

## Did You Know...

Basil is part of an herb blend called Herbes de Provence which originated in the Provence region of France. Thyme, rosemary, tarragon, savory, marjoram, oregano, and bay leaves combined with basil create the traditional herb blend. The aromatic mixture perfectly mimics the combination of French and Mediterranean elements essential to Provençal cuisine.



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TBPL  
Spice Club

Spice of the Month:  
Rubbed Basil

# Spicy Cheese and Herb Potato Wedges

\*Recipe found at [tarladalal.com](http://tarladalal.com)

## Ingredients

- 2 cups of potatoes, parboiled
- 2 tablespoons of melted butter
- 1 teaspoon of oil
- 1 teaspoon of grated garlic
- 4 tablespoons of grated cheese
- 1 tablespoon of chili powder
- 4 black peppercorns
- 2 teaspoons of rubbed basil
- ¼ teaspoon of thyme
- ¼ teaspoon of split mustard seeds
- 1 clove
- 1 tablespoon of salt

## Directions:

1. Preheat your oven to 400°F. Grease a baking sheet.
2. Blend chili powder, peppercorns, basil, thyme, mustard, clove, and salt together until a smooth powder forms. Sieve and set aside.
3. Combine potatoes, butter, oil, garlic, and spice powder in a bowl. Toss until potatoes are evenly coated.
4. Arrange potatoes on baking sheet and bake for 25-30 minutes, turning after 12 minutes.
5. Sprinkle cheese on top and bake for an extra 3-4 minutes.
6. Serve immediately.

# Ginger Basil Salmon in Foil

\*Recipe found at [eatyourselfskinny.com](http://eatyourselfskinny.com)

## Ingredients

- 2lb fresh salmon fillet
- ½ teaspoon of salt
- 3 tablespoons of rice vinegar
- 2 tablespoons of lemon juice (half a lemon, squeezed)
- 1 tablespoon of honey
- 1 tablespoon of soy sauce
- 1 tablespoon of grated ginger
- 2 teaspoons of sriracha
- 3 cloves of garlic, minced
- 2 teaspoons of rubbed basil

## Directions:

1. Preheat your oven to 375°F. Line a baking sheet with foil.
2. Place salmon in the middle of foil. Season with salt and set aside.
3. In a bowl, whisk together remaining ingredients. Pour this marinade over the salmon until it's evenly coated. Wrap salmon tightly with foil
4. Bake for 15-20 minutes then carefully open foil. Cook under the broiler for an additional 5 minutes.
5. Service with wild rice and roasted summer vegetables or spinach salad. Enjoy!

# Tomates Provençales

\*Recipe found at [frenchfood.com](http://frenchfood.com)

## Ingredients

- 4 large tomatoes
- 2 cloves of garlic, minced
- ¼ cup of breadcrumbs
- ¼ cup of grated Parmesan cheese
- 2 teaspoons of rubbed basil
- 2 tablespoons of parsley
- 2 tablespoons of thyme
- salt and pepper to taste
- ¼ cup of olive oil

## Directions:

- Preheat your oven to 375°F.
- Cut in half horizontally and scoop out seeds and pulp.
- In a bowl, combine all remaining ingredients save olive oil. Spoon mixture into each tomato half.
- Drizzle tomatoes with olive oil and place in a baking dish. Bake for 20-25 minutes or until tomatoes are soft and cooked through.

