



## **RECIPE:** Bouquet Garni



A bouquet garni is a bundle of fresh or dried herbs placed into dishes during the cooking process, to enhance the flavour of food.

A classic bouquet garni is made with three sprigs of parsley, 1 small sprig of thyme, 1 bay leaf and a sprig of marjoram. Including the four easy care herb ingredients in your

food garden will ensure you can have fresh bouquet garni on hand, year round.

Pick the herbs fresh from the garden and tie them together with a long piece of string. This allows the bouquet garni to be easily placed into and removed from the cooking pot.

Try adding bouquet garni to Mediterranean style soup, casseroles, chicken, fish and red meat dishes. Picking direct from your own herb garden will maximise the flavour and freshness of home cooked meals.

### **Bay Tree**

A mature bay tree can grow to 11 metres, but is also quite happy contained in a wine barrel or large pot. The warmly pungent aroma of the leaves can be used year round in a bouquet garni. Placed in a sunny location, potted bay trees can be quite a feature in a courtyard, clipped to a standard.

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### **Parsley**

Either Italian parsley or curly parsley will equally complement the other herbs in a bouquet garni. Curly parsley has tightly curled leaves of bright green, growing to 25cm tall. Italian parsley is a taller variety growing to 45cm. The leaves are not curled, but are deeply cut or serrated like the tops of celery. Parsley tolerates full sun to part shade and well-drained soil.

### **Marjoram**

Marjoram is a classic ingredient in traditional mixed herbs. Combined with the other ingredients in bouquet garni, the pungency of marjoram is a not too dominant. Marjoram is a compact, upright plant growing to 45cm tall. Plant marjoram in a sunny, well-drained position.

### **Thyme**

Either garden thyme or lemon thyme can be used in bouquet garni. Both are valuable additions to many dishes with their pungent flavour. Garden thyme features very small greyish-green leaves growing to 30cm tall. Lemon thyme has slightly larger and greener leaves with a spreading habit, to 15cm high. Lemon Thyme has a milder flavour that is suitable for a bouquet garni that is used for chicken or fish dishes. The intensity of the flavour of thyme is enhanced when the plant is not pampered, so don't over water or over feed thyme and grow it in a sunny position.

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