

Tarragon Potato Chips

from *Plant Based Cookbook for Beginners* by Sidney Johnson. 2021.

Yields: 4 servings

Ingredients

1 lb potato, peeled and sliced
1 tsp smoked paprika
1/2 tsp garlic powder
1 Tbsp tarragon
1/4 tsp onion powder
1/4 tsp chili powder
1/8 tsp ground mustard
1 tsp canola oil
1/8 tsp liquid smoke

Instructions

Preheat oven to 390° F.

Combine the paprika, garlic powder, tarragon, onion powder, chili powder, mustard, and salt (to taste) in a bowl.

Mix the potatoes, canola oil, liquid smoke, and tarragon mixture in another bowl; toss to coat potatoes.

Spread the potatoes on a lined baking tray lined with parchment paper and bake for 30 minutes,



TASTE TEST

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TARRAGON

Tarragon is a classic ingredient in traditional French cuisine, appearing in the Bearnaise sauces and two of the five “mother sauces,” Hollandaise and Bechamel. Tarragon is most commonly paired with mayonnaise-based recipes, tomato or lobster dishes, and in creamy soups.

Whether from claims that it could cure venomous reptile bites or because of its serpentine roots, tarragon has become associated with the dragon. Roman author Pliny claimed that tarragon protected against snakes and dragons, while others associate it with the French *estragon* and Arabic *takhun*, which roughly translates to “little dragon”.

FUN FACTS

Author Alexandre Dumas would frequently say that vinegar is not good unless it has tarragon mixed in.

Arabian botanist and pharmacist, Ibn-al-Baytar, wrote that tarragon worked well as a breath sweetener, a drug to induce sleepiness, and as a good herb to pair with vegetables.



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Twin Roast Chickens with Root Vegetables and Tarragon Vinaigrette

from *One-Pan Wonders* by America's Test Kitchen. 2017.

Yields: 6 to 8 servings

Ingredients

6 shallots, peeled and halved
1 1/2 lbs red potatoes, unpeeled, cut into 1-in pieces
1 lb carrots, peeled and cut into 1-in pieces
1 lb parsnips, peeled and cut into 1-in pieces
5 Tbsp extra-virgin olive oil
Salt and pepper (to taste)
2 4-lb whole chickens, giblets discarded
6 Tbsp minced fresh tarragon
1/3 cup minced fresh parsley
2 Tbsp sherry vinegar
1 tsp Dijon mustard

Instructions

Adjust oven rack to middle position and heat oven to 475°. Toss shallots, potatoes, carrots, parsnips, 1 Tbsp oil, 1/2 tsp salt, and 1/2 tsp pepper together in a bowl. Spread vegetables evenly into 16x12-in roasting pan. Spray V-rack (for cooking chickens) with vegetable oil spray and nestle into pan with vegetables.

Pat chickens dry with paper towels, tie legs together with kitchen twine, and tuck wingtips behind back. Using fingers, gently loosen skin covering breasts and thighs. Spread 3 Tbsp tarragon under skin of chickens directly onto meat.

Season exterior of chickens with salt and pepper. Place chickens, breast side down, in prepared V-rack. Roast for 20 minutes.

Flip chickens breast side up and continue to roast until breasts register 160° and thighs register 175°, 50 to 60 minutes.

Remove pan from oven. Transfer chicken to carving board, tent loosely with aluminum foil, and let rest for 15 minutes. Being careful of hot pan handles, place over medium-high heat on stovetop and cook vegetables, stirring gently until lightly browned and glistening, 8 to 10 minutes.

Whisk remaining 1/4 cup oil, remaining 3 Tbsp tarragon, parsley, vinegar, and mustard together in small serving bowl. Carve chickens and serve with vegetables and vinaigrette.

Potato Salad with Soy Vinaigrette



from *One-Pan Wonders* by America's Test Kitchen. 2017.

Ingredients

1 1/2 lb small red potatoes or a mix of tricolored potatoes (about 15-20 potatoes)
2 Tbsp soy sauce
2 Tbsp fresh lemon juice
2 Tbsp mayonnaise
1 Tbsp chopped tarragon
1 red bell pepper, diced
1/4 cup diced red onion
1/4 cup diced scallion
1 cup chopped tomato
Salt (to taste)

Instructions

Add the potatoes to a pot of water and bring to a boil. Cook for 8 to 15 minutes, depending on size, until they are softened but still firm. Strain and run cold water over potatoes to cool.

Once cooled, cut potatoes into 1-in pieces.

Combine the soy sauce, lemon juice, mayonnaise, and tarragon in bowl to make a dressing.

In separate bowl, add the potatoes to mix of pepper, onion, scallion, tomato, and salt. Mix vegetables evenly. Add dressing and stir to coat.