

June Spice Club:

Herbes de Provence



“Provence is a sensual landscape, one that fulfills the body’s appetite for vibrant color, enveloping perfumes, and luscious, ripe flavor. It is a place where thyme, rosemary, sage, and white lavender grow wild along the hillsides, and where people still make their own olive oil and wine.”

Antoine Bouterin, *Cooking Provence*

Herbes de Provence is a mix of dried herbs traditionally grown in the Provence region of southeastern France bordered by Italy and the Mediterranean Sea. Our blend includes savory, thyme, rosemary, basil, tarragon, and lavender flowers – the last ingredient sometimes designated as too offensive and overpowering, and only to be included in export for North Americans. And yet lavender is present in several Provençal cookbooks and gastronomic flavor profiles, so opinions vary. As always, keep in mind that fresh herbs are more pungent than dried, and you can use less than the recipe calls for if you’re unsure how the dish will be received. Use with grilled food, stews, dips, soups, sides, and entrées. This mix should always be added before or during cooking, never at the end. Use by May 2025.

Poulet grillé aux herbes de Provence/ Chicken Grilled with Provençal Herbs

Richard Olney, *Provence: The Beautiful Cookbook*

“Young guinea fowl, pigeons and quail are prepared in the same way. Guinea fowl requires the same cooking time as chicken; pigeons are done in 15-18 minutes and quail in 12-15 minutes.”

1 frying chicken, about 3 lbs.
pinch of Provençal mixed dried herbs
salt and freshly ground pepper
1 tablespoon olive oil

Spatchcock the chicken. For a video on spatchcocking chicken, check out the following YouTube video from BBC Good Food: <https://tinyurl.com/4pan6ukz>

Prepare a fire in a charcoal grill and position the grill rack about 4” from the coals. Season the chicken with the herbs and salt and pepper to taste and rub all the surfaces with olive oil. Place on the grill rack and grill for about 35 minutes, turning several times. When the skin side is facing the coals, watch carefully as the skin chars easily and rapidly. Most of the grilling, once the skin is golden brown, should be done skin facing up.

Present the bird on a carving board. To carve the chicken, split it the length of the breast and slit the skin from around the thighs to the back. It will fall into quarters.

Herbes de Provence Vinaigrette

Rebecca Franklin, *The Spruce Eats*

Prep: 5 minutes | Servings: 4

1 teaspoon dried herbes de Provence, or 2 teaspoons fresh, chopped
5 tablespoons white wine vinegar
5 tablespoons olive oil
½ garlic clove, crushed and finely chopped
1/8 teaspoon freshly ground black pepper
¼ teaspoon kosher salt

Gather ingredients. Place everything in a jar and shake until dressing is well blended. Alternatively, you can place them all in a small bowl and whisk until fully incorporated.

Suggested Reading

available to order on the Minerva catalog

Elizabeth Bard, *Picnic in Provence: A Memoir with Recipes*

Antoine Bouterin, *Cooking Provence*

Melinda Briggs, *Fanny in France*

Julia Child and Jacques Pepin, *Julia and Jacques: Cooking at Home*

Beth Elon, *A Culinary Traveller in Tuscany*

Diane Holuigue, *Classic Cuisine of Provence*

Peter Mayle – many titles!

Richard Olney, *Provence: The Beautiful Cookbook*

Patricia Wells, *At Home in Provence*