

# FRESH FROM THE GARDEN TASTINGS

## Ship Biscuits with Fines Herbs Oil



### Ship Biscuits

From The USS Constitution Museum

Serves 5 x 5" round biscuits

### Ingredients

2 cups stone ground whole wheat flour  
½ teaspoon salt  
½ cup water  
wooden mallet or rolling pin  
greased baking sheet  
lightly floured work surface

### Instructions

Preheat oven to 350 degrees F. Combine flour and salt on work surface. Add the water. Beat with mallet or rolling pin until ½ inch thick. Fold and repeat several times. Cut the dough into cookie-sized pieces. Place on baking sheet and cook for 30 minutes.

### Fines Herbs Oil

Adapted from Food52.com

Yields 1 cup oil

### Ingredients

4 cup loosely packed fresh herbs (only leaves)—any combination of soft, fresh herbs  
1 cup canola oil or grapeseed oil

### Instructions

Create an ice bath by adding some ice to a large mixing bowl and then adding 3 cups of water. Set your ice bath aside. Set a medium size pot of water over high heat. When the water is boiling, add the fresh herbs. Let the herbs cook for about 20 seconds, until they wilt and darken slightly in color. Quickly transfer the herbs from the boiling water to the ice bath. Remove the herbs from the ice bath and squeeze out as much excess water from the herbs as possible. Take your time with this step, really try to get as much water out of the herbs as possible. Transfer the squeezed herbs to a high-powered blender. Add the oil and blend on the highest speed for 2-3 minutes. The heat from the friction of the blender will help to break down the herbs and create a deep green color in the oil. When you turn the blender off, the herb oil should feel warm to the touch and literally have a little steam rising from the top of it. Line a fine strainer with cheesecloth, and put a large mixing bowl underneath. Pour the oil from the blender through the cheesecloth-lined strainer. Don't force the oil through the strainer, just let the oil drain naturally through. This may take about 30 minutes. When the oil has fully drained through the strainer, you can store it in a small container in the refrigerator for up to a few months.