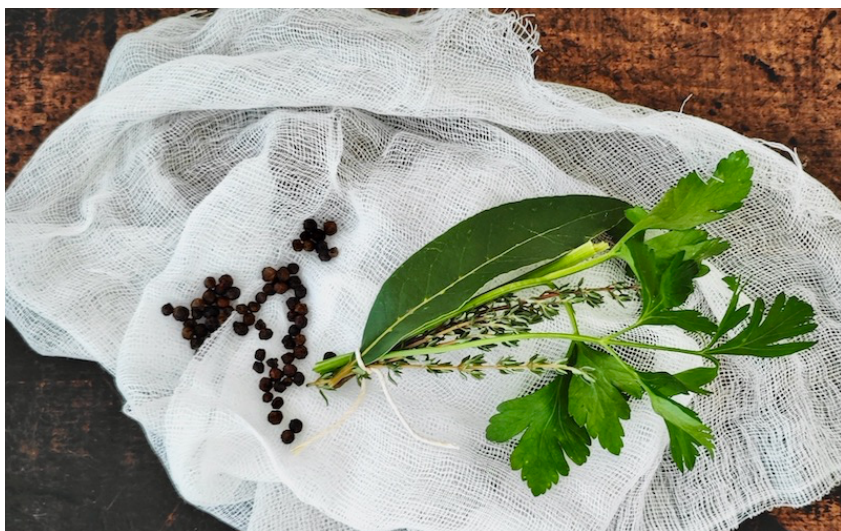




Bouquet Garni

Bouquet garni (literally ‘garnished bunch’) is a French term that often appears in English recipes. It refers to a small bunch of fresh herbs tied together and used to add flavour and aroma to stocks, sauces and soups. By tying them together into one neat bundle, they can easily be removed before serving; if peppercorns are included, they can be tied together inside a piece of muslin. While parsley, thyme and bay leaf are most typical, any herbs can be included, such as rosemary, tarragon, chervil and salad burnet.

Makes 1 bouquet garni



METHOD

1. If parsley stems are long, cut in half.
2. Place parsley sprigs and stems and thyme together.
3. Add a fresh bay leaf with the stem end closest to the stalk end of the herbs.
4. Use unbleached cotton twine to tie them together around the stalk and stem ends.
5. If using peppercorns tie together with the herbs and bay leaf inside a piece of muslin.

INGREDIENTS

- 2 sprigs parsley
- 2 sprigs thyme
- 1 fresh bay leaf
- 5 black peppercorns (optional)