



Tarragon Tomato Soup

MAKES ABOUT 4 ONE-CUP SERVINGS

Ingredients:

- 2 tbsps olive oil
- 1 medium onion chopped
- 28 oz canned San Marzano tomatoes
- 15 oz canned diced tomatoes
- 1 tsp salt
- ½ tsp ground black pepper
- ½ cup sour cream
- 1 tbsp chopped fresh tarragon or 1 1/2 tsps dried

Add the olive oil to a large saucepan over medium high heat. Saute the onion in the olive oil until soft.

To the sautéed onions, add the San Marzano and the diced tomatoes together with all their juices. Add salt and pepper. Cook at a high simmer for about ten minutes.

Puree the soup by transferring to a blender in small batches or use an immersion blender directly in the pan. (If using a regular blender, return the pureed soup to the pan.)

Reduce the heat to low and whisk in the sour cream and tarragon. Garnish each with a dollop of sour cream and a little tarragon if desired.

Notes

Any leftover soup will keep for 3 or 4 days in a closed container in the refrigerator. May be reheated in the microwave or over low heat on the stove top.

This soup also freezes well. Store in a freezer-safe container for up to 3 months. Thaw overnight in the refrigerator before reheating.

From **Lana's Cooking**



Visit our SOTM Archive

Use the link below to find past issues of our Spice of the Month newsletter on our website! Download, print or save the PDF copies as you discover your new favorite herbs and spices.

www.menashalibrary.org/sotm

Sources:

- <https://www.healthline.com/nutrition/tarragon-benefits-uses>
- <https://theviewfromgreatisland.com/how-to-use-tarragon-in-recipes/>
- <https://www.allrecipes.com/article/what-is-tarragon/>
- sample herbs purchased from **Unpretentious Baker**



Spice of the Month TARRAGON



Tarragon is an herb native to Siberia, but grows all over the world. It's a tall leggy herb with pointed leaves that's one of the four *finest herbes* prized in French cooking (chervil, parley, and chives are the others.)

There are 3 common types including French tarragon (this is the one we cook with), Russian tarragon (this one's not used for cooking), and Mexican tarragon which is not a true tarragon, but has a similar flavor and is used as a substitute. Tarragon has a distinctive anise or licorice flavor, with a hint of mint.

You can grow tarragon in a pot in the kitchen, or in your garden, in zones 4 and warmer. It's a summer perennial that likes full sun.

In this newsletter you will find:

Tips, recipes, and more. Keep reading! →



Learn About Tarragon

- Tarragon has been used to treat pain for a long time in traditional folk medicine. Supplements containing tarragon may be **beneficial for reducing pain** associated with conditions like osteoarthritis.
- Tarragon **may help decrease blood sugar by improving insulin sensitivity** and the way your body metabolizes glucose.
- May have **antibacterial properties** and prevent foodborne illness.
- Tarragon comes from the Artemisia group of plants, which may have a sedative effect and **improve sleep quality**, though this potential benefit has not yet been studied in humans.
- Tarragon has a unique but delicate flavor, so keep that in mind when you're pairing it with other ingredients that might overwhelm it.
- The lightly anise-y aroma **goes particularly well with chicken and cream sauces**. You can pair tarragon with other mild herbs like parsley, too, for a fresh green flavor. It's also commonly used in egg dishes.
- The next time you reach for a bunch of basil, consider grabbing some tarragon instead.

Note: Information in this newsletter is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.



Herbs de Provence

This herbs de Provence recipe was developed after looking at many different recipes. This classic dried herb seasoning tastes great in salads and on fish, chicken, beef, or pork. The fragrance is amazing!

MAKES 1 CUP OR 48 SERVINGS

Ingredients:

- 2 tbsps dried rosemary
- 1 tbsps fennel seed
- 2 tbsps dried savory
- 2 tbsps dried thyme
- 2 tbsps dried basil
- 2 tbsps dried marjoram
- 2 tbsps dried lavender flowers
- 2 tbsps dried Italian parsley
- 1 tbsps dried oregano
- 1 tbsps dried tarragon
- 1 tsp bay powder

Gather all ingredients. Grind rosemary and fennel seed in a spice grinder; transfer to a mixing bowl. Add savory, thyme, basil, marjoram, lavender, parsley, oregano, tarragon, and bay powder to the bowl; stir well. Store in an airtight container between uses.

*From **All Recipes***



How to Use Tarragon

- Hold the herb stem in one hand and run your fingers down the stem, starting at the top, to gently strip off the leaves. (Discard the stem.) The leaves can be chopped or used whole, added to soups, sauces, dressings, etc. just like you would use any fresh herb. Tarragon does best when you use it raw.
- Tarragon will keep well wrapped in a damp paper towel in a plastic bag in the fridge until you're ready to use it. The flavor will be best the fresher it is, so snip it from your garden or buy it at the store as close to when you need it as possible.
- Tarragon freezes well, just remove the leaves and lay them out on a baking sheet. Put it in the freezer until the leaves are frozen solid, then transfer to a heavy duty zip lock bag.

Bonus Tip:

Add Tarragon at the end of cooking a recipe to retain its flavor!

DIY Tarragon Vinegar

This simple homemade vinegar infused with fresh tarragon. This can be used alone or as an ingredient in salad dressings.

MAKES 1 BOTTLE

Ingredients:

- 10 ounces cider vinegar, or any white vinegar you like, such as champagne, white wine, or rice wine vinegar
- 6 sprigs fresh tarragon

Sterilize a glass bottle or jar with a tight fitting lid. I filled mine with water and heated it in the microwave until it boiled.

Rinse the tarragon and put several sprigs into the jar. You can break up or bruise the herbs if you want to in order to bring out more of the flavor.

Fill the jar with any plain vinegar you like, such as cider vinegar. Make sure you completely submerge the herbs.

Cap or cork your bottle and set in a cool dry place for a couple of weeks. The flavor will get stronger the longer it sits. When the flavor is as you like it, pull out the tarragon.

*From **The View from Great Island***