Poplar Creek Public Library District's

SPICE CLUB

DILL RECIPES

April 2026

Salmon is packed with essential vitamins like B12 and also contains heart-healthy omega-3 fatty acids. This simple recipe calls for the salmon to be poached and flavored with a bit of dill, some wine, and some broth. The best part? It only takes about 30 minutes! Garnish with fresh dill and serve with rice or new potatoes.

Excerpt and recipe from the following cookbook

SLOW COOKER DUMP DINNERS: 5-INGREDIENT RECIPES FOR MEALS THAT (PRACTICALLY) COOK THEMSELVES

by Jennifer Palmer

Call #: 641.5884 Pal

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POACHED SALMON FILLETS

4 salmon fillets

1 cup chicken broth

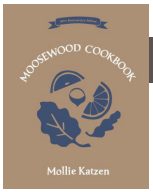
¼ cup white wine (can substitute with vegetable or chicken stock)

1 teaspoon dill

Salt and pepper

1. Place the ingredients into the slow cooker. Cook on low for 20 to 30 minutes or until salmon is cooked through. Garnish with some dill and a wedge of lemon.

Recipe from the following cookbook



THE MOOSEWOOD COOKBOOK

by Mollie Katzen

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CHILLED CUCUMBER-YOGURT SOUP

Makes 4-6 Servings

PREPARATION TIME: LESS THAN 10 MINUTES, PLUS TIME TO CHILL.

4 cups peeled, seeded, & grated cucumber

2 cups water

2 cups yogurt (nonfat OK)

½ to 1 tsp. salt

1 small clove garlic, minced

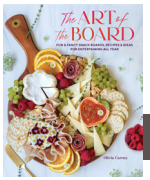
1 tsp. dried dill (or 1 Tbs. fresh)

1 Tbs. honey (optional)

Minced fresh mint and chives

1. Combine grated cucumber, water, yogurt, salt, garlic, dill, and optional honey in a medium-sized bowl. Stir until well blended, and chill until very cold. Serve topped with finely minced fresh herbs, if available.

Recipe from the following cookbook



THE ART OF THE BOARD: FUN & FANCY SNACK BOARDS, RECIPES & IDEAS FOR ENTERTAINING ALL YEAR

by Olivia Carney

Call #: 641.812 Car

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HERBY VEGETABLE DIP

Makes 1-1/2 cups

1 cup mayonnaise

1/2 cup sour cream

1 tablespoon dried parsley

1 tablespoon dried chives

1 tablespoon dried minced garlic

1 teaspoon dried tarragon

1 teaspoon dried dill

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon paprika

Fine sea salt

Freshly ground black pepper

1. In a medium bowl, whisk together the mayo, sour cream, parsley, chives, minced garlic, tarragon, dill, garlic powder, onion powder, and paprika. Season with salt and pepper to taste.

2. For best taste, transfer to an airtight container and refrigerate for at least 3 hours before serving. Store in the refrigerator for up to 1 week.

Did You Know?

- Dill is native to the Mediterranean and western Asia but is now grown all over the world.
- The name comes from the Norse word dylla meaning “to lull” and dill was once used to induce sleep and also used as a cure for indigestion.
- First-century Romans believed dill was good luck. They made wreaths and garlands out of the plant, while gladiators rubbed their skin with the herb before combat.
- The plant has wispy, feathery leaves and both the seeds and leaves are used.

Sources:

The Book of Herbs an illustrated A-Z of the world’s most popular culinary and medicinal plants, Barty Phillips - 635.7 Phi

Complete Guide to Herbs & Spices remedies, seasonings, and ingredients to improve your health and enhance your life - 615.321 Haj

Herbarium, Thames & Hudson - 581.63 Hil

The Beginner’s Guide to Edible Herbs 26 Herbs everyone should grow & enjoy, Charles W.G. Smith - 635.7 Smi

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