

MENASHA PUBLIC LIBRARY:

SPICE OF THE MONTH CLUB



WHAT IS DILL?

DILL (ANETHUM GRAVEOLENS) IS AN HERB OF THE PARSLEY FAMILY. BOTH ITS DRY FRUIT (SEEDS) AND LEAVES ARE USED TO SEASON AND FLAVOR FOOD. ALTHOUGH NATIVE TO MEDITERRANEAN COUNTRIES AND SOUTHEASTERN EUROPE, DILL IS NOW WIDELY CULTIVATED IN MOST PARTS OF THE WORLD. DILL SEED RESEMBLES CARAWAY IN ITS WARM BUT SHARP AND LEMONY FLAVOR, WHILE THE LEAVES ARE GENERALLY SOFT AND SWEET. ITS SCENT IS SIMILAR TO ANISE, BUT WITH CELERY NOTES AS WELL.

THE NAME DILL COMES FROM AN OLD NORSE WORD, MEANING "TO SOOTHE." THE ESSENTIAL OIL FROM DILL WAS USED IN SOME GREEK WINES AND DOCTORS TREATED WOUNDED SOLDIERS USING SCORCHED DILL SEEDS. HISTORICALLY, CHARMS MADE FROM SPRIGS OF DILL WERE THOUGHT TO PROVIDE PROTECTION FROM WITCHCRAFT.

IN THE FOOD INDUSTRY, DILL IS PRIMARILY USED FOR MAKING DILL PICKLES. DILL SEEDS ARE MOST EFFECTIVE WHEN USED IN ACIDIC DISHES, INCLUDING: PICKLED BEETS, CARROTS, AND EVEN PICKLED FISH. DILL WEED IS GREAT WITH FISH AND WHITE SAUCE, AMONG OTHER DISHES.

JUNE

DILL



10 TIPS FOR DILL

- **FRESH DILL IS QUICK TO WILT, SO STORE IMMEDIATELY IN THE REFRIGERATOR- IDEALLY IN A PLASTIC BAG.**
- **THE FLAVOR OF DILL SEED GETS STRONGER WHEN HEATED UP. THEY CAN ALSO BE FRIED OR COOKED IN BROTH.**
- **CUTTING FRESH DILL? MAKE SURE TO USE A SHARP KNIFE. IF YOUR KNIFE IS TOO DULL, IT WILL BRUISE THE DILL AND CAUSE IT TO LOSE ITS VIBRANT GREEN COLOR.**
- **THE PRIMARY VITAMINS IN DILL ARE A AND C, AND DILL SEEDS CLOCK IN AT JUST 1 CALORIE PER 1/4 CUP SERVING.**
- **DILL ALSO CONTAINS MONOTERPENES, WHICH HELP WITH THE BODY'S ANTIOXIDANT ACTIVITY AND PROTECT IT AGAINST DAMAGING FREE RADICALS.**
- **MAKE YOUR OWN DILL TARTAR SAUCE WITH: 1 CUP MAYONNAISE, 1/4 CUP CHOPPED DILL PICKLES, 2 TBSP CHOPPED CAPERS, 2 TBSP FRESH LEMON JUICE, 1 CLOVE GARLIC, MINCED AND 1/2 TSP SALT**
 - **IN A BOWL, WHISK TOGETHER ALL INGREDIENTS UNTIL COMBINED. KEEP SAUCE IN A COVERED CONTAINER FOR UP TO ONE WEEK.**
- **LEGUMES ARE EXCELLENT SOURCES OF PROTEIN AND CARBOHYDRATES, BUT THEY CAN BE HARD FOR SOME PEOPLE TO DIGEST. COMBINING DILL SEEDS WITH LEGUMES CAN HELP AID DIGESTION.**
- **DILL DOES NOT TRANSPLANT WELL. YOU WILL WANT TO SOW SEEDS DIRECTLY INTO THE GROUND WHERE THE PLANTS ARE TO GROW.**
- **DILL ALSO MAKES A GREAT HOST PLANT FOR BUTTERFLIES.**
- **IN CUT FLOWER ARRANGEMENTS, DILL MAKES A GREAT FEATHERY GREEN FILLER.**



Add Dill to:

-Fish
-Salad Dressings
-Yogurt-Based
Dips



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Baked Dill and Onion Potato Chips

Courtesy of: healthyrecipeecstasy.com

Time:

Prep: 15
Minutes

Cook Time:
15 Minutes

Yield: Total Time:
~5 Dozen 30 Minutes



Ingredients:

- Potato Chips:
- 2 large red potatoes yields 60-70 chips
- 2 teaspoons onion powder
- 1 teaspoon dried dill weed
- Freshly ground black pepper and sea salt to taste
- Cooking spray

Directions:

1. Preheat the oven to 400 degrees F.
2. Slice the potatoes about 1/8 of an inch thick using a mandolin slicer, if possible. Put the potatoes in a colander and rinse well. This removes all the starch and helps them crisp when baked. Drain well and then squeeze any excess moisture out of the potato slices with paper towels.
3. Spray two baking sheets with cooking spray. Arrange the potato slices in a single layer on each of the baking sheets.
4. Spray the potato slices liberally with cooking spray. Sprinkle the onion powder and dried dill evenly over the slices. Liberally season with black pepper and sea salt.
5. Bake for 10-15 minutes, checking the potatoes at 10 minutes to see if any are starting to brown. If they are starting to brown, remove them from the oven and keep cooking the rest of the chips.
6. *Cooking times vary based on the thickness of the chip and your individual oven. Chips can brown or burn in a minute so after 10-15 minutes, keep cooking any chips that are not crisped for another minute or two, checking on them frequently.
7. Transfer the baked chips to a paper towel to cool down before serving. They will continue to crisp on the paper towel. Sprinkle with more sea salt, if desired.

Lemon Dill Rice

Courtesy of: food.com

Time:

15 Minutes

Directions:

1. Heat the olive oil in a saucepan.
2. Saute the chopped onion for 1 minute.
3. Add rice and "parch" over low heat, by stirring until the rice turns white again. Do not let the rice brown.
4. Add the rest to the ingredients and bring to boil.
5. Lower heat and cover with a tight fitting lid. Cook until all of the liquid is absorbed.
6. Fluff well with a fork, replace the lid and let sit for 5 minutes.
7. Note: The rice will turn translucent when mixed with the oil. Sauteing the rice greatly reduces foaming during cooking.

Yield:

4-6

Servings

Ingredients:

- 1 cup long grain rice
- ½ cup onion, finely chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon dried dill
- ½ lemon, juice of
- ½ lemon, zest of, finely grated
- 1 teaspoon salt
- fresh ground pepper (3 grindings)
- 2 cups water (scant)



Per Serving: 239.8 calories, 8g fat, 39.7g carbohydrate, 0mg cholesterol, 3.7g protein.