

SALTED HERBS

Salted herbs are a traditional seasoning in Québec often used in soups and stews. Housewives made them with what they had on hand at the end of the growing season. Preserved in salt and kept in a cool place, they will last 6 months or more.

Clean the herbs (parsley, chives, basil, savory, etc.) and cut them finely with a knife. Add a finely chopped carrot and onion. Put a layer of salt in the bottom of a sterilized jar, add a layer of herbs, then another layer of salt, until the jar is full. Close and refrigerate 15 days, gently stirring each day. After 15 days, drain off the accumulated liquid. Nettoyer les herbes (persil, ciboulette, basilic, sarriette, etc.) et les couper finement au couteau. Kept cold, they will last for weeks.

Another way to do it is to mix everything in a bowl to better coat the herbs with salt. Transfer to a jar and cover with a final layer of salt. The volume of the herbs will diminish significantly as the salt draws water from the ingredients.