavors. You can also refrigerate for 5 minutes to firm up slightly and then shape into a log approximately 1 inch in diameter for easy slicing into discs. Store well wrapped in the refrigerator or freezer.



Herbed Butter can also be made with herb flowers which mimic the flavor of the leaves, but the scent is much milder, resulting in a mellow butter ideal for serving with lighter foods.

"Let thy food be thy medicine and thy medicine be thy food."

-Hippocrates (460-377 B.C.)

### GARDEN CHATTER

**Herbed Butters** can be used to add last minute seasoning to a wide variety of foods, from veggies, to bread, meat and fish. They are extremely versatile and easy to make. Just remember to always use unsalted butter for the freshest flavor. Herb butters will keep in the refrigerator for 3 to 4 weeks and can be frozen for up to 4 months.

Although this recipe features parsley and chives, other fresh herbs - basil, cilantro, dill, sweet marjoram, spearmint, rosemary, tarragon, thyme - would also be delicious whipped into softened butter.

Herbed butters are wonderful spread on fresh bread, rolls, toast or sandwiches; on baked potatoes and cooked vegetables; swirled into sauces for fish, meats or vegetables; or laid atop a piece of grilled chicken, fish or steak.

Others flavorings such as hot-pepper sauce, lemon zest, capers, garlic or shallots can also be added. You are only limited by your imagination.

Enjoy!

