



Bay laurel or sweet bay (English),
Feuille de laurier(French), 月桂叶 (yuè
guì yè, Mandarin), बे पत्ती (Be Pattee,
Hindi), અરડાયા ઢાગરુ (Atkāyā vagaranu,
Gujarati), Majani ya Bay (Swahili)



Bay Leaf

a taste of Europe on the Floridian table

Bay is an aromatic leaf that is native to Asia Minor and was historically significant in ancient Greek and Roman mythology and cuisine. It spread throughout Europe and Asia via the spice trade routes, and it made its way to the Americas during European colonialism. Bay is an important ingredient in many different cuisines throughout the world, particularly in soups, stews and seafood boils. It is a common ingredient in Southern American cuisines, and it is often grown in kitchen gardens in warmer regions of the Americas.

To learn more about Florida's
culinary history, visit
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Statue of Goddess Nike with
Bay Laurel



BOUQUET GARNI

60
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

Herbs with stems work best such as bay, thyme, parsley, oregano, tarragon and/or rosemary

Two gallons of water or broth
Food grade string or twine

DIRECTIONS

1. Select bay with desired herbs and line them up side-by side.
2. Tie herbs together into a bouquet with string or twine.
3. Place bouquet in water or broth on medium heat for at least one hour
4. Do not allow liquid to boil as it can cook the herbs and make them bitter. *Evaporation of water may make broth too rich. If so, add a cup of water one at a time to dilute to taste.
5. Add remaining ingredients to make soup or stew (meat, vegetables, salt pepper, etc.)
6. Remove bouquet prior to serving.



FACTS

'Bouquet Garni' refers to a bundle of fresh or dried herbs that are tied together and placed in a pot of stew, soup or broth to enhance flavor. It can be made with any variety of herbs, yet bay is among the most popular ingredients.

In ancient Greece and Rome, the bay tree was an important symbol of love, strength, victory, and courage.

The bay leaf contains significant quantities of calcium, potassium, and vitamin A.

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