



## Bouquet Garni

**A flavorful mixture, this bouquet garni offers flavor and healthful benefits to your soups and stews.**

(from Nature's Medicine Cabinet by Bruce Burnett)

Bouquet garni is de rigueur (necessary according to etiquette) in French cuisine and bay leaves are de rigueur in bouquet garni. For convenience, prepare this recipe in bulk ahead of time so you have lots on hand.

Ingredients 12 whole bay leaves 12 tsp. whole celery seeds 24 whole cloves 36 peppercorns 12 T. dried parsley 6 tsp. thyme

### Preparation

Divide all the ingredients equally onto 12, four-inch square pieces of cheesecloth. Tie with heavy, white kitchen twine, leaving a long string for easy removal.