

# FYI...



The origins of Herbs de Provence can be traced back to the southeastern region of France, known for its rich culinary history and diverse flora.

This aromatic blend, traditionally comprising thyme, basil, rosemary, tarragon, savory, marjoram, oregano, and bay leaf, reflects the quintessence of Provençal cuisine.

Its roots are deeply embedded in local traditions, where chefs and home cooks alike have long utilized these herbs to imbue dishes with the characteristic flavors of the Mediterranean landscape.

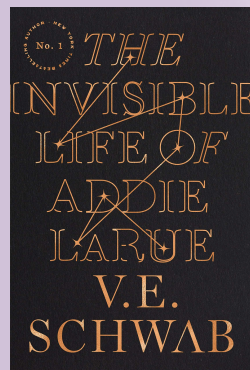
The precise composition of Herbs de Provence has evolved, incorporating variations influenced by specific local tastes and the availability of herbs.

Nonetheless, its fundamental identity as a culinary staple in Provençal cooking remains steadfast, symbolizing the harmony between the region's culinary practices and its natural bounty.

Over time, the charm of Herbs de Provence has transcended French borders, captivating culinary enthusiasts worldwide. This blend of aromatic herbs has become a staple in kitchens across the globe, not just for its flavor but also for its versatility in various cuisines.

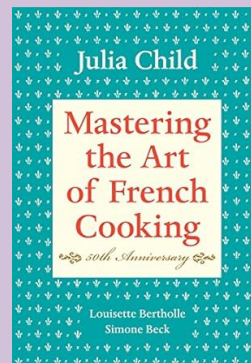


## BOOK RECOMMENDATIONS



The Invisible Life of Addie LaRue by V. E. Schwab

Mastering the Art of French Cooking by Julia Child



Many thanks to BulkBarn for their support and assistance!

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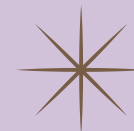


## SPICE OF THE MONTH CLUB



May 2024  
Spice of the Month:

**HERBES DE PROVENCE**





## SUMMER BOUNTY RATATOUILLE

### Ingredients

- 1 large eggplant, peeled and cut into 1-inch cubes
- 1-1/2 teaspoons kosher salt, divided
- 3 tablespoons olive oil
- 2 medium sweet red peppers, cut into 1/2-inch strips
- 2 medium onions, peeled and chopped
- 4 garlic cloves, minced
- 1/4 cup tomato paste
- 1 tablespoon herbes de Provence
- 1/2 teaspoon pepper
- 3 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1-1/2 cups water
- 4 medium zucchini, quartered lengthwise and sliced 1/2-inch thick
- 1/4 cup chopped fresh basil
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh parsley
- 2 French bread baguettes (10-1/2 ounces each), cubed and toasted

### Directions

- Place eggplant in a colander over a plate; toss with 1 teaspoon kosher salt. Let stand 30 minutes. Rinse and drain well.
- In a Dutch oven, heat oil over medium-high heat. Saute peppers and onions until tender, 8-10 minutes. Add garlic; cook and stir 1 minute. Stir in tomato paste, herbes de Provence, pepper, remaining salt, tomatoes and water. Add zucchini and eggplant; bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, 40-45 minutes, stirring occasionally.
- Stir in fresh herbs. Serve over baguette cubes.

## PEACH & MOZZARELLA SALAD

### Ingredients

- 1 pound ripe tomatoes (a mixture of sizes and colors is best)
- 1 teaspoon kosher salt, divided
- 1/2 loaf French bread, cut into 1/2-inch cubes (about 2 cups)
- 2 tablespoons olive oil
- 1 tablespoon Herbes de Provence
- 2 large peaches, sliced thinly
- 1 medium English cucumber, cut bite-sized pieces
- 1 cup bite-size mozzarella balls, halved
- 1/4 cup basil leaves, chopped

### Dressing

- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 2 teaspoons Herbes de Provence
- 1/4 teaspoon Dijon mustard
- Freshly ground black pepper, to taste
- Kosher salt, to taste

### Directions

- Preheat the oven to 400°F.
- Cut tomatoes into 1/2-inch pieces. Place all tomatoes in a colander set over a large bowl and toss with 1/2 teaspoon salt. Set aside for at least 10 minutes to drain the juices.
- On a baking sheet, toss the bread cubes with olive oil, Herbes de Provence, and remaining salt. Bake for 10-15 minutes, until golden brown and crispy, tossing halfway through. Cool to room temperature.
- In a large bowl, combine the tomatoes, peaches, cucumber, mozzarella, and croutons.
- To make the dressing, in the bowl of reserved tomato juices, add olive oil, vinegar, Herbes de Provence, mustard, and pepper. Whisk to combine, then taste and adjust seasoning with salt and pepper if needed.
- Pour over the salad and toss to combine. Garnish with basil leaves.

## HERBED LEEK TARTS

### Ingredients

- 3 cups thinly sliced leeks (about 4 medium)
- 1/2 cup chopped sweet red pepper
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1-1/2 cups shredded Swiss cheese
- 2 tablespoons Dijon mustard
- 1 teaspoon herbes de Provence
- 2 sheets refrigerated pie crust
- 1 teaspoon 2% milk
- 2 tablespoons chopped almonds or walnuts, optional

### Directions

- In a large skillet, saute the leeks, red pepper and garlic in oil until tender. Remove from the heat; cool for 5 minutes. Stir in the cheese, mustard and herbs; set aside.
- On a lightly floured surface, roll each sheet of crust into a 12-in. circle. Transfer to parchment-lined baking sheets. Spoon leek mixture over crusts to within 2 in. of edges. Fold edges of crust over filling, leaving center uncovered. Brush folded crust with milk; sprinkle with nuts if desired.
- Bake at 375° for 20-25 minutes or until crust is golden and filling is bubbly. Using parchment, slide tarts onto wire racks. Cool for 10 minutes before cutting. Serve warm. Refrigerate leftovers.

**Try these recipes, or get creative!  
Have fun in the kitchen!**

Please email photos of your recipes to  
tholm@gppl.ca.