

Basil: Breakfast, Lunch or Dinner!

Basil tea is said to promote oral health, relieve arthritis, boost immunity and treat headaches. The taste of this herb tea will vary depending on the type of basil you use and how long you steep your tea.

Basil Lemon Tea

Ingredients

- 2 cups water
 - 3 tablespoons thinly sliced fresh basil leaves
 - 1 tablespoon grated lemon peel
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- 2 teaspoons English breakfast or other black tea leaves

Directions

In a small saucepan, bring water to a boil. Remove from the heat. Add the basil, lemon peel and tea leaves; cover and steep for 4 minutes. Strain, discarding lemon peel and tea leaves. Serve immediately. **Yield:** 2 servings

Basil, Lemon, Ginger Iced Water

Ingredients

- 2 lemons
- 5 ginger coins
- 3/4 cup basil leaves, loosely packed
- 3 tbsp honey or agave
- 9 cups boiling water

Directions

Cut the lemons in half and juice the lemons into a large pitcher, catching any seeds. Add the lemon halves into the pitcher, along with the ginger coins and basil. Pour boiling water into the pitcher and stir in the honey. Allow to steep until cool, and then remove the ginger, basil, and lemon halves. Serve with ice.

Basil Pocket Bread

Ingredients & Directions

1. In a large mixing bowl, mix 1 ½ cups warm water and 1 tablespoon yeast until dissolved. Stir in 1 tablespoon brown sugar and 2 teaspoons of salt. Let stand 15 minutes. Slowly add 3 ¼ cups of flour to mixture. Knead the dough for 5 minutes. Use extra flour to keep it from sticking to you or the breadboard. Work it until it's stretchy and smooth. The dough should not be sticky. Place dough in a greased bowl and let rise for 45 minutes in a warm place.

2. Grease two large cookie sheets or line with parchment paper. Pre-heat oven to 425°
3. Pinch off a golf-ball size piece of dough, roll into a ball, flatten, brush with pesto, and fold in half with the pesto in the center of the dough. You can also bake the dough, unfolded, like a tiny pizza.
4. Place bread on a greased cookie sheet; bake for 8-10 minutes, or until golden. Makes approximately 32 basil pocket bread bites.

Basil Lime Wafers – small batch

Ingredients

- 1 Tablespoon butter, at room temperature
- 4 teaspoons sugar
- 1 Tablespoon egg white
- 5 teaspoons flour
- Pinch of salt (optional)
- Dash of lime zest
- 1 basil leaf cut into tiny pieces

To make the wafers:

Preheat oven to 380° F. Line a large cookie sheet with parchment paper. Combine all ingredients in a bowl and stir until blended (batter will be soft). Drop batter by level teaspoonfuls onto the prepared cookie sheet, spacing 3 inches apart. Bake until edges are golden brown and centers of cookies are still pale, about 8 minutes. Transfer cookies to racks and cool completely. Store in an airtight container.

Yield 6 small cookies

Basil Lime Wafers – Large batch

Ingredients

- ¼ cup butter, at room temperature
- 1/3 cup sugar
- ¼ cup egg whites (approximately 2)
- 1/3 cup flour + 2 ½ - 3 Tbsp.
- Pinch of salt (optional)
- Zest from 1 lime
- 1/8 cup chopped basil leaves

To make the wafers:

Preheat oven to 380° F. Line a large cookie sheet with parchment paper. Combine all ingredients in a bowl and stir until blended (batter will be soft). Drop batter by level teaspoonful onto the prepared

cookie sheet, spacing 3 inches apart. Bake until edges are golden brown and centers of cookies are still pale, about 8 minutes. Transfer cookies to racks and cool completely. Store in an airtight container.

Yields 2 dozen cookies

Lemon Basil Dressing

Ingredients

- ¼ c. lemon basil
- Juice of ½ lemon
- 1 clove of garlic, minced
- 2 T honey
- ¼ c. olive oil
- 2-4 T of plain yogurt

In a small bowl, combine the basil, lemon juice, minced garlic and hone. Add the olive oil in a stream, while stirring with a whisk. Blend well. Stir in yogurt.

Spoon dressing over fresh fruit or over bibb lettuce, avocado and thin slices of red onion.

Basil Cream for Soup

Ingredients

- 1 c. fresh basil
- 2 cloves of garlic, minced
- 2 T vegetable or canola oil
- ½ c. heavy cream

In a food processor, puree the basil, garlic and oil. Slowly add the cream and blend until smooth. To serve, swirl a tablespoon on the top of hot soup, like tomato, broccoli, or potato.



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