

*March's
Spice of the Month
Thyme*



The History of Thyme

Thyme has been widely acknowledged as one of the most used herbs since as far back as ancient Egypt, where it was used in part of the embalming process. Throughout history, Thyme has been a cure for poison, a pain reliever, a sign of courage and farewell, and a home for fairies.

Way back in the days of ancient Egypt, Thyme was rubbed on a corpse along with other herbs like rosemary before being wrapped as part of the mummification process. The Egyptians also used thyme as a pain reliever, and it was included in many of their medicines.

The Romans thought that eating thyme before or during a meal would cure poisons, making it especially popular among Roman emperors. Thyme was also often given to Roman soldiers upon their leaving for battle, as a sign of courage.

The tradition of giving thyme as a farewell gift to soldiers continued on throughout the middle ages of England, where it also caught on as a popular spice for use in cooking.

When the Black Death hit, thyme was used in so many medicines as a treatment. In the Victorian Era, nurses would often bandage wounds with a thyme solution.

Thyme is still used widely in medicine and cooking today.



Shrimp Tortellini

Total Time Prep/Total Time: 20 min.

Ingredients

- 1 package (9 ounces) refrigerated cheese tortellini
- 1 cup frozen peas
- 3 tablespoons olive oil, divided
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- Grated Parmesan cheese, optional

Directions

Cook tortellini according to package directions, adding peas during the last 5 minutes of cooking.

Meanwhile, in a large nonstick skillet, heat 2 tablespoons of oil over medium-high heat. Add shrimp; cook and stir for 2 minutes. Add garlic; cook 1-2 minutes longer or until shrimp turn pink.

Drain tortellini mixture; add to skillet. Stir in salt, thyme, pepper and remaining oil; toss to coat. If desired, garnish with grated Parmesan cheese.



Turkey Thyme Risotto

Total Time Prep: 10 min. Cook: 35 min.

Ingredients

- 2-3/4 to 3-1/4 cups reduced-sodium chicken broth
- 1 tablespoon olive oil
- 2 cups sliced fresh mushrooms
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 cup uncooked arborio rice
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 1/2 cup white wine or additional broth
- 1-1/2 cups cubed cooked turkey breast
- 2 tablespoons shredded Romano cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

In a small saucepan, bring broth to a simmer; keep hot. In a large nonstick skillet, heat oil over medium-high heat; saute mushrooms, onion and garlic until tender, about 3 minutes. Add rice and thyme; cook and stir for 2 minutes. Stir in wine. Reduce heat to maintain a simmer; cook and stir until wine is absorbed. Add hot broth, 1/2 cup at a time, cooking and stirring until broth has been absorbed after each addition, rice is tender but firm to the bite, and risotto is creamy. (This will take about 20 minutes.)

Add remaining ingredients; cook and stir until heated through. Serve immediately.



Orange-Glazed Pork Loin

Total Time Prep: 10 min. Bake: 1 hour 20 min. + standing

Ingredients

- 1 teaspoon salt
- 1 garlic clove, minced
- 2 to 3 fresh thyme sprigs or 1/4 teaspoon dried thyme
- 1/4 teaspoon ground ginger
- 1/4 teaspoon pepper
- 1 boneless pork loin roast (5 pounds)
- **GLAZE:**
- 1 cup orange juice
- 1/4 cup packed brown sugar
- 1 tablespoon Dijon mustard
- 1/3 cup cold water
- 1 tablespoon cornstarch

Directions

Preheat the oven to 350°. Combine the first 5 ingredients; rub over roast. Place fat side up on a rack in a shallow roasting pan. Bake, uncovered, for 1 hour.

Meanwhile, in a saucepan over medium heat, combine orange juice, brown sugar and mustard. In a small bowl, mix water and cornstarch until smooth. Add to the orange juice mixture. Bring to a boil; cook and stir for 2 minutes. Reserve 1 cup glaze for serving; brush half of remaining glaze over roast. Bake until a thermometer reads 145°, 20-40 minutes longer, brushing occasionally with remaining glaze. Let stand for 10 minutes before slicing. Reheat reserved glaze; serve with roast.



Swirled Blueberry Lemon Thyme Cake

1 stick (8 tablespoons) salted butter, at room temperature

½ cup + 1 tablespoon granulated sugar

1 tablespoon lemon zest

½ cup sour cream

2 teaspoons vanilla extract

3 large eggs, at room temperature

1 ½ cups all purpose flour

1 ½ teaspoon baking powder

½ teaspoon kosher salt

1 ½ cup fresh or frozen blueberries

2 tablespoons blueberry jam

Lemon Thyme Glaze

⅔ cup powdered sugar

3 tablespoons lemon juice

1 ½ teaspoon fresh thyme leaves (optional)

1. Preheat the oven to 375 degrees F. Grease a (9x5 inch) loaf pan.
2. In a large mixing bowl, beat together the butter, 1/2 cup sugar, and lemon zest until combined. Add the sour cream and vanilla, beating until smooth. Beat in the eggs, one at a time, until combined. Add the flour, baking powder, and salt. Fold in 1 1/4 cups blueberries.
3. Spoon half the batter into the prepared pan. Swirl in 1 tablespoon of blueberry jam, leaving a few streaks of jam throughout the batter. Add the remaining batter and then swirl in the remaining 1 tablespoon jam. Sprinkle on the remaining 1/4 cup blueberries and 1 tablespoon sugar.
4. Transfer to the oven and bake for 55-60 minutes, or until the center is just set. Let cool before glazing.
5. Meanwhile, make the glaze. In a small bowl, whisk together the powdered sugar, and lemon juice until smooth and drizzly. Stir in the thyme, if using.
6. Drizzle the glaze over the cake. Slice and enjoy!