

# The Herb and Spice Club

PINCKNEYVILLE  
LIBRARY

✱  
Free to join!

SEPT 2024

Welcome to the Herb and Spice Club at Pinckneyville Library! We're excited to launch this new club, exploring the world of herbs and spices. Each month, we'll feature a selected herb, spice, or blend, showcasing its history, a recipe, and local sources in Pinckneyville and Perry County. Our flyer will also highlight relevant cookbooks from our collection that you can borrow. Have a favorite herb or spice you'd like to learn more about? Let our library staff know! Pick up our free flyer each month and join us on this culinary journey. Happy eating!

## ROSEMARY

Rosemary (*Rosmarinus officinalis*) has a rich history dating back thousands of years. Here's a brief overview:

- Ancient Civilizations (3000 BCE - 500 CE): Rosemary originated in the Mediterranean region, where it was highly valued by ancient Greeks, Romans, and Egyptians for its medicinal, culinary, and spiritual properties.
  - Greek and Roman Traditions: Rosemary was associated with memory, fidelity, and friendship. The Greeks wore rosemary garlands during weddings and special occasions, while the Romans used it to crown their brides.
  - Medieval Europe (500 - 1500 CE): Rosemary was a popular herb in medieval cooking, particularly in roasted meats and stews. It was also used in traditional medicine to treat various ailments.
  - Renaissance and Beyond (1500 - present): Rosemary became a staple herb in many European cuisines, particularly in Italian, French, and Spanish cooking. Today, rosemary is cultivated worldwide and is a popular ingredient in many dishes. Throughout history, rosemary has been prized for its piney flavor, aromatic scent, and perceived health benefits.
- Rosemary's connection to Christmas flavors is rooted in traditional European holiday cooking. Here are a few ways rosemary ties in with Christmas flavors:

1. "Roasted meats": Rosemary is a classic herb used to season roasted meats like beef, lamb, and poultry, which are staples of Christmas feasts.
2. "Herbal flavors": Rosemary's piney flavor complements other herbal notes found in traditional Christmas spices like thyme, sage, and bay leaves.
3. "Savory and aromatic": Rosemary adds a savory, aromatic flavor to Christmas dishes like stuffing, roasted vegetables, and soups.
4. "Traditional Christmas dishes": Rosemary is often used in traditional Christmas recipes like prime rib, roasted goose, and lamb.

Some popular Christmas dishes that feature rosemary include:

- Rosemary and garlic roasted prime rib
- Rosemary and lemon roasted chicken
- Rosemary and sage stuffing
- Rosemary and thyme roasted vegetables

Rosemary's connection to Christmas flavors is deeply rooted in traditional European holiday cooking, where it adds depth, warmth, and aroma to a variety of festive dishes.



### RECOMMENDATION FOR YOU FROM OUR COLLECTION

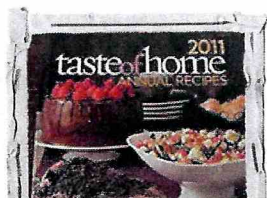
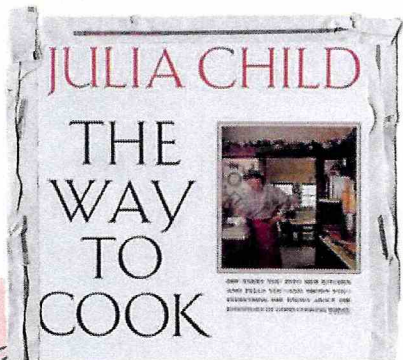
TASTE OF HOME ANNUAL RECIPES :  
ROSEMARY - PARMESAN POPCORN PAGE 12

GIADA'S FAMILY DINNERS : EASTER LAMB  
PAGE 204

JULIA CHILD THE WAY TO COOK : LAMB  
STEW WITH WINE AND ROSEMARY PAGE 238

TASTE OF HOME HEALTHY COOKING ANNUAL  
RECIPES 2019 : ROSEMARY BEETS PAGE 109

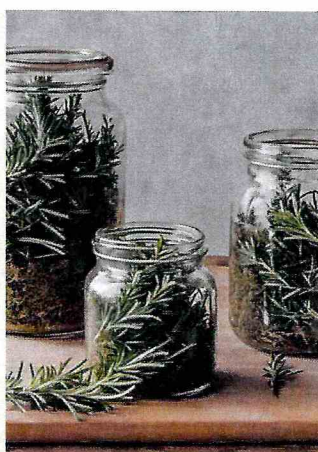
TRISHA'S TABLE : TURKEY AND DRESSING



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## WHERE TO FIND IT !!

Dried and fresh Rosemary is found at Walmart and Perry County Market Place



## ROSEMARY ROASTED POTATOES

A delicious and classic recipe! Here's a simple yet flavorful recipe for Rosemary Roasted Potatoes:

### \*Ingredients:\*

- 2-3 large potatoes (about 1 1/2 pounds), peeled and cut into 1-inch wedges or chunks
- 2 tablespoons olive oil
- 4-5 sprigs of fresh rosemary, chopped (about 2 tablespoons)
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon grated Parmesan cheese (optional)

### \*Instructions:\*

1. Preheat your oven to 425°F (220°C).
2. In a large bowl, toss the potato wedges with olive oil, chopped rosemary, garlic, salt, and black pepper until they're evenly coated.
3. Line a baking sheet with parchment paper or aluminum foil. Arrange the potato wedges in a single layer, leaving some space between each potato.
4. Roast the potatoes in the preheated oven for 20-25 minutes, or until they're golden brown and crispy on the outside, and tender on the inside.
5. Remove the potatoes from the oven and sprinkle with Parmesan cheese (if using).
6. Serve the Rosemary Roasted Potatoes hot, garnished with additional rosemary sprigs if desired.

### \*Tips and Variations:\*

- For crisper potatoes, try soaking the cut potatoes in cold water for 30 minutes before roasting. Pat dry with paper towels before tossing with oil and seasonings.
- To enhance the rosemary flavor, you can add a few sprigs of fresh rosemary to the potatoes during the last 10 minutes of roasting.
- Consider adding other aromatics like onion, carrot, or celery to the potatoes for added flavor.

Enjoy your delicious Rosemary Roasted Potatoes!

Rosemary is a versatile herb used in various ways across French, English, and Russian cuisines. Here's a glimpse into its usage in each of these cultures:

### \*French Cuisine\*

1. **Roasted meats:** Rosemary is a classic pairing for roasted meats like lamb, beef, and chicken.
2. **Herbes de Provence:** Rosemary is a key ingredient in this iconic French herb blend, which also includes thyme, oregano, and lavender.
3. **Vegetable dishes:** Rosemary is used to flavor roasted or boiled vegetables like asparagus, bell peppers, and zucchini.
4. **Soups and stews:** Rosemary adds depth to French soups like bouillabaisse and stews like daube de boeuf.

### \*English Cuisine\*

1. **Roasted meats:** Like in French cuisine, rosemary is a staple pairing for roasted meats like beef, lamb, and pork.
2. **Stuffing and dressing:** Rosemary is often used in traditional English stuffing and dressing recipes, particularly for roasted poultry.
3. **Vegetable dishes:** Rosemary is used to marinate and flavor grilled meats like shashlik (skewers of marinated meat).
4. **Tea and infusions:** Rosemary is sometimes used to make herbal teas or infusions, which are popular in English culture.

### \*Russian Cuisine\*

1. **Meat pies and pastries:** Rosemary is used to flavor traditional Russian meat pies and pastries, like pirozhki and shashlik.
2. **Borscht and soups:** Rosemary adds depth to Russian soups like borscht, solyanka, and ukha.
3. **Grilled meats:** Rosemary is used to marinate and flavor grilled meats like shashlik (skewers of marinated meat).
4. **Preserves and pickles:** Rosemary is sometimes used to flavor Russian preserves and pickles, like pickled cucumbers and sauerkraut.

These examples illustrate the diverse ways rosemary is used in French, English, and Russian cooking, from roasted meats and vegetables to soups, stews, and preserves.

Hungary's Szeged region is famous for its high-quality paprika.

Let's dive into the flavors!