

TARRAGON



Artemisia dracunculoides

[ar-te-MIZ-ee-uh drak-UN-koo-lus]

Family: Compositae

Names: Little Dragon; Dragon, Estragon (German); herbe au dragon, estragon, Dragon (French); dragoncello, serpentaria, estragone, targone, dragone, targoncella (Italian); estragon, dragoncillo (Spanish); Estragon (Polish); dragon, slangenkruid (Dutch); estragao (Portuguese); estragon (Swedish); tharchoûn (Arabic)

Description: Aromatic perennial growing to 3 feet. Has narrow lance-shaped leaves and small greenish flower heads in long drooping clusters.

Cultivation: Zone 4 to 5. Spacing: 1 foot. Soil pH: 5.5 to 7. An almost hardy deciduous perennial, tarragon has mid-green, narrow, aromatic leaves and small, white, ball-shaped flowers in late summer. Reaching 1-2 ft., it prefers fertile, well-drained soil and a sheltered site in full sun. Propagate it by dividing the plant in spring or taking cuttings in late summer. Harvest the leaves at any time. Tarragon suffers in wet conditions so be sure to locate your plant in a particularly well-drained

section of the garden. The plant can be put out in the early spring several weeks before the last frost date. Cut fresh sprigs as needed beginning about 6-8 weeks after the transplant. This herb takes longer to become established than many other perennials, but once it reaches 6-8 inches high, you can harvest from it selectively. After the first year, the plant will be a more generous producer for you. You can cut it to within 2 inches of the ground as needed every month throughout the growing season. As a member of the Artemisia plant family, tarragon requires a period of dormancy during the winter months. It does poorly in Southern gardens where there are no prolonged periods of freezing temperatures. Mulching will keep the tarragon in hibernation and prevent it from reviving prematurely during a midwinter warm spell. After you've cut the plant to the ground toward the end of fall, wait for the soil to freeze solid to a depth of 1 inch--it will take three consecutive nights in the 20s for this to happen. Then mulch the tarragon with a 6-inch layer of salt hay or substitute a thick layer of leaves held in place by small branches or narrow boards.

To bring indoors for the winter there are two methods. One is to dig up the entire plant in the fall and make a root division. Put half of the plant back into the ground, then plant the other half in a 4-inch clay pot. Bury this pot in the ground for at least three good freezes. This will give the plant time to recoup its energies and prevent premature growth indoors, which would weaken it. When you're ready to mulch the garden tarragon, dig the potted tarragon out and bring it inside. Or make a root division, wash off the roots of your new plant thoroughly, then place in a sealed plastic bag in the vegetable bin of your refrigerator. Leave it in cold storage for two months, then take it out and plant in a pot; within four weeks you can begin to harvest tarragon again. Remove mulch from the garden in late winter or very

early spring to prevent fungus from developing as the weather warms. Check your plants occasionally for root rot or mildew.

When harvesting, handle tarragon leaves very carefully, as they bruise easily and lose their aroma. Dry in bunches hung up in a dark, dry area or on screens or trays. Or freeze sprigs in plastic ziplock bags.

Constituents: Essential oil (estragole), flavonoids (rutin, quercetin); leaves contain vitamin A, niacin, phosphorus, potassium, calcium and iron.

History: Possibly originated in Asia and brought to Spain in the mid-1100s by invading Mongols. It was called *taragoncia* from the Arabic *tarkhun*. Rarely mentioned until the 13th century and then only briefly by Ibn-al-Baytar, an Arabian herbalist in Spain, as a vegetable seasoning and breath freshener that also happened to induce sleep. French tarragon reached France in the 14th century when St Catherine visited Pope Clement VI and brought with her herbs from her native Sienna. Beginning in the 16th century tarragon gained prominence in Europe from being used by Catherine the Great, Marie Antoinette and King George IV. It was the favorite herb of Charlemagne. The species name, *dracunculus* means "little dragon" in Latin, which became *herbe au dragon* in French and *dragoncello* in Italian. The modern name probably derives from a combination of its French and Arabic labels. The specific name of the plant may refer to the sinuous shape of the roots which perhaps resemble a snake or dragon and in Roman times the plant was attributed with the power of healing snakebites. One legend says that tarragon is the result of putting flax seeds into onion roots and planting them.

Ritual Uses: Tarragon is sacred to the feminine aspect of the Universe. In particular it is used to invoke Lillith, and may be used in kitchen magick to calm, nurture, and make the guests more compassionate to one another. It should be gathered after Midsummer, but before Michaelmas. Affiliation with Mars.

Culinary Use: Mild licorice flavor. One of the four herbs in *finest herbes*. Add to tartar sauce, fresh tomato soup or eggs scrambled with Brie. Can be used with duck, lamb seafood and especially chicken. It's also good added to salads, pickles, beets, mushrooms and as a garnish for a Bloody Mary. It makes delicious herb butters and mustards and is famous for how it flavors vinegar. Frozen is much better than dried which emphasizes the licorice taste. Can be dominating and overshadow or fight with other flavors. Don't be too heavy-handed with it. Blends well with parsley, basil, thyme, chives and chervil.

Medicinal Use: Pliny thought tarragon prevented fatigue and during the Middle Ages the faithful put it in their shoes before setting out on pilgrimages. Leaves have been used to stimulate appetite (especially when it has been lost because of illness), settle an upset stomach, promote the menses and as a diuretic. Chewed to numb a toothache and before eating bitter medicine Taking the tea before going to bed could help with insomnia. In warmer climes it is used to treat threadworms in children

Aromatherapy:

EXTRACTION: essential oil by steam distillation from the leaves

CHARACTERISTICS: a colorless or pale yellow mobile liquid (turning yellow with age), with a sweet-anisic, spicy-green scent.

BLENDS WITH: labdanum, galbanum, lavender, oakmoss, vanilla, pine and basil.

USES:

Digestive System: anorexia, dyspepsia, flatulence, hiccoughs, intestinal spasm, nervous indigestion, sluggish digestion

Genito-urinary system: amenorrhea, dysmenorrhea, PMS

Other Uses: The essential oil is used in perfumery, soaps and cosmetics as well as in condiments and liqueurs. It may be useful as an antifungal and can protect foodstuffs as an antioxidant.

Toxicity: The oil is moderately toxic due to “astragole”; use in moderation only. Avoid during pregnancy.

Recipes:

Tarragon-Pear Sorbet

2 cups chopped fresh pears, very ripe
5 Tbsp sugar
3 Tbsp fresh tarragon leaves
1 Tbsp fresh lemon juice

Place all ingredients in the bowl of a food processor fitted with a metal blade or, place in jar of blender. Process thoroughly, until you have a smooth bubbly purée. If you have an ice cream maker, make sorbet following instructions. Good results can be obtained by freezing mixture in freezer until nearly solid. Then remove and process for a few seconds and refreeze. Stir with a spoon occasionally as mixture freezes. This will reduce the bond of ice crystals and make a smooth sorbet. If you plan to serve this between courses or as an accompaniment to fish or poultry, reduce the sugar to 4 Tbsp and add an additional 1 tsp lemon juice. (Basic Herb Cookery)

Duxelles with Crostini

1 slim loaf of crusty Italian bread
¼ cup olive oil
½ lb crimini mushrooms, cleaned and trimmed
3 Tbsp butter
3 Tbsp minced scallions, white and an inch of green
2 Tbsp minced fresh tarragon
3 tsp minced fresh parsley
salt and freshly ground black pepper
2 Tbsp flour
3 Tbsp dry white wine

Cut the bread in ¼-inch slices. Brush with oil on both sides, and place on a nonstick cookie sheet, ready to bake and convert into crostini. Mince the mushrooms. Melt the butter in a large skillet and let it foam. Add the minced scallions and cook, stirring, for about 3 minutes over medium heat. Stir in the mushrooms, and continue to cook for another 3-4 minutes until the mushrooms start to release liquid. Preheat the oven to 400F. Stir

the tarragon, parsley, salt and pepper to taste, flour, and white wine into the mushroom mixture. Lower the heat and cook until most of the moisture has evaporated. Remove from heat and let cool. Bake the bread slices until they are crusty, about 10 minutes, turning them once. Serve with the duxelles. (Mushrooms Love Herbs)

Pear Appetizers with Fresh Tarragon Pesto

3 large ripe pears
1/3 cup fresh lemon juice
1 20-inch-long loaf of French bread such as a baguette
1/2 cup chopped fresh tarragon
1 1/2 cups chopped fresh parsley
2 garlic cloves, minced
1/2 cup fresh grated parmesan cheese
½ cup olive oil
1 cup shredded Gruyere cheese
1 cup shredded Italian Fontina cheese
Coarsely ground black pepper, to taste

Peel, core and slice pears. Place in bowl with lemon juice and turn to coat pears to prevent darkening. Slice bread in half lengthwise. Place on baking sheet and broil under preheated broiler about 6 inches from source of heat until toasted golden brown. Remove from oven and set aside. In a food processor or blender, process tarragon, parsley, garlic, and Parmesan cheese. With the processor running, slowly add olive oil to form a smooth pesto. Spread pesto generously on toasted bread halves. Drain pears and arrange diagonally across bread. Combine Gruyere and Fontina cheeses and sprinkle over pears. Generously sprinkle cheese with black pepper. Broil 8 inches from source of heat until cheese begins to melt. Cut into triangles and serve. (Kitchen Herbs)

Tarragon-Cherry Cheesecake Muffins

Filling:
6 oz cream cheese
1 Tbsp minced tarragon leaves
3 Tbsp granulated sugar
Muffins:
2 cups all-purpose flour
½ tsp coarse salt

1 ¼ tsp baking powder
½ cup unsalted butter, softened
1 ¼ cups granulated sugar
4 eggs
1 tsp vanilla extract

Preheat oven to 375F. Grease top of muffin tin and place paper or foil muffin cup liners in muffin cups. Make filling: in a medium bowl, beat cream cheese on high speed until smooth. Beat in tarragon leaves and sugar until smooth. Set aside. Make muffins: in a medium bowl, thoroughly whisk together flour, salt, and baking powder. In a large bowl, beat butter and sugar together on high speed until light and fluffy. Beat in eggs 1 at a time, beating well after each addition. Beat in vanilla. With mixer on low speed, beat in flour mixture until barely blended. Divide half the batter among muffin cups. Divide filling evenly among cups, then the cherries. Divide remaining batter among cups, spreading gently to cover the cherries. Bake muffins for 25-30 minutes, until tops are golden and firm in the center. Cool pan on a wire rack for about 10 minutes; remove muffins to rack to cool completely. Store in an airtight container (Morning Glories)

Tarragon Apple Kuchen

1 ¾ cup bleached all-purpose flour
¼ cup granulated sugar
pinch of coarse salt
½ cup cold unsalted butter, cut into 16 pieces
2 egg yolks
1 Tbsp water
1 ¼ lb cooking apples (about 4 small), such as Granny Smith, peeled, cored, and thinly sliced
2 tsp minced tarragon leaves, mixed with 1/3 cup granulated or turbinado sugar

Preheat oven to 350F. Butter a 9-inch tart pan (with inch-high sides) and set on a baking sheet. Whisk together flour, sugar, and salt in a medium bowl, or process briefly in a food processor. Cut in butter by hand or by pulsing in processor until coarse crumbs form. Whisk together egg yolks and water and add to flour mixture; stir in and knead gently by hand, or pulse in processor, until dough almost forms a ball. Press dough evenly into bottom and

sides of prepared pan. Arrange apple slices, slightly overlapping, in concentric circles over dough, starting from outer edge and working in. Sprinkle with tarragon-sugar mixture. Bake for 65-70 minutes, until apples are tender and pastry is golden; cool on a wire rack at least 15 minutes before serving. Serve warm or at room temperature. (Morning Glories)

Wild and Tame Mushroom Soup with Tarragon and Nasturtium

4-5 dried mushrooms (porcini, ceps or chanterelle)
¾ cup boiling water
1 medium potato, peeled, cubed, and cooked until tender
½ pound fresh mushrooms
1 tablespoon butter
½ cup chopped leeks, white part only
4 cups chicken stock
1 teaspoon finely minced fresh tarragon
¾ cup sour cream
paprika
4-6 nasturtium blossoms, whole or torn into pieces
4-6 small sprigs of fresh tarragon

Place dried mushrooms into a measuring cup, and pour boiling water over them. Let stand for 20 minutes. Strain into another cup using a fine mesh strainer. Rinse mushrooms well under cold water to remove any grit, and return to cup with reserved mushroom liquid. Puree mushrooms and liquid, potato, and fresh mushrooms in a blender or food processor until fine, and set aside.

Melt butter in a 5-quart saucepan. Add leeks, and sauté, stirring until wilted. Add chicken stock and reserved mushroom-potato puree, bring to a boil, lower heat, and simmer for 5 minutes. Remove from heat, add tarragon, and let cool to lukewarm. Whisk in sour cream, and chill until serving time. Just before serving, sprinkle surface with paprika. Garnish with nasturtium blossoms and tarragon sprigs, if desired. (The Herb & spice cookbook-A Seasoning Celebration)

Chicken Breasts Poached in Tomato Sauce

1/2 cup dry vermouth or dry white wine

1/2 cup tomato juice
1 Tbs chopped fresh tarragon, or 1 tsp (5 ml)
dried
1 bay (laurel) leaf
2 skinless, boneless chicken breast halves
1/4 cup heavy cream or half-and-half
1 tsp tomato paste
1 large tomato, seeded and diced
Salt and freshly ground pepper to taste

Combine the vermouth, tomato juice, tarragon, and bay leaf in a saucepan. Bring to a boil and add the chicken breasts, adding enough additional liquid to completely cover the chicken if necessary. Reduce the heat and simmer tightly covered for 20 minutes. Remove the chicken and bring the sauce to a boil over moderate heat. Stir in the cream and tomato paste and reduce the sauce to about half its volume. Add the diced tomato for the last 2 minutes and season with salt and pepper. Discard the bay leaf and spoon the sauce over the chicken immediately prior to serving. Serves 2.

Sambuca Latte

1 Tbsp (packed) minced tarragon leaves
1/2 cup cocoa (not Dutch-process)
3/4 cup water
3/4 cup granulated sugar
1 tsp instant espresso powder
1 cup milk (whole, 2% or skim)
3-4 cups hot, freshly brewed strong coffee

In a small saucepan, whisk together tarragon leaves, cocoa, water, sugar and espresso powder until smooth. Set over medium heat and bring to a simmer, whisking; lower heat to medium-low and cook 4 minutes, whisking often. Pour through a fine strainer into a bowl or small measuring cup, pressing on the solids to extract their flavor. Rinse a small saucepan with cold water; shake out but do not dry (this helps keep the milk from sticking and burning). Pour milk into pan and heat over medium heat until hot (or pour into a microwave-safe bowl and heat on high power). Pour into a blender; place a towel over the lid for safety's sake, and turn blender onto high speed for 30 seconds. Put 2 Tbsp of chocolate-tarragon syrup into each of 4 coffee mugs.

Divide coffee among mugs; stir well. Divide to milk among mugs, spooning some of the froth onto each. Serve immediately, adding more syrup if desired. (Morning Glories)

Broccoli Salad with Tarragon Dressing

2 bunches broccoli, trimmed and cut into florets with 2-inch stalks

Salad Dressing

1 clove garlic, minced
2 Tbsp white wine vinegar
2 Tbsp sweet pickle relish
2 Tbsp chopped parsley
2 Tbsp chopped chives
2 Tbsp chopped fresh tarragon
1/4 tsp salt
freshly ground pepper to taste
1/3 cup olive oil

Garnish

6-8 large lettuce leaves
petals of 5 or 6 calendula flowers

Bring a large pot of salted water to a rolling boil. Add broccoli florets and cook just until tender-crisp, about 3-4 minutes. Refresh broccoli with ice water to stop the cooking. Drain, pat dry, and refrigerate until serving. Combine dressing ingredients, whisking in oil gradually until well blended. Arrange broccoli on lettuce leaves. Pour dressing over. Garnish with calendula petals. Serve 4-6. (More Recipes from a Kitchen Garden)

Tarragon-Blueberry Bundt Cake

4 tsp minced tarragon leaves
2 cups all-purpose flour, preferably bleached
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp coarse salt
8 Tbsp unsalted butter, softened
1 cup granulated sugar
2 eggs
1 tsp vanilla extract
1 cup sour cream
2 cups blueberries

Garnish: Confectioners' sugar

Preheat oven to 350F. Grease a 10-cup Bundt pan. In a medium bowl, thoroughly

whisk together tarragon leaves, flour, baking powder, baking soda, and salt; set aside. In a large bowl, beat butter and sugar on high speed until light and fluffy. Beat in eggs, 1 at a time, until mixture is fluffy and well blended. Beat in vanilla. With the mixer on low speed, alternately beat in flour mixture and sour cream, beginning and ending with flour mixture and beating just until blended. Gently fold in blueberries with a rubber spatula. Spread batter into prepared pan. Bake cake for 55 minutes to 1 hour, until top springs back when lightly pressed. Let cool 5 minutes in the pan, then turn out onto a wire rack to cool completely. To serve, dust cake with confectioners' sugar, and mound berries in the center if desired; slice along and or between the ridge lines. (Morning Glories)

Asparagus with Lemon and Tarragon Mousseline Sauce

1 1/2-2 lb fresh asparagus
bay leaves and sprigs of tarragon to steam

SAUCE MOUSSELINE

3 egg yolks
1 tablespoon tarragon vinegar
salt
2-3 green peppercorns, finely crushed
1/2 lb unsalted butter, creamed with 1 teaspoon finely chopped tarragon
1/4 teaspoon finely grated lemon zest
juice of 1/2-1 lemon
1/2 cup crème fraîche

Trim the cut end of each asparagus spear, then tie them in one or several bundles with a length of cotton tape. Cook the asparagus in 2-3 inches of lightly salted boiling water, with the cut ends standing in the water and the tips covered with a hood of foil that you tuck inside the pan so that the tips cook in the steam. Alternatively, steam the asparagus in a Chinese steaming basket lined with bay leaves and sprigs of tarragon. Freshly cut asparagus takes 6-12 minutes to cook depending on its size, bought asparagus usually takes a little longer. The asparagus is cooked when the point of a sharp knife goes easily into the cut end of the spear. When cooked, drain

the asparagus, arrange on a warm serving dish, and keep warm by covering with a clean dry cloth. To make the sauce, whisk the egg yolks with the vinegar, a little salt, and the green pepper corns in a bowl placed over a pan of hot water. Add the butter in small lumps, whisking in each addition. The butter should soften but not melt. If the bowl gets too hot, immediately set it in a bowl of ice-cold water to cool and then replace it over the hot water. Continue whisking the butter into the sauce, which should mount and thicken like a mayonnaise. Remove the bowl from the heat and gradually whisk in sufficient lemon juice and the lemon zest to sharpen the flavor agreeably. Fold in the cream, check the seasoning, and serve in a bowl with the asparagus. (Geraldene Holt's Complete Book of Herbs)

Tarragon Chicken

2 large chicken breasts
2 Tbsp butter
1 Tbsp minced tarragon or 1 tsp dried tarragon
1 large onion, minced
3 Tbsp whole wheat pastry flour
1/2 cup stock
1 cup milk
1 lb whole wheat noodles, cooked

Debone and remove the skin and visible fat from the chicken. Divide each breast in half to produce 4 pieces of meat. Pat dry. Melt the butter in a large frying pan, and quickly brown the chicken pieces on both sides. Set aside. Add the tarragon and onion to the pan, and cook over low heat until the onions are limp. Sprinkle flour over the onions and stir to incorporate. Now, add the stock and stir until the mixture thickens. Add the milk and stir as the sauce thickens. Return the chicken to the pan, cover, and cook over low heat for 20 minutes, or until the chicken is tender and the sauce thickens. Stir occasionally. Serve over cooked noodles. Serves 4.

Orange Roughy with Tahini, Tarragon, and Parsley

2 lb orange roughy fillets
3 Tbsp sesame or canola oil
1/4 cup lemon juice

2 Tbsp minced fresh tarragon leaves
2 garlic cloves, minced
3/4 lb sweet onion (Vidalia or Walla Walla)
peeled and sliced
1/4 cup tahini
1/3 cup vegetable stock or water
2 Tbsp minced fresh parsley leaves

Place fish fillets in a shallow dish. Combine 1 tablespoon oil, 1 tablespoon lemon juice, 1 tablespoon tarragon, and half the garlic and pour over the fish. Cover and refrigerate for 1 hour. Heat oven to 325°F. Warm the remaining 2 tablespoons of oil in a skillet over medium-high heat and stir in onions. Cook, stirring, for about 5 minutes, or until onions are soft and golden. Spread half the onions in a shallow, ovenproof dish and put fish on top in a single layer. Cover with remaining onions. Combine the tahini, 3 tablespoons lemon juice, 1 tablespoon tarragon, remaining garlic, and stock or water, stirring until smooth. Pour over the fish and bake for 30 minutes, or until the fish flakes easily. Serve immediately, sprinkled with fresh parsley. Serves 6 (The Herbal Palate)

Baked Potatoes with Boursault and Tarragon

3 large baking potatoes
3 oz boursault cheese, at room temperature
1 Tbsp minced tarragon
1 Tbsp unsalted butter
½ cup half-and-half or whipping cream
salt and freshly ground pepper

Scrub the potatoes and bake them at 425F for 50 minutes to 1 hour, or until the potatoes are tender. Remove from oven and cut in half lengthwise. Carefully scoop the pulp into a large bowl, leaving ¼ inch shells. Mash or rice the potato pulp. Blend in the cheese, leaving some lumps. Add the tarragon, butter, and cream, and season with salt and pepper. Mound the potato filling in the skins and place on a baking sheet. Return to the oven for 10 minutes, until the potatoes are golden brown. (Herbs in the Kitchen)

Pan Seared Tilapia Fillet with Fresh Tarragon Crust

1 medium sized torpedo roll
¼ cup tarragon leaves
2 Tbsp grated Parmesan cheese
½ tsp minced garlic
¼ cup plus 1 Tbsp olive oil
salt and pepper
1 (6-oz) tilapia fillet

Preheat the oven to 400F. Slice the roll in half, and cut it into half moons. Toast the roll pieces in the oven for about 10-15 minutes or until they are completely toasted. Remove them from the oven, and leave the oven on for the fish. Place the toasted roll pieces in a food processor, grind them into coarse crumbs, and place the crumbs in a mixing bowl. Place the tarragon in the food processor, and process until the tarragon is coarsely minced. Add the tarragon to the bread crumbs, and mix well. Fold in the cheese, garlic, ¼ cup of the oil, and some salt and pepper. Mold some of the tarragon mixture in your hand to make sure it will hold together. If it stays molded, it is ready. If it does not, add a little more oil. Set the tarragon mixture aside. Rinse the tilapia and pat it dry with paper towels. Season it on both sides with some salt and pepper. Place the remaining oil in a frying pan, and heat until it begins to smoke slightly. Sear the fish for 2 minutes on each side, and remove it from the frying pan. Place the fish in an ovenproof dish. With your hands, pack the tarragon mixture tightly on top of the fish. Broil the fish in the oven for about 10 minutes or until the crust starts to brown. (My Favorite Herb)

Cream of Brie and Broccoli Soup with Fresh Tarragon

¼ cup chopped onion (about ½ medium-sized onion)
½ cup minced tarragon
2 tsp olive oil
½ cup white wine
1 large head broccoli, separated into florets
1 cup vegetable stock, homemade or canned
2 Tbsp minced garlic (about 12 cloves)
1 quart heavy cream
1 ½ Tbsp salt

1 Tbsp pepper

1 cup chopped Brie cheese without the rind (about an 8-oz wheel)

In a large saucepan, sauté the onion and tarragon in oil over low to medium heat until the onion has caramelized, about 5 minutes. Deglaze the pan with the wine. Add the broccoli and stock, cover, and steam over low heat for about 2 to 3 minutes. When the broccoli is bright green, add the garlic, cream, salt, and pepper, and simmer over low to medium heat for about 5-10 minutes. Remove the broccoli mixture from the heat. Place the broccoli mixture in a blender, and blend at high speed until completely pureed. Pass the soup through a fine-mesh strainer. Place the soup in a clean saucepan, and bring the soup to a slow simmer on low to medium heat. When the soup is hot, break up the cheese in your hands and add it to the soup. Vigorously whisk the cheese into the soup until the cheese is completely melted. Adjust the seasonings, if necessary. (My Favorite Herb)

Rhubarb Tarragon Ice

2 lbs fresh rhubarb

2 cups sweet dessert wine, such as a good quality port or sherry

2/3 cup superfine sugar

2 Tbsp fresh lemon juice

2 tsp minced fresh tarragon

Preheat oven to 350F. Wash and trim rhubarb, cut into small pieces. Place in glass baking dish with cover; bake, covered, for about 25 minutes or until soft. Process rhubarb and any juice in a food processor or blender until smooth. In a large bowl, combine processed rhubarb, wine, sugar, lemon juice, and tarragon. Mix well. Pour into a shallow, freezer-proof nonaluminum pan and freeze for 1 hour. With a mixer or wooden spoon, break up rhubarb puree and beat until frothy. Refreeze for 30 minutes. Beat again and freeze for 2 to 3 hours or until firm. (Kitchen Herbs)

Tarragon Vodka

½ cup fresh tarragon

5 black peppercorns

1 liter vodka

2 tsp sugar (optional)

Combine all ingredients in a clean glass jar. Cover and let stand in a cool place for at least 24 hours or up to 1 week. Strain through a coffee filter into a clean glass jar or bottle with an airtight lid. Cover and store in the refrigerator or freezer indefinitely and serve ice cold, straight up in small glasses.

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