

Tarragon (*Artemisia dracunculus*) Use 1-2 tsp for 4 serving

Description

The long narrow leaves of Tarragon have a strong, spicy, anise flavour.

Tarragon complements - chicken, fish, veal, lamb, eggs, salads, sauces, vegetables, vinegar, soups, mayonnaise.

Use Tarragon sparingly as it can overpower other ingredients and take on a bitter taste.

Did You Know?

The name Tarragon is probably a corruption of the French word 'estragon' meaning 'little dragon' as the roots curl around like a dragon's tail. Tarragon was used to cure the bites of dogs and poisonous snakes. Tarragon is one of the classic French herbs and is a favourite flavouring for white wine vinegar.

Tarragon is a stimulant to the appetite.

Quality

The quality of Tarragon is determined by its good green colour, a strong anise flavour and volatile oil content. Methyl chavicol is the principal flavour-giving



volatile oil.

Usage

Tarragon has an affinity with chicken, as in the classic dish poulet à l'estragon.

Flavour classic sauce béarnaise with Tarragon.

Tarragon is superb in salads, with fish and with egg dishes such as omelette

and eggs baked in cream.

Rémoulade sauce made with mayonnaise, mustard, chopped pickle, capers

and Tarragon is traditionally served with fish, meat, poultry and vegetables.

Glazed carrots or carrot salad can be given a distinctive flavour with a

sprinkling of Tarragon.