

cooking with herbs



FineMark's Executive Chef, Lisa Fidler

Avocado Gazpacho

Ingredients

- 2 -3 cups Water or a Light Vegetable Stock
- 2 medium avocados, peeled and pitted
- 2 cups diced English Cucumber
- 1 cup Green Pepper, chopped
- 1 cup firmly packed fresh cilantro leaves (1 bunch)
- 2 tablespoons fresh lime juice, plus the zest
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon finely chopped red onion
- 2 teaspoons minced garlic (2 cloves)
- 1 small green chile, ribbed and seeded
- 1 teaspoons kosher salt
- Pinch of freshly ground black pepper

Instructions

- Place 2 cups water or stock into a blender with all of the ingredients.
- Blend until smooth, adding extra stock or water as needed to get the consistency you like.



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Cilantro Lime Gremolata

Ingredients

- 1 ½ Tablespoons finely chopped fresh Cilantro
- 1 small Garlic clove, minced
- Finely grated zest of 1 small Lime ($\frac{3}{4}$ teaspoon)

Instructions

- Place all on a cutting board and chop together.
- Toss together in a bowl.
- Best used immediately but can be kept for a week in a container in the fridge.
- Traditional Gremolata uses lemon and parsley. You could also use Orange and Basil. Mix it up (have some fun!).
- 4-8 servings depending on what you are garnishing and how much you use.

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Sautéed Mushrooms

Ingredients

- 1 tablespoon Unsalted Butter
- 1 tablespoon Coconut oil
- ¼ cup finely chopped Shallots
- ⅜ teaspoon salt
- 2 (8-ounce) packages Baby Bellas, halved
- ⅓ cup dry White Wine
- 4 teaspoons chopped fresh Thyme

Instructions

- Melt butter in a large skillet over medium-high heat.
- Add oil and shallots; cook 1 minute or until tender. Add salt and mushrooms to pan; cook 13 minutes or until mushrooms are brown and liquid evaporates. Add wine to pan; cook for 2 minutes or until liquid almost evaporates.
- Stir in thyme, and cook for 30 seconds

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Roasted Potatoes with Rosemary

Ingredients

- Any Root Veggie
- Olive Oil, not Extra Virgin
- Salt & Pepper
- Dried Rosemary

Instructions

- Preheat your oven to 450-475 degrees.
- Line a pan with foil (optional)
- Place the pan in the oven WHILE the oven is heating and for at least 10 minutes after it reaches temperature.
- Dice your veggies so they are all the same size. If you are doing Squash or Scallion or softer veggies, roast separate from the heartier ones that will need longer.
- Place your veggies in a bowl, drizzle with a little olive oil, salt & pepper and dried herb.
- When your oven and sheet pan are ready, carefully pull the pan out and place it on the door to the oven (use an oven glove). Spread the veggies in an even layer on the pan... be careful... the pan is hot and may warp a little, but will go back to shape. Place the pan back in the oven and roast for at least 10 minutes. It may take longer depending on the size of your cut veggies.
- Remove from oven and you're welcome! Totally awesome roasted veggies!

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Everyone LOVES My Sweet Potato Puree

Ingredients

- 2 cups Sweet Potato, diced all the same size
- Butter, ½ stick, cut into 4 pieces
- Tarragon, 1 Tablespoon Fresh, Fine Chop or 2 teaspoons dried
- Salt & Pepper to taste

Instructions

- Place the sweet potato in a pot and cover with water. Boil the sweet potato until tender.
- Strain the sweet potato, but keep about ½ cup of the boiling liquid.
- Put the sweet potato into a food processor and begin to puree. Add enough liquid to make a nice smooth puree. Scrape the sides to make sure you puree all the sweet potato. Now add the butter and tarragon and puree until creamy. Add salt & pepper to taste.

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Chef Lisa's Pesto

Ingredients

- 2 cups packed fresh basil leaves (I never use all basil. I mix w/ Parsley, Cilantro sometimes I just use Parsley & Cilantro)
- 2 cloves garlic (Personally, I use 4-6 cloves... I like Garlicky)
- ¼ cup pine nuts (you can use any nuts as long as they are oily: walnuts, mac nuts, etc.)
- 2/3 cup extra-virgin olive oil, divided (I do a lighter version of ½ E VOO & ¼ Veg Stock)
- Kosher salt and freshly ground black pepper, to taste
- ½ cup freshly grated Pecorino cheese (Shredded Parmesan works too or a combo of a nice, salty dry aged cheese)

Instructions

- Place the herbs, garlic & nuts in a food processor. Pulse until well blended.
- Pour the oil in while the blender is running.
- Add the cheese, blend until a nice paste forms taste
- Add salt & pepper if needed.

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Greek Israeli Cous Cous

Ingredients

- 1 Cup Israeli couscous
- ½ medium cucumber, peeled and diced
- 2 medium tomatoes, seeded and chopped
- ¼ cup red bell pepper, diced
- 2 -3 green onions, sliced
- 10 black olives, sliced
- 6 ounces fat free feta cheese, crumbled
- 2 tablespoons fresh tarragon, chopped fine
- 1 teaspoon dried oregano
- 1 tablespoon fresh parsley, chopped fine
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 1 tablespoon Extra Virgin Olive Oil

Instructions

- Cook cou cous, drain and rinse in cool water.
- Combine remaining ingredients and cover and chill till ready to eat.

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Compound Butter

A combination of butter and supplementary ingredients, such as herbs and garlic, and is used to enhance the flavor of dishes.

After mixing softened butter with the additional flavors, herbs, and aromatics, the butter is then reformed and chilled until firm. Once firm, the mixture can be sliced and added to a variety of foods.

How do you use them?

Rustic Bread, Flaky Biscuits, Grilled Corn, Rice's & Grains, Savory Pancakes, Mashed Potatoes, Baked Potatoes, Grilled Steaks, Simple steamed or grilled vegetables, Fish Fillets or Shrimp, Roast Chicken or Turkey (underneath the skin and inside), or Simple Pasta Dishes

Basic Herb Compound Butter

Ingredients

- 1 stick of butter, softened to room temperature but not melted
- 1-2 cloves minced garlic
- Salt and pepper, to taste (if desired)
- 1-3 tablespoons minced herbs

Instructions

- Soften butter to room temperature. Combine garlic, salt and pepper (if desired)
- Your choice of herbs. Mix well. Roll up in parchment paper or plastic wrap and chill until firm.
- When firm, serve sliced with your choice of food.

Other Compound Butter Flavors

- Red Wine, Shallots & Parsley
- Salted Caramel
- Pumpkin Spice
- Bacon Chive
- Lemon Herb
- Peach Honey
- Roasted Red Pepper
- Mustard
- Cinnamon Sugar Vanilla
- Various types of jams
- Blackberry Honey
- Roasted Garlic
- Sun Dried Tomato
- Bleu Cheese
- Pineapple
- Apple Spice
- Maple
- Orange Jalapeño
- Ginger Butter
- Rosemary Olive
- Fig Balsamic



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Fresh Mint Sorbet

Ingredients

- 3 ½ cups water
- 2 cups sugar
- 2 cups densely packed mint
- freshly squeezed juice of ½ lemon (or 1 lime)

Instructions

- Select the best leaves from the herb bundles and rinse them well.
- In a 2-quart saucepan bring the water to a boil then remove from the heat.
- Add the fresh herbs and cover the pan. Infuse the herbs for 5 minutes. Drain the mixture through a strainer into another pan and discard the herbs. Bring the infusion back to a boil and add the sugar. Reduce the heat and stir just until the sugar melts and the syrup is clear, about 2 minutes.
- Move the pan from the burner and let it cool for 35 minutes. Add the lemon juice. Pour the syrup into a pitcher or bowl and cover with plastic wrap. Put it in the refrigerator to chill for at least 4 hours (or longer if you can). The longer it chills, the better the texture will be.
- Pour the syrup into an ice-cream maker and freeze according to the manufacturer's instructions. Transfer the sorbet to an airtight container and freeze for several hours so that it may 'harden off.'
- When ready to serve, remove the sorbet from the freezer and let it sit for 10 minutes or until it softens slightly. The perfect dish of sorbet is soft but not melting in the dish, fine grained and smooth. Serve quickly in chilled bowls once it begins to soften.