

# Herbal cooking is quick and easy

The quick and easy recipes have been created by Caroline Jamison to show the magic one can perform by adding a few herbs and spices.

#### SALMON MOUSSE

1/2 cup cold water

1 envelope plain gelatin 1 pound can red salmon with skin and bones removed

- 4 cup mayonnaise
- 14 cup sour cream

2 teaspoons dry dill weed

1 tablespoon lemon juice

Place water in upper part of double boiler and add gelatin. Soften, then heat gently and set aside to cool. Blend juice, salmon, mayonnaise, sour cream in blender until smooth. Add dill to the cooled gelatin. Mix all ingredients and pour into 2 cup oiled mold. Refrigerate until firm.

Trim serving plate with sliced cu-cumber and olives. Serve with mild crackers.

## CURRIED CARROT SOUP

1 pound cleaned carrots

2 cups chicken broth

1 teaspoon curry powder

1 teaspoon butter

Melt butter and curry powder. Add broth and carrots and simmer until tender. Pour in milk and blend until smooth.

Serve hot or cold.

#### **BANANA CUPCAKES** 1 package yellow cake mix

- 2 mashed bananas
- 1 teaspoon cinnamon
- ¼ cup dark rum 1¼ cups chopped nuts

Prepare cake as directed on the package, substituting the rum for a portion of the liquid. Add bananas and cinnamon to batter and bake as directed. Frost with whipped cream sprinkled with nuts.

### CREAM VICHYSSOISE

- 4 leeks, finely chopped
- 1 onion, finely chopped

2 tablespoons butter 5 potatoes, peeled and finely sliced 4 cups chicken broth

5 cups light cream

Saute leeks and onion in butter. Add potatoes and chicken broth. Cover pan and boil gently for 40 minutes. Remove from heat and stir in light cream. Serve hot or cold with chives on top. Yield is 12 cups.

HERBED CHEESE SPREAD 8 oz. cream cheese, room temperature

1 small clove fresh pressed garlic 1 heaping teaspoon fresh minced marjoram

Mix well and allow to blend for at least an hour before serving or chill to serve later.

Serve on crackers or in fresh raw mushroom caps. Yield is 1 cup.



Salmon mousse is served with mild crackers to accent the flavor of the dill. (Staff photo by Dick Kelley)