

## **Windsor's Courtyard**

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### Jeanne Dagley Lush's Favorite Basil Recipes

#### **Jeanne's Lemon Basil Chicken**

This lovely chicken can be served with pasta, in a Caesar salad, with a green salad, on rice or on a bun.

It is also delicious cold. It makes wonderful sandwiches for a picnic.

1 to 2 lbs. deboned chicken breasts

1-2 tbsp. soy sauce

1-2 tbsp. lemon juice

1-2 tbsp. olive oil

2 tbsp. **dried** basil

A generous amount of freshly ground black pepper

Cut the chicken breasts into strips, 2-3 pieces per breast. Marinate in the soy sauce, lemon juice and olive oil for 30 minutes in the refrigerator turning once or twice. Remove from the fridge and cover the breasts with the basil and the black pepper. Stir to coat.

The chicken strips can be barbecued or cooked in the oven at 375 for 15 minutes. Do not overcook, as the chicken becomes dry.

#### **Tomato Basil Salad**

Slice tomatoes and overlap on a serving platter. Slice mozzarella cheese and place over tomato slices.

Chiffonade (Roll the basil leaves and then cut) basil leaves over top. Drizzle olive oil and a touch of balsamic vinegar over the tomato slices. Allow to marinate for 30 minutes before serving.

#### **Fresh Tomato and Basil Pasta**

This is a lovely and very quick sauce to make when the tomatoes and basil are fresh from the garden. The anchovies give it a lovely Mediterranean taste so don't be afraid to try them.

While you are making your sauce, cook the pasta. This is a fabulous gourmet meal that cooks up in minutes.. Serve it in bowl with sliced baguette on the side to sop up the lovely juices.

2 cloves garlic chopped or crushed

2-3 tablespoons oil

6 to 8 tomatoes peeled and chopped A handful of chopped basil leaves Salt and pepper to taste

(Optional: 2-3 anchovies, 2 tablespoons chopped parsley, 1 tablespoon chopped oregano) Fry the garlic in the oil for 1 minute. Add the tomatoes (and anchovies if you are using them) and simmer for 10 minutes. Add the chopped basil and simmer for another minute or two. Add the parsley and oregano at this time if you are using it. This sauce can be used on pasta, rice or over meat.

### **Basil Pesto**

1 cup chopped basil leaves  
2 to 5 cloves garlic  
4 tbsp. to 1/2 cup olive oil  
1/4 to 1/2 cup parmesan cheese  
4 tbsp. chopped pine nuts

Process the first two ingredients together. Add the oil gradually and continue to process until a green paste is formed. Remove from the processor and add the nuts and cheese. Always warm pesto sauce at room temperature before adding to pasta. Do not microwave or heat on the stove. If you are not using the sauce right away then cover with a thin layer of olive oil to maintain color.

**Windsor's Courtyard Favorite Summer Dip** – The Basil makes this recipe. Everyone will ask for the recipe.

### **Basil Parmesan Cheese Spread**

1 cup chopped fresh spinach  
1 cup chopped fresh basil  
1 tsp minced garlic  
1/4 cup olive oil  
1 cup freshly grated parmesan cheese salt and pepper to taste  
1- 8oz. package cream cheese, softened  
1- 4 oz. package feta cheese, crumbled  
1/2 cup sun-dried tomato paste

Blend the spinach, basil and garlic in a food processor. Gradually mix in the olive oil and parmesan cheese. Process until smooth. Salt and pepper to taste. Blend cream cheese and feta cheese in a medium bowl. Line a separate medium bowl with plastic wrap. Spread 1/2 the cream cheese mixture in the bowl. Top with sun-dried tomato paste and the spinach mixture. Cover with remaining cream cheese mixture. Pat together, cover and chill in the refrigerator at least 1 hour before serving. Flip out of the plastic lined bowl onto a medium serving dish to serve.

Serve with sliced french bread or pita.

### **Basil Vinegar**

Use purple basil if you have it (makes a beautiful color) otherwise use green or try lemon basil. Fill a jar loosely with shredded basil leaves and cover with white vinegar or white wine vinegar. Put plastic wrap around your bottle top as the vinegar is corrosive. Allow to infuse for two weeks. Strain and put into decorative bottles. This vinegar can be used in salad dressings and is especially nice on tomato salads. It will keep for a year.