

Fluvanna County Public Library

Spice of the Month Club

Dill Weed

Flavor Profile: Bitter, Citrus, Woody

An annual plant native to Russian, western Asia, and the eastern Mediterranean, dill is widely grown for its feathery leaves (often called dill weed) and its seed. Indian dill, is grown primarily for its seed, which is lighter in color, longer and narrower than European dill seed and has more pungent taste. It is preferred for curry mixtures.

Evidence suggests that the seeds and fronds of the dill plant were used for medicinal purposes in Egypt as early as 3000 BC, and the ancient Greeks appreciated dill's digestive and sedative properties. The seeds were first used as a seasoning and flavoring for vinegars and pickles in Scandinavia and in central and eastern Europe. By the Middle Ages, dill was a common culinary herb, and was also used in love potions. Kosher dill pickles later became a dietary staple for Jews living in eastern Europe and in Russia, and were introduced to the USA by eastern European Jewish immigrants in the late 1800s and early 1900s. Dill rapidly became an important commercial crop for the pickling industry in the USA, although today most of that industry's seed supply comes India.

Region of cultivation: Dill is native to southern Europe, the Middle East, and the Caucasus. It is now mainly grown in India, Pakistan, the USA, and countries around the southeast Mediterranean.

Food Partners: Apples, Carrots, Onions, Goulash, and Flatbreads.

Culinary Uses: Fresh dill is an excellent partner for fish and seafood. Scandinavian dishes include herrings marinated with dill, gravad lax (salmon cured with salt and dill and served with a mustard dill sauce), and crab, scallops, or shrimp with a creamy dill sauce. In northern and central Europe, dill is used with root vegetables, cabbage, cauliflower, and cucumber. Some Russian cooks use it in borscht, their classic beet soup, and dill combined with sour cream or yogurt and a little mustard also makes a good sauce for beets. German cooks make a similar sauce, but replace the mustard with horseradish and serve it with braised beef. In Greece, dill is added to stuffed grape leaves. In Turkey and Iran, dill flavors rice, fava beans, zucchini, and celery root. Spinach with dill and shallots is a standard Iranian dish, echoed in a lentil and spinach dish of northern India that uses both dill leaves and seeds. Don't forget dill for salads and salad dressings, especially for potato salad. Both leaves and seeds are used in pickling, as in the crunchy dill-pickled cucumbers of a New York deli and the garlicky version popular in Poland, Russian, and Iran. Seeds are added to breads and cakes in Scandinavia, where they are also used to flavor vinegar. In India, seeds and leaves are used in curry powders and masalas.

Resources at Fluvanna Library

Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them by Christina Nichol – 641.6383 NIC

Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes – by Kirsten Shockey – 664 SHO

Herbs & Spices: The Cook's Reference by Jill Norman – 641.6383 NOR

Homemade Ranch Seasoning

Ingredients

- 1/3 cup buttermilk powder, optional**
- 2 tablespoons dried parsley
- 1 tablespoon dried dill weed
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 tsp. salt, or to taste
- ½ tsp. black pepper
- ½ tsp. dried basil

Instructions

1. In a small bowl mix together buttermilk powder, dried parsley, dried dill weed, garlic powder, onion powder, salt, pepper, and basil. If desired, you can pulse the seasonings in a food processor so that the leaves of the parsley, dill, and basil are finely ground, but it's not required.
2. Store prepared ranch seasoning in a sealed container. Use as needed. (Yield – 16 servings – 1 tablespoon per serving)
3. **NOTE Buttermilk powder is included in this recipe so that the prepared seasoning can be used in place of a ranch packet, but that doesn't mean you have to use it. So if you're making a recipe that already has buttermilk, just remove the powder and use the real buttermilk as instructed. If you are making the ranch dressing below but want to use real buttermilk instead, do this – remove the buttermilk powder and the milk, then use 1/3 to 2/3 cups (depending on desired consistency) of real buttermilk instead. You can use the herbs and spices (sans the buttermilk powder) for rubs or adding ranch flavoring to another dish. However, be careful – if using this recipe as a flavoring, you may want to omit the salt depending on the other ingredients.



Can You Make Ranch Dressing With This? YES!

- 1 tablespoon prepared ranch seasoning mix (above)
- 1/3 cup mayonnaise
- 1/3 cup milk

Add it all to a bowl and whisk thoroughly, then chill the dressing for about 2-4 hours before serving. Homemade ranch dressing should stay fresh in a sealable container in the refrigerator for 4-6 days.

<https://homemadehooplah.com/homemade-ranch-seasoning/>

Dill Dip

Ingredients

- 1 cup sour cream
- 1 cup mayonnaise
- 2 tablespoons diced onion
- 2 tablespoons dried dill weed
- 1 tsp. dried parsley
- 1 tsp. garlic powder
- Salt to taste

Mix all the ingredients together and refrigerate until ready to serve. Great with chips, pretzels, crackers and more.

<https://www.simplejoy.com/dill-dip-recipe/>



Seasoned Oyster Crackers/Pretzels

Ingredients

- 2 bags oyster crackers (you can also use Goldfish or pretzel pieces)
- 1 packet dry ranch dressing mix (or mix your own from above recipe)
- $\frac{3}{4}$ cup canola oil
- 1 tsp. dill weed
- 1 tsp. lemon pepper seasoning
- $\frac{1}{4}$ tsp. garlic powder

Instructions

1. Preheat oven to 200 degrees.
2. Whisk together ranch dressing mix, dill weed, lemon pepper, garlic powder & oil in a large bowl. Add oyster crackers and stir to coat thoroughly. Pour out onto baking sheet (may take two sheets) and spread evenly. Bake for 10 minutes and let cool completely. Store in airtight container.

<http://www.macaroniandcheesecake.com/2008/12/moms-seasoned-oyster-crackers.html>



Feta and Spinach Frittata

Ingredients

- 8 eggs
- $\frac{1}{4}$ cup milk
- 1 tsp. dried oregano
- $\frac{1}{2}$ tsp dill weed
- $\frac{1}{2}$ tsp. black pepper
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{4}$ tsp. baking powder (optional)
- Pinch salt
- 6 oz. frozen chopped spinach, thawed and completely drained (wring any water out of spinach)
- $\frac{1}{2}$ cup finely chopped yellow onion
- 1 cup chopped fresh parsley
- 3 tablespoons chopped fresh mint leaves
- 3 garlic cloves, minced
- 3 to 4 oz. crumbled feta cheese
- Extra virgin olive oil

Instructions

1. Preheat oven to 375 degrees
2. In a large bowl whisk together eggs, spices, baking powder, and pinch of salt.
3. Add spinach and all remaining ingredients to the egg mixture. Mix well to combine.



4. In a 12-inch cast iron skillet (or oven-safe skillet), heat 2 tablespoons olive oil until shimmering but not smoking. Pour in the egg mixture. Give the skillet a gently shake to allow the egg mixture to spread well. Cook on medium-high heat for about 4 minutes or so allowing the bottom of the eggs to settle. Transfer to heated oven to finish cooking (Bake for 8 minutes or until eggs are cooked through and the top is firm and no longer runny).

<https://themediterraneaneats.com/feta-and-spinach-frittata-recipe/>

Cheddar Bacon Pinwheels

Ingredients (Yield: 50 pinwheels)

- 2 packages (8 oz. each) cream cheese, softened
- 1 cup mild cheddar cheese, shredded
- ½ cup cooked bacon, crumbled
- ½ tsp. parsley flakes
- ½ tsp. dill weed
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- 5 (10 inch) flour tortillas



Instructions

1. Add all ingredients except tortillas to a large bowl.
2. Using an electric mixer, beat mixture on low until creamy. Season with salt and pepper.
3. Divide mixture between tortillas and spread evenly.
4. Tightly roll tortillas and wrap in plastic wrap. Place in the refrigerator for a few hours or overnight.
5. When ready to serve or pack in a lunch box, cut off ends and cut each tortilla into 10 slices.
6. NOTE: these pinwheels can be frozen. Place slices on a baking sheet lined with parchment paper. Place in freezer until frozen. Transfer to a freezer safe container or freezer bag. To thaw, place desired amount of pinwheels on the counter for about 30 minutes before serving. Frozen pinwheels can be packed in a lunch box, and will be thawed by lunch time.

<https://nefb.wordpress.com/2014/08/04/cheddar-bacon-pinwheels/>

Grilled Halibut with Lemon-Herb Butter

Ingredients (Serves 2)

- 2 one-inch thick halibut steaks
- ½ cup butter, softened
- 1 tablespoon lemon juice
- Zest from ¼ of the lemon
- 1 tsp. onion powder
- ½ tsp. garlic powder
- 1 tsp. dried parsley
- ½ tsp. dried dill weed
- Salt & pepper, to taste
- Fresh lemon slices



Instructions

1. Preheat your grill to high and rub the grates with vegetable oil (put some on a paper towel and use tongs to hold the paper towel as you run it along the grates).
2. Mix the softened butter with the lemon juice, zest, onion powder, garlic powder, parsley, dill, salt and pepper.
3. Wash and dry your fish, and then spread the butter mixture evenly over the steaks.
4. Cook until the fish flakes easily with a fork (skin side down first), about 5-6 minutes per side.
5. Serve with the fresh lemon slices for squeezing.
6. NOTE: You can substitute other types of fish for halibut – just adjust the cooking times based on the thickness of the fish.
7. NOTE: You can also cook this in an oven – Preheat oven to 400 degrees and place fish in a greased baking dish. Cover and bake until fish just begins to flake with a fork, 15-20 minutes (depending on thickness of fillets).

<http://www.maryellenscookingcreations.com/2016/07/grilled-halibut-with-lemon-herb-butter.html?m=1>

Mucver (Turkish)

Mucver (pronounced moosh-vair) is a Turkish fritter or vegetable pancake. It is similar to a Jewish latke and more generally, potato pancakes. These are made with grated zucchini and carrots, along with flour and egg (to help bind it), and dried dill. Feta cheese give i

They are crisp on the outside, tender within and subtly herbaceous. The trick to making the pancakes crisp and not soggy is to squeeze all the water out of the zucchini before mixing it with the other ingredients.



Ingredients

- 4 cups grated zucchini, from about 2 zucchini
- ½ cup grated carrots, from about 2 carrots
- 1 tablespoon dill weed
- 3 tablespoons grated yellow onion
- ½ cup feta cheese
- 1 cup all-purpose flour
- 3 large eggs
- 1 tsp. salt
- ½ cup olive oil, or more as needed, for frying

Instructions

1. Great zucchini and place in cheesecloth or absorbent paper towels. Squeeze out excess water. Place zucchini in a large bowl and add carrots and onions and toss gently.
2. Add dill weed, feta, flour, and eggs. Mix well. The mixture will become a thick batter.
3. Heat ½ cup olive oil in a frying pan. Pour 2 tablespoons of batter for each fritter. Fry on each side until golden brown.
4. Drain fritters on paper towels and serve immediately.

5. NOTE: Mucver is usually served as a hot appetizer, accompanied by a yogurt dip. You can also serve them between pita, with lettuce and tomato, alongside rice pilaf, or kisir, a Turkish bulgur and veggie-based salad. (For a Yogurt Sauce: 2/3 cup plain yogurt; 2 cloves garlic, finely chopped; ½ tsp. salt.)

<https://www.thespruceeats.com/mucver-zucchini-fritters-2355353>

Bacon Cheddar Dill Pickle Bites

INGREDIENTS

8oz Cream Cheese, softened
1/2 C. Dill Pickles, chopped or Dill Relish
1/2 C. Cheddar Cheese, shredded
1/2 tsp. Garlic Powder
1 Tbsp. Pickle Juice
1 Tbsp. Dill Weed
1 C. Bacon Crumbles, microwaved 30 secs



INSTRUCTIONS

In a large bowl, mix the cream cheese with 1/2 C. microwaved bacon crumbles, pickles, shredded cheddar cheese, pickle juice, chopped dill, and garlic powder. Mix until very well combined.

Spread remaining 1/2 C. microwaved bacon crumbles onto a plate. Using a small cookie scoop, scoop mixture into balls on the bacon plate (5 at a time). Roll the pickle balls in the bacon crumbles to coat the outside. Place onto a tray, cover with plastic wrap, and refrigerate for 2 hours. Enjoy!

Made 33 servings
1 Dill Pickle Bite

<https://i.pinimg.com/originals/41/df/d8/41dfd822c79c07033a737382c72d6e0b.jpg>

Dill Pickle Popcorn

Ingredients

- 12 cups popped popcorn or 1 batch of Dutch Oven Popcorn
- 1 tsp. dill weed
- ½ tsp. salt (omit salt if using microwave popcorn)
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. coriander
- ¼ tsp. dry mustard
- 1-2 tablespoons pickle juice

Instructions

- 1 Mix together all the spices to make the dill pickle seasoning mix.
- 2 Drizzle your hot and fresh popcorn with pickle juice and toss to coat. Sprinkle with the seasoning mix and toss again to coat. Enjoy!



<https://www.accidentalhappybaker.com/dill-pickle-popcorn/>

Frikadeller (Danish Meatballs)

Frikadellers are essentially flat, pan-fried meatballs of minced meat. Traditionally, they are made of ground pork or beef and sometimes veal. This version is slightly healthier with ground chicken – but you can use what you have or want. It is considered a national dish in Denmark.

Ingredients (Serves 6)

For the Meatballs

- 1 lb. ground chicken
- 1 small onion, minced or finely chopped
- 2 slices of crustless bread, torn into pieces
- 1 piece lemon zested and juiced, divide the juice by half
- 1 tsp. dill weed (or 3 tablespoons fresh dill)
- 1 egg, lightly beaten
- 1 tsp. salt (or to taste)
- 1 tsp. ground black pepper (or to taste)
- For frying
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 cup white wine (you can substitute additional broth if you don't want to use wine)
- ½ cup chicken stock or broth
- ½ cup sour cream

Instructions

1. In a bowl, mix all the ingredients for the meatballs (chicken, onion, bread, lemon zest and half the lemon juice, dill weed, egg and salt & pepper). Shape them into oval patties (traditional Danish shape) by using two spoons to form them. To do this, fill one spoon with the meat mixture (just enough for a spoonful). Press another spoon on top of the spoon with the meat mixture to form an oval shape patty. Set aside.
2. Alternatively, you can shape them into regular meatballs.
3. Melt the butter with the oil in a large skillet. Cook the patties until golden brown on both sides roughly 3-4 minutes per side. You may have to do this in batches. Don't worry about the browned bits when you fry the patties. Set aside.
4. Once the frying is all done. Deglaze the pan with wine. Add the remaining lemon juice and the chicken stock and bring to a boil. Return the fried patties to the pan and season the mixture with salt and pepper, if necessary. Adjust it to your taste. Simmer for about 2-3 minutes or until the patties are heated through. Once the patties are hot enough, stir in the sour cream. Just cook until the cream is heated through and the sauce has thickened a little.
5. Serve immediately and have them with freshly cooked rice, quinoa or egg noodles.

<https://www.manilaspoon.com/2013/05/frikadeller-danish-meatballs.html>



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Creamy Dill Chicken Salad

Ingredients

- 3 cups cooked and chopped or shredded chicken
- 1/3 cup diced celery
- ½ cup fat-free plain Greek yogurt
- ½ cup mayonnaise
- 1 tablespoons lemon juice (or white vinegar)
- 1 tsp. dill weed
- 1 tsp. garlic powder
- 1 tsp. Dijon mustard
- ½ tsp. salt
- ¼ tsp. black pepper



Instructions

- 1 Using a medium-size mixing bowl, combine everything and stir until well combined. Cover bowl and refrigerate at least 1 hour.
- 2 To make sandwiches, spoon chicken salad on bread (or croissants) and top with lettuce, tomato, and dill pickle. Or serve on crackers, in a wrap, or on a bed of lettuce with a fork.
- 3 Leftovers will keep for several days in an airtight container in the refrigerator.

<https://tidymom.net/creamy-dill-chicken-salad/>

Dilled Cucumbers (Finnish Recipe)

Ingredients (Yield 4 jars)

- cucumbers
- ½ cup white vinegar per quart jar of cucumbers
- tsp. sugar per quart jar
- ¼ tsp. pepper per quart jar
- 1-3 tsp. dried dill weed per quart jar, to taste

Instructions

- Peel cucumbers, slice as thinly as possible.
- Sprinkle with salt, mix; let them set in a bowl until they draw water out. Then squeeze them tightly.
- Put a handful in a jar, then sprinkle of dill. Then more cucumbers, etc. Mix vinegar, sugar and pepper. Pour over cucumbers in jar. Stick a knife through them to mix vinegar with cucumbers. Refrigerate for at least several hours (overnight would be even better) before eating. Lasts quite a while in refrigerator.



https://www.food.com/recipe/dilled-cucumbers-finnish-recipe-427259?utm_campaign=yummly&utm_medium=yummly&utm_source=yummly