



PARSLEY

Will in some way grace every meal of the day and every course except dessert

- Flavor is positive and intense. Delicious when used in large quantities
 - ±as a pronounced seasoning
 - ±for added nutrition, flavor and color
- Blend 2 cups roughly chopped parsley into 4 cups of your favorite potato soup
- When using in long-cooking soups and stews, add stems first and chopped leaves last. If parsley is left in a sauce too long, the sauce will turn green.
- One of finest herbs - combines well with other herbs
- Use
 - in bouquet garni, court bouillon, mirepoix, stuffings,
 - in BBQ brush, marinades
 - as an addition to salads soups and in fresh herb pasta.
 - in butter
 - on vegetables, fish, potatoes, breads
 - for making Hollandaise and Bernaise sauces
 - as a garnish - tuck in, sprinkle on, roll in

Tabboluleh (Parsley and Mint Salad)

1 cup cracked wheat
Boiling water
½ cup finely chopped fresh mint
1 ½ cups finely chopped parsley
1 cup finely chopped onion or scallion
¾ cup peeled, chopped tomatoes
½ cup olive oil
1 cup lemon juice
Salt and freshly ground black pepper to taste

Place the cracked *wheat* in a mixing bowl and add *boiling water* barely to cover. Let stand thirty minutes, or until all the liquid is absorbed. The *wheat* should become tender yet still be somewhat firm to the bite. If the *wheat* is too dry, add a little more *boiling water*. If excessive water is added it may be necessary to drain the wheat and press it.

Let the wheat become thoroughly cool, then mix with the remaining ingredients. If desired, garnish with *additional chopped tomatoes*. Serve with romaine leaves.

Ricotta and Parsley Puffs

8 ozs. puff pastry (fresh or frozen)
1 cup ricotta cheese
1 cup minced parsley
1 clove garlic, minced
3 tablespoons grated parmesan cheese
Black pepper

Combine all the ingredients for the filling. Roll out the pastry 1/8 inch thick and cut into 3-inch circles. Place a teaspoon of the filling on half of the circle and moisten the edges with a pastry brush dipped in water. Fold over the other half of the pastry to form a semicircle. Press the edges to seal. brush with an egg wash, if desired. Bake in a preheated oven at 425° F for 15-20 minutes, or until golden.

Sauce Persillade

Thicken a simple oil and lemon juice dressing with mashed, hard-boiled egg and plenty of minced parsley. Serve with cold meats; on mild vegetables, or spoon into soups.

Baked Halibut

Place 1 1/2 pounds halibut in baking dish with 1/4" water. Scatter over it onion salt, or chopped onions. Salt to taste. Spread a thin layer of softened butter over fish. Cover with 1/3 cup chopped parsley. On top of this, sprinkle 1 tablespoon each cornmeal and fine dry bread crumbs. Bake in preheated 350 oven 30 to 40 minutes or until fish flakes easily. Baked this way, fish will never dry out.

Gremolata

Gremolata is used by

- Italian chefs for *stuffing fish, stirring into soups and stews, topping osso bucco*
- French chefs for *coating a rack of lamb, topping a cassoulet*
- Try *tucking it under the skin of a whole chicken before roasting*

2 cups chopped flat-leaf parsley
2 tablespoons grated lemon peel
6 garlic cloves, minced

Combine all ingredients.