

BASIL BUTTER BAKED FISH

(Serves 4)

You can make this with any white fish filet (sole, or tilapia), or firm fish steaks (cod or salmon)

1 ½ pounds (about 700 grams) boneless fish

3 ounces (75 grams) soft butter

1 teaspoon (5 ml) Star Kay White Basil Extract

½ teaspoon (2 grams) salt

A good grind of black pepper

2 spring onions, cleaned and thinly sliced

2 Tablespoons (10 grams) fine dry bread crumbs

Grease a shallow, 12 inch baking dish. Pre-heat oven to 350 degrees.

- 1.) Remove any remaining bones from the fish and place in the prepared baking dish.
- 2.) Mix together the butter, Star Kay White Basil Extract, salt and pepper and spread evenly over the fish.
- 3.) Sprinkle the spring onions over the fish, then sprinkle with bread crumbs.
- 4.) Bake, on the top shelf of the oven, for 7 – 10 minutes for thin filets, 10 – 13 minutes for thicker steaks.

If the top of the fish is not attractively browned, run it under the grill for a minute or two until it is.

EASY BASIL TOMATO GRATIN

(Serves 4)

This super-easy side dish is wonderful with fresh tomatoes in the summer, but also holds its own in winter made with tinned.

2 pounds (about 800 – 1000 grams) tomatoes, peeled and sliced

2 Tablespoons (25 grams) olive oil

1 teaspoon (5 ml) Star Kay White Basil extract

Salt and pepper to taste

2 ounces (50 grams) parmesan cheese, grated

2 Tablespoons (10 grams) bread crumbs

Grease a shallow, 12 inch baking dish. Pre-heat oven to 350 degrees.

- 1.) Lay the sliced tomatoes into the baking dish.
- 2.) Combine the olive oil and Star Kay White Basil extract and drizzle over the tomatoes.
- 3.) Sprinkle with salt and pepper, the grated parmesan cheese and the bread crumbs.
- 4.) Bake for about 30 – 40 minutes until cheese is melted and top is slightly browned.

If the top of the tomatoes is not attractively browned, run the dish under the grill for a minute or two until it is.

BASIL ALFREDO PASTA

(Serves 4)

This is a nice side dish with grilled steak or chops, but can stand alone as a main course.

½ pound (500 grams) pasta (any shape is good)

4 ounces (100 grams) parmesan cheese, grated

5 ounces (150 ml) double cream

1 teaspoon (5 ml) Star Kay White Basil extract

1 ounce (25 grams) butter (optional)

1.) In a large pot of boiling, salted water cook the pasta until al dente.

2.) Drain the pasta and return to the pot. Add the remaining ingredients and stir until well combined and cheese is melted.

3.) Serve at once.

BASIL SCENTED COURGETTES WITH PROSCIUTTO

(Serves 4)

This is also good with blanched green beans or broccoli.

1 pound (500 grams) courgettes

½ teaspoon (2 grams) salt

2 shallots, chopped

3 Tablespoons (40 grams) olive oil

1 teaspoon Star Kay White Basil extract

2 ounces (50 grams) prosciutto (or other dry ham) thinly sliced

1.) Thoroughly wash the courgettes and grate them on the coarse side of a grater. Toss them with salt and allow to stand in a colander for ½ hour. Rinse them with cold water and press out the excess moisture.

2.) In a large frying pan, sauté the shallots in the olive oil for 1 minutes. Add the Star Kay White Basil extract, courgettes, and prosciutto. Sauté for about 3 – 4 minutes over high heat, until courgettes are cooked.

SALAD CAPRESE WITH BASIL VINAIGRETTE

(Serves 4)

Who knew that tomato and mozzarella salad had such a pretty name??

6 cups mixed greens, cleaned and dried

2 – 3 large ripe tomatoes, peeled (optional but nice) and sliced

8 ounces fresh mozzarella cheese, sliced

Salt and pepper

Basil Vinaigrette

1 Tablespoon (15 ml) Red Wine Vinegar

2 ounces (60 ml) olive oil

1 teaspoon (5 ml) Star Kay White Basil extract

Salt and pepper

1 clove garlic, crushed (optional)

- 1.) Arrange the salad greens on a 12 inch platter.
- 2.) Arrange the sliced tomatoes, and mozzarella cheese alternating one slice cheese, and one slice tomato, on top of the greens.
- 3.) Sprinkle lightly with salt and pepper.
- 4.) Whisk together the vinaigrette ingredients.
- 5.) Just before serving, drizzle vinaigrette over the salad.

BASIL, TOMATO AND ORANGE SOUP

(Serves 8)

This is a very flavorful twist on tomato soup

2 large navel oranges, washed and cut into 3/4 inch thick slices

A little oil

Salt and sugar

2 shallots, finely chopped

1 clove garlic, peeled and finely chopped

2 quarts (2 liters) unsalted chicken stock

2 ounces (50 ml) red wine

½ pint orange juice (fresh squeezed or store-bought)

2 teaspoons (10 ml) Star Kay White Basil extract

800 grams canned, chopped tomatoes

1/4 cup chopped chives for garnish (opt.)

Pre-heat oven to 425 degrees. Drizzle a little oil over a heavy, parchment lined baking sheet

- 1.) Toss oranges with oil on the baking sheet and sprinkle very lightly with salt and sugar. Bake in center of pre-heated oven, turning after 5 minutes, until browned, about 10 to 15 minutes. Set aside.
- 2.) Meanwhile, in a heavy 4 quart saucepan, sauté shallots and garlic in a little oil over medium heat until fragrant, about 3 minutes. Add chicken stock, red wine, orange juice, Star Kay White Basil extract and canned tomatoes. Simmer 20 minutes.

3.) If serving in a tureen, place orange slices in bottom of tureen, reheat soup and pour over orange slices, garnish with chives. OR dish up soup in kitchen into bowls and garnish with baked orange slice and chives.

