

Recipes... HERBS-DILL



NOTES & TIPS: A green herb with feathery leaves, called dill weed. The flat tan dill seed is actually the dried fruit of the herb.

How to prepare: The flavor is destroyed in heating so add at the end of cooking. Often used in pickles and flavoring fish. Chop the feathery leaves and the narrow stems quite fine. Discard the thicker part of the stem below the leaves or save and use to season a dish that will simmer to soften the stem such as soup.

Matches well with: beets, breads, cabbage, carrots, chicken cucumbers, cream sauces, eggs, fish, pickles, potatoes, salmon, scallops, seafood, sour cream, tomatoes, veal.

CREAMY DILL DIPPING SAUCE

1/2 cup sour cream
1/4 cup mayonnaise
2 tablespoons chopped fresh dill
1 teaspoon lemon juice
salt and pepper to taste

In a small mixing bowl, combine sour cream, mayonnaise, dill, lemon juice, and salt and pepper. Cover and refrigerate 1 to 2 hours before serving.

GARLIC DILL POTATOES

4 medium potatoes (red, yellow, russet, purple, doesn't matter), cubed
1 1/2 teaspoons butter, melted
1/2 tablespoon chopped fresh dill
1 teaspoon minced garlic
1/8 teaspoon salt
Garlic to taste

Place the potatoes in a steamer basket, and set in a pan over an inch of boiling water. Cover, and steam for about 10 minutes, until potatoes are tender but not mushy. Or boil until soft, but not mushy.

In a small bowl, stir together the butter, dill, garlic, and salt. Transfer the potatoes to a serving bowl, and pour the seasoned butter over them. Toss gently until they are well-coated. You can also put in a casserole and bake at 350 degrees for about 20 minutes uncovered.

HERBED POTATOES

3/4 pound small potatoes
1 tablespoon butter, softened
1 tablespoon sour cream
2 teaspoons snipped fresh dill
2 teaspoons minced chives
1/4 teaspoon salt
1/8 teaspoon pepper
1 dash lemon juice

Remove a strip of peel from the middle of each potato. Place potatoes in a saucepan and cover with water. Bring to a boil over medium heat. Reduce heat; cover and simmer for 20 minutes or until tender.

In a small bowl, combine the remaining ingredients. Drain potatoes; add butter mixture and toss gently. If your potatoes are not very small you can cut them in cubes.

GARLIC AND DILL SALMON



2 (1.5 pound) salmon fillets
1 head garlic, peeled
1 ounce fresh dill, chopped
1/2 cup olive oil
1 teaspoon salt and pepper to taste

In a food processor, process garlic to a rough mince, add dill and olive oil and pulse a few times to combine. Lay fish fillets in a baking dish, skin side down. Rub garlic mixture over fish. Refrigerate for 2 hours. Preheat oven to 375 degrees F. Bake in preheated oven for 15 minutes. Do not overcook.

DILL POACHED SALMON

4 (4 ounce) fillets salmon
2 cups chicken stock
1 bunch fresh dill tied with kitchen twine

Place the salmon fillets in a large pot, and pour in the chicken stock. Bring to a boil, reduce heat to low, and place dill in the pot. Cover, and cook 15 minutes, or until fish is easily flaked with a fork.

DILL, FETA AND GARLIC CREAM CHEESE SPREAD

2 (8 ounce) packages cream cheese, softened
1 (8 ounce) package feta cheese, crumbled
3 cloves garlic, peeled and minced
2 tablespoons chopped fresh dill

In a medium bowl, thoroughly blend cream cheese, feta cheese, garlic, and dill with an electric mixer. Cover, and refrigerate at least 4 hours.

LEMON DILL SALAD DRESSING

2 cups mayonnaise
1/2 cup lemon juice
1/4 cup dried dill weed to taste
1/2 cup buttermilk

In a medium bowl, whisk together the mayonnaise, lemon juice, dill and buttermilk. Chill until serving.

DILL SAUCE FOR HAMBURGERS

1 cup mayonnaise
1 teaspoon Worcestershire sauce
1 tablespoons fresh dill weed

In a small bowl combine mayonnaise, Worcestershire sauce and dill; mix well.

DILL SAUCE

1/2 cup sour cream
1 1/2 tablespoons Dijon-style prepared mustard
1 tablespoon lemon juice

Recipes... HERBS-DILL



2 teaspoons chopped fresh dill

Whisk together sour cream, mustard, lemon juice and dill until well blended. Chill before serving.

DILL BUTTER

1 pound butter, softened

1 cup vegetable oil

2 tablespoons dried dill weed

Place butter, oil, and dill in a mixing bowl. Beat until well blended. Store covered in the refrigerator.

CUCUMBER SLICES WITH DILL

1 large cucumbers, sliced

¼ onion, thinly sliced

¼ tablespoon dried dill weed

¼ cup sugar

1/8 cup white vinegar

1/8 cup water

1/4 teaspoon salt (optional)

In a large serving bowl, combine cucumbers, onions and dill. In a medium size bowl combine sugar, vinegar, water and salt; stir until the sugar dissolves. Pour the liquid mixture over the cucumber mixture. Cover and refrigerate at least 2 hours before serving (the longer this dish marinates the tastier it is!).

CHICKEN BREASTS WITH DILL

Chicken breasts are cooked in the skillet.

4 boneless chicken breast halves

1/2 teaspoon seasoned salt

1 tablespoons butter

1 tablespoons olive oil

1/2 cup chicken broth

1/2 cup half-and-half or light cream

1 tablespoon flour

1 teaspoon dried dill or 2 teaspoons fresh chopped dill

Sprinkle chicken breasts with seasoned salt. Melt butter and olive oil in large skillet over medium high heat. Add chicken breast halves; cook 3 to 5 minutes on each side or until chicken is browned. Reduce heat to low. Add broth; cover and simmer 10 to 12 minutes or until chicken is cooked through. Remove from skillet to a hot plate; cover with foil and keep warm.

In small bowl combine cream or half-and-half, flour and dill; blend with a fork until smooth. Add flour mixture to skillet; cook and stir until mixture is thickened. Serve sauce over chicken breasts. Serves 4.

SALMON WITH DILL AND CUCUMBER SAUCE

6 salmon steaks

3 tbsp. lemon juice

3 tbsp. olive oil

1 tsp. dried dill weed

Salt and fresh ground pepper to taste

Recipes... HERBS-DILL



SAUCE:

1 c. sour cream or mock sour cream (see note)
1/4 c. mayonnaise
1 tsp. dried dill weed
1 c. coarsely grated, pared cucumber
Fresh lemon juice to taste
Fresh ground pepper to taste

To prepare the fish, mix lemon juice and olive oil with dill weed. Add salt and pepper to taste. Marinate salmon in this mixture about 30 minutes before cooking.

Meanwhile, prepare the sauce by mixing all the ingredients together and chilling the mixture. Makes 1 3/4 cups.

Broil the salmon steaks under high heat three minutes on each side, turning once. Serve either hot or cold in a puddle of sauce. This kitchen-tested recipe makes 6 servings.

NOTE: To make mock sour cream, combine one 8-ounce container low-fat cottage cheese and 1 1/2 tablespoons skim milk in blender. Blend until smooth like sour cream. Or, use yogurt.