

# Basil



Basil is one of the world's major culinary herbs and its aromatic leaves are well known for the seasoning they bring to many dishes.

- Basil has a sweet, herbal bouquet
- Its fresh taste is often found in Italian dishes like pesto sauce and it tastes delicious with tomatoes, garlic, and aubergines
- Basil also suits shellfish and can be added to omelettes
- It flavours salads, soups and sauces and is used to make flavoured oils and marinades or basil vinegar
- Since the oils in basil are highly volatile, it is best to add the herb near the end of the cooking process, so it will retain its maximum essence and flavour

## did you know?

There are many legends associated with basil and for some cultures it is used for burial purposes. In Europe, they place basil in the hands of the dead to ensure a safe journey. In India, they place it in the mouth of the dying to ensure they reach God. The ancient Egyptians and ancient Greeks believed that it would open the gates of heaven for a person passing on.

## Healthier, more flavoursome food

Delivering flavour, nutrients and antioxidants, Gourmet Garden herbs and spices are always on hand to use in daily cooking. With Gourmet Garden you can still boost the flavour, colour and aroma of food while cutting down on added fat, salt and sugar. Make significant fat and kilojoule savings by simply switching heavy oil, butter and cream sauces with fragrant, aromatic herbs and spices.



- Make a fast pesto by combining some Gourmet Garden Basil and Garlic with some grated parmesan cheese add a little olive oil to make your preferred consistency. You can also add some finely chopped pine nuts or any other nut as preferred
- Combine Basil, Garlic and lemon juice on grilled fish or meat, instead of a dollop of tartare sauce or gravy
- Add basil to a vegetable and bean soup to give that Mediterranean flavour
- Try a thin spread of Gourmet Garden Basil on a sandwich or focaccia, instead of butter or margarine
- Make a fast pizza; spread a pizza base with tomato paste or thick puree blended with Gourmet Garden Basil and sprinkled with low fat mozzarella cheese.
- Gourmet Garden Italian Herbs also contains Basil and a small squeeze adds the taste of Italy to almost any dish.

For a host of recipes go to [www.gourmetgardenrecipes.com](http://www.gourmetgardenrecipes.com)

## GET YOUR DAILY

### ANTIOXIDANT BOOST!



#### BASIL

GOOD SOURCE  
of Antioxidants

10301 µmol TE per 100g<sup>3</sup>

Herbs and spices are an excellent way to boost your daily antioxidant intake, helping to build your body's defences, boost your immune system and maximise your wellbeing. Antioxidants protect the body's cells against lifestyle conditions, working in the body to mop up free radicals, the damaging by-products of our modern lifestyle released during metabolism and other physiological body functions.<sup>1,2</sup> Basil is a GOOD source of antioxidants and contains more antioxidants per gram than most vegetables and many fruits. (10 301 µmol TE per 100 grams).<sup>3</sup> Even in the relatively small amounts you would use in a recipe, Basil gives your diet an antioxidant boost.

## What healthy herbs can do for you

- Herbs and spices are rich in antioxidants, and higher than many vegetables and some fruits<sup>1,2</sup>
- High in phytonutrients including vitamins, minerals and bioactive components<sup>1</sup>
- Help support the immune system through their phytonutrients<sup>2</sup>
- Aid digestion via speeding up food movement from the stomach (gastric emptying)<sup>2</sup>
- Promote heart health by enabling high flavour, low fat, low salt cooking<sup>2</sup>
- The natural antimicrobial properties of many herbs and spices reduce the risk of bacteria in food<sup>2</sup>



**GOURMET  
GARDEN®**  
HERBS & SPICES

[gourmetgarden.com](http://gourmetgarden.com)

#### REFERENCES

1. MJA Supplement, The Medical Journal of Australia Vol 185 No 4, 21 August 2006

2. Herbs and Spices – An Integral Part of the Daily Diet. A Position compiled by independent nutrition experts from Australia and the United States. Table 1a and 1b

3. Dr David Leach and Dr Denise Hunter, Centre for Phytochemistry & Pharmacology, Southern Cross University

For full transcript of the Medical Journal of Australia and accompanying position go to [www.healthyherbs.com](http://www.healthyherbs.com)

For more information on herbs and spices go to [www.gourmetgarden.com](http://www.gourmetgarden.com)

# Basil

## Gourmet recipes

### Chicken Salad with Basil Dressing



#### Ingredients

1/2 cup olive oil  
1/3 cup white wine vinegar  
2 tbsp red wine vinegar  
2 tbsp Gourmet Garden Basil  
1 tbsp Gourmet Garden Garlic  
1 tbsp grain mustard  
balsamic vinegar  
cracked black pepper  
Salad  
300g chicken breast fillet  
mixed lettuce leaves  
1/4 cup toasted pine nuts  
tomato and red onion

#### Procedure

##### Step 1

Whisk together olive oil, white wine vinegar, red wine vinegar, Gourmet Garden Basil, Garlic and grain mustard. Pour into a jug.

##### Step 2

Add a dash of balsamic vinegar and some cracked black pepper. Whisk.

##### Step 3

Prepare a salad with mixed leaves, sliced char-grilled chicken breast, toasted pine nuts, chopped tomato and sliced red onion.

##### Step 4

Pour dressing over salad and enjoy.

This recipe uses:  
Gourmet Garden Basil  
Gourmet Garden Garlic

