



An excerpt from
ALCHEMY OF HERBS

BY ROSALEE DE LA FORÊT



WARMED GOLDEN MILK

Combining turmeric with milk has a long tradition in India. I first learned how to make a version of golden milk from my mentor, Karta Purkh Singh Khalsa, and since then I've experimented with many variations. This is my current favorite and is a wonderful way to enjoy the many benefits of turmeric. As you become more familiar with these tastes, try to increase the amount of spices so you can get a lot of turmeric in each serving.

If you are sensitive to dairy, any type of dairy alternative—including almond, rice, or coconut milk—will work well as a substitute for the milk. In place of the ghee (clarified butter), you can use butter or coconut oil instead.

Yield: 2 cups, 2 servings

1. Melt the ghee in a small saucepan over medium-high heat. Add the spices, and stir continuously for 30 seconds or until fragrant.
2. Add the milk and stir constantly until steaming hot.
3. Remove from heat and add honey. Stir to dissolve the honey.
4. Place the liquid in a blender. Blend on high, allowing the steam to escape, for 30 seconds. The mixture should now be blended with the oils from the ghee and be golden and frothy. (Blending it is necessary to get the right consistency.)
5. Pour and enjoy immediately.

2 tablespoons ghee

1 teaspoon turmeric powder

½ teaspoon ginger powder

pinch of finely ground black pepper

2 cups milk

1 teaspoon honey, or to taste (optional)



TOMATOES PROVENÇAL

3 medium heirloom tomatoes,
sliced in half crosswise

2 garlic cloves, minced

1 tablespoon chopped
fresh parsley

1 tablespoon chopped
fresh basil

2 teaspoons fresh thyme, or 1
teaspoon dried thyme

¼ teaspoon freshly ground
black pepper

¼ teaspoon salt, or to taste

3 tablespoons olive oil

¼ cup Parmesan cheese

My *belle-mère* (mother-in-law) first cooked these up for me while we were visiting southern France. I was instantly smitten with this simple and delicious way to enjoy the heirloom tomatoes of late summer. Many traditional recipes call for bread crumbs, but I've opted for a simpler version to highlight the aromatic herbs like thyme and basil.

Yield: 6 servings

1. Preheat the oven to 350°F. Arrange the 6 tomato halves in a baking dish.
2. Mix together the garlic, parsley, basil, thyme, black pepper, and salt with the olive oil. Sprinkle this mixture on the tomato halves.
3. Bake for 20 minutes or until tomatoes are tender.
4. Sprinkle with Parmesan cheese and broil for 1 to 2 minutes or until the cheese is golden. Cool slightly and eat while still warm.



1 tablespoon fresh rosemary
leaves (twig removed)

THE PERFECT CUP OF ROSEMARY TEA

This recipe comes from my friend and colleague Christophe Bernard. He's an herbalist and author who lives in the South of France, where rosemary grows in its native habitat. This perfect cup of rosemary tea features a very short steeping time, which will bring out the aromatics but not the tannins and bitters, which makes a lighter, more pleasant rosemary tea.

It's also important not to use water any hotter than 185°F or it will destroy some of the aromatic qualities. To do this easily, you can use a thermometer and a clock to figure out how long it takes for your boiled water to cool to this temperature. Then, the next times you boil water, you can set a timer to count down for this length of time. You can see more from Christophe at www.AltheaProvence.com.

Yield: 1 cup

1. Place your rosemary leaves in a tea mug. (Because the leaves are so thin, there is no need to chop them.)
2. Boil 1 cup water, then let the water cool to 185°F (85°C).
3. Pour the water over the rosemary and infuse, covered, for 3 or 4 minutes. Strain and enjoy.

