

Herbes de Provence

General uses

The dried blend can be used in many ways:

Rub salmon with lemon juice, olive oil and Herbes de Provence

Rub on pork or chicken before cooking

Good in tomato dishes

Use on grilled vegetables

Use the fresh herbs in the same way...

In the summer when herbs are plentiful an idea I heard was to give each guest at the table a small container of fresh herbs so they can sprinkle them on themselves.

They could either just tear them or use scissors. I haven't done this, but it sounds like fun...also a good way to familiarize people with herbs. You could also have one big bunch of herbs for the table...worth a try!

The following are some recipes and more specific ways to use Herbes de Provence.

Provençal marinade

This is good on boneless chicken thighs or breasts.

¼ cup lemon juice

½ cup Dijon mustard

¼ cup balsamic vinegar

6 garlic cloves, minced

2 tablespoons Herbes de Provence

1 cup olive oil

Combine the ingredients and marinate at room temperature for 2 hours or in refrigerator for 4 hours.

Bring chicken to room temperature before grilling.

This makes a lot so cut it in half unless you're grilling a lot of chicken.

Goat cheese appetizers

Cut a skinny baguette into slices.

Top each piece of bread with a slice of goat cheese, being sure to cover the bread entirely.

Sprinkle with Herbes de Provence

Top each with either a sliver of garlic or a piece of olive

Broil until lightly brown and bubbly

Roasted sweet potatoes

2 or 3 sweet potatoes, sliced

2 or 3 large shallots, chopped

2 or 3 garlic cloves, Minced

Place in a large pan or cookie sheet, toss with olive oil and sprinkle with salt and pepper and Herbes de Provence.

Cook at 450 degrees about 25 to 30 minutes, or until done, turning once halfway through cooking.

Asparagus and gruyere sandwich

Asparagus spears

Minced garlic

Roasted peppers

Red onion, thinly sliced

Gruyere cheese, grated

Place asparagus spears in cookie sheet and toss with olive oil...sprinkle with Herbes de Provence and minced garlic, salt and pepper. Cook at 450 degrees for 8 minutes.

To make sandwich slice baguette or other crusty bread and spread each side with olive oil and sprinkle with Herbes de Provence.

Place grated gruyere on bottom half of bread and top with asparagus spears, roasted peppers and red onion slices. Put grated gruyere on other half of baguette, wrap in tin foil and place in 350 degree oven for about 15 minutes, until cheese is melted.