

# MARJORAM



**MARJORAM** is a member of the mint family and like all herbs in this family, has square stems with opposing pairs of leaves and flower buds. Marjoram has a flavor similar to oregano. Originating in Greece and Italy, marjoram likes warm weather and is available in the Northeast from July to September.

## STORAGE

- ◆ Store marjoram loosely packed in a plastic container in the refrigerator drawer. It will keep this way for **several days**.
- ◆ There are two methods **for freezing marjoram**: 1) Wash, rinse and pat it dry and then put it in a plastic zip-lock bag. Remember to remove the air from the bag before sealing. 2) Break the leaves off of the stem and pack them into an ice cube tray. Fill the tray with water or olive oil and freeze it. You can add a frozen marjoram cube to a soup, stir fry, or other cooked dish! Freezing may cause the leaves to blacken in color but they will still be flavorful and edible.

## PREPARATION

- ◆ Although dried or frozen marjoram is quite tasty, the herb is **best eaten fresh**, when its flavor is sweeter and milder.
- ◆ Wash marjoram well in a basin of water by holding the stems and swishing the leaves around to dislodge dirt or sand. Shake off excess water. **Remove the leaves** from the stem. The stem may be too woody to eat. Chop the leaves or leave whole.
- ◆ **Raw** marjoram adds a **minty, citrus taste** to salad dressings, sauces, soups and poultry dishes. Its **oregano-like flavor** also compliments cheese, tomato, bean, and egg dishes.
- ◆ When **cooking** with marjoram, **add at the very last minute** to preserve the delicate flavor.

### ***Nutritional Information***

Cooking with marjoram is a good way to add flavor without adding sodium or fat. Marjoram is not a significant source of any vitamins or minerals.

# Marjoram Recipes

## Green Beans with Marjoram and Bacon (Serves 4)

- 4 quarts water
- 1 Tablespoon salt
- 2 slices bacon
- 1 pound fresh runner or green beans, trimmed of stems and cut into 2 inch strips
- 2 cloves garlic, chopped or pressed
- 2 Tablespoons chopped marjoram
- Salt and freshly-ground black pepper



In large pot, bring salted water to a boil. Meanwhile, heat large skillet over medium-low flame, add bacon and cook, stirring, until crisp. Pour off all but about 1 ½ tablespoons of the fat (enough to lightly coat the pan). Return pan to stove, over medium low heat. Add garlic, stir until translucent but not browned—less than one minute. Remove skillet from heat. Now drop beans into boiling water and cook until they are tender but still firm (2-4 minutes). Drain beans in a colander. Add beans and marjoram to skillet with bacon, return to stove over medium low heat. Toss for a minute or two to heat the beans and blend the flavors. Season with salt and pepper to taste.

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## Marjoram-Roasted Potatoes (Serves 6)

- 2 pounds new potatoes, washed and cut into 1 inch cubes
- 2 quarts cold water
- 2½ teaspoons salt
- 3 Tablespoons marjoram
- 4 cloves garlic
- 3 tablespoons olive oil
- freshly-ground black pepper



Preheat oven to 425. In a 4 quart saucepan, combine potatoes, water and 2 teaspoons of salt. Bring water to a boil over high heat and continue to boil until potatoes are easily pierced but still firm—about 10 minutes. Drain potatoes in a colander or sieve. Transfer potatoes to a large mixing bowl and toss with marjoram, garlic, olive oil, ½ teaspoon salt, and pepper. Spread them out on a baking sheet or a shallow roasting pan. (If preparing in advance, cover the potatoes at this point and refrigerate for up to one day). Roast potatoes until golden brown, 15 to 20 minutes, turning them once halfway through the baking time so that they brown evenly.

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## Tomato-Marjoram Salad (Serves 6-8)

- 2 pounds ripe tomatoes, cut into wedges (cherry tomatoes can be halved)
- 1 cup coarsely torn fresh basil leaves
- 1/4 cup marjoram
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh spearmint leaves, chopped
- 2 cups baby salad greens
- 1 Tablespoon red wine vinegar
- 1 Tablespoon balsamic vinegar
- 1/4 cup olive oil
- 3/4 teaspoon kosher salt
- Freshly-ground black pepper



In large bowl, combine tomatoes, herbs and greens. Drizzle the vinegars and olive oil on top, season with salt and pepper. Toss to combine and serve.

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