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*Special thanks to members of the Herb Society of Dubuque
for sharing these recipes prepared at their August 6, 2014, meeting.
For more info about the Herb Society, please see (and like) their Facebook Fan Page:
<https://www.facebook.com/HerbSocietyOfDubuque>*



Dubuque Arboretum & Botanical Gardens

3800 Arboretum Drive | Dubuque, IA 52001 | <http://www.dubuquearboretum.net/> | 563.556.2100

Peppermint Ice Cream

Makes about 6 cups | 12 ½-cup servings

1 cup whole milk

2½ cups packed fresh chocolate mint leaves

¾ cup granulated sugar

pinch of salt

2 cups heavy cream

1 tablespoon pure vanilla extract

1½ cups chopped peppermint patties (I used York)—about 10-12 bite-size patties

1. In a medium saucepan set over medium-low heat, bring the milk just to a boil. Remove from heat and add the mint leaves; let steep for 20-30 minutes. If you desire a milder mint flavor, strain and discard the mint leaves after steeping, but for a more intense ice cream, blend the milk/mint mixture using an immersion blender.
2. Add the sugar and salt to the steeped milk mixture. Use a hand mixer on low speed or whisk to combine, until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate, 1 to 2 hours, or overnight.
3. Turn on the Cuisinart ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15-20 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

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Lemon Basil Sorbet

The basil adds a nice undertone to the sorbet, but any one of your favorite sweet herbs could be substituted.

Makes about 5 cups | 10 ½-cup servings

3 cups water
2 cups granulated sugar
2 tablespoons lemon zest, divided
1½ to 2 cups packed fresh basil leaves
pinch of salt
3 cups fresh lemon juice

1. Prepare a lemon simple syrup with the water, sugar and 1-1/2 tablespoons of the lemon zest by combining all three in a medium sauce pan set over medium-low heat. Cook mixture until the sugar is fully dissolved. Remove from heat.
2. Once the simple syrup is ready, add the basil and salt. Let the mixture steep 30 minutes. Stir in the lemon juice. Cover and refrigerate 2 to 3 hours or overnight.
3. Strain the chilled mixture through a fine mesh strainer. Turn on the Cuisinart ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. When the sorbet is almost done, add the reserved zest through the opening on top of the ice cream maker and let churn until combined. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

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Lemon Verbena Ice Cream

"I remember discovering lemon verbena one summer at the greenmarket in New York," says Chef Hatfield. "The smell is intoxicating, and it stays with you forever."

Cooking Light | JUNE 2012

Yield: Serves 8 | Serving size: ½ cup

Hands-on: 13 minutes | Total: 1 hour, 13 minutes

2½ cups whole milk

1½ cups half-and-half

¾ cup lemon verbena leaves

½ cup sugar

3 large egg yolks

1. Combine milk, half-and-half, lemon verbena, and sugar in a medium, heavy saucepan over medium-high heat. Heat milk mixture to 180° or until tiny bubbles form around edge of pan (do not boil). Remove from heat; let stand 2 minutes. Strain through fine sieve over bowl; discard solids.
2. Place egg yolks in a large bowl; stir with a whisk. Gradually add half of hot milk mixture to yolks, stirring constantly with a whisk. Pour yolk mixture and remaining milk mixture into pan. Cook custard over medium heat 5 minutes or until thermometer registers 160°, stirring constantly. Remove from heat; cool to room temperature.
3. Pour custard into freezer can of an electric ice-cream freezer; freeze according to manufacturer's instructions.

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Strawberry Basil Ice Cream

1 pint strawberries, sliced

½ to 1 cup basil

1 cup whole milk

2 cup heavy cream

1 tsp. vanilla

1 cup sugar

1. In a food processor, place the strawberries and basil.
2. Process to desired size or texture.
3. Combine all ingredients and stir well.
4. Pour into ice cream maker and freeze, following your machine's directions.

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