



Spice Up Your Summer!

Maynard Library

Spice Club

TARRAGON

SPICE INFORMATION

The pungent, bittersweet flavor of tarragon (*Artemisia dracunculus var. sativa*) is often compared to licorice, anise, and fennel, thanks to the presence of methyl chavicol, a naturally occurring compound found in many plants and trees with a distinct licorice-like taste and fragrance.



Tarragon is a perennial herb that belongs to the sunflower family Asteraceae. The herb forms a small, woody shrub with branching stems and smooth, elongated green leaves. Tarragon has winding, “serpentine” roots, which gave it its Latin name *dracunculus* meaning “little dragon.”

Tarragon is believed to have originated in Central Asia, possibly in Siberia. It was first brought to the eastern Mediterranean in the 10th century by invading Mongol tribes, who used it as a seasoning, breath freshener, and sleep aid. St. Catherine is thought to have brought tarragon to France in the 14th century during a visit to Pope Clement VI.

The subspecies *Artemisia dracunculus var. sativa*, or French tarragon, is cultivated for its fragrant leaves, which are largely absent in other subspecies. Russian tarragon is a more bitter variety that is rarely used in cooking.

Tarragon pairs particularly well with acidic flavors like lemon and vinegar, and is commonly combined with vinegar to make a mixture that is useful in salad dressings and marinades. In Armenia and Eastern European countries like Georgia, Russia, and Ukraine, the herb is consumed via a popular bright green carbonated drink called Tarkhuna, which is made with sweet tarragon concentrate.

Tarragon is generally used fresh because dried tarragon quickly loses its flavor. Because the herb is strong, a little bit goes a long way. Tarragon is used widely in French cuisine and gives Béarnaise sauce its distinctive flavor. It is added to mayonnaise, aioli, vinegar, and sauces. It also is used to flavor the traditional Central European Christmas bread potica. Tarragon pairs well with cheese, butter, eggs, fish, poultry, potatoes, mushrooms, and carrots. It also goes well with white wine.

Fines Herbes

Tarragon is used in the French spice blend fines herbes. There is no one fixed recipe for fines herbes, though most chefs agree that parsley, tarragon, chives, and chervil must be included in equal proportions. In traditional cooking, mushrooms or truffles also are typically added to this mix. Fines herbes should be added toward the end of cooking so the delicate flavors remain fresh and bright. This blend is often used in salad vinaigrettes or eaten fresh on salad itself, or in herb butter spread on sandwiches or meats. Fines herbes are used to flavor omelets, vegetable dishes and sauces, poultry or fish dishes, or as a garnish.

From AtoZ World Food database, available with a Boston Public Library e-card

<https://www.masterclass.com/articles/a-culinary-guide-to-tarragon-plus-9-recipes-using-tarragon>

A Note about Ingredients

Your spice sample is dried tarragon, but it is highly recommended to find some fresh herb to use. Since dried tarragon is more potent, use it sparingly when substituting for fresh tarragon. As a general rule with tarragon, start with ½-1 teaspoon of dried tarragon for every tablespoon of fresh tarragon that a recipe calls for. Taste and adjust while cooking.

You will see some recipes that call for a sprig of tarragon. A sprig is generally defined as a 2- to 4-inch piece of the herb plant. You can substitute about 1/2 teaspoon of dried herb for a sprig.

RECIPES

Tarragon Vinegar

<https://www.tasteofhome.com/recipes/tarragon-vinegar/>

INGREDIENTS

- 1 cup tarragon sprigs
- 2 cups white wine vinegar
- Additional fresh tarragon sprig, optional

DIRECTIONS

1. Wash tarragon and pat dry. Place in a sterilized jar. Using a wooden spoon, gently bruise the tarragon. Add the vinegar. Cover and store in a cool dark place for 2-3 weeks to let flavors develop.
2. Strain and discard tarragon. Pour into a sterilized decorative bottle. Add additional tarragon if desired. Store in a cool dark place for up to 6 months.

Tarragon Salad Dressing

<https://www.tasteofhome.com/recipes/tarragon-salad-dressing/>

Prep/Total Time: 5 minutes Makes 3/4 cup

INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon minced chives
- 1/2 teaspoon minced fresh parsley



DIRECTIONS

In a jar with a tight-fitting lid, combine the first 9 ingredients; shake well. Serve over salad greens.

Foolproof Béarnaise Sauce Recipe

<https://www.serious-eats.com/foolproof-bearnaise-sauce-recipe>

by J. Kenji López-Alt

Apply the sauce to steaks or burgers, asparagus or salmon. The sauce's richness improves virtually everything it touches.

Total Time: 30 minutes Serves: 14 servings

Requires an immersion blender and a tall container that fits blender head



INGREDIENTS

- 1/2 cup dry white wine
- 1/4 cup white wine vinegar
- 3 sprigs chervil, leaves finely minced, stems reserved separately (optional; if not using add an extra sprig of tarragon)
- 3 sprigs tarragon, leaves finely minced, stems reserved separately
- 1 small shallot, thinly sliced
- 1/2 teaspoon whole black peppercorns
- 2 large egg yolks
- Kosher salt
- 1 1/2 sticks (12 tablespoons) unsalted butter

DIRECTIONS

1. Combine wine, vinegar, herb stems, shallots, and black peppercorns in a small saucepan. Bring to a simmer over medium-high heat and lower heat to maintain a gentle simmer. Cook until reduced to about 1 1/2 tablespoons of liquid, about 15 minutes. Carefully strain liquid through a fine mesh strainer into a small bowl, pressing on the solids with the back of a spoon to extract as much liquid as possible.
2. Combine wine reduction, egg yolk, and a pinch of salt in the bottom of a cup that barely fits the head of an immersion blender. Melt butter in a small saucepan over high heat, swirling constantly, until foaming subsides. Transfer butter to a 1-cup liquid measuring cup.
3. Place head of immersion blender into the bottom of the cup with the wine reduction and turn it on. With the blender constantly running, slowly pour hot butter into cup. It should emulsify with the egg yolk and wine reduction. Continue pouring until all butter is added. Sauce should be thick and creamy (see note). Season to taste with salt. Whisk in chopped tarragon and chervil, if using. Serve immediately, or transfer to a small lidded pot and keep in a warm place for up to 1 hour before serving. Béarnaise cannot be cooled and reheated.

Note

If your béarnaise is thin and runny, transfer to a large bowl set over a pot of barely simmering water. Whisk constantly and vigorously until sauce is thickened.

Herbed Cheese Wafers

<https://www.tasteofhome.com/recipes/herbed-cheese-wafers/>

Prep Time: 10 min. + chilling Bake: 10 min./batch

Makes about 4-1/2 dozen



INGREDIENTS

3/4 cup butter, softened
1/2 cup shredded cheddar cheese
1/3 cup crumbled blue cheese
1 tablespoon minced fresh tarragon or 1 teaspoon dried tarragon
1/2 teaspoon dried oregano
1 small garlic clove, minced
2 cups all-purpose flour

DIRECTIONS

1. In a large bowl, beat butter, cheeses, tarragon, oregano and garlic until well mixed. Beat in flour (the dough will be crumbly). Shape into a 14-in. roll. Wrap tightly and refrigerate for 4 hours or overnight.
2. Cut into 1/4-in. slices; place on ungreased baking sheets. Bake at 375° until golden brown and crisp, 10-12 minutes. Cool on wire racks.

Pickled Carrots with Tarragon

<https://www.epicurious.com/recipes/food/views/pickled-carrots-with-tarragon-51239950>

Makes about 2 cups

INGREDIENTS

- 1 pound young carrots, any color, trimmed, peeled
- 1 shallot, peeled, quartered
- 4 garlic cloves, peeled
- 2 red or green Thai chiles
- 2 sprigs tarragon
- 1 tablespoon black peppercorns
- 1 tablespoon coriander seeds
- 1 cup unseasoned rice vinegar
- 1 cup sugar
- 1 tablespoon kosher salt



DIRECTIONS

1. Pack carrots, shallot, garlic, chiles, tarragon, peppercorns, and coriander seeds in a large heatproof jar.
2. Bring vinegar, sugar, salt, and 2 cups water to a boil in a medium saucepan, whisking to dissolve sugar and salt.
3. Pour pickling liquid over carrots to cover. Let cool; cover and chill at least 24 hours.

Herbed Romaine Salad with Strawberries

<https://www.sunset.com/recipe/herbed-romaine-salad-with-strawberries>

TOTAL TIME 30 mins Makes 6 servings as a first course; 4 servings as a lunch course



INGREDIENTS

- 1/2 cup raw (unsalted) pistachios
- 10 to 12 oz. romaine lettuce hearts, cored and roughly chopped
- 1/3 cup fresh tarragon, torn into small pieces
- 1/3 cup fresh mint leaves, torn into small pieces
- 12 ounces strawberries, hulled and quartered lengthwise
- 1/4 cup fresh lemon juice
- 2 teaspoons minced shallot (about 1 medium)
- 2 teaspoons honey
- 1/8 teaspoon salt
- 3 tablespoons mild olive oil
- 6 ounces good-quality mild feta cheese, cut into triangles

DIRECTIONS

1. Preheat oven to 350°. Spread pistachios on a large baking sheet and bake until very lightly toasted (they should still retain some green), 8 to 10 minutes. Remove from oven and cool to room temperature.
2. In a large bowl, toss together lettuce, tarragon, mint, and half of the strawberries. In a small bowl, whisk together lemon juice, shallot, honey, and salt. Drizzle in olive oil, whisking constantly, until mixture is emulsified. Drizzle dressing over lettuce mixture and toss well.
3. Divide lettuce mixture among plates, then top with remaining strawberries, toasted pistachios, and feta triangles.

Tarragon Pesto Potato Salad

<https://www.serious-eats.com/tarragon-pesto-potato-salad-recipe>

Total Time 30 mins Serves 4



INGREDIENTS

- 1 1/2 pounds Yukon Gold potatoes, cut into 1/2-inch cubes
- Kosher salt
- 1/2 tablespoon red wine vinegar, plus more for covering the onion
- 1 small red onion, thinly sliced
- 1/4 cup picked tarragon leaves
- 1 cup loosely packed parsley leaves and tender stems
- 2 small cloves garlic
- 3/4 cup extra-virgin olive oil
- Pinch esepette pepper (or cayenne)
- Freshly ground black pepper
- 1/2 cup pitted and halved black olives, such as Kalamata

DIRECTIONS

1. Place potatoes, 1 tablespoon salt, 1/2 tablespoon vinegar, and 3 cups tepid water in a medium saucepan. Bring to a boil over high heat, stirring occasionally until salt is dissolved. Reduce to a bare simmer and cook until potatoes are completely tender and show no resistance when poked with a paring knife or cake tester, about 17 minutes. Drain potatoes and allow to cool to warm room temperature, about 10 minutes.
2. Meanwhile, add onion to a medium bowl and add just enough vinegar to cover. Let stand until onion is tender and lightly pickled, about 20 minutes.
3. Using a blender, immersion blender, or food processor, blend tarragon, parsley, garlic, and oil until well pureed. Mix in esepette pepper and season with salt and pepper.

4. Drain onions. In a serving bowl, toss potatoes with tarragon pesto, onions, and olives, and serve.

Tarragon Green Beans

<https://www.marthastewart.com/348951/tarragon-green-beans>

Serves 8

INGREDIENTS

3 tablespoons unsalted butter
1 large shallot, finely chopped (1/2 cup)
2 pounds green beans, trimmed
1/2 cup dry white wine
2 tablespoons coarsely chopped fresh tarragon, plus sprigs for garnish
Kosher salt and freshly ground pepper



DIRECTIONS

1. Melt butter in a large, high-sided skillet over medium heat. Add shallot; cook, stirring constantly, until soft and translucent, 2 to 3 minutes. Add beans, and gently toss to coat with shallot mixture. Cook, stirring occasionally, 2 minutes.
2. Add wine. Raise heat to medium-high; cook, stirring often, 12 minutes. Reduce heat to medium, and cook until beans are tender, 3 to 5 minutes more. Stir in tarragon, and season with salt and pepper. Garnish with tarragon sprigs.

Tarragon Tuna Salad

<https://www.casade crews.com/tarragon-tuna-salad/>

Prep Time: 10 minutes Servings: 4

INGREDIENTS

(2) 4.6-oz. cans albacore tuna in water
1/3 cup mayonnaise
3 stalks celery
1/3 cup pecans or walnuts
1/4 cup fresh tarragon leaves
2 tbsp Dijon mustard
juice of 1/2 fresh lemon
salt and pepper, to taste
fresh parsley to garnish

Toss everything in a bowl and mix well.



Asparagus, Goat Cheese and Lemon Pasta

<https://smittenkitchen.com/2009/05/asparagus-goat-cheese-and-lemon-pasta/>

Adapted from Bon Appetit

Time: 25 Minutes Servings: 6

INGREDIENTS

- 1 pound spiral-shaped pasta
- 1 pound slender asparagus spears, cut into 1- to 1 1/2-inch pieces (or green beans)
- 1/4 cup olive oil
- 1 tablespoon finely grated lemon peel
- 2 teaspoons chopped fresh tarragon plus more for garnish
- 1 5- to 5 1/2-ounce log soft fresh goat cheese
- Fresh lemon juice to taste (optional)

DIRECTIONS

1. Cook your pasta in a large pot of well-salted water until it is almost tender, or about three minutes shy of what the package suggests. Add asparagus and cook until firm-tender, another two to three minutes. Drain both pasta and asparagus together, reserving one cup of pasta water.
2. Meanwhile, combine olive oil, lemon peel, tarragon and cheese in a large bowl, breaking up the goat cheese as you put it in. Add hot pasta and asparagus to bowl, along with a couple slashes of the pasta water. Toss until smoothly combined, adding more pasta water if needed. Season generously with salt and pepper, and lemon juice if you feel it needs a little extra kick.

Tarragon Roasted Summer Vegetables

<https://itsavegworldafterall.com/tarragon-roasted-summer-vegetables/>

Total Time: 45 mins Servings: 4

INGREDIENTS

- 1 zucchini, washed, ends trimmed, and sliced into circles
- 1 bell pepper, seeds and top removed, sliced into strips
- 2 cups grape tomatoes
- 2 cups green beans, ends trimmed
- 2 ears corn, kernels sliced off the cob
- 3 tablespoon olive oil
- 1 tablespoon lemon juice
- 3 tablespoon fresh tarragon, chopped; divided
- 1 tablespoon fresh thyme
- Sea salt to taste
- Black pepper to taste
- Lemon wedges for serving



INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Line one large baking sheet or two smaller baking sheets with parchment paper.
2. In a large mixing bowl, whisk together the olive oil, lemon juice, 2 tablespoons of the tarragon, and thyme. Add the vegetables and mix until coated. Transfer to the lined baking sheet(s) and spread out evenly. Make sure they don't overlap. Season generously with salt and pepper.
3. Bake for 30 to 35 minutes, flipping halfway through, or until the veggies are browned and cooked to your liking.
4. Remove from oven and sprinkle with the last tablespoon of tarragon and some more salt and pepper. Transfer to plates and serve with fresh lemon wedges. Enjoy!

Slovenian Cheese and Tarragon Štruklji - Slovenian cheese rolled dumplings

<https://www.scentofcanela.com/blog/slovenia-cheese-and-tarragon-dumplings#anchor-slovenian-struklji-recipe>

Total Time: 1.5 hours

Yield: 6

Requires a kitchen scale for weighing out ingredients!

INGREDIENTS

Dough

250 g all-purpose flour

1 medium egg

½ cup warm milk

1 tsp baking powder

pinch of salt

2 tbsp sugar

1 - 2 tbsp melted butter

Sweet Cheese and Tarragon filling

200 g fresh cottage cheese

3 egg yolks

50 g vanilla flavored sugar

2 spoons sour cream

handful of tarragon (only the leaves)

Topping

50 g melted butter

70 g fine breadcrumbs

10 g sugar



INSTRUCTIONS

1. In a bowl combine flour, sugar, salt and baking powder. Transfer the mixture onto a work surface, creating a hole in the center. Add melted butter and eggs and start kneading with your hands. Gradually add warm milk and knead until the dough gets a firm but elastic consistency. Don't use all the milk at once because each flour hydrates differently. Form a thick rectangle with the dough, cover it with plastic wrap and let it rest for 30 minutes at room temperature.
2. Prepare the filling: In a medium bowl combine the egg yolk with vanilla sugar and mix them well. Add cottage cheese and sour cream and incorporate it gently to the egg yolk mixture.
3. Wash tarragon and strip off the leaves from the stems. Place it in a small bowl and set aside.
4. Bring a large pot with slightly salted water to the boil.
5. In the meantime, roll the dough on a lightly floured surface, ideally to 6mm thick. Spread the filling across the dough and sprinkle the tarragon over it. Roll the dough up tightly into a roulade and tuck in the edges, so the filling will not ooze out. Wrap the roll tightly into a clean and wet kitchen tea towel. Tie the cloth with cooking string and wrap the roll once more into a sheet of aluminum foil.
6. Put the dumpling in boiling water and lower the heat to medium. Cook for 25-35 minutes. Take the cooked dumpling out of the water and let it rest in the towel for 10 minutes.
7. In the meantime, heat the butter in a large pan and add the sugar along with breadcrumbs. Fry it at medium heat for a few minutes.
8. Slice the Tarragon rolled dumpling into 2 cm slices. Serve dumplings hot and spread with a spoonful of toasted sweet breadcrumbs on top of each slice.

Pehtranova Potica / Mateja's Tarragon Mascarpone Bread

<https://threepointskitchen.com/recipes-3/breads/pehtranova-potica-matejas-tarragon-mascarpone-bread/>



INGREDIENTS

Dough:

- 2 packages dry yeast
- 1 teaspoon sugar
- 6 cups flour (5 cups to start, adding additional flour as needed)
- 2 cups warm milk
- 1/2 cup softened butter
- 3 egg yolks
- 1/2 cup sugar
- 1 tablespoon dark rum
- 1 tablespoon. vanilla
- Zest of 1 lemon
- Pinch of salt

Filling:

- 1 cup chopped fresh tarragon leaves
- 1/2 cup butter
- 2/3 cups sugar
- 3 eggs, separated
- 5 tablespoons breadcrumbs
- 1 cup Mascarpone cheese
- 2 tablespoons cottage cheese

INSTRUCTIONS

1. Mix softened butter, sugar and egg yolks until the sugar is well dissolved and mixture is frothy. Set aside. Warm the milk, mix in salt, lemon peel, vanilla and rum; add to the butter mixture. Form the dough out of the 5 cups of flour, yeast and milk mixtures.
2. Mix the dough until smooth and elastic. Then keep adding flour as needed, mixing with a wooden spoon until the dough can be handled without sticking. Place dough on floured board and knead for about 15 minutes, adding flour as needed to make a smooth, pliant and non-sticking dough. Place dough in a well-greased bowl; turn dough upside down to grease top. Cover and let rise in warm place until doubled in bulk. While dough is rising, prepare filling.
3. Mix softened butter, sugar and egg yolks until the sugar is dissolved. Add Mascarpone and cottage cheese. Fold in beaten egg whites, and breadcrumbs.
4. Roll out dough on table covered with a tablecloth sprinkled with flour. The dough should be rolled thin enough to see the tablecloth pattern through the dough.
5. Spread filling evenly over entire dough surface. Then spread chopped tarragon over the filling. Start rolling up dough by hand, jellyroll fashion, stretching dough slightly with each roll. Keep side edges as even as possible. Continue to roll by raising the cloth edge slowly with both hands so the dough rolls itself. Dust away any excess flour on the outside of the dough with a pastry brush as you roll. Prick roll with a toothpick as needed to eliminate air pockets.
6. With the edge of a spatula, cut off each end of roll to make it the length needed to fit around the inside of large baking pan, angel food cake pan or Bundt cake pan, being sure to arrange the seam where the roll ended against the center, to form a full circle. If you have a two-piece angel food cake pan, it is easiest to roll the loaf onto and around the bottom plate of the pan, and then lower this into the body of the pan. Cover with a cloth and let rise in a warm place until double in volume. Bake about 1 hour at 325 degrees.
7. For a shiny crust, brush top before baking with 1 egg beaten with 1 tablespoon milk, or brush top with melted butter when taken from oven.
8. Let stand at least one hour before removing from pan. Loosen sides and bottom with knife. Turn onto wire rack to remove, then turn over again onto another wire rack to cool right-side up. Once completely cool, turn upside-down on a cake plate and sprinkle with powdered sugar.

9. If you have trouble with the warm potica settling with handling or once you turn it over, an alternative is to leave it right-side up in the pan until completely cool. You can even remove the outer ring of the angel-food cake pan, and let it cool completely that way before turning it over onto a cake plate. Or you can just serve it right-side-up on the base of the pan!

Scallops with Tarragon Butter Sauce

<https://www.foodandwine.com/recipes/scallops-with-tarragon-butter-sauce>

Yield: 4

INGREDIENTS

- 2 tablespoons olive oil
- 5 tablespoons butter
- 1 1/2 pounds sea scallops, dried well
- 1 teaspoon salt
- 1/4 teaspoon fresh-ground black pepper
- 1/3 cup dry white wine
- Grated zest of 1 lemon
- 2 tablespoons chopped fresh tarragon



INSTRUCTIONS

1. In a large nonstick frying pan, heat 1 tablespoon of the oil with 1/2 tablespoon of the butter over moderate heat. Season the scallops with 1/2 teaspoon of the salt and the pepper. Put half the scallops in the pan. Cook until browned, about 2 minutes. Turn and cook until browned on the second side and just done, 1 to 2 minutes. Remove. Heat the remaining 1 tablespoon oil with 1/2 tablespoon of the butter in the pan and cook the remaining scallops. Remove.
2. Wipe out the pan. Put the pan over moderately low heat and add the wine. Boil until reduced to approximately 2 tablespoons, 1 to 2 minutes. Reduce the heat to the lowest setting. Whisk the remaining 4 tablespoons butter into the wine. The butter should not melt completely but just soften to form a smooth sauce. Add the remaining 1/2 teaspoon salt, the lemon zest, and the tarragon. Pour the sauce over the scallops.

Poulet Basquaise (Basque Style Chicken)

<https://www.food.com/recipe/poulet-basquaise-basque-style-chicken-227252>

Poulet basquaise is an easy, flavorful dish originating in the Basque region of France that straddles the southern border with Spain. The Spanish influence in this dish is clearly represented in the use of tarragon and bell pepper, both of which give the dish a distinctively fresh and spicy flavor. The rich sauces of the Basque region are world famous. This versatile dish is often served with either pasta or potatoes.

Total Time: 1hr 45mins serves: 4-6



INGREDIENTS

- 4 lbs chicken
- 2 tablespoons butter, softened
- 2 teaspoons dried tarragon
- 1 1/2 cups chicken broth (substitute part with white wine)
- 1 tablespoon cornstarch
- 1 tablespoon olive oil
- 1 green pepper, julienned
- 1 red pepper, julienned
- 1 onion, sliced
- 1 cup ham, julienned (or chorizo)

DIRECTIONS

1. Preheat oven to 400 F.
2. Season the cavity of the chicken with salt and pepper. Rub the chicken skin with the butter. Sprinkle the tarragon inside and outside the chicken. Place chicken in a roasting pan and pour over half the chicken broth. Cover and roast for about 75 minutes, basting every 20 minutes. Let chicken rest for 10-5 minutes.
3. Deglaze the roasting pan with the remaining chicken broth. Make a slurry by mixing the cornstarch with a bit of water. Stir into the broth and cook and stir until thickened.
4. Heat the olive oil in a skillet. Add the onions and saute for about 5 minutes. Add the red and green peppers and the ham and saute for another 4 minutes.
5. To serve, carve the chicken and place on a platter. Arrange the ham and pepper mixture around the chicken and pour a bit of the gravy over all. Serve with the remaining gravy on the side.

Creamy French Chicken Tarragon (Poulet à l'Estragon)

<https://www.pardonyourfrench.com/creamy-french-chicken-tarragon/>

Serves: 4-6 people Total Time: 60 Minutes

INGREDIENTS

- 6 chicken thighs, skin-on
- 2 tsp salt
- 1 tsp freshly ground black pepper
- 2 tbsp butter (unsalted)
- 1 medium onion (or 2 shallots), peeled and sliced
- 2 garlic cloves, peeled and diced
- 1 cup chicken stock
- 1/2 cup dry white wine
- 2 tbsp fresh tarragon, chopped (+ extra for garnish)
- 1/2 cup heavy cream
- More salt, pepper to taste



INSTRUCTIONS

1. Two hours prior to cooking, rinse the chicken thighs under cold water and pat-dry thoroughly with paper towel. Season each piece with salt and pepper on both sides. Set aside, at room temperature.
2. Pre-heat your oven to 375F with a rack in the middle.
3. Heat up a large oven-safe frying pan (or skillet) over medium heat with the butter. When the butter is sizzling, place the chicken thighs in, skin-side down. Cook for about 10 minutes, without touching, until the chicken skin is golden brown and the chicken is $\frac{3}{4}$ done; just firm. Flip the chicken thighs and cook for 10 more minutes. Transfer the chicken to a plate and cover with foil. Keep the pan hot and do not rinse it (keep the chicken drippings in).
4. Add the onion and garlic to the pan. Cook for about 10 minutes, stirring occasionally, until the onion is lightly caramelized. Nestle the chicken thighs back into the pan, on top of the onion. Sprinkle with the chopped tarragon. Pour the chicken stock and white wine into the pan. Bring to a simmer and transfer the pan into the oven for 30 minutes (covered).
5. Take the pan out of the oven, back onto the stove top at medium heat. Transfer the chicken to a plate and cover with foil again. Stir the cream into the pan. Bring to a simmer and keep stirring until the sauce thickens (this could take 7-8 minutes). Place the chicken thighs back into the pan and cook for 5 more minutes.
6. For serving, sprinkle chicken pieces with fresh tarragon leaves.

Strawberry Tarragon Jam

<https://www.serious-eats.com/strawberry-tarragon-jam-recipe>

Total Time: 90 mins Makes: 4 jars

INGREDIENTS

- 3 cups sugar
- 2 1/2 teaspoons Pomona's Universal Pectin (or Sure-Jell)
- 4 cups coarsely chopped strawberries (from about 2 pints)
- 1 tablespoon freshly squeezed lemon juice
- 3 teaspoons calcium water (omit if using Sure-Jell)
- 1/4 teaspoon unsalted butter
- 1/4 cup chopped fresh tarragon

DIRECTIONS

1. Whisk sugar and pectin in a medium bowl and set aside.
2. Combine strawberries, lemon juice, calcium water, and butter in a large, heavy-bottomed pot and bring to a boil over medium-high heat. Add the honey and the sugar-pectin mixture and return the fruit mixture to a boil, stirring constantly. Boil hard for one minute.
3. Remove pot from the heat and skim any foam from the surface of the jam with a cold metal spoon. Stir in tarragon. Ladle the jam into hot sterilized jars and process them in a hot water bath for 10 minutes.



Peach Tarragon Shortcake

<https://www.epicurious.com/recipes/food/views/peach-tarragon-shortcake-51241890>

Total Time: 1 Hour 30 minutes Makes 8 servings

INGREDIENTS

Peaches:

- 4 large ripe peaches
- 2 sprigs tarragon
- 1/4–1/2 cup sugar

Shortcake and assembly:

- 4 tablespoons (1/2 stick) unsalted butter
- 1 sprig tarragon
- 1 cup cake flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 cup all-purpose flour, plus more for surface
- 2 teaspoons sugar, plus more for sprinkling
- 1 1/2 cups chilled heavy cream
- Whipped cream (for serving)



INSTRUCTIONS

Peaches

1. Using the tip of a paring knife, score an X in the bottom of each peach. Cook in a large pot of boiling water just until skins begin to peel back where cut, about 1 minute. Using a slotted spoon, transfer to a bowl of ice water; let cool. Peel; cut over a medium bowl into 1/4"-thick wedges, collecting juices.
2. Add tarragon and sugar to peaches and toss to combine. Let stand, tossing occasionally, until peaches release their juices and sugar is dissolved, about 1 hour.

Shortcake and assembly

3. Preheat oven to 425°. Heat butter and tarragon in a small saucepan over medium heat until butter is melted; set aside.
4. Whisk cake flour, baking powder, salt, 1 cup all-purpose flour, and 2 teaspoons sugar in a large bowl. Drizzle chilled cream over and mix gently until dough holds together.
5. Turn out dough onto a lightly floured surface and knead into a shaggy ball, being careful not to overwork. Place on a parchment-lined rimmed baking sheet and form into an 8"-diameter disk, about 1/2" thick. Brush with some melted butter and sprinkle with sugar.
6. Bake until shortcake edges are golden brown, 12–15 minutes. Reduce oven temperature to 325°. Bake until golden brown all over, 8–10 minutes longer.
7. Brush shortcake with remaining melted butter. Transfer to a wire rack and let cool. Cut shortcake into 8 wedges, spoon peaches and their juices over, and top with whipped cream.

ADDITIONAL RECIPES

Sabzi Khordan (Fresh Herb Platter, Persian)

<https://food52.com/recipes/41906-fresh-herb-platter-sabzi-khordan>

Classic Bearnaise Sauce (more complicated than the recipe above)

<https://www.simplyrecipes.com/classic-bearnaise-sauce-recipe-5193246>

Cauliflower with Almonds Raisins and Capers

<https://smittenkitchen.com/2009/10/cauliflower-with-almonds-raisins-and-capers/>

Grilled Shrimp with Tarragon Butter

<https://www.surlatable.com/grilled-shrimp-with-tarragon-beurre-blanc/REC-232224.html>

Cranberry-Walnut Chicken Salad

<https://smittenkitchen.com/2008/10/cranberry-walnut-chicken-salad/>

Tarragon & Shallot Compound Butter

<https://rouxbe.com/recipes/1348-tarragon-shallot-compound-butter>

Georgian Tarragon Soda

<https://jeanetteshealthyliving.com/georgian-tarragon-soda/>

Blackberry Tarragon Paletas

<https://www.epicurious.com/recipes/food/views/blackberry-tarragon-paletas-51236640>

Tarragon Olive Oil Ice Cream

<https://food52.com/recipes/38281-tarragon-olive-oil-ice-cream>

Green Goddess Chicken

<https://skinnysouthernrecipes.com/green-goddess-chicken/>

Sautéed Fish with Mustard Tarragon Cream Sauce

<https://simplysohealthy.com/sauteed-fish-with-mustard-tarragon-cream-sauce/>

Tarragon Marinated Mushrooms

<https://www.tfrecipes.com/marinated-mushrooms-with-tarragon/>

Tarragon and Spice Deviled Eggs

<https://www.allrecipes.com/recipe/236510/tarragon-and-spice-deviled-eggs/>

Lemon-Tarragon Crab Cakes

<https://www.dixiechickcooks.com/lemon-tarragon-crab-cakes/>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Thursday, August 25 @ 7 pm (in person!) To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.