

Fluvanna County Public Library

Spice of the Month Club

Herbes de Provence

An essential component of French and Mediterranean cooking, Herbes de Provence is a traditional mix of herbs is grown and blended in Provence, France, by a cooperative of farmers who cultivate organic heirloom herbs. The authentic blend of Herbes de Provence includes rosemary, savory, oregano, and thyme, ideal for adding to tomato sauces, roasts, pan sauces, and any other dish for a boost of savory, fragrant aromatics. Makers Burlap and Barrel supports smallholder farmers and sell fresh, small-batch, premium spices.



This herb blend originated in the Provence region in the south of France. At first, the term “herbes de Provence” described a general multipurpose mixture of herbs grown in the Provençal region during the summer. The blend grew in popularity and became a more defined herb mixture in the 1960s when Julia Child included a recipe for Poulet Sauté aux Herbes de Provence in her famous cookbook Mastering the Art of French Cooking. Child is credited with defining the mixture and adding it to the culinary lexicon of chefs all over the world. In the 1970s, the French brand Ducros began packaging and selling a herbes de Provence spice mix to customers overseas.

Herbes de Provence

- 1 Tbsp. dried thyme
- 1 Tbsp. dried basil
- 1 Tbsp. dried rosemary, crushed in a spice grinder
- 1 Tbsp. dried tarragon
- 1 Tbsp. dried summer savory
- 1 tsp. dried marjoram
- 1 tsp. dried oregano
- 1 bay leaf, crushed

1. Add all of the herbs and spices in a mixing bowl and stir until combined. Store your mixture in an airtight container and use it to season your favorite dishes.

<https://www.masterclass.com/articles/what-are-herbs-de-provence>

Deliciously Easy Garlic Herb Focaccia

- 1 cup very warm water
- 3 Tbsp. very warm water
- 1 Tbsp. extra-virgin olive oil
- 3 cups bread flour
- 1 tsp. white sugar
- 1 tsp. salt
- 2 tsp. active dry yeast



Toppings:

- 6 cloves garlic, crushed, or more to taste
- ⅓ cup extra-virgin olive oil
- 1 cup shredded Parmesan cheese
- 1 tsp. dried parsley
- ½ tsp. onion powder
- ½ tsp. herbes de Provence, or more to taste
- salt and freshly ground black pepper to taste

1. Place 1 cup plus 3 tablespoons water, 1 tablespoon olive oil, bread flour, white sugar, 1 teaspoon salt, and active dry yeast, respectively, in the pan of a bread machine. Select pizza cycle; press Start.
2. Combine crushed garlic and 1/3 cup olive oil in a small bowl. Set aside to let it steep, about 30 minutes.
3. Combine Parmesan cheese, parsley, onion powder, and herbes de Provence in another small bowl.
4. Preheat oven to 425 degrees F (220 degrees C). Grease a large rimmed baking sheet with olive oil.
5. Deflate dough and turn out into the baking sheet. Stretch dough gently out to 1/2-inch thickness, using your fingers to make dimples that will hold the toppings.
6. Pour garlic and oil mixture onto dough and spread it evenly over the dough and edges with your hands. Sprinkle Parmesan cheese mixture evenly on top. Sprinkle dough with salt and freshly ground black pepper.
7. Bake in the preheated oven until golden brown, 20 to 25 minutes. Remove from the oven and transfer from the baking sheet to a rack. Let cool, 5 minutes. Cut into squares with a pizza cutter.

<https://www.allrecipes.com/recipe/245776/deliciously-easy-garlic-herb-focaccia/>

Easy Vegetarian Spaghetti with Zucchini, Tomato, and Feta (4 servings)

- 1 (8 ounce) package spaghetti
- 5 tomatoes
- 3 Tbsp. olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 zucchini, cut into matchsticks
- 1 tsp. herbes de Provence
- salt and freshly ground black pepper to taste
- ¾ cup heavy whipping cream
- 1 Tbsp. chopped fresh basil, or to taste
- 1 (8 ounce) package feta cheese, diced



1. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Drain and keep warm.
2. Bring a saucepan of water to a boil while spaghetti is cooking. Cut a cross into the bottom of each tomato and place them in the boiling water for 1 minute. Remove with a slotted spoon and immediately rinse under cold water. Peel, remove central core, and chop pulp.
3. Heat olive oil in a skillet over medium heat and cook onion until soft and translucent, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Add zucchini and cook, stirring occasionally, until

softened, about 5 minutes. Season with herbes de Provence, salt, and pepper. Add tomatoes and cream and bring to a boil. Mix in basil. Stir in feta; cook until warmed through but sauce is not boiling, about 1 minute. Stir in drained spaghetti.

<https://www.allrecipes.com/recipe/260356/easy-vegetarian-spaghetti-with-zucchini-tomato-and-feta>

Air-Fryer Shrimp Po'boys (4 servings)

- ½ cup mayonnaise
- 1 Tbsp. Creole mustard
- 1 Tbsp. chopped cornichons or dill pickles
- 1 Tbsp. minced shallot
- 1 ½ tsp. lemon juice
- 1/8 tsp. cayenne pepper

COCONUT SHRIMP:

- 1 cup all-purpose flour
- 1 tsp. herbes de Provence
- ½ tsp. sea salt
- ½ tsp. garlic powder
- ½ tsp. pepper
- ¼ tsp. cayenne pepper
- 1 large egg
- ½ cup 2% milk
- 1 tsp. hot pepper sauce
- 2 cups sweetened shredded coconut
- 1 pound uncooked shrimp (26-30 per pound), peeled and deveined
- Cooking spray
- 4 hoagie buns, split
- 2 cups shredded lettuce
- 1 medium tomato, thinly sliced



1. For remoulade, in a small bowl, combine the first 6 ingredients. Refrigerate, covered, until serving.
2. Preheat air fryer to 375°. In a shallow bowl, mix flour, herbes de Provence, sea salt, garlic powder, pepper and cayenne. In a separate shallow bowl, whisk egg, milk and hot pepper sauce. Place coconut in a third shallow bowl. Dip shrimp in flour to coat both sides; shake off excess. Dip in egg mixture, then in coconut, patting to help adhere.
3. In batches, arrange shrimp in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until coconut is lightly browned and shrimp turn pink, 3-4 minutes on each side.
4. Spread cut side of buns with remoulade. Top with shrimp, lettuce and tomato.

https://www.tasteofhome.com/recipes/air-fryer-shrimp-po-boys/?srsltid=AfmBOoq02ytvOTAVImMCunvpGH5kmzv0_lwOM8s83zdAN9HezChb001

Sheet Pan Sausage and Seasonal Vegetables (4 servings)

- 1 pound peeled and cubed butternut squash
- 1 pound pork sausage, sliced
- ½ pound peeled and sliced carrots
- 3 cups shredded red cabbage
- 1 cup sliced onion
- 3 Tbsp. minced garlic
- 2 Tbsp. vegetable oil
- 1 Tbsp. salt
- 2 tsp. ground black pepper
- 1 tsp. herbes de Provence



1. Preheat the oven to 400 degrees F (200 degrees C). Line a roasting pan or large baking dish with aluminum foil.
2. Add squash, sausage, carrots, cabbage, and onion to the prepared pan. Toss with garlic, oil, salt, pepper, and herbes de Provence.
3. Roast in the preheated oven until vegetables are tender and sausage is browned, about 20 minutes.

<https://www.allrecipes.com/recipe/282637/sheet-pan-sausage-and-seasonal-vegetables/>

Grilled Steak and Portobello Stacks (4-8 servings)

- 2 Tbsp. plus ¼ cup olive oil, divided
- 1 Tbsp. herbes de Provence
- 1 beef tenderloin roast (1-1¼ pounds)
- 4 large Portobello mushrooms
- 2 Tbsp. balsamic vinegar

BALSAMIC ONION:

- 1 large onion, halved and thinly sliced
- 4 ½ tsp. sugar
- ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar

HORSERADISH SAUCE:

- ½ cup sour cream
- 1 ½ tsp. prepared horseradish
- ¼ tsp. Worcestershire sauce

SANDWICHES:

- 12 slices white bread
- ¼ cup butter, melted
- 4 cups spring mix salad greens
- 2 Tbsp. red wine vinaigrette



- ¾ cup julienned roasted sweet red peppers
1. In a small bowl, combine 2 tablespoons oil and herbes de Provence. Rub over tenderloin; cover and refrigerate for 2 hours. Place mushrooms in a small bowl; toss with vinegar and remaining oil. Cover and refrigerate until grilling.
 2. In a large skillet, cook the onion, sugar, salt and pepper in oil over medium heat for 15-20 minutes or until golden brown, stirring frequently. Remove from the heat; stir in vinegar. Set aside.
 3. In a small bowl, combine the sauce ingredients. Cover and refrigerate until serving.
 4. Grill tenderloin and mushrooms, covered, over medium heat for 8-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°) and mushrooms are tender. Let tenderloin stand for 10 minutes.
 5. Meanwhile, brush both sides of bread with butter. Grill over medium heat for 1 minute on each side or until browned. Toss salad greens with vinaigrette. Cut tenderloin and mushrooms into thin slices.
 6. Divide mushrooms among four slices of bread. Layer with roasted peppers, greens and another slice of bread. Top each with onion mixture and beef. Spread sauce over remaining slices of bread; place over beef. Cut each sandwich diagonally in half.

<https://www.tasteofhome.com/recipes/grilled-steak-and-portobello-stacks/>

Potato-Topped Ground Beef Skillet (8 servings)

- 2 pounds lean ground beef (90% lean)
- ½ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 4 medium carrots, sliced
- ½ pound sliced fresh mushrooms
- 4 garlic cloves, minced
- 2 Tbsp. all-purpose flour
- 2 tsp. herbes de Provence
- 1 ¼ cups dry red wine or reduced-sodium beef broth
- 1 can (14-1/2 ounces) reduced-sodium beef broth



TOPPING:

- 1 ¼ pounds red potatoes (about 4 medium), cut into 1/4-inch slices
 - 1 Tbsp. olive oil
 - ¼ tsp. salt
 - 1/8 tsp. pepper
 - 1/3 cup shredded Parmesan cheese
 - Minced fresh parsley, optional
1. In a 12-in. cast-iron or other ovenproof skillet, cook and crumble beef over medium-high heat until no longer pink, 6-8 minutes. Stir in salt and pepper; remove from pan.
 2. In same pan, heat oil over medium-high heat; saute onion, carrots, mushrooms and garlic until onion is tender, 4-6 minutes. Stir in flour and herbs; cook 1 minute. Stir in wine; bring to a boil. Cook 1 minute,

stirring to loosen browned bits from pan. Add beef and broth; return to a boil. Reduce heat; simmer, covered, until flavors are blended, about 30 minutes, stirring occasionally. Remove from heat.

3. Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-12 minutes. Drain; cool slightly.
4. Preheat broiler. Arrange potatoes over stew, overlapping slightly; brush lightly with oil. Sprinkle with salt and pepper, then cheese. Broil 5-6 in. from heat until potatoes are lightly browned, 6-8 minutes. Let stand 5 minutes. If desired, sprinkle with parsley.

<https://www.tasteofhome.com/recipes/potato-topped-ground-beef-skillet/>

French Onion Soup (6 servings)

For Soup:

- 4 Tbsp. butter
- 2 Tbsp. olive oil
- 4 large yellow onions
- 2 tsp. sea salt
- 1 tsp. sugar
- 1 tsp. herbes de Provence
- ¼ cup flour
- 2 quarts beef broth
- ½ cup white wine (or stock)
- 1 tsp. black pepper



For Topping:

- 6 slices of bread
- 2 Tbsp. butter, softened
- 4 ounces gruyere cheese
- 4 ounces Swiss cheese

1. Melt the butter and olive oil in a soup pot over medium-high heat.
2. Meanwhile, peel and half the onions. Then, slice each half into very thin slices.
3. Add onions, salt, sugar, and herbes de Provence to the pot.
4. Cook, stirring regularly, until onions are very caramelized and dark brown, about thirty minutes.
5. Add flour and stir to coat onions, then let cook, stirring constantly, for two minutes.
6. Slowly add broth, stirring constantly. Then, add wine and pepper and stir to combine.
7. Let the soup come to a simmer. Then, reduce heat to medium and let cook, covered, stirring regularly, for another thirty minutes.
8. Ten minutes before serving, preheat oven to 350°.
9. Slice crusts off of the bread, then arrange the slices on a baking sheet.
10. Place sheet in the oven to toast the bread slightly, for two or three minutes.
11. Meanwhile, grate gruyere and Swiss cheese.
12. Spread bread slices with softened butter, then sprinkle each with some of each of the cheeses.
13. Return to the oven until cheese is melted and bubbling, about five minutes.
14. Ladle soup into bowls, and top each with a cheese toast.

<https://themillennialcook.com/2016/12/02/french-onion-soup/>

Herb-Roasted Olives & Tomatoes

- 2 cups cherry tomatoes
- 1 cup garlic-stuffed olives
- 1 cup Greek olives
- 1 cup pitted ripe olives
- 8 garlic cloves, peeled
- 3 Tbsp. olive oil
- 1 Tbsp. herbes de Provence
- ¼ tsp. pepper



Preheat oven to 425°. Combine the first 5 ingredients on a greased 15x10x1-in. baking pan. Add oil and seasonings; toss to coat. Roast until tomatoes are softened, 15-20 minutes, stirring occasionally.

<https://www.tasteofhome.com/recipes/herb-roasted-olives-tomatoes/>

Ina Garten Provencal Potato Salad (6 servings)

For the potatoes:

- 2 pounds small waxy potatoes or fingerling potatoes, cut in half or quartered
- 2 tsp. kosher salt
- 1 clove garlic, minced
- ¼ cup chopped parsley
- 1 Tbsp. capers
- ¼ cup green olives, sliced



For the vinaigrette:

- 2 Tbsp. sherry vinegar or white wine vinegar
- ½ tsp. kosher salt
- Freshly ground black pepper
- 1 tsp. herbes de provence
- 1 tsp. anchovy paste (1 to 2 anchovies, mashed)
- 1 Tbsp. minced shallot
- 2 tsp. Dijon mustard
- ½ cup extra virgin olive oil

1. Put the potatoes in a big pot and cover them with cold water. Add 2 teaspoons of salt. Bring the water to a boil, then lower the heat and simmer. Cook until the potatoes are just tender, about 7 to 10 minutes. They should be a bit firm.
2. While the potatoes are cooking, get the other ingredients ready. In a small bowl, mix vinegar, salt, pepper, herbes de provence, anchovy paste, shallot, and Dijon mustard.
3. Slowly add olive oil while mixing to create a smooth dressing.
4. When the potatoes are cooked, drain the water from the pot.

5. Put the warm potatoes in a large bowl. Add the vinaigrette, garlic, parsley, capers, and green olives. Mix well.
6. Put the potato mixture in the fridge for a few hours to chill.
7. Take the potatoes out of the fridge and let them come to room temperature before serving.

<https://inagarteneats.com/ina-garten-provencal-potato-salad/>

Tomatoes Provencal (4 servings)

- 4 large tomatoes
- 2 garlic cloves
- 1 small shallot
- 1 ½ cups fresh breadcrumbs
- ¼ cup chopped parsley
- ½ tsp. herbes de provence
- 3 Tbsp. grated parmesan cheese
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 3 Tbsp. olive oil



1. Preheat oven to 400 degrees Fahrenheit or 200 degrees Celsius.
2. Core tomatoes, and slice in half horizontally. Standing over a sink, use your fingers to remove the seeds from the tomatoes.
3. Then place tomato halves skin-side down on a parchment-lined baking sheet. If your tomatoes are at all pointy on the end, slice off the point so that the tomatoes are stable. Sprinkle with a little bit of salt and pepper.
4. Now, finely chop the garlic cloves and shallot. You should end up with about 1 tablespoon of finely chopped garlic and 2 tablespoons of finely chopped shallots.
5. In a large bowl, stir together breadcrumbs, garlic, shallots, parsley, herbes de provence, parmesan cheese, salt, pepper, and olive oil.
6. When mixture is well incorporated, use your fingers to scoop out breadcrumbs and press onto each tomato half, filling the holes left by the removed seeds.
7. Bake for 20 minutes, until topping is golden brown but tomatoes have not lost their shape.

<https://www.vanillabeancuisine.com/tomatoes-provencal-tomates-a-la-provencales/>

Library Resources

- Herbs & Spices by Jill Norman – 641.6383 NOR
- Milk Street Mediterranean: Tuesday Nights by Christopher Kimball – 641.5918 KIM
- Soup for Two by Joanna Pruess – 641.5 PRU
- Spiced by America’s Test Kitchen – 641.6383 AME
- This Must Be the Place by Rachael Ray – 641.55 RAY

****Ingredients: Savory, Thyme, Basil, Lavender and Fennel
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