



Nutritious, Delicious, Wisconsin!

DILL ZAUB TXHWB NYUG



Dill



Baby Dill



HMooB Varieties

- Dill
- Baby Dill (Young, tender dill)

TASTE & TRADITION



Dill is a fragrant herb often used in traditional HMooB dishes as a garnish or to add flavor. It's commonly added to salad, fish dishes, soups, and sauces. The tougher stems can be saved for other uses like pickling, fish stuffing, or soup stocks. Dill has a fresh, grassy flavor that adds brightness to a dish.

RECIPE

HMooB Fish Soup (Ntses Hau)

Ingredients

- 2 whole fish, cleaned
- Dill
- Cilantro
- Green onion
- 3 tomatoes
- 1 lemongrass stalk or leaf bundle
- Lime leaves
- Chili peppers
- 2-3 tablespoons salt
- ½ teaspoon black pepper
- Water
- Optional: ginger, mint, basil

Directions

1. In a pot of boiling water, add lemongrass, lime leaves, and the cleaned fish.
2. After 10 minutes, add chopped tomatoes, herbs, black pepper, and salt. Optional: add chili peppers for heat.
3. Stir and let boil for another 3-5 minutes, until the fish is fully cooked.
4. Serve in a bowl and top with more dill, cilantro, green onion, and sliced chili peppers.
5. Enjoy with steamed rice on the side or mix into the soup for a filling meal. Be careful of fish bones!



Extension
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.