



For our *Culinary Essential Oils*, we offer whole plant aromatics for cooking & crafting that naturally enliven pure flavors. There are 75-100 drops of essential oil in a teaspoon, and 1 drop of these aromatic “liquid herbs & spices” is equivalent to 1 ounce of dried botanicals, so start with a single drop and adjust accordingly.

GREEN BEANS À LA FRENCH TARRAGON VINAIGRETTE

INGREDIENTS:

2 pounds organic **Green Beans**
4 teaspoons **Sherry Vinegar**
1 Tablespoon minced **Shallot** or
I'itoi Onion
½ teaspoon **Dijon Mustard**
½ teaspoon **TB Meyer Lemon**
Sea Salt
¼ teaspoon **Pepper** or to taste
¼ Cup good quality extra-virgin
Olive Oil
1-2 drops of **TB Tarragon**
Culinary Essential Oil

TB | TidBits: *We prefer to add the vinaigrette to freshly steamed green beans and let the flavors marry while they cool down to room temperature, but the green beans can be washed, trimmed, steamed and chilled one day ahead to maximize time.*

METHOD:

To prepare the green beans, rinse and trim off the ends. Set a steamer basket into a large stainless steel saucepan and add a small amount of water to just below the steamer basket. Add the green beans, cover and bring to a boil and steam for 10 minutes. The beans should be tender but crisp. Strain, and set aside.

While the beans are cooking, prepare the vinaigrette. In a medium glass bowl, whisk together vinegar, shallot, mustard, and sea salt, then add the olive oil in a slow stream, whisking until emulsified. Whisk in the Tarragon Culinary Essential Oil.

When the beans are ready and strained, toss them with the vinaigrette, adjust the seasonings with sea salt and pepper. Serve.

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{ A PRODUCER OF BOTANICALLY INFUSED COMPLEMENTS FOR FOODS & BEVERAGES }

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