Seaside Herb Society
Ormond Beach, FL. January 2024

Newsletter

Seaside Herb Society Meets on the third Saturday of every month, September through May. Our Next meeting is on January 20, 2024, at 9:30.
Friends and family are welcome to join our meetings as a guest

Please "Like" our Seaside Herb Society page

EDITORS NOTE

Happy New Year Fellow Herbies,

We had quite a wonderful 2023 year and already 2024 seems to be off to a great start. Cheers to our next thirty years!!!

We are kicking off our January meeting with Part 1 of our Citrus Program – Ms. Brittany Council-Morton, the Agricultural Agent and Director of the Master Gardeners in Deland, will be presenting information about Citrus Greening, New Varieties for home growers, and how to grow citrus in Florida.

Part 2 of our Citrus Program will be next month, February 17, with our own Lari Knochenmus demonstrating how to make Lemoncello, and leading us through the process – more to come on that as members will need to bring materials to participate. If you have organic lemons (no wax or spray) start saving the peels now. This will be a members only meeting.

Please remember to bring *your club dues of $30* for your 2024 membership– either cash or check; Doris will be collecting dues at the meeting.

Mission Statement: We gather in the spirit of friendship and cooperation to learn more about herbs and to use this knowledge to educate and benefit others.

CHEERS TO THE

EAGLES SCOUTS

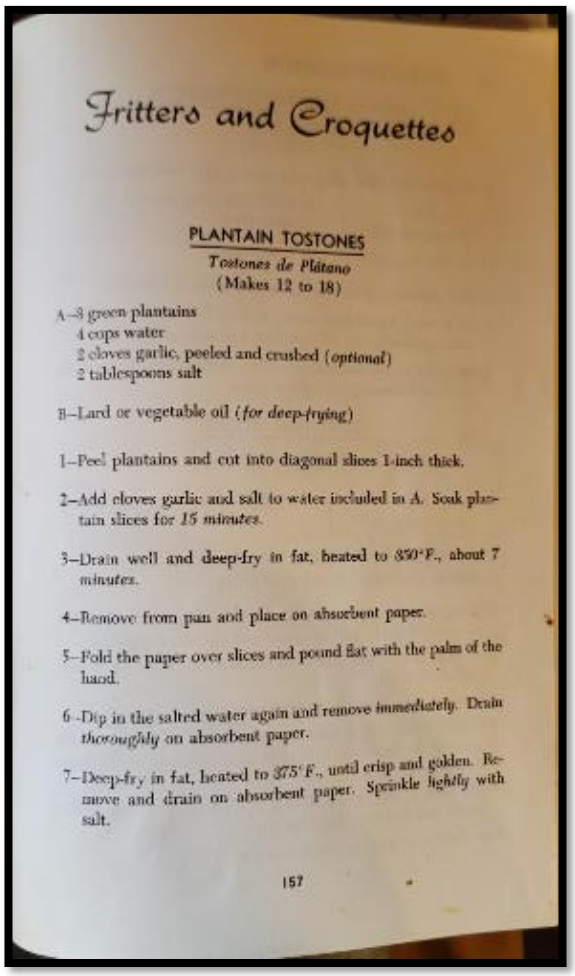
Christmas 2023 Party

Our Christmas Buffet

Recipes made by our members

Turkish Beef Kofte- serves 4

1 lb beef chuck ground
1/3 c. grated red onion
2 Tbsp. finely chopped parsley
2 tsp. sumac
2 tsp. ufra pepper flakes
2 tsp kosher salt
1 tsp cumin
Grilled onions
Peppercorns
2 Tbsp ice cold water
Instructions:
Place the first nine ingredients into a standing mixer and mix on low speed for 1 minute.
Add water and mix until incorporated.
Form small a patty; place the rest of the meat-mixture in refrigerator. Cook patty in a small frying pan over medium high heat until cooked through. Taste and adjust seasoning if necessary.
Break off 3 ounces of meat and work into a flattened football shape in your hand. Repeat with the remaining meat.
Light one chimney full of charcoal. When all the charcoal is lit and covered with grayish ash, pour out and spread the coats evenly over entire surface of coal grate. Set grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Grill kofte over medium-high direct heat until they are well seared all over and register between 155 – 16o degrees F on an instant read thermometer inserted into center of meat. Let rest for 5 minutes. Serve immediately.



Fritters and Croquettes

PLANTAIN TOSTONES

Tostones de Plátano

(Makes 12 to 18)

A—3 green plantains
4 cups water
2 cloves garlic, peeled and crushed (*optional*)
2 tablespoons salt

B—Lard or vegetable oil (*for deep-frying*)

1—Peel plantains and cut into diagonal slices 1-inch thick.

2—Add cloves garlic and salt to water included in A. Soak plantain slices for *15 minutes*.

3—Drain well and deep-fry in fat, heated to 350°F., about 7 *minutes*.

4—Remove from pan and place on absorbent paper.

5—Fold the paper over slices and pound flat with the palm of the hand.

6—Dip in the salted water again and remove *immediately*. Drain *thoroughly* on absorbent paper.

7—Deep-fry in fat, heated to 375°F., until crisp and golden. Remove and drain on absorbent paper. Sprinkle *lightly* with salt.

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Turkish Eggplant Dinner Casserole

Equipment

1 Large Cast Iron Skillet

Ingredients

- 2 medium eggplant (or 4 small Italian eggplant), about 1 3/4 pound, thinly sliced 1/4 inch thick lengthwise
- Sea salt
- Olive oil
- 1 small yellow onion, diced
- 2 large garlic cloves, minced
- 1/4 teaspoon red chili flakes
- Dash of cinnamon
- One 14.5 ounce can of diced tomatoes
- 2 tablespoons finely chopped fresh parsley, divided

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly salt the eggplant slices and allow to stand for 20 minutes. Pat the slices dry and set aside.
3. Heat a thin layer of olive oil in a large oven proof (preferably cast iron) skillet. Pan fry the eggplant in batches over medium-high heat until golden brown on both sides, about 2 minutes per side. Add more oil as necessary between batches so the eggplant doesn't burn but try not to have too heavy a hand - the pan just needs to be greased. Remove the eggplant to a plate.
4. Add the onion to the skillet and sauté over medium heat until soft, 5 minutes. Add the garlic, chili flakes, 1/2 teaspoon sea salt and cinnamon. Cook for one minute more, until fragrant. Carefully pour in the tomatoes and simmer until thicken slightly, 5 minutes. Remove from the heat and stir in half the parsley.
5. If using an ovenproof skillet, remove 3/4 of the sauce to a bowl, leaving a thin layer behind. Otherwise, add 1/4 cup of sauce to the bottom of a 8x8 or comparable casserole dish. Arrange one layer of eggplant evenly in the bottom of the skillet or dish. Slather with a layer of sauce and repeat with the remaining eggplant and sauce - like you would a lasagna.
6. Cover with foil and bake in the oven for 45 minutes, until the eggplant is very soft and the sauce has reduced. Allow it to sit for 10 minutes before cutting into it. Garnish with the remaining parsley and serve warm or at room temperature.

Notes

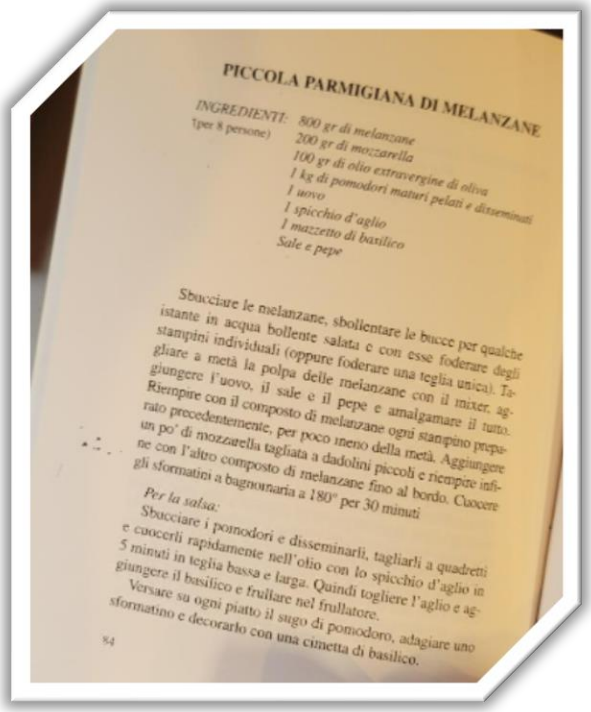
I streamlined this recipe by using an oven proof skillet to fry the eggplant, cook the sauce, and then make the casserole. If you don't have a cast iron skillet, feel free to use a casserole dish instead.

Deviled Eggs- 8 servings

Cut 8 hard-boiled eggs in half
Scoop out yolks and mash
Mix 1/3 c. mayonnaise, ½ tsp salt, ½ tsp paprika, ¼ tsp curry powder, and ¼ tsp dry mustard.
Fill egg whites with mixture
Place in 10x6x 1.5" baking dish
Melt 2 Tbsp butter, blend in 2 Tbsp flour.
Add 1 10 ounce can frozen condensed cream of shrimp soup, thawed and 1 can milk, cook & stir until thicken and bubbly.
Add ½ c shredded sharp cheddar cheese. Cover eggs with sauce.
Mix 1 c. soft breadcrumbs with 1 Tbsp butter melted, sprinkle around edge of mixture.
Bake at 350 degrees for 15 to 20 minutes.

Picadillo: Cuban Hash

2T olive oil
2T minced garlic
1 lg onion chopped
1 bell pepper chopped
1 lb lean ground beef
1/3 c dry white wine
14 oz can dice tomatoes, drained but reserved juice
½ c raisins (I use dried cranberries)
1/3 c green olives cut into 3 rings each
½-1 tsp cumin and oregano
Salt and pepper to taste
Cook the onions and bell pepper in olive oil til soften (about 5 min). Add garlic, meat, seasonings, and wine and stir to combine. When mixture is simmering add tomatoes, cranberries (raisins), green olives. Continue simmering for 15 minutes until hot. Serve over cooked white rice.



PICCOLA PARMIGIANA DI MELANZANE

INGREDIENTI: (per 8 persone)
800 gr di melanzane
200 gr di mozzarella
100 gr di olio extravergine di oliva
1 kg di pomodori maturi pelati e disseminati
1 uovo
1 spicchio d'aglio
1 mazzetto di basilico
Sale e pepe

Sbucciare le melanzane, sbollentare le bucce per qualche istante in acqua bollente salata e con esse foderare degli stampini individuali (oppure foderare una teglia unica). Tagliare a metà la polpa delle melanzane con il mixer, aggiungere l'uovo, il sale e il pepe e amalgamare il tutto. Riempire con il composto di melanzane ogni stampino preparato precedentemente, per poco meno della metà. Aggiungere un po' di mozzarella tagliata a dadolini piccoli e riempire infine con l'altro composto di melanzane fino al bordo. Cuocere gli sformatini a bagnomaria a 180° per 30 minuti

Per la salsa:
Sbucciare i pomodori e disseminarli, tagliarli a quadretti e cuocerli rapidamente nell'olio con lo spicchio d'aglio in 5 minuti in teglia bassa e larga. Quindi togliere l'aglio e aggiungere il basilico e frullare nel frullatore.
Versare su ogni piatto il sugo di pomodoro, adagiare uno sformatino e decorarlo con una cimetta di basilico.

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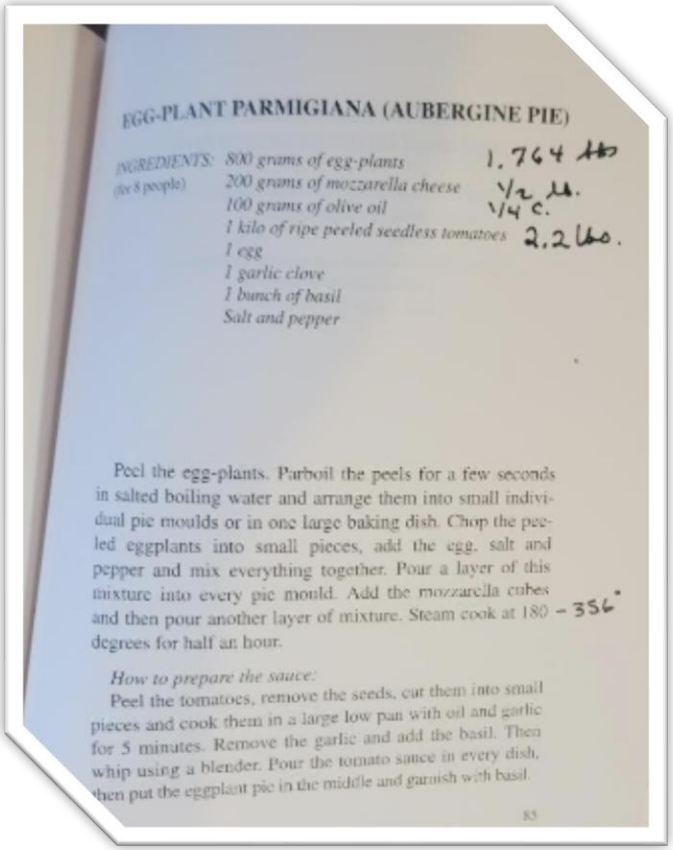

EGG-PLANT PARMIGIANA (AUBERGINE PIE)

INGREDIENTS: (for 8 people)
800 grams of egg-plants 1.764 lbs
200 grams of mozzarella cheese 1/2 lb.
100 grams of olive oil 1/4 c.
1 kilo of ripe peeled seedless tomatoes 2.2 lbs.
1 egg
1 garlic clove
1 bunch of basil
Salt and pepper

Peel the egg-plants. Parboil the peels for a few seconds in salted boiling water and arrange them into small individual pie moulds or in one large baking dish. Chop the peeled eggplants into small pieces, add the egg, salt and pepper and mix everything together. Pour a layer of this mixture into every pie mould. Add the mozzarella cubes and then pour another layer of mixture. Steam cook at 180 – 356° degrees for half an hour.

How to prepare the sauce:
Peel the tomatoes, remove the seeds, cut them into small pieces and cook them in a large low pan with oil and garlic for 5 minutes. Remove the garlic and add the basil. Then whip using a blender. Pour the tomato sauce in every dish, then put the eggplant pie in the middle and garnish with basil.

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Crabtree's Swedish Apple Pie

2 c. apples diced
2 TBSP flour
¾ c. sugar
1 egg
Pinch of salt
1 tsp. vanilla
1 c. sour cream
Topping: 1/3 c. sugar
1/3 c. flour
Cut in ¼ c. cold margarine ¾ tsp cinnamon
Instructions:
Mix pie ingredients together
Pour into 9" pie shell
Bake 450 for 20 minutes then reduce heat to 350 for 20 minutes
Mix Topping and pour over pie ingredients- bake for additional 20 minutes.

Cinnamon Bread- Bread machine

Ingredients
1 Cup Of Milk - Room Temperature
1/4 C of Butter softened
One Egg
1/4 C Truvia Stevia-sugar mixture
2 TBSP Cinnamon
1/4 tsp salt
3 C Bread Flour
2 Tsp Bread Machine Yeast
Instructions
Put all ingredients into a bread machine in the listed order. Put on light bread 1.5 loaf size settings and turn on machine.

Lemon Meringue pie

Ingredients
Filling:
1/2 cup Truvia Stevia- sugar
2 tablespoons all-purpose flour
3 tablespoons cornstarch
¼ teaspoon salt
1 ½ cups water
2 lemons, juiced and zested
2 tablespoons butter
4 egg yolks, beaten
1 (9 inch) pie crust, baked
Meringue:
4 egg whites
1/2 cup white sugar
Instructions
Preheat the oven to 325 degrees F (162 degrees C).
To make the filling: Whisk 1 cup sugar, flour, cornstarch, and salt together in a medium saucepan; stir in water, lemon juice, and lemon zest. Cook over medium-high heat, stirring frequently, until mixture comes to a boil. Stir in butter.
Place egg yolks in a small bowl and gradually whisk in 1/2 cup of hot sugar mixture. Whisk egg yolk mixture back into remaining sugar mixture. Bring to a boil and continue to cook while stirring constantly until thick. Remove from heat; pour filling into baked pastry shell.
To make the meringue: Beat egg whites in a glass, metal, or ceramic bowl with an electric mixer until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Spread meringue over pie filling, sealing the edges at the crust.
Bake in preheated oven until meringue is golden brown, about 20 to 25 minutes.

Waste Not – Want Not

Nothing like cold lemonade on a hot day & hot tea when you have a sore throat!

Don't waste any part of your lemons

Organic seeds can produce a whole new tree that will give you many lemons every year. I started my trees (picture along my fence) January 2017 and got my first lemons during the spring of 2020.

Freezing the juice holds me over during the off season.

The peels make great zest BUT next month, Kari will be teaching us how to use them to make Lemoncello.

For Kari's February presentation Start saving your lemon peels. Lightly scrape the peels off so not to get any of the white pith on it. This will also help keep the lemon strong enough to squeeze.

When all else fails- some lemons fall on the ground and rot before we get to them, but these lemons can help build nutritious compost.