

Holy Basil

Known for its use in Hindu culture and Ayurveda. Also known as Tulsi. A common ingredient in Thai cuisine and in teas. Used medicinally for digestion and immune system support. Holy Basil is a variety of basil. It is spicier than most other basils, and has an almost peppery taste when fresh. If you google it, it sounds like a miracle herb! It has its place in some traditional Thai dishes. It will work well in any dish calling for basil it will just add a bit more spice.

Holy Basil Tea

Cover two teaspoons of fresh holy basil with one cup of boiling water, and steep for five minutes. Drain and serve to take full advantage of holy basil benefits.