



# SPICE CLUB

## ROSEMARY



### SPICE INFORMATION

*Salvia Rosmarinus* (previously known as *Rosmarinus officinalis*) is a shrub with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers native to the Mediterranean region. The name "rosemary" derives from Latin *ros marinus* (lit. 'dew of the sea'). Although it resembles pine in both appearance and scent, rosemary is actually a member of the botanical family *Lamiaceae* along with sage and mint.

Rosemary is an aromatic herb that is used as a flavoring in a variety of dishes, such as soups, casseroles, salads, and stews.

Rosemary is often paired with chicken and other poultry, lamb, pork, steaks, and fish, especially oily fish. It also goes well with grains, mushrooms, onions, peas, potatoes, and spinach. Because rosemary has a low moisture content even when fresh, it retains its flavor after drying. Dried rosemary tends to have tough leaves and may need to be crushed or chopped prior to adding to recipes.

One teaspoon of dried is about the equivalent of one tablespoon of fresh. Fresh rosemary should be kept refrigerated in a plastic food storage bag with a damp paper towel. Fresh rosemary will keep for about one week in the refrigerator.

If you're growing rosemary outdoors, be sure to place it where it will get at least 6 hours of sunlight per day. Planting rosemary in containers is a good option in cold climates so that you can bring it indoors for the winter. Don't overwater—rosemary likes dry soil.



# RECIPES

## Fig, Pecan, and Brie Bites

<https://www.tasteofhome.com/recipes/tarragon-vinegar/>

### INGREDIENTS

- 1 (8-oz.) triple-cream Brie cheese round
- 1 frozen puff pastry sheet (from a 17.3-oz pkg.), thawed
- All-purpose flour, for work surface
- 2/3 cup chopped glazed pecans
- 1 tsp. olive oil
- 1 tsp. finely chopped fresh rosemary, plus more for garnish
- 1/2 kosher salt
- 1/2 tsp coarsely ground pepper
- 1/4 cup fig preserves



### DIRECTIONS

1. Cut away rounded edges of Brie round to create a square. Cut square lengthwise into 4 even strips, and cut crosswise into 6 even strips. You'll have 24 even pieces of cheese. Transfer to a plate, and chill until ready to use.
2. Roll puff pastry sheet into a 10- x 14-inch rectangle on a lightly floured surface. Cut pastry lengthwise into 4 even strips, and cut crosswise into 6 even strips to yield 24 (about 2 ½-inch) pieces. Press 1 puff pastry piece into each well of 2 (12-cup) miniature muffin trays coated with cooking spray. Place 1 Brie piece in each pastry cup. Chill 30 minutes.
3. Preheat oven to 400°F. Stir together glazed pecans, oil, rosemary, salt, and pepper in a medium bowl. Remove muffin trays from refrigerator, and divide pecan mixture evenly among pastry cups (1 heaping teaspoon each).
4. Bake in preheated oven until pastry is puffed and golden and cheese is melted, 15 to 18 minutes. Let cool in muffin trays on wire racks 5 minutes; use an offset spatula to gently remove pastry cups from muffin trays, and transfer to a platter. Top evenly with fig preserves (1/2 teaspoon each). Garnish with additional rosemary, and serve warm or at room temperature.

# Rosemary Parmesan Popovers

<https://www.seriousseats.com/foolproof-bearnaise-sauce-recipe>

## INGREDIENTS

2 eggs, at room temperature  
1 c milk, at room temperature  
1 c flour  
1 tsp tsp. kosher salt  
1 tsp rosemary, roughly chopped  
2 Tbs butter, melted (plus more for ramekins)  
6 Tbs shredded parmesan cheese



## DIRECTIONS

1. Preheat oven to 450 degrees F. Move the oven rack to the center position. Butter the sides and bottom 6, 6oz. ramekins. Place the ramekins on a baking sheet, and place in the oven to heat up while making the popover batter.
2. Gently whisk 2 eggs together in a mixing bowl until yolks and whites are just combined. Beat in the milk, flour, salt, rosemary and melted butter until batter is smooth. The texture should be similar to crepe batter or heavy cream.
3. Remove the ramekin tray from the oven. Working quickly, sprinkle half of the cheese into the bottom of each ramekin. Fill the cups no more than  $\frac{3}{4}$  full with the batter, and then sprinkle the remaining cheese over the top of each. [Or just mix the cheese into the batter.]
4. Immediately place the tray back into the oven and bake for 15 minutes at 450 degrees F. Then, turn the heat in the oven down to 350 degrees F and continue to bake for another 15 minutes until popovers are puffed and brown. The sides of the popovers should be firm and brown. Serve immediately.

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# Slow Cooker Lemon Rosemary Lentil Soup

<https://melaniemakes.com/slow-cooker-lemon-rosemary-lentil-soup/>

**Total Time: 6 Hrs. 15 Mins.**

**Makes: 6 Servings**

## INGREDIENTS

6 carrots diced  
1 large onion diced  
4 cloves garlic minced  
1 yellow pepper chopped  
1/8 teaspoon cayenne pepper  
3 cups red lentils  
4 cups chicken broth  
2-3/4 cups water  
1-1/2 tsp salt  
1 lemon zest and juice  
1 Tbsp fresh rosemary chopped



## DIRECTIONS

1. In a six quart slow cooker, add carrots, onion, garlic, and yellow pepper.
2. Add cayenne pepper, lentils, chicken broth, water, and salt to slow cooker.
3. Cook on low for 6 hours.
4. Stir in lemon zest, juice, and rosemary.
5. Season with additional salt and pepper to taste.
6. Ladle into bowls and garnish with additional chopped rosemary, if desired.



# Oven Roasted Tomatoes

<https://www.davidlebovitz.com/oven-roasted-tomatoes-tomato-recipe/>

## INGREDIENTS

2 Tbsp. olive oil  
1 clove garlic, peeled and thinly sliced  
8-10 branches of fresh thyme  
A few sprigs of fresh rosemary (or 3 tsp. dried)  
Salt and freshly cracked pepper  
1 pound tomatoes (8 small or 4 medium sized)



## DIRECTIONS

1. Preheat the oven to 325 F.
2. Pour the olive oil into a shallow baking dish or pan and add the garlic, thyme, rosemary, and salt and pepper.
3. Cut the tomatoes in half horizontally, then use a sharp knife to remove the stems, if you wish. Toss the tomatoes with the oil and seasonings, then lay them cut side down in the dish.
4. Bake until the tomatoes are completely softened and wilted. Depending on the tomatoes, they'll take between 1 to 2 hours to cook.
5. The tomatoes will keep for about five days in the refrigerator. They can also be frozen for up to six months.

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# Squash Gratin Rounds

Based loosely on a Blue Apron recipe.



## INGREDIENTS

1 zucchini or summer squash, sliced into 1/4-1/2 rounds  
2 cloves garlic, minced or grated  
1/2 cup grated Parmesan (or other hard cheese)  
1/2 cup bread crumbs or panko  
Olive oil  
1 tsp. rosemary  
Pepper, Cayenne, or Paprika to taste

## DIRECTIONS

1. Place squash rounds on a paper towel and sprinkle with salt. Cover with another paper towel and let the rounds dry out a bit.
2. Preheat oven to 450, with a rack in the middle of the oven.
3. Mix the bread crumbs, Parmesan, garlic, and rosemary (and pepper if using) with a few drops of olive oil, making sure garlic gets distributed evenly.
4. Line a sheet pan with the tin foil and spray with olive oil spray (or drizzle some on the pan and spread it around). Lay out the rounds in a single layer, then flip them over and spray or drizzle with more olive oil. Spoon the topping onto each of the rounds.
5. Bake for 20-22 minutes, until tender and browned. Serve hot.

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## Orange Glazed Salmon with Rosemary

<https://www.cookingclassy.com/orange-rosemary-glazed-salmon/>

**Serves 4**

### INGREDIENTS

2 tsp. olive oil  
4 (6oz.) skinless salmon fillets (1-inch thick)  
Salt and freshly ground black pepper  
2 cloves garlic, minced  
2 1/2 tsp rosemary  
5 Tbsp. chicken broth, divided  
1 1/2 tsp orange zest  
2/3 cup fresh orange juice  
1 Tbsp fresh lemon juice  
1 1/2 Tbsp honey  
2 1/2 tsp cornstarch



### DIRECTIONS

1. Heat olive oil in a large non-stick saute pan or skillet over medium heat.

*Directions continued on next page.*

## **DIRECTIONS CONT.**

2. Season both sides of salmon with salt and pepper.
  3. Add salmon to pan and cook until browned on both sides, about 3 to 4 minutes per side. Transfer salmon to a plate while leaving the oil in the pan.
  4. Add garlic and rosemary to pan and saute for 20 seconds, then add 1/4 cup chicken broth and simmer until mostly reduced.
  5. Stir in orange zest, orange juice, lemon juice, and honey. In a small bowl whisk together remaining 1 Tbsp chicken broth with cornstarch.
  6. Pour into pan, season sauce with salt and pepper to taste then bring to a boil and allow to boil 1 minute, stirring constantly.
  7. Return salmon to pan, spoon sauce over salmon. Ready to serve.
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## **Baked Apricot Bars**

<https://www.davidlebovitz.com/baked-apricot-bars-recipe/>

**Time: 25 Minutes   Servings: 6**

### **INGREDIENTS**

#### **For the rosemary dough:**

12 Tbsp. unsalted butter, cubed, at room temperature  
1/2 cup powdered sugar  
1/2 tsp. salt  
3/4 tsp. vanilla extract  
Grated zest of half a lemon  
1 1/2 tsp. rosemary  
1 3/4 cups flour

#### **For the apricot filling:**

2 cups (8oz) California dried apricots  
1 1/2 cups water or white wine  
1/2 cup granulated sugar  
3 tablespoons honey  
2 Tbsp brandy  
Pinch of salt

*Cont. on next page*

## **INGREDIENTS CONT.**

### **For the crumb topping:**

1/2 cup flour

1/2 cup packed dark brown sugar

1/3 cup pecans or almonds, coarsely chopped

Pinch of salt

3 Tbsp. unsalted butter, cubed, chilled

## **DIRECTIONS**

1. Line a 9-inch square pan with aluminum foil then butter the insides or spray with cooking spray.
  2. Make the rosemary dough by creaming the butter with the powdered sugar and salt in a bowl of a stand mixer, or by hand, until it's light and fluffy. Add the vanilla, lemon zest, and rosemary, then gradually add in the 13/4 cup flour, mixing until the dough is smooth.
  3. Transfer the dough to the prepared baking sheet and pat it flat into the bottom of the pan using lightly floured hands. Refrigerate the dough-lined pan for at least 30 minutes. (No need to wash the mixer bowl; you can use it as is for the crumb topping in step #7)
  4. Make the apricot filling by combining the apricots, water (or wine), granulated sugar, honey, brandy, and a pinch of salt in a medium saucepan. Simmer over low heat for about 45 minutes, or until all the liquid has just about been absorbed. Let cool for a few minutes, stirring, then puree in a food processor until smooth.
  5. Preheat the oven to 350 F
  6. Bake the rosemary shortbread for 25 to 30 minutes, until golden brown. Once baked, let the shortbread cool to room temperature.
  7. Make the crumb topping by mixing together the 1/2 cup flour, brown sugar, nuts, salt, and butter in the bowl of the stand mixer, with the paddle attachment, until the mixture just barely starts clumping together.
  8. Spread the apricot filling over the shortbread in the pan evenly, then top with the crumb topping and bake for 20 to 25 minutes, until the topping is browned.
  9. Remove from oven and let bars cool completely in pan.
  10. Slice into squares. The bars can be stored at room temperature or in the fridge up to three days.
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# Lemon-Rosemary Sorbet

<https://www.foodandwine.com/recipes/lemon-rosemary-sorbet>

**Servings: 3 cups**

## INGREDIENTS

2 cups water

1 cup sugar

2 rosemary sprigs

1/2 cup fresh lemon juice (or tangerine juice)



## DIRECTIONS

1. In a saucepan, bring the water, sugar and rosemary to a boil. Cover and simmer over low heat for 5 minutes. Discard the rosemary and let the syrup cool to room temperature. Add the lemon juice and refrigerate until chilled. Transfer to an ice cream maker and freeze according to the manufacturer's directions.

# Rosemary Parmesan Popcorn

<https://www.fiveheartshome.com/rosemary-parmesan-garlic-popcorn-recipe/>



**Total Time: 15 minutes    Makes: 12 cups popcorn**

## INGREDIENTS

1/2 tsp. rosemary

1 sprig rosemary

1 large garlic clove, peeled and smashed

1/4 cup extra virgin olive oil

1/2 tsp. garlic salt, plus more to taste

Freshly ground black pepper

1/2 cup un-popped popcorn kernels

1/4 cup freshly grated parmesan cheese

## DIRECTIONS

1. Place 1 sprig rosemary and smashed garlic clove in the bottom of a small saucepan. Pour olive oil on top and set on stove over low heat. Stir in garlic salt and black pepper, to taste. Heat until very warm but not simmer. Turn off heat and allow to sit while popping the popcorn.

*Directions Cont. on Next Page*

## DIRECTIONS CONT.

2. To pop 6 cups of popcorn at a time in the microwave, pour 1/4 cup popcorn kernels in a clean lunch sack. Fold over the top several times. Microwave on high until there is a 2-second pause between pops (all microwaves vary, but this will probably take around 2 minutes, give or take 30 seconds). Shake the bag so that any unpopped kernels roll to the corner. Tear a tiny hole in that corner and shake out kernels. Pour popped popcorn into a large bowl. Repeat entire process for a total of 12 cups popcorn.
  3. Remove rosemary sprig and garlic clove from the warmed olive oil. Drizzle olive oil over popped popcorn and toss to coat. Sprinkle popcorn with parmesan, 1/2 tsp. dried rosemary, and additional garlic salt and black pepper, to taste. Serve immediately.
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## Garlic Rosemary White Bean Dip

<https://www.nourish-and-fete.com/garlic-rosemary-white-bean-dip/#recipe>



**Total Time: 20 minutes    Makes: 6 servings**

### INGREDIENTS

3 cloves garlic roasted  
1 14 oz. can Cannellini or other white beans  
(drained and rinsed)  
Juice of 1/2 lemon  
3-4 sprigs of fresh rosemary  
1/2 tsp kosher or fine sea salt  
1/2 tsp freshly-ground black pepper  
1/4 cup extra virgin olive oil

### DIRECTIONS

1. To lightly roast garlic, place peeled cloves in a cast-iron or non-stick skillet set over medium-high heat. Roast for 8-10 minutes, turning frequently, until cloves are slightly softened and begin to develop blackened marks.
2. Place roasted garlic, beans, lemon juice, rosemary, salt, and pepper in the bowl of a food processor fitted with its steel blade. Pulse until beans are coarsely chopped. *Cont. on next page.*

## DIRECTIONS CONT.

3. With the motor running, slowly add olive oil through the feed tube. Process until the mixture is smooth. If needed, add a bit more olive oil and/or scrape down the sides of the bowl once.
  4. Transfer dip to a serving dish. Garnish with an extra drizzle of olive oil or sprig of rosemary as desired. Enjoy with fresh veggies or chips!
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# Roasted Butternut Squash Lasagna

<https://alexandracooks.com/2014/12/03/butternut-squash-lasagna/>

**Total Time: 1 hr. 25 min. Makes: 8-10 servings**

## INGREDIENTS

3 lbs. butternut squash, diced in 1/2 cubes (about 8 cups)  
3 Tbsp. grapeseed or olive oil  
4 cups milk, 2% or whole  
A few sprigs of fresh rosemary and sage  
1 Tbsp. minced garlic  
4 Tbsp. unsalted butter  
4 Tbsp. all-purpose flour  
nine 7-by-3 1/2 sheets dry no-boil lasagna pasta  
1 1/3 cups freshly grated parmesan  
1 cup heavy cream  
1/2 tsp. salt

## DIRECTIONS

1. Preheat oven to 450 F. Spread the squash onto 1 extra-large sheet pan or 2 standard-sized sheet pans. Toss with 2 Tbsp of oil if using the large pan or 1 Tbsp each if using two pans. Season with salt and toss to coat. Transfer to the oven and cook for about 30 minutes, tossing halfway, until the squash is tender and beginning to turn golden.
2. While squash is roasting, in a saucepan bring milk to a simmer with the rosemary and sage sprigs. Heat milk mixture over low heat for 10 minutes and pour through a sieve into a large pitcher or measuring cup. *Cont. on next page.*

## **DIRECTIONS CONT.**

3. In a large heavy saucepan cook garlic butter over moderately low heat, stirring, until softened. Stir in flour and cook the roux, stirring often, for about 3 minutes. Remove pan from heat and whisk in milk mixture in a stream until smooth. Return pan to heat and simmer sauce, whisking occasionally, about 10 minutes, or until thick. Stir in the squash and salt and pepper to taste. Sauce may be made 3 days ahead and chilled, its surface covered with plastic wrap.
4. Reduce temperature to 375 F and butter a 9x13 baking dish.
5. Quickly soak no-boil noodles in hot water. If you've never had trouble with no-boil noodles, don't worry about this step. If you have, bring a small pot of water to a boil or fill a teapot with water and bring to a boil. Pour the water into a small vessel. When you are ready to assemble, dunk three of the sheets into hot water and let soak. Begin assembly:
6. Pour 1 cup sauce into baking dish (Sauce will not cover the bottom completely) and cover with 3 lasagna sheets, making sure they do not touch each other – use tongs to extract the noodles from hot water. After you transfer the three noodles to the baking dish, soak three more sheets of noodle. Spread half of the remaining sauce (about 2 c.) over the noodles and sprinkle with 1/2 c. Parmesan. Top with three more noodles; then soak the final three in the hot water bath. Spread the remaining sauce mixture over the noodles and top with 1/2 c. Parmesan. Top with the final layer of noodles.
7. In a bowl with an electric mixer (or by hand) beat cream with salt until it holds soft peaks and spread evenly over the top pasta layer, making sure pasta is completely covered. Sprinkle remaining 1/3 c. Parmesan over cream. Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven for 30 minutes. Remove foil and bake lasagna 10–20 minutes more, or until top is bubbling and golden. Let lasagna stand 5 minutes before cutting and serving.