

DILL

Dill weed naturally brings to mind pickles. In Europe and Asia, dill has long been a staple herb, strongly associated with seafood in the Nordic countries. Eastern European immigrants to the New World brought many traditional recipes incorporating dill. The thin, feathery green leaves become the aromatic herb called dill weed (or dillweed), and the oval flat seeds referred to as dill seed.



Botanically known as *Anethum graveolens*, dill belongs to the same family as parsley and celery, though it is the sole species of its genus. It is native to the eastern Mediterranean region and western Asia. The word dill comes from the old Norse word *dylla*, meaning to soothe or lull. It dates back in writing to about 3000 B.C. when it earned a mention in Egyptian medical texts. In the 1st century Rome, dill weed was considered a good luck symbol. Ancient Egyptians used it to ward off witches and as an aphrodisiac. To the Greeks, dill signified wealth. Many cultures cultivated it for medicinal qualities, particularly its ability to soothe an ailing stomach. Modern wisdom gives dill seed credit as a breath freshener and anti-bacterial.

The flavor of dill weed resembles the licorice-like flavor mild caraway or fennel. The plant is, in fact, often mistaken for fennel fronds. Add fresh dill weed at the end of cooking to preserve its flavor and color. The flavor of fresh dill weed does not carry over to the dried herb, though it is available in supermarket spice sections. Beyond its use as a pickling spice, dill weed has a natural affinity for zucchini and summer squash, asparagus, and spinach. It complements cold-water fish such as herring and salmon. It adds an unmistakable taste to herb salad blends, and often shows up in *tzatziki*, among other classic Greek dishes.

HEARTY SLOW-COOKER BREAKFAST HASH



INGREDIENTS

- 8 to 10 frozen fully cooked breakfast sausage links
- 4 cups diced red potatoes (about 1.5 lbs)
- 4 medium carrots, diced
- 2 green onions, thinly sliced
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp fresh dill or 1 tsp dill weed
- 1 tsp kosher salt
- 1/2 tsp coarsely ground pepper, divided
- 1/4 tsp crushed red pepper flakes
- 2 tbsp crumbled feta cheese
- 1 tbsp butter
- 4 large eggs
- 2 tbsp maple syrup

INSTRUCTIONS

1. In a large skillet over medium heat, cook sausages, turning occasionally, until heated through, 8-9 minutes.
2. Combine next 5 ingredients in a 3-quart slow cooker. Add 1 tsp dill, kosher salt, 1/4 tsp pepper and red pepper flakes.
3. Arrange sausages on top of vegetable mixture.
4. Cook, covered, on low until vegetables are tender, 5-6 hours. Transfer vegetables to a serving platter. Sprinkle with feta cheese and top with sausages.
5. Meanwhile, in a large skillet, heat butter over medium heat. Add eggs, cook to desired doneness. Arrange eggs over vegetables. Sprinkle with remaining pepper, drizzle with maple syrup.

HERB & SUN-DRIED TOMATO MUFFINS



INGREDIENTS

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp snipped fresh dill or 1/4 tsp dill weed
- 1 tsp minced fresh thyme or 1/4 tsp dried thyme
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 large egg, room temperature
- 1-1/4 cups 2% milk
- 1/4 cup olive oil
- 1/2 cup shredded cheddar cheese
- 1/2 cup oil-packed sun-dried tomatoes, finely chopped

INSTRUCTIONS

1. Preheat oven to 375°. In a large bowl, mix first 7 ingredients.
2. In another bowl, whisk egg, milk and oil. Add to flour mixture, stir just until moistened.
3. Fold in cheese and tomatoes.
4. Fill 12 greased muffin cups 3/4 full. Bake 18-20 minutes or until a toothpick inserted in center comes out clean.
5. Cool 5 minutes before removing from pan to a wire rack.

GRILLED CORN WITH DILL



INGREDIENTS

- 10 medium ears sweet corn in husks
- 1 cup butter, softened
- 2 tbsp minced fresh dill or 2 tsp dill weed
- 2 tbsp minced fresh chives
- 1 tsp lemon juice
- 1 tsp Worcestershire sauce
- 1/2 tsp garlic salt
- 1/4 tsp pepper

INSTRUCTIONS

1. Place corn in a stockpot, cover with cold water. Soak 20 minutes, drain.
2. Meanwhile, in a small bowl, beat remaining ingredients until blended.
3. Carefully peel back corn husks to within 1 inch of bottoms, remove silk. Spread corn with butter mixture. Rewrap corn in husks; secure with kitchen string.
4. Grill corn, covered, over medium heat 25-30 minutes or until tender, turning often. Cut string and peel back husks.

SPANAKOPITA STUFFED SHELLS



INGREDIENTS

- 6 oz jumbo pasta shells (about 22)
- 5 tbsp olive oil, divided
- 4 medium scallions
- 4 cloves garlic
- 1/4 cup chopped fresh dill or 4 tsp dill weed
- 1 large lemon
- 1 cup shelled fresh or frozen English peas (do not thaw)
- 5 oz baby spinach (about 5 cups), or 1/2 (10 oz) package frozen chopped spinach
- 1 1/2 tsp kosher salt, divided, plus more for cooking the pasta
- 8 oz whole milk ricotta cheese (1 cup)
- 4 oz feta cheese (1 cup crumbled)
- 2 oz Parmesan cheese (about 1 cup freshly grated or 1/2 cup store-bought)
- 1 large egg
- 1/4 tsp red pepper flakes, plus more for garnish
- Freshly ground black pepper
- 1/2 cup heavy cream
- 2 tbsp pine nuts (optional)

INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat oven to 400°F.
2. Bring a large pot of salted water to boil. Add 6 oz jumbo shells and cook until al dente, about 9 to 10 minutes.
3. Meanwhile, trim and thinly slice 4 scallions, keeping the green parts separate from the whites.

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INSTRUCTIONS (continued)

4. Finely chop 4 garlic cloves.
5. Add dill to a large bowl. Finely grate the zest of 1 large lemon and add 1 tbsp zest to the dill. (Reserve remaining zest for garnish.) Cut the lemon in half and squeeze 2 tbsp juice into the dill mixture. Stir to combine.
6. When the pasta is ready, drain and drizzle with 1 tbsp olive oil. Toss to coat and set aside.
7. If using frozen spinach, place 5 oz in a microwave-safe bowl and microwave in 1-minute bursts until defrosted. When cool enough to handle, squeeze all the excess moisture from the spinach.
8. Heat 2 tbsp olive oil in a 10-inch cast iron or oven-safe skillet over medium heat until shimmering. Add the scallion whites and cook until softened, 2 to 3 minutes. Add the garlic and 1 cup peas. Add 5 oz baby spinach, a few handfuls at a time, until wilted. If using frozen spinach, add and cook until warmed through. Remove from heat and season with 1/4 tsp kosher salt.
9. Add 1 cup ricotta, 1 cup crumbled feta, 2 oz Parmesan cheese, 1 large egg, 1/4 tsp red pepper flakes, the remaining 1 1/4 tsp salt, and several grinds black pepper to the bowl with the dill. Stir to combine. Add the cooked vegetables and stir to combine.
10. Wipe out the skillet and drizzle with 1 tbsp olive oil, swirling pan to coat. Stuff each shell with about 1 1/2 tbsp of the cheese mixture and place the shell, filling-side up, in the skillet. Cover the skillet with aluminum foil.
11. Bake until the filling is warmed through, about 15 minutes. Uncover and pour 1/2 cup heavy cream over the shells. Continue baking uncovered until the shells are cooked through and the cream is bubbling, 10 to 15 minutes more. Meanwhile, make the topping if desired.
12. (Optional topping) Heat the remaining 1 tbsp olive oil in a small skillet over medium heat. Add 2 tbsp pine nuts and a pinch each of salt and red pepper flakes. Cook until the pine nuts are lightly golden-brown, 3 to 4 minutes. Remove from heat.
13. When the pasta is ready, top with reserved scallion greens, lemon zest, and red pepper flakes. Spoon the pine nuts and their oil over top. Let rest for 5 minutes before serving.