

Parsley

Here's a tongue twister in Spanish about parsley, impress your friends! ('perejil' is parsley in Spanish)

*Perejil, comí,
perejil, cené,
y de tanto comer perejil
me emperejilé.
Y ahora, ¿cómo me
desemperejilaré?*

(Julia's rough translation:
Parsley, I ate,
parsley, I dined,
and from so much parsley eating
I parsleyed out.
And now, How will I unparsley?

Ok, so I'm not looking at a professional career in Spanish to English translation! But you get the idea. :-) -Julia)

Many thanks to Julia from Mariquita CSA
<http://www.mariquita.com/recipes/parsley.html>

Parsleyed out? How to Freeze Parsley

Simply pick out big stems, then put leaves in food processor and chop thoroughly. Spoon into small ziplocks, flatten and press out all air, making a slab no more than 3/4" thick and freeze. When ready to use, set bag out a few minutes to soften just a little, break off a chunk, then put package back in freezer. It tastes and smells just as fresh as when you first picked it.

Julia's Easy Tabouleh

Cook up some cracked wheat or couscous (couscous is not traditional. but this recipe isn't either!) Dress the cooled, cooked grain with olive oil and lemon juice. Stir in finely chopped onion or green onions, and piles of washed, chopped parsley. I like my

tabouleh to be vibrant green. Throw in some chopped fresh mint if available. Season with S &P.

Easy Parsley Salad

from Chez Panisse Vegetables by A. Waters

Pluck the leaves from a large bunch of Italian parsley. Wash them and spin them dry in a salad spinner. Just before serving, drizzle with a small amount of olive oil, enough to coat the leaves; add a squeeze of lemon juice; and grate over a generous amount of Parmesan. Toss and season with salt and pepper. If you wish, garnish with a few thin curls of Parmesan shaved from the block of cheese with a cheese slicer or swivel bladed vegetable peeler.

Easy Parsley Salsa Verde

(from Vegetarian Cooking for Everyone by D. Madison)

Chop fine together: 2 bunches parsley, 1 bunch chervil, 3 T capers, grated zest of 1 lemon 2 garlic cloves, 3/4 cups olive oil, 3 T lemon juice, salt and pepper. Eat with crackers, fish, eggs, chicken, cucumbers, pizza, etc.

Chick-Pea, Garlic and Parsley Dip

a 19-ounce can chick-peas, rinsed and drained (about 2 cups)
2 garlic cloves, chopped and mashed to a paste with 1/2 teaspoon salt
1/2 cup packed fresh parsley leaves, washed well and spun dry
1/4 cup water
3 tablespoons fresh lemon juice
1/4 cup extra-virgin olive oil
Accompaniment: toasted pita wedges or toasted French bread slices
In a food processor blend all ingredients except oil until smooth. With motor running add oil in a slow stream. Season dip with salt. Serve dip with toasts.
Makes about 2 cups.
Gourmet
July 1995

Feta Pine-Nut Parsley Dip

1/2 cup pine nuts
1/2 red bell pepper
1/2 cup packed fresh flat-leafed parsley leaves
6 ounces feta
1/4 teaspoon minced garlic
1 cup plain yogurt
Preheat oven to 350°F.
In a shallow baking pan toast pine nuts, stirring occasionally, until golden, about 7 minutes, and transfer to a plate to cool. Separately chop nuts, bell pepper, and parsley and combine in a bowl. Crumble feta into a food processor and pulse until it resembles coarse meal. Stir feta into nut mixture with garlic, yogurt, and salt and pepper to taste. Serve dip with pita toasts or bagel chips. Makes about 2 cups.
Gourmet
August 1999

Moroccan Carrot Salad

from Chez Panisse Vegetables by A. Waters

Peel carrots, leaving 1/4 inch of stem attached. Cut them in half lengthwise and boil until tender in salted water with a crushed clove of garlic. Drain and cool to room temperature. Toss them with a little ground cumin, paprika, and salt, and a pinch each of cinnamon and cayenne. Toss together with lemon juice, olive oil and chopped parsley, and set aside to marinate for at least an hour before serving.

Easy Parsley Oil

From Southern Living, October 1996

1 bunch Italian parsley, chopped
1/2 cup olive oil

Blend chopped parsley and oil until combined; pour through a mesh strainer. Refrigerate and drizzle over everything, especially potatoes. Keeps for about 2 weeks in the refrigerator.