



The Etna Library's



Spice
of the
Month
Program

Spice for July, 2024: **DILL WEED**

Facts about Dill (from specialityproduce.com)

Dill is a delicate and fragrant herb averaging 90 centimeters tall, though it can reach up to 120 centimeters in height depending on the variety. It has slender stems with alternating green leaves that are soft and feathery with a fern-like appearance. When mature, the plant bears umbels, or umbrella-like clusters of edible tiny, lacy, yellow flowers, and produces edible flat, oval, light-brown seeds.

Dill is highly aromatic with an anise and minty scent, and the leaves offer a sweet, grassy, licorice-like flavor, somewhat reminiscent of caraway or fennel, though milder and sweeter. The unique taste is often described as a blend of anise, parsley, and celery with a slight lemony finish.

While Dill is best-known today as a culinary herb, it has a long history in medicine and magic. Ancient Egyptians used Dill to ward off witches, while the Romans considered it a symbol of good luck, and the Greeks associated the herb with wealth. Europeans have historically believed Dill to be soothing, true to the origin of its name, and have long used the herb as a digestive aid. Puritans and Quakers even kept Dill seeds in their bibles to chew on during long sermons as a means of soothing growling stomachs and suppressing appetite, especially for fidgety children.



The Etna Library
130 Etna Road
Etna, NH 03750

www.etna-library.org
(603) 643-3116

Dill Deviled Eggs with Sautéed Shrimp



Prep Time: 15 min

Cook Time: 5 min

Servings: 6

Dive into brunch with these Deviled eggs with plump, sautéed shrimp and fragrant dill. It's the perfect use of hard-boiled eggs for delicious brunching, lunching and snacking in between.

Ingredients:

2 teaspoons olive oil

12 medium shrimp, peeled and deveined

6 hard-cooked eggs, peeled

1/4 cup mayonnaise

1/4 cup finely chopped tomato

1 teaspoon dill weed

1/4 teaspoon Sea Salt

Directions:

- Heat oil in large skillet on medium-high heat. Add shrimp; cook and stir 3 to 4 minutes or until shrimp turn pink and are lightly browned. Cool slightly.
- Slice eggs in half lengthwise. Remove yolks; place in small bowl. Mash yolks with fork or potato masher.
- Stir in mayonnaise, tomato, dill and sea salt until smooth and creamy. Spoon or pipe yolk mixture into egg white halves. Top each with a cooked shrimp. Serve immediately or refrigerate until ready to serve.

Source:

<https://www.mccormick.com/gourmet/recipes/appetizer/dill-deviled-eggs-with-sauteed-shrimp>