

## Dill (*Anethum graveolens*) Use 2-3 tsp for 4 servings

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### Description

Dill has a fresh, sweet, anise-like flavour and aroma.

Dill complements - chicken, fish, minced meat, vegetables, eggs, cheese, salads, soups, pickles and is used as a garnish.

Dill is used to flavour baby cucumbers in Dill pickles.

Dill is an excellent seasoning for seafood, fish and new potatoes. It has a special affinity with salmon, both fresh and cured, as in gravadlax.

### Did You Know?

The word "Dill" comes from an old Norse word meaning 'to lull' due to their belief in the herb's soothing and sedative effect, especially for crying babies suffering from colic. The Greeks used Dill as a remedy for hiccups. In the Middle Ages Dill was used in many magic potions, including a protection against witchcraft.

### Quality

Dill should have a fresh green colour and mild flavour. D-Carvone is the principal flavour - giving volatile oil.

### Usage

For a coleslaw style dish, mix together minced onion, diced celery and shredded cabbage and toss in a dressing of soured cream, lemon juice and Dill.

Sprinkle Dill onto vegetables such as carrots, corn, green beans and peas.

Add Dill to Greek egg and lemon sauce for chicken, stuffed cabbage or vine leaves. In Greece, Dill is used to flavour minced beef dishes, much like parsley.



# Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Use Dill as a refreshing alternative to parsley in omelettes, quiches and salads.

Mix into cream cheese.

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