

Dill

History

The name “dill” means to “calm or soothe,” and most likely originates from the plant’s known ability to calm troubled stomachs and colicky infants. The Latin name of a plant often tells us something about the plant’s characteristics, and dill is no exception. The name Anethum describes dill’s growth habits. The word is a combination of the words ano and theo, which when used together mean “upwards I run.” Anethum also originates from the Greek word aneson or aneton, which is most likely also the origin of the name anise. The Latin name graveolens comes from a combination of two words; gravis, meaning Taxonomy “heavy or weighty,” and oleo, which means “producing a smell or odor.” When combined into graveolens the meaning of these two words becomes “emitting a heavy odor or strong smelling.” Thus, the name Anethum graveolens means a tall plant with a vigorous growth habit that has a strong smell.



Fresh Cucumber Salad

INGREDIENTS

- 3 medium cucumbers, sliced
- 1 cup sugar
- 3/4 cup water
- 1/2 cup white vinegar
- 3 tablespoons minced fresh dill

DIRECTIONS

1. Place cucumbers in a 1-1/2- or 2-qt. glass container. In a jar with a tight-fitting lid, shake remaining ingredients until combined. Pour over cucumbers. Cover and refrigerate overnight. Serve with a slotted spoon.



Find it online: <https://www.tasteofhome.com/recipes/fresh-cucumber-salad/>

Lemon Dill Shrimp Sandwich

INGREDIENTS

- 4 hoagie buns, split
- 1 tablespoon butter
- 1 pound uncooked shrimp, peeled and deveined
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 1-1/4 teaspoons dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional: Lettuce leaves and sliced tomato

DIRECTIONS

- Hollow out bun bottoms, leaving a 1/2-in. shell (save removed bread for another use). In a large skillet, heat butter over medium heat. Add shrimp; cook and stir 3-4 minutes or until shrimp turn pink.
- In a small bowl, mix mayonnaise, lemon juice, dill, salt and pepper until blended. Add shrimp; toss to coat. Spoon shrimp mixture into bun bottoms. If desired, top with lettuce and tomato. Replace bun tops.



Salmon with Dill Sauce Lemon Risotto

INGREDIENTS

sauce:

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon chopped green onion
- 1 tablespoon lemon juice
- 1/2 teaspoon dill weed

salmon:

- 4 salmon fillets (6 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil

risotto:

- 3 to 3-1/2 cups chicken broth
- 2 tablespoons olive oil
- 1 shallot, finely chopped
- 1 cup uncooked arborio rice
- 1 garlic clove, minced
- 2 teaspoons grated lemon zest
- 1/4 teaspoon pepper



INGREDIENTS

1. In a small bowl, mix sauce ingredients. Refrigerate, covered, until serving.
2. In a small saucepan, bring broth to a simmer; keep hot. In a large saucepan, heat oil over medium heat. Add shallot; cook and stir until tender, 1-2 minutes. Add rice and garlic; cook and stir until rice is coated, 1-2 minutes.
3. Stir in 1/2 cup hot broth. Reduce heat to maintain a simmer; cook and stir until broth is absorbed. Add remaining broth, 1/2 cup at a time, cooking and stirring until broth has been absorbed after each addition, until rice is tender but firm to the bite, and risotto is creamy. Remove from heat; stir in lemon zest and pepper.
4. Meanwhile, sprinkle fillets with salt and pepper. In a large skillet, heat oil over medium heat. Add fillets; cook until fish just begins to flake easily with a fork, 6-8 minutes on each side. Serve with sauce and risotto.

Find it online: <https://www.tasteofhome.com/recipes/salmon-with-dill-sauce-lemon-risotto/>

Dill Garden Salad

INGREDIENTS

- 3 cups chopped English cucumbers
- 1 large tomato, seeded and cut into 1/2-inch pieces
- 1 small sweet red pepper, chopped
- 2 tablespoons chopped sweet onion
- 3 tablespoons reduced-fat mayonnaise
- 4 teaspoons olive oil
- 2 teaspoons sugar
- 2 teaspoons rice vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 teaspoon dill weed



INSTRUCTIONS

In a large bowl, combine cucumbers, tomato, red pepper and onion. In a small bowl, whisk mayonnaise, oil, sugar, vinegar, salt, garlic powder and pepper until blended. Stir in dill. Spoon dressing over salad; toss to coat.

Find it online: <https://www.tasteofhome.com/recipes/dill-garden-salad/>