

SPICE OF THE MONTH CLUB

November 2022

Join us to discuss

Tuesday, 11/29 / 6:00pm / Conference Room

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



Sign up for our e-mail list

We'll send you notices when kits are ready to pick up, meeting reminders, and shared recipes!

Sign up: bit.ly/KPLSpiceMail



This month's spice: Basil

History

The origin of basil goes back 3,000 years to India, where it was and still is considered a sacred herb. It is also native to Iran and Africa and was known in ancient Egypt, Greece, and Rome.

Many crude legends surrounded basil, such as an early French physician named Hilarius believing that smelling it could birth a scorpion in one's brain. Thankfully, basil's positives persevered.

Use

Basil features most often in Italian and Mediterranean cooking, possibly because the warmer climate makes it readily available. In the cooler parts of Europe, where it doesn't thrive, it is not nearly as popular.

There are many different types of basil, but succulent, large-leaved sweet basil is by far the most popular variety for culinary use. Its clove-like aroma makes it such an ideal complement to tomatoes that it is often referred to as the "tomato herb." Basil also complements vegetables such as eggplant, zucchini, squash, and spinach. When added in the last half hour of cooking, it enhances the flavor of vegetable and legume soups. It goes well with poultry when used in stuffing, and on barbecued fish in its leaf form.



Herb Stuffed Tomatoes

Yields 10 stuffed tomatoes.

INGREDIENTS:

10 small sized tomatoes

Herb mixture:

1 tbsp finely chopped parsley

1 tsp dried basil

1/2 tsp dry red chili flakes

1/2 tbsp finely chopped garlic

2 tbsp bread crumbs

1 tbsp olive oil

salt to taste



STEPS:

1. Cut the tops of each tomato, scoop out the center pulp along with the seeds and roughly chop it. Keep the scooped tomato shells and the tomato mixture aside.
2. Combine the tomato mixture and the herb mixture in a deep bowl and mix well.
3. Divide this herb stuffing into 10 equal portions and stuff each scooped tomato shell with a portion of the stuffing.
4. Arrange the stuffed tomatoes on a greased baking tray and bake in a preheated oven at 400 F for 10 minutes.
5. Serve immediately.

Grilled Chicken Marinade

Yields 5 servings.

INGREDIENTS:

1/4 cup red wine vinegar

1/4 cup reduced-sodium soy sauce

1/4 cup olive oil

1 1/2 tsp dried parsley flakes

1/2 tsp dried basil

1/2 tsp dried oregano

1/4 tsp garlic powder

1/4 tsp ground black pepper

5 skinless, boneless chicken breasts, thinly sliced



STEPS:

1. Whisk vinegar, soy sauce, olive oil, parsley, basil oregano, garlic powder, and black pepper together in a bowl and pour into a resealable plastic bag. Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator at least 4 hours.
2. Preheat grill for medium-low heat and lightly oil the grate. Drain and discard marinade.
3. Grill chicken on the preheated grill until no longer pink in the center, 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F.

Lasagna

Yields 8 servings.

INGREDIENTS:

1/2 lb ground pork
1/2 lb lean ground beef
1/2 cup minced onion
1 28oz can crushed tomatoes
1 8oz can tomato sauce
2 tbsp chopped fresh parsley,
divided
1 clove garlic, crushed
1 1/2 tsp dried basil
1 1/2 tsp salt
1/2 tsp dried oregano
1/8 tsp white sugar
1 16oz package lasagna noodles
1 lb small-curd cottage cheese (a
more traditional cheese may be
substituted)
3/4 cup Parmesan cheese
3 large eggs
2 tsp salt
1/4 tsp ground black pepper
1 16oz package shredded
mozzarella cheese

STEPS:

1. Combine pork and ground beef in a large, deep skillet over medium-high heat; cook and stir until browned and crumbly, 5 to 7 minutes. Add onion and cook until translucent, about 5 minutes.
2. Stir in crushed tomatoes, tomato sauce, 1 tbsp fresh parsley, garlic, basil, salt, oregano, and sugar. Reduce heat to medium-low and simmer, stirring occasionally, for 30 minutes.
3. While the sauce is simmering, bring a large pot of lightly salted water to a boil. Cook lasagna noodles in the boiling water, stirring occasionally, until tender yet firm to the bite, 8 to 10 minutes. Drain and set aside.
4. While the noodles are cooking, preheat the oven to 375 degrees F.
5. Mix cottage cheese, Parmesan cheese, eggs, remaining 1 tbsp fresh parsley, salt, and pepper in a large bowl until combined.
6. Assemble lasagna: Spread a spoon or two of sauce over the bottom of a 9x13-in baking dish just to coat it. Place two layers of noodles over the sauce to cover. Layer with 1/2 of the cheese mixture, 1/2 of the remaining sauce, and 1/2 of the mozzarella cheese. Repeat layers once more using the remaining noodles, cheese mixture, sauce, and mozzarella. Cover the baking dish with aluminum foil.
7. Bake in the preheated oven for 30 to 40 minutes. Remove the foil and bake until cheese is golden brown, 5 to 10 more minutes.
8. Remove from the oven and let stand for 10 minutes before cutting and serving.