

# ROSEMARY



**ROSEMARY** (botanical name *Rosmarinus officinalis*) is native to the Mediterranean area. The ancient Greeks and Romans used rosemary as a culinary and medicinal herb as early as 500 BC. A member of the mint family, this evergreen shrub is related to basil, marjoram and oregano. Rosemary is available May to October in the Northeast. The small, thin, gray-green leaves look similar to small pine needles and have a bittersweet, lemony, piney flavor. Rosemary is a versatile, aromatic herb. It is delightful in both savory and sweet recipes.

## STORAGE

- ◆ **Store fresh rosemary** by placing the stems upright in a jar of cold water on a refrigerator shelf. Try to change water regularly. Rosemary should last **2-3 weeks** this way.
- ◆ **To dry**, hang fresh sprigs of rosemary in a warm, dry place. Once they are thoroughly dry, strip off leaves by putting the sprigs in a plastic bag and rubbing them off the stem. Store in an airtight container, in a cool, dry place, away from light, to preserve freshness and flavor. Dried rosemary keeps its flavor very well, and **will last for years**.

## PREPARATION

- ◆ **Wash** rosemary well in a basin of water by holding the stems and swishing the leaves around to dislodge dirt or sand. Shake off excess water.
- ◆ Fresh rosemary can be **added to soups, stews, sauces, marinades, pasta sauces, stuffing, and full-flavored meat dishes**.
- ◆ Dried whole rosemary leaves should be crushed with a mortar and pestle before adding to any recipe, as the leaves can be sharp in the mouth when left whole.

### ***Nutritional Information***

Rosemary contains antioxidants such as flavonoids and phenolic acids. These antioxidants are thought to help reduce the risk of cancer.

# Rosemary Recipes

## Lemon-Walnut Green Beans (Serves 12)

- 3 pounds small green beans
- 1/2 teaspoon salt
- 1/3 cup butter, margarine or olive oil
- 1 clove garlic, crushed
- 12 scallions, sliced
- 2/3 cup chopped walnuts, toasted
- 1 1/2 Tablespoons chopped fresh or 1 1/2 teaspoons crushed dried rosemary
- 3 Tablespoons fresh lemon juice
- 1 1/2 Tablespoons grated lemon rind



Sprinkle beans with salt, and arrange in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until tender but still crisp. Plunge beans into cold water to stop the cooking process; drain. In a skillet over medium-high heat, melt butter or oil add garlic and green onions, sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; sauté, stirring constantly, until thoroughly heated. Sprinkle with lemon rind. Serve immediately.

Recipe adapted from Ultimate Southern Living Cookbook, Oxmoor House. <http://homecooking.about.com/library/archive/blv108.htm>

## Mashed Potatoes with Rosemary and Leeks (Serves 6)

- 2 pounds potatoes, unpeeled, quartered
- 1 small leek, white part only, coarsely chopped
- 2 cloves garlic chopped
- 1 Tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 2 Tablespoons chicken or vegetable broth
- 4 Tablespoons nonfat sour cream or plain yogurt
- 2 Tablespoons nonfat milk
- Salt and pepper to taste



Preheat oven to 300 degrees. In large pot, cover potatoes with cold water. Bring to a boil and cook 15 to 20 minutes or until tender. Drain and place in an oven about 5 minutes to lightly dry them out. In a small saucepan, add enough oil to coat lightly. Add leeks cook until translucent. Add garlic and rosemary continue to cook two more minutes. Add broth. Transfer all ingredients except the sour cream (or yogurt) and milk to a bowl and mix using an electric mixer on low speed. Slowly add milk and then sour cream and season with salt and pepper.

Recipe adapted from <http://homecooking.about.com/library/archive/blv190.htm>, Author unknown.

## Chickpea and Rosemary Passata (Serves 4)

- 4 large sprigs fresh rosemary
- 1 cup vegetable or chicken broth
- 3 cups cooked chickpeas
- Salt and freshly ground pepper to taste



In a saucepan over medium-high heat combine rosemary and broth heat. Simmer gently 15 minutes. Turn off heat and let rosemary steep for 15 minutes more. In a blender, combine broth and chickpeas and puree until smooth. Transfer soup back to saucepan. Season with salt and pepper. Heat over medium flame before serving, stirring often. Refrigerate up to 3 days, freeze up to 6 months.

Recipe adapted from The Essential Vegetarian Cookbook, by Diana Shaw, copyright 1997.