

Tarragon



History

bushy aromatic herb of the family Asteraceae, the dried leaves and flowering tops of which are used to add tang and piquancy to many culinary dishes, particularly fish, chicken, stews, sauces, omelets, cheeses, vegetables, tomatoes, and pickles. Tarragon is a common ingredient in seasoning blends, such as fines herbes. The fresh leaves are used in salads, and vinegar in which fresh tarragon has been steeped is a distinctive condiment.

The Brutus Salad



• INGREDIENTS

DRESSING:

- ¼ cup real French Dijon mustard
- ¼ cup seasoned rice vinegar
- ¼ cup vegetable oil
- ¼ teaspoon Worcestershire sauce
- freshly ground black pepper
- 1 pinch cayenne pepper, or to taste

TOASTED PECANS:

- ¾ cup pecan halves
- 2 teaspoons vegetable oil
- 1 teaspoon white sugar
- 1 pinch kosher salt, or to taste

SALAD:

- 4 hearts of romaine, cut or torn into bite-sized pieces
- 1 apple, thinly sliced
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh tarragon
- 2 ounces extra sharp aged Cheddar cheese

DIRECTIONS

1. Make the dressing: Whisk mustard, vinegar, oil, Worcestershire sauce, pepper, and cayenne together in a bowl until thoroughly blended, about 1 minute. Transfer to an easy-to-pour container.
2. Toast the pecans: Place pecans into a skillet over medium heat and drizzle with oil. Cook and stir until pecans smell toasty and have darkened slightly, 1 to 2 minutes. Sprinkle with sugar and salt. Cook and stir for 1 minute, then remove from the heat. Transfer to a plate to cool.
3. Make the salad: Place romaine pieces into a large bowl. Add apple slices, dill, tarragon, and a handful of pecans, reserving some for garnish. Grate Cheddar lightly onto salad, reserving some for garnish. Drizzle in some dressing and toss. Taste and add more salt or dressing if desired. You may not need all of the dressing.
4. Garnish with a few toasted pecans and some grated Cheddar cheese.

Find it online: <https://www.allrecipes.com/recipe/258805/the-brutus-salad/>

Creamy Tarragon Chicken



INGREDIENTS

- 4 small boneless, skinless chicken breasts (about 1 ¾ pound)
- 1 ¾ teaspoons kosher salt
- 2 tablespoons extra-virgin olive oil
- 2 large shallots, thinly sliced
- 3 garlic cloves, minced
- ¾ cup white wine
- 1 cup heavy cream
- 1 cup chicken stock
- 1 teaspoon chicken Better than Bouillon (or 1 chicken bouillon cube)
- 3 tablespoons fresh tarragon, chopped
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon zest
- 1 tablespoon cornstarch
- ¼ teaspoon freshly cracked black pepper
- Cooked pasta or mashed potatoes, for serving (optional)

INSTRUCTIONS

1. Pat the chicken dry. Season all over with 1½ teaspoons of the salt.
2. Heat 1 tablespoon of the oil in a large skillet over medium. Once the oil is glistening, add the chicken and cook about 5 minutes per side, or until golden brown. Transfer the chicken to a plate.
3. Add the remaining oil and shallots to the same skillet and cook, stirring, until tender, about 4 minutes. Stir in the garlic until fragrant, about 30 seconds. Stir in the wine and cook until reduced by half, about 4 minutes, scraping the browned bits from the bottom of the pan with a wooden spoon. Stir in the heavy cream, chicken stock, bouillon, 2 tablespoons fresh tarragon, mustard, lemon zest, and remaining ¼ teaspoon salt.
4. Return the chicken to the skillet along with any collected juices on the plate. Bring the sauce to a simmer over high heat, then reduce the heat to medium low. Simmer until the internal temperature of the chicken reaches 165°F on an instant-read thermometer, about 15 minutes more.
5. In a small bowl mix the cornstarch together with 2 tablespoons cool water. Transfer the chicken to a plate. Pour the cornstarch slurry into the sauce and continue to simmer until thickened, about 3 minutes. Nestle the chicken back into the sauce.
6. Top chicken with pepper and remaining 1 tablespoon tarragon and serve over pasta or mashed potatoes, if desired.

Chilled Creamy Zucchini Soup

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion (about 8 ounces), chopped
- 3 cloves garlic, sliced
- 1 teaspoon fine salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 3 pounds zucchini (6 medium) halved lengthwise and sliced across
- 4 cups low-sodium chicken broth or vegetable broth
- One (15-ounce) can no-salt-added great northern or cannellini beans, rinsed and drained
- 2 tablespoons fresh tarragon leaves, plus more for garnish
- 1 teaspoon finely grated fresh lemon zest, or more to taste
- 1 cup plain Greek yogurt (low-fat or whole)

INSTRUCTIONS

1. In a large pot over medium-low heat, heat the oil until shimmering. Add the onion, garlic, salt and pepper and cook, stirring, until just tender, about 2 minutes. Add the zucchini and broth, increase the heat to high and bring to a boil.
2. Reduce the heat to medium-low, cover and simmer, stirring occasionally, until the zucchini is very soft, about 10 minutes. Stir in the beans, tarragon and lemon zest, and remove from the heat.
3. Let the soup cool completely, then add the yogurt and, using an immersion blender (or a regular blender), puree until smooth. Taste, and season with additional salt, if desired. Transfer to a lidded container and refrigerate for at least 2 hours, or until thoroughly chilled.
4. When ready to serve, ladle the soup into individual bowls and garnish each with a few tarragon leaves.

Find it online: <https://www.washingtonpost.com/recipes/chilled-creamy-zucchini-soup-tarragon/>