



Spice Up Your Summer!

Maynard Library

Spice Club

MINT

### SPICE INFORMATION

Mint is a highly aromatic, perennial herb in the genus *Mentha* of the Lamiaceae family. The genus contains approximately 20 species and numerous natural hybrids. Peppermint, *M. x piperita*, is one such hybrid, a cross of *M. aquatica* and *M. spicata*. In their natural environment, plants thrive along marsh edges, in meadows, along stream banks, and woodland fringes – growing 12 to 36 inches tall at maturity. Most species are native to temperate regions of Africa, Asia, or Europe, with a few indigenous to Australia (*M. australis*), and North America (*M. arvensis* and *M.*



*canadensis*). The presence of pungent essential oils (menthol and menthone) gives *Mentha* its attractive fragrance that fills the surrounding area with a sweet perfume. Plants are easily identified by their bright scent and refreshing taste, and by the square stems typical of Lamiaceae family members.

The most popular varieties for home cultivation include spearmint (*M. spicata*), peppermint (*M. x piperita*), wild mint (*M. arvensis*), and Scotchmint (*M. x gracilis*). Peppermint is one of the more well-known species and is a favorite for use in beverages, desserts, and sweets because of its strong menthol flavor. Spearmint has long been popular with herbalists and in kitchen herb gardens and has less menthol, giving it a sweet, fresh taste. *M. suaveolens* 'Pineapple' is an attractive, variegated cultivar, typically with white margins on its leaves and a light, citrusy fragrance. References to "mint leaves", without a qualifier like "peppermint" or "apple mint", generally refer to spearmint leaves. Both peppermint and spearmint are used in cooking.

Despite its sweet flavor, spearmint is typically used in savory dishes, such as pesto sauce, pasta dishes, or garnish for roasted vegetables. Peppermint is more commonly used as a flavoring in sweet dishes and desserts, and it pairs very well with chocolate.

Other members of the Lamiaceae family include *Melissa officinalis* (lemon balm), *Monarda* (bee balm) and *Nepeta* (cat mint).

For the best aroma and flavor, plants should be harvested before flowering. Gently wrap leaves in a damp paper towel and place the paper towel inside a loosely sealed plastic bag or storage container and refrigerate. Or trim the stem ends and place them in a small glass of water. Place the glass in the fridge and cover loosely with a bag, replacing the water every three to four days. Mint can be dried or frozen as well.

Dried mint can be substituted for fresh in some recipes, especially any recipes that are cooked. But as with most dried herbs dried mint does not quite have the same taste as fresh. Fresh mint tastes bright and clean, while the flavor of dried mint can be rather bitter and dull. If substituting, use 1 teaspoon of dried mint for 1 tablespoon fresh. In some dessert recipes where fresh mint is called for, peppermint extract can be used as a substitute. For each tablespoon of chopped mint leaves in your recipe, use 4 drops of peppermint extract. Use care, because (the extract is very potent.

<https://gardenerSPATH.com/plants/herbs/grow-mint/>

<https://en.wikipedia.org/wiki/Mentha>

<https://themom100.com/how-to-cook-with-mint/>

<https://www.masterclass.com/articles/spearmint-vs-peppermint-explained>

## RECIPES

### Cucumber-Mint Agua Fresca

<https://www.eatingwell.com/recipe/7967482/cucumber-mint-agua-fresca/>

Servings: 2



#### Ingredients

- 2 cups chopped cucumber
- 1 cup water
- Juice of ½ lime
- 2 teaspoons agave syrup
- 1 teaspoon chopped fresh mint
- Ice for serving

#### Steps

1. Combine cucumber, water, lime juice, agave and mint in a blender. Process until smooth. Serve over ice.

#### To make ahead:

1. Refrigerate for up to 3 days.

## Traditional Moroccan Mint Tea

<https://www.lifeisbetterwithtea.com/moroccan-mint-tea/>

Servings: 4 cups



### Ingredients

- 4 cups filtered water
- 4 teaspoons Chinese gunpowder green tea leaves
- 4 Tablespoons pure cane sugar
- 6 sprigs mint leaves

### Steps

1. Bring 4 cups of water to 190° F. Set aside.
2. Place the tea leaves and the mint leaves in a pot. Add the hot water and steep for 5 minutes.
3. Strain the tea into a saucepan and add the sugar. Stir and bring to a simmer over medium heat for 5 minutes. This caramelizes the sugar.
4. Remove from heat and pour the sweetened tea into a teapot for serving.
5. Pour into cups or decorative glasses.
6. To create a froth, pour from a height of 12 inches. Begin low and slowly raise the height of the teapot as you pour.
7. Garnish with mint and enjoy.

## Refreshing Mint Pesto

<https://www.thespruceeats.com/mint-pesto-4161122>

### Ingredients

- 1 ½ cups fresh parsley leaves
- 1 cup fresh mint leaves
- 1/4 cup extra-virgin olive oil
- 3 cloves garlic
- 2 tablespoons lemon juice, freshly squeezed
- 1/4 cup feta cheese
- 1/4 cup almonds, optional
- Kosher salt, to taste
- Freshly ground black pepper, to taste

### Steps

1. Wash and dry the parsley and mint leaves well. Add them to a blender or food processor. Add the garlic cloves, lemon juice, feta cheese, and if you are adding them,



the almonds. Start processing (use the pulse feature if available) and drizzle in the olive oil through the top access point as it is blending.

2. Once it is completely combined and finely minced, add salt and pepper to taste. Allow the pesto to sit for at least 10 minutes before serving. This allows the flavors to blend.
3. Serve pesto slathered on freshly roasted potatoes. It also makes a great pasta sauce. Add feta, grilled chicken, and tomatoes to the pasta for a complete meal.

You can store the pesto in the refrigerator for one week. You can also freeze the pesto in ice cube trays or plastic bags. It will stay fresh in the freezer for months.

## Talatouri Recipe (Cypriot Tzatziki Sauce with Mint)

<https://www.mygreekdish.com/recipe/talatouri-recipe-cypriot-tzatziki-sauce-with-mint/>

Servings: 3 cups



### Ingredients

- 1 cucumber
- 2 cloves of garlic, minced
- 1/4 cup extra virgin olive oil
- 18 ounces Greek yogurt
- Juice of 1 lemon
- 2 to 3 tbsp chopped fresh mint
- a pinch of salt

### Steps

1. Remove the skin and the seeds of the cucumber and grate it into a large bowl. Season with salt and pepper and leave aside for 10 minutes.
2. Wrap the grated cucumber in a towel and squeeze, in order to get rid of the excess water.
3. In a bowl, add the cucumber, the minced garlic and olive oil, the yogurt, juice of 1 lemon, mint, a pinch of salt and blend, until the ingredients are combined. Store in the fridge and always serve cold. (Alternatively, if you have a blender, pour in the olive oil and garlic and blend until combined. Then mix with the rest of the ingredients using a spoon. This will help the garlic to mix better with the rest of the ingredients).



## Sugared Melon with Cardamom and Mint

<https://www.foodandwine.com/recipes/sugared-melon-with-cardamom-and-mint>

Servings: 2 to 4

### Ingredients

- 4 cups chopped cantaloupe (from 1 small [3 ½-pound] peeled and seeded cantaloupe)
- 4 cups chopped honeydew melon (from 1 small [3 ½-pound] peeled and seeded honeydew)
- 2 teaspoons turbinado sugar
- ½ teaspoon kosher salt
- 3 cardamom pods, smashed, husks discarded
- 2 tablespoons torn fresh mint
- Whipped cream or vanilla ice cream (optional)

### Steps

1. Toss together cantaloupe, honeydew, sugar, salt, and cardamom in a large bowl. Stir gently until melon is evenly coated. Cover with plastic wrap, and refrigerate until melon has started to release juices and flavors have married, at least 1 hour or up to 3 hours.
2. Sprinkle melon mixture with mint. The melon is great on its own, but add a dollop of fresh whipped cream or a good-quality vanilla ice cream if desired.

## Snap Peas with Meyer Lemon and Mint

<https://www.thekitchn.com/recipe-snap-peas-with-meter-lemon-and-mint-recipes-from-the-kitchn-81633>

Servings: 4

### Ingredients

- 1 pound snap peas, trimmed
- 1 tablespoon Meyer lemon juice
- 1 teaspoon Meyer lemon zest
- 3 tablespoons extra virgin olive oil
- 1 teaspoon minced shallot
- 1 tablespoon chopped mint leaves
- Salt and freshly ground pepper, to taste



### Steps

1. Fill a large bowl with water and ice. Set aside.
2. Bring a large pot of water to a boil. Add snap peas and cook until just tender yet still crisp, about 2 minutes.
3. Using a slotted spoon, transfer snap peas to ice water.
4. Whisk all other ingredients together in large bowl. Drain snap peas and toss with the vinaigrette.



## Minted Summer Couscous with Watermelon and Feta

<https://www.thekitchn.com/recipe-minted-summer-couscous-with-watermelon-and-feta-221496>

Servings: 4 to 6



### Ingredients

- 1 1/4 cups water
- 1 cup whole wheat couscous
- 1/2 teaspoon fine sea salt
- Pinch of saffron, optional
- 2 or 3 medium limes, preferably organic
- 2 tablespoons extra-virgin olive oil, plus extra for drizzling
- 1 to 2 teaspoons honey, to taste
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups seedless watermelon, cut into 3/4-inch cubes
- 1/2 cup celery, cut into 1/4-inch-wide slices (about 1 stalk)
- 1/2 cup loosely packed torn fresh mint leaves, plus a few leaves for garnish
- 1/2 cup crumbled mild feta, preferably sheep's milk

### Steps

1. Add the water to a small heavy saucepan and bring to a boil. Remove from the heat. Stir in the couscous, 1/4 teaspoon of the salt, and the saffron, cover, and set aside until the liquid is absorbed, about 10 minutes. Fluff the couscous with a fork and transfer to a large serving bowl. Set aside to cool for about 15 minutes.
2. Zest the limes to make 2 teaspoons zest. Squeeze the fruit to make 3 tablespoons juice. Place the zest and juice in a small jar. Add the olive oil, honey, the remaining 1/4 teaspoon salt, and pepper. Shake vigorously.
3. Distribute the watermelon, celery, and mint across the cooled couscous. Drizzle the dressing across and gently toss to combine. Season with salt and pepper to taste (keeping in mind that feta can be quite salty). If you have time, allow to sit for 30 minutes for flavors to meld.
4. To finish, toss again, top with the crumbled feta and the mint leaves for garnish, and drizzle with a touch more olive oil.

## Traditional Tabouli Salad with Dried Mint

<https://parsleyinmyteeth.com/recipes/vegetarian/traditional-tabouli-salad-with-dried-mint/>

Serves 8 – 10

### Ingredients

- |  |                                     |
|--|-------------------------------------|
| 3/4 c bulgur wheat                       | 1/2 c fresh lemon juice (2 lemons)  |
| 4 c chopped parsley (2 large bunches)    | 1/4 c extra virgin olive oil        |
| 2 c diced tomatoes (3 medium)            | 2 T chopped garlic (3 large cloves) |
| 2 c diced cucumber (1medium))            | 1/2 – 1 T dried mint                |
| 1 c thinly sliced green onions (1 bunch) | 1/2 t sea salt – optional           |

## Steps

1. Place bulgur wheat in a large mixing bowl and cover with 1 cup boiling water. Let stand for about 30 minutes until water is absorbed.
2. Place parsley and garlic in a food processor and pulse until well chopped. Dice tomatoes and cucumber. Slice green onions.
3. After bulgur wheat has completely cooled, mix in parsley, tomatoes, cucumber, and green onions.
4. Adding small amounts at a time, crush the dried mint with your fingers and sprinkle over ingredients. Add lemon juice, olive oil, and sea salt. Mix very well. Keep adding in mint until you find the balance of flavors you like. Keep in mind that the flavor will develop a bit further in the refrigerator overnight.
5. Let chill in the refrigerator for a couple of hours before serving.



## Crunchy Eggplant and Corn Salad with Mint and Feta

<https://www.foodandwine.com/recipes/crunchy-eggplant-and-corn-salad-mint-and-feta>

Servings: 4

## Ingredients

- 2 1/2 cups fresh breadcrumbs
- 1/2 cup canola oil, divided
- 2 1/2 teaspoons kosher salt, divided
- 1 1/4 teaspoons black pepper, divided
- 4 medium ears fresh sweet corn (about 1 3/4 pounds), shucked
- 1 (1-pound) eggplant, striped with a Y-shaped peeler and cut crosswise into 16 (1/3-inch-thick) rounds
- 1/4 cup mayonnaise
- 4 ounces feta cheese, crumbled (about 1 cup)
- 1/4 cup fresh mint leaves
- Chile oil, for serving



## Steps

1. Preheat oven to 400°F. Combine breadcrumbs, 2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl; toss to coat. Set aside. Cut kernels from corn cobs (You will have about 2 1/2 cups kernels). Set aside.
2. Toss together eggplant rounds, 1/4 cup oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a medium bowl until well coated. Arrange eggplant in a single layer on a lightly greased, aluminum foil-lined baking sheet. Brush top of each eggplant round with about 3/4 teaspoon mayonnaise and sprinkle with about 2 1/2 tablespoons breadcrumb mixture. Bake in preheated oven until eggplant is tender and breadcrumbs are golden brown, 20 to 22 minutes.

3. Meanwhile, heat remaining 2 tablespoons oil in a large skillet over high. Add corn kernels, remaining 1 teaspoon salt, and remaining ½ teaspoon pepper. Partially cover skillet, leaving about a 2-inch gap (for steam to escape and to prevent corn from popping out of skillet). Cook, shaking skillet occasionally, until corn is well charred, about 8 minutes. Remove from heat, and let cool in skillet, partially covered, 1 minute. Transfer charred corn to a bowl.
4. Arrange 4 eggplant rounds on each of 4 serving plates. Top each of the 4 servings with about 1/3 cup corn, 1/4 cup crumbled feta, and 1 tablespoon mint. Drizzle with chile oil.

## Halloumi, Kale, and Mint Gozleme

<https://www.thekitchn.com/halloumi-kale-mint-gozleme-22912539>

Servings: 4

Traditional Turkish street food

Hetty McKinnon



### Ingredients

For the yogurt dough

- 11 ounces plain Greek yogurt
- Sea salt
- 3 cups self-rising flour (or add 4 1/2 teaspoons baking powder and 1 1/2 teaspoon kosher salt to all-purpose flour)

For the filling

- Extra virgin olive oil
- 4 cups kale leaves (about ½ bunch), tough stems removed
- 1 clove garlic, finely chopped
- 9 ounces halloumi cheese, grated
- 2 scallions, finely chopped
- Handful of mint leaves, torn
- Sea salt and freshly ground black pepper
- Melted unsalted butter or extra-virgin olive oil, for brushing
- 1 lemon, cut into 4 wedges, for serving

### Steps

1. Make the dough: Place the yogurt in a large bowl and stir through a big pinch of salt. When combined, gradually add the flour, a few tablespoons at a time, until you have a stiff dough. Bring everything together in the bowl before turning it out onto a floured bench. Using your hands, knead the dough until it is soft and slightly tacky. Place into a lightly floured bowl, cover with a clean tea towel and allow to stand for at least 30 minutes.
2. Make the filling: Warm a frying pan over a medium heat. Add a drizzle of extra-virgin olive oil, toss in the kale and garlic, and season with a pinch of sea salt and black pepper.



Cook for 2 to 3 minutes until the kale is wilted. Take the pan off the heat and allow to cool. Once cool enough to handle, chop the kale leaves roughly, then add them to the grated halloumi cheese, shallots and fresh mint. Season with sea salt and black pepper, and mix well to combine.

3. Divide the dough into 4 equal balls. On a floured surface, roll each ball into an 8-inch circle. Place some filling on one half of the circle and fold the other half over it. Seal the edges with a fork (or crimp, if you feel like it!). Repeat until you have used all the dough.
4. Place a large skillet on medium-low heat. Brush both sides of the gozleme with melted butter or olive oil and cook on both sides until golden.
5. To serve, cut each gozleme into 3 slices and finish with a good squeeze of lemon juice.

### Thin Spaghetti with Tomatoes, Kalamata Olives, Feta, and Mint

<https://www.foodandwine.com/recipes/thin-spaghetti-tomatoes-kalamata-olives-feta-and-mint>

Servings: 4

#### Ingredients

- 1 1/4 pounds multicolored cherry or grape tomatoes
- 12 ounces uncooked thin spaghetti (spaghettini)
- 2 1/2 cups chicken or vegetable stock
- 2 cups water, plus more
- 1 1/2 teaspoons kosher salt, divided
- 1/4 teaspoon crushed red pepper
- 3/4 cup pitted kalamata olives, gently smashed
- 1/4 teaspoon black pepper
- 4 ounces feta cheese, crumbled (about 1 cup)
- 1/4 cup packed fresh mint leaves
- 1/4 cup loosely packed fresh oregano leaves
- 1/4 cup extra-virgin olive oil



#### Steps

1. Stir together tomatoes, pasta, stock, 2 cups water, 1 teaspoon salt, and crushed red pepper in a large saucepan; bring to a boil over medium-high. Cook, stirring occasionally, until pasta is slightly softened, about 5 minutes.
2. Crush tomatoes in saucepan using the back of a spoon. Cook over medium-high, stirring occasionally, until pasta is al dente and liquid thickens and reduces slightly, about 6 minutes. (If needed, add additional water, 1 tablespoon at a time, until sauce reaches desired consistency.)
3. Stir in olives, black pepper, and remaining 1/2 teaspoon salt. Divide pasta mixture evenly among 4 bowls. Sprinkle with feta, mint, and oregano; drizzle with oil.

## Vietnamese Chicken Salad Bowl

<https://www.thekitchn.com/vietnamese-chicken-salad-recipe-256165>

Servings: 4



### Ingredients

#### FOR THE MARINADE AND DRESSING

- 1/4 cup freshly squeezed lime juice (3 limes)
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 2 tablespoons finely chopped lemongrass or lemongrass paste
- 1 tablespoon fish sauce
- 1 tablespoon finely grated peeled fresh ginger
- 2 cloves garlic, minced
- 1/2 cup olive oil

#### FOR THE SALAD:

- 1 1/2 pounds boneless, skinless chicken breasts, sliced into 1/2-inch-thick strips
- 2 ounces dry, thin rice noodles
- 1 tablespoon olive oil
- 1/2 medium napa cabbage, thinly sliced crosswise (about 6 cups)
- 1 medium red bell pepper, cored, seeded, and thinly sliced
- 1 1/3 cups shredded carrots
- 1 medium English cucumber, thinly sliced crosswise
- 4 medium scallions, green parts only, thinly sliced on a diagonal
- 1/2 cup chopped fresh cilantro, divided
- 1/2 cup chopped fresh mint leaves, divided

### Steps

1. Make the Marinade and Dressing: Place the lime juice, vinegar, honey, lemongrass, fish sauce, ginger, and garlic in a medium jar or bowl and shake or whisk until well-combined and the honey is dissolved. Add the oil and shake or whisk until emulsified.
1. Make the Salad: Place the chicken and 1/4 cup of the dressing in a shallow container. Stir to coat the chicken. Cover and refrigerate at least 1 hour or up to overnight. (Alternatively, marinate the chicken in a quart zip-top plastic bag.) refrigerate the remaining dressing until ready to serve.
2. When ready to cook, break the dried noodles in half and cook according to the package instructions. Drain and rinse thoroughly under cold water to remove excess starch, then place in a large bowl. Shake the dressing again, add 2 tablespoons to the noodles, and toss to combine; set aside.
3. Heat the oil in a large skillet over high heat until very hot but not smoking. Place the chicken in the pan in a single layer, and sear until browned on the bottom, 2 to 3

minutes. Using tongs, flip the chicken and cook, shaking the skillet occasionally to move the chicken, until the chicken is cooked through, about 2 minutes more; set aside.

4. Add the cabbage, bell pepper, carrots, cucumber, scallions, 1/2 of the cilantro and mint, and remaining dressing to the noodles. Toss to combine. Top with the chicken and remaining herbs before serving.

## Greek Meatballs Recipe (Keftedes)

<https://www.themediterraneandish.com/greek-meatballs-recipe-keftedes-lemon-sauce/>

### Ingredients

- ⅓ cup whole milk
- 1 slice day-old bread, cubed
- 1 medium yellow onion, grated
- 3 garlic cloves, minced
- ¼ cup + 2 tablespoons extra virgin olive oil
- 1 pound lean ground beef
- ½ pound ground lamb or pork
- 1 large egg PLUS 1 egg yolk, divided
- ¼ cup chopped fresh mint leaves
- 1 tablespoon ground coriander
- 1 teaspoon dried oregano, preferably Greek oregano
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Kosher salt and black pepper
- 3 lemons, zested and juiced
- Flour for dredging
- 1 ¼ chicken broth



### Steps

1. Prepare the Greek salad (chopped tomatoes, cucumber and onion) and tzatziki sauce. Set aside or refrigerate.
2. Add the cubed bread to a bowl with the milk and let it soak for about 5 minutes.
3. In a large skillet, heat 2 tablespoons of extra virgin olive oil over medium heat. Add onions and garlic and cook until golden and translucent, stirring regularly. Transfer the onions and garlic mixture to a large mixing bowl to cool. Set the skillet aside for later.
4. Wring the excess milk out of the soaked bread. Add the bread to the mixing bowl.
5. Add the ground meat, 1 egg, fresh mint, spices, salt and pepper, and 1 tablespoon lemon zest. Mix by hand until mixture is fully incorporated.
6. Form the meat mixture into balls (each the size of a heaping tablespoon.) Roll meatballs into the flour to lightly coat and place them on a large tray.
7. In the large skillet you used earlier, add ¼ cup olive oil. Heat over medium-high. Turn heat to medium and add the meatballs to cook (in batches if necessary.) Cook meatballs

for 10 minutes or so, turning occasionally, until fully cooked and well-crusted on all sides.

8. With a slotted spoon, remove meatballs from the skillet onto paper towels to drain any excess fat. Meanwhile, carefully discard most of the cooking fat from the skillet. Return the skillet to the stovetop over medium heat.
9. Whisk the egg yolk with chicken broth and lemon juice. Add to the skillet with the remaining lemon zest, then add the meatballs back in. Cook over medium heat for another 5 minutes until the lemon sauce thickens.
10. Serve hot in bowls with pita bread, Greek salad and tzatziki (talatouri) sauce. Or serve in pita pockets as sandwiches, if you prefer.

## Ginger-Mint Shrimp

<https://www.freshandnaturalfoods.com/recipe/ginger-mint-shrimp/>

Based on a recipe by Ali Slagle

Servings: 4



### Ingredients

- 1 1/2 pounds large shrimp, peeled and deveined, tails on
- salt
- olive oil
- 1/2 inch piece ginger, peeled
- 1/2 cup firmly packed mint leaves
- 1 small lime or lime juice

### Steps

1. Pat the shrimp dry, then transfer to a medium bowl. Season with 1 tsp salt and lightly coat with olive oil. Set aside.
2. Coarsely chop the ginger and add the mint and a pinch of salt together. Finely chop until homogenous. Transfer to a small bowl, finely grate a 1/2 tsp lime zest into the bowl, and mix to combine. Cut the lime into wedges for serving.
3. Add the shrimp to a large frying pan with 2 tsps olive oil to the pan on medium heat. Cook the shrimp about 2 to 4 minutes on one side and then flip to the other side for an additional 1 to 2 minutes until opaque throughout.
4. Transfer the shrimp to a platter and toss with the remaining mint-ginger mixture and a squeeze of lime. Enjoy!



## Pineapple Mint Gelato

<https://barefeetinthekitchen.com/pineapple-mint-gelato-recipe/>

Servings: 6 ½ cup servings

### Ingredients:

- 6 Tbsp sugar
- 1/2 cup water
- 1/2 cup fresh mint, firmly packed
- 3/4 cups canned pineapple chunks, drained (save juice and remaining pineapple)
- 1 14 ounce can Thai coconut milk



### Steps

1. Combine the water and sugar in a small saucepan. Bring to a boil and stir until the sugar dissolves. This should only take a couple minutes. Remove from the heat and stir in the fresh mint. Let the syrup sit until it cools.
2. While the syrup is cooling, place the pineapple chunks in a blender and puree until smooth, about 2 minutes. Pour the cooled syrup into the blender and pulse a couple times to combine. Pour the pineapple puree into a jar and chill until ready to use. This can be made in advance and will keep well in the refrigerator for 3-4 days.
3. Stir together the puree and the coconut milk. Pour it into the ice cream machine and freeze according to your machine's directions. Serve immediately or transfer to an air-tight container and store in the freezer until ready to serve.
4. The gelato will be very firm once frozen. Let it rest at room temperature for about 20 minutes prior to serving.

## Mint Chocolate Crinkle Cookies

<https://www.thekitchn.com/recipe-mint-chocolate-crinkle-cookies-252381>

Servings: about 18 cookies



### Ingredients

- 4 tablespoons (½ stick) unsalted butter, cut into cubes
- 1/4 cup packed fresh mint leaves, coarsely chopped
- 3/4 cup all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup packed light brown sugar
- 1 large egg
- 4 ounces bittersweet chocolate, melted and cooled
- 1/4 cup granulated sugar
- 1/2 cup powdered sugar

## Steps

1. Melt the butter with the mint in a small saucepan over medium heat, swirling occasionally, until fragrant, 2 to 3 minutes. Remove from the heat and let the mixture steep for 30 minutes. Meanwhile, place the flour, cocoa powder, baking powder, and salt in a medium bowl and whisk to combine; set aside.
2. Pour the butter through a fine-mesh strainer into the bowl of a stand mixer fitted with the paddle attachment. (Alternatively, strain into a large bowl and use an electric hand mixer.) Press the leaves to extract all of the butter from the leaves; discard the leaves.
3. Add the brown sugar and beat on medium speed until light and fluffy, about 3 minutes. Add the egg and melted chocolate and beat until completely incorporated, scraping down the sides of the bowl as needed. Gradually fold in the flour mixture on low speed until just combined. Cover the bowl with plastic wrap and refrigerate until firm, 1 hour.
4. Once chilled, remove the dough from the refrigerator. Arrange 2 racks to divide the oven into thirds and heat to 350°F. Line 2 baking sheets with parchment paper or silicone baking mats; set aside.
5. Place the granulated sugar and powdered sugar in separate small bowls. Scoop 1 tablespoon of the dough, form into a ball, and place on a plate. Repeat with the remaining dough.
6. Roll each ball in granulated sugar and then in powdered sugar to coat. Place on the baking sheet 2 inches apart. Bake for 5 minutes. Rotate the baking sheets between racks and from front to back halfway through. Bake until the cookies are light golden-brown on the bottoms and around the edges, 5 to 7 minutes more.
7. Place the baking sheets on wire racks and cool 3 minutes. Use a flat spatula to transfer the cookies to a wire rack to cool completely.

## ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://www.thekitchn.com/recipe-portuguese-style-mint-rice-246199>

<https://foodal.com/recipes/mexican-latin-america/pork-tacos-peach-corn-salsa/>

<https://www.foodandwine.com/recipes/vermicelli-chicken-skewers-and-nuoc-cham>

<https://www.washingtonpost.com/recipes/bang-bang-turkey/>

<https://www.foodandwine.com/recipes/mint-ice-cream>

<https://www.yourcupofcake.com/chocolate-mint-brownie-bark/>

New York Times Cooking (subscription)

<https://cooking.nytimes.com/recipes/1020263-lemony-farro-pasta-salad-with-goat-cheese-and-mint>

<https://cooking.nytimes.com/recipes/1019103-chocolate-mint-tart>

<https://cooking.nytimes.com/recipes/1018650-lime-mint-and-rum-tarts> (Ottolenghi)

<https://cooking.nytimes.com/recipes/1023922-moroccan-nachos>

## SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, August 26 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.