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Eight Parsley Sauces

Take it up a notch with these 8 parsley sauces. They're wonderful as salad dressings, dips for crudites, or stirred into grains, pasta, or beans. Try them with grilled meats or roasted veggies. They're bright green when first made, but mellow to a darker green when stored. Either way, they're delicious.

Lemon Tahini Parsley Sauce

Makes 1½ cups

Quick

Ingredients

- 2 cloves garlic, chopped
- 2 cups parsley, chopped
- 1 teaspoon sea salt
- Juice of one medium lemon
- ⅓ cup extra virgin olive oil
- ⅓ cup toasted sesame tahini

Directions

Using a food processor or blender: add the garlic and pulse until fine. Add the parsley, salt, lemon and tahini and pulse together. Slowly, add the oil while the machine is running until the sauce is creamy. The sauce will keep refrigerated for 1 to 2 weeks.

Scandinavian Parsley Sauce

Makes 1 cup

Quick

Ingredients

- 1 cup parsley, chopped
- 2 tablespoons chopped chives
- 3 tablespoons fresh dill, chopped
- 1 teaspoon dijon mustard
- 1 tablespoon prepared horseradish sauce
- 1 teaspoon dill seed
- 1 teaspoon caraway seed
- 1 teaspoon smoked Maldon flaked salt
- 3 tablespoons fresh lemon juice
- ⅓ cup avocado oil

Directions

Using a food processor or blender: add all the ingredients together and blend until creamy. The sauce will keep refrigerated for 1 to 2 weeks.

“One cannot think well, love well, sleep well, if one has not dined well.” —Virginia Woolf, *A Room of One's Own*

Coriander Parsley Sauce

Makes 1½ cups

Quick

Ingredients

- 1 clove garlic, crushed
- 1 cup parsley (packed)
- 1 cup cilantro, chopped
- ¼ cup fresh lemon juice
- 1 teaspoon coarse sea salt
- ¼ teaspoon red pepper flakes
- 2 teaspoons freshly ground coriander seed (use a spice or coffee grinder)
- ⅓ cup extra virgin olive oil

Directions

Using a food processor or blender: add the garlic and pulse until fine. Add the other ingredients and blend until creamy. The sauce will keep refrigerated for 1 to 2 weeks.

Asian Style Parsley Sauce

Makes 1 cup

Quick

Ingredients

- 1 cup parsley, chopped
- ½ teaspoon fine sea salt
- 1 tablespoon unpasteurized mild miso paste
- 3 tablespoons unseasoned brown rice vinegar
- 1 tablespoon toasted sesame oil
- ¾ teaspoon ground Korean red chili powder, or ¼ teaspoon cayenne
- 2 teaspoons ginger paste

- 1 clove garlic, crushed
- 2 teaspoons Red Boat fish sauce
- 3-4 tablespoons water

Directions

Using a food processor or blender: add the garlic and pulse until fine. Add all the other ingredients and blend until creamy. The sauce will keep refrigerated for 1 to 2 weeks.

Chermoula

Makes 1½ cups

Quick

Ingredients

- 1 cup (packed) parsley chopped (leaves and tender stems)
- 1 cup (packed) cilantro chopped (leaves and tender stems)
- ½ cup mint leaves, chopped
- 1 teaspoon toasted, and freshly ground coriander seeds
- 1 teaspoon toasted, and freshly ground cumin seeds
- 2 cloves garlic, crushed
- Juice and zest of one medium lemon

- 1 teaspoon coarse sea salt
- 1 teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- ½ cup extra virgin olive oil (or more if needed)

Directions

Toast the spices and grind. Using a food processor or blender: add the garlic and pulse until fine. Add the other ingredients and pulse until smooth but with some texture. The sauce will keep refrigerated for 1 to 2 weeks.

Chimichurri

Makes 1½ cups

Quick

Ingredients

- ⅓ cup finely minced white onion
- 1 cup chopped fresh flat-leaf parsley leaves
- 2 teaspoons chopped fresh oregano
- 1 clove garlic, minced
- 1 teaspoon coarse sea salt
- ¼ teaspoon freshly ground black pepper

- ½ teaspoon red pepper flakes
- ⅔ cup extra-virgin olive oil
- ⅓ cup raw apple cider vinegar

Directions

Combine all the ingredients by hand. The sauce will keep refrigerated for 1 to 2 weeks.

Creamy Italian Salsa Verde

Makes 1 cup

Quick

Ingredients

- 1 clove garlic, minced
- 1 tablespoon capers
- 3 anchovy fillets, rinsed and minced
- 1 cup (packed) chopped Italian parsley
- ½ teaspoon coarse sea salt, or to taste
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon red pepper flakes
- 2 teaspoons lemon zest
- 3 tablespoons fresh lemon juice
- ⅓ cup extra virgin olive oil

Directions

Using a food processor or blender: add the garlic and pulse until fine. Add the capers and anchovies and pulse. Add the other ingredients, except the oil and pulse. Slowly add the oil with the machine running, and blend until creamy. The sauce will keep refrigerated for 1 to 2 weeks.

Thyme and Walnut Parsley Sauce

Makes 1½ cups

Quick

Ingredients

- 1 cup packed parsley, chopped
- 1 tablespoon fresh thyme, minced
- 2 anchovy fillets, rinsed and minced
- ¼ cup chopped chives or scallions
- 2 teaspoons dijon mustard
- 1 teaspoon coarse sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup fresh lemon juice
- 1 teaspoon lemon zest
- 3 tablespoons toasted walnut oil
- ½ cup toasted walnuts
- ⅓ cup walnut oil

Directions

Using a food processor or blender: Add all the other ingredients, except the walnut oil and pulse together. In a slow thin stream add the walnut oil while the machine is running, and blend until creamy. The sauce will keep refrigerated for 1 to 2 weeks.