

# Add a Little Spice to Your Life!

## Grab & Go Spice Kits for Adults: **herbes de Provence**

Do you love to cook? Do you like to try new flavors and recipes? Or maybe you are in a cooking rut and don't know how to start expanding your cooking repertoire. Let us help you get spicy in the kitchen. Your kit includes a pre-measured packet of herbes de Provence spice blend and a few recipes.

**What is herbes de Provence?** The term herbes de Provence (or herbs de Provence) describes a multipurpose mixture of herbs grown in the Provençal region of France. While fresh herbs can be used, the dried herbes de Provence blends are more common. This blend became known outside of France in the 1960s when Julia Child included a recipe for Poulet Sauté aux Herbes de Provence in her cookbook *Mastering the Art of French Cooking*. The dominant flavors are usually thyme and rosemary. Variations of the blend can include (or omit) fennel, marjoram, tarragon, basil, parsley, bay leaves, savory, chervil, sage, oregano, and mint. Lavender is typically included in herbes de Provence blends sold in the United States.

**Easy ways to add herbes de Provence to your diet.** Herbes de Provence has a fragrant, slightly sweet and savory flavor profile. Use it to enhance the flavor of your meat or fish by coating the protein in olive oil and seasoning it with kosher salt and herbes de Provence. Then grill, sear, or roast according to your preference. Incorporate the blend in robust stews, sauces, and salad dressing to add extra Provençal flavor. Add a pinch or two of herbes de Provence to the coals of your grill when they're hot to infuse the smoke with flavor.

### **Recipes featuring herbes de Provence.**

- *Steak Sandwiches on Garlic Baguettes*
- *Roasted Chicken Provençal*
- *Sheet-Pan Shrimp Gratin*
- *Turkey, Kale and Brown Rice Soup*
- *Provençal Tomatoes*

### **Need more inspiration?**

You can watch a six-part Great Courses class called *The Everyday Gourmet: Essential Secrets of Spices in Cooking* for free with your library card by using a [Hoopla Great Courses BingePass](#) or streaming on [Kanopy](#).



# Steak Sandwiches on Garlic Baguettes

By Epicurious.com

Yield: 6 servings

## INGREDIENTS

- 1 ½ teaspoons plus ¼ cup olive oil
- 1 ½ teaspoons herbes de Provence
- 2 1-pound New York strip steaks (each about ¾ to 1 inch thick), trimmed
- 6 5- to 6-inch-long French-bread baguette pieces, halved lengthwise
- 2 large garlic cloves, halved
- 3 ½ cups arugula (about 2 ounces)
- 2 large plum tomatoes, thinly sliced

## PREPARATION

1. Prepare barbecue (medium-high heat). Mix 1 ½ teaspoons oil and herbes de Provence in a small bowl to blend. Rub oil mixture over both sides of steaks. Sprinkle with salt and pepper. Grill steaks to desired doneness, about 8 minutes per side for medium-rare. (Can be made 1 day ahead. Keep chilled.)
2. Preheat the boiler. Place bread, cut side up, on a baking sheet. Lightly brush cut sides of bread with ¼ cup oil. Broil until the bread is golden, about 1 minute. Rub garlic halves over toasted sides of bread.
3. Cut meat into ⅛-inch-thick slices. Place arugula over the bottoms of bread. Top with meat, then tomatoes. Season with salt and pepper. Cover with bread tops. Cut sandwiches in half. Serve warm.

# Roasted Chicken Provencal

By Steven Stolman

Adapted By Sam Sifton

Yield 4 servings

## INGREDIENTS

- 4 chicken legs or 8 bone-in, skin-on chicken thighs
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- ½ to ¾ cup all-purpose flour
- 3 tablespoons olive oil
- 2 tablespoons herbes de Provence
- 1 lemon, quartered
- 8 to 10 cloves garlic, peeled
- 4 to 6 medium-size shallots, peeled and halved
- ⅓ cup dry vermouth
- 4 sprigs of thyme, for serving

## PREPARATION

1. Heat oven to 400 degrees. Season the chicken with salt and pepper. Put the flour in a shallow pan, and lightly dredge the chicken in it, shaking the pieces to remove excess flour.
2. Swirl the oil in a large roasting pan, and place the floured chicken in it. Season the chicken with the herbes de Provence. Arrange the lemon, garlic cloves and shallots around the chicken, then add the vermouth to the pan.
3. Put the pan in the oven, and roast for 25 to 30 minutes, then baste it with the pan juices. Continue roasting for another 25 to 30 minutes, or until the chicken is very crisp and the meat cooked through.
4. Serve in the pan or on a warmed platter, garnished with the thyme.

# Sheet-Pan Shrimp Gratin

By Eric Kim

Yield: 4 servings

## INGREDIENTS

- ½ pound peeled, deveined shrimp, tails removed, shrimp cut into ½-inch pieces
- 1 medium zucchini or yellow squash, thinly sliced crosswise into coins
- 3½ ounces fresh shiitake mushrooms, tough stems removed, caps thinly sliced
- 1 large shallot, thinly sliced
- 2 large garlic cloves, finely grated
- 1 teaspoon sweet paprika
- ¼ to ½ teaspoon red-pepper flakes
- ¾ teaspoon Herbes de Provence
- Kosher salt (Diamond Crystal) and black pepper
- 3 tablespoons olive oil
- 1 cup panko bread crumbs
- ½ cup heavy cream
- ½ cup shredded low-moisture mozzarella
- ¼ cup finely grated Gruyère
- 1 lemon, cut into wedges

## PREPARATION

1. Heat oven to 425 degrees.
2. In a large bowl, toss together the shrimp, zucchini, mushrooms, shallot, garlic, paprika, red-pepper flakes, ½ teaspoon Herbes de Provence, ¾ teaspoon salt, ½ teaspoon black pepper and 1 tablespoon oil until well combined. Transfer to a 9-by-13-inch sheet pan or shallow baking dish in a single layer.
3. In the now-empty bowl, toss the panko with a pinch of salt, the remaining 2 tablespoons of oil and ¼ teaspoon Herbes de Provence to combine. Evenly pour the cream over the shrimp mixture in the pan, covering all the nooks and crannies. Sprinkle the panko mixture over the shrimp, then top first with the mozzarella, followed by the Gruyère.
4. Bake until the cream is bubbling and the panko and cheese are light golden brown all over, 10 to 15 minutes. Remove from the oven and let rest for 5

minutes before serving with the fresh lemon wedges, which should be squeezed over the gratin just before serving.

# Turkey, Kale and Brown Rice Soup

By Giada De Laurentiis

Yield: 4 to 6 servings

## INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 5 to 6 large shallots, chopped
- 3 medium carrots, cut into 1/2-inch pieces (about 1 1/3 cups)
- 1 large red bell pepper, cut into 1/2-inch pieces (about 1 1/2 cups)
- 8 ounces ground white turkey meat, broken into small chunks
- 1 tablespoon herbes de Provence
- 4 cups low-sodium chicken broth, plus more as needed
- 1 15-ounce can diced tomatoes in juice, drained
- 1 cup cooked brown rice
- 1 small bunch kale, coarsely chopped (about 4 packed cups)
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup freshly grated Parmesan, optional

## PREPARATION

1. Heat the oil in a large pot over medium-high heat. Add the shallots, carrots and bell pepper and saute, stirring frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes. Add the ground turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes. Add the herbes de Provence and stir, 1 minute. Add 4 cups broth, tomatoes and rice. Bring to a boil. Stir in the kale and season with 3/4 teaspoon salt and the freshly ground black pepper. Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes. Season with the remaining 1/4 teaspoon salt.
2. Ladle the soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve.

# Provençal Tomatoes

By Melissa D'Arabian

Yield: 4 servings

## INGREDIENTS

- 3 tablespoons olive oil
- 4 Roma tomatoes, halved lengthwise
- Kosher salt and freshly ground black pepper
- 2 cloves garlic, minced
- 1 teaspoon Herbes de Provence
- 1/4 cup plain bread crumbs

## PREPARATION

1. In a medium saute pan heat 2 tablespoons olive oil. Cut the tomatoes in half lengthwise and salt and pepper the cut surfaces. Place the tomatoes cut-surface up, in the pan, and cook the tomatoes for 3 minutes. Add the garlic, and flip the tomatoes so the cut surface is facing down, and cook for another 2 minutes. Remove the tomatoes and set aside. Add the breadcrumbs and Herbes de Provence to the pan and saute, stirring, for 2 minutes, or until the crumbs are coated, adding a tablespoon more oil, if necessary.
2. Meanwhile, preheat the broiler to high. Line a baking sheet with foil and place the tomatoes cut-side up on the foil. Divide the crumbs among the tomato halves. Broil for 1 minute and serve.