



The Etna Library's

Spice for November, 2024:

# THYME



**Spice**  
of the  
**Month**  
Program

Thyme (*Thymus vulgaris*) is an aromatic perennial evergreen herb in the mint family and a close relative of oregano. It is used in a number of cuisines, including European, British, Mediterranean, African, Latin and Central American, regional American, and the Caribbean. This woody herb has been used to flavor and preserve foods and beverages for millennia. The word 'thyme' is derived from the Greek word 'thumus', which means courage. Since ancient times, thyme has been associated with bravery and even used as a natural antidepressant.

Fresh thyme has a pronounced, concentrated herbal flavor with sharp grass, wood, and floral notes (like lavender and rosemary). It is typically used in savory dishes like braised or roasted meat, vegetables, or fish, as well as in savory baking. It can also be used to add flavor and depth to marinades, soups and stocks, cocktail elements, and teas.

### Fun Facts:

- In the Middle Ages, thyme was placed beneath pillows to aid sleep and ward off nightmares.
- There is evidence of ancient Egyptians utilizing thyme's powerful antiseptic properties in embalming rituals.



The Etna Library  
130 Etna Road  
Etna, NH 03750

[www.etna-library.org](http://www.etna-library.org)  
(603) 643-3116

# Garlic Shrimp Tortellini Toss



## Ingredients:

- 9 oz frozen cheese tortellini thawed
- 1-1/2 cups of peas
- 2 tablespoons olive oil
- 1 lb. uncooked medium shrimp (peeled and deveined)
- 3 garlic cloves minced
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper

## Directions:

1. Prepare tortellini according to package directions. During the last 5 minutes of cooking add peas. Drain.
2. While Tortellini is cooking heat olive oil over medium-high heat in a large skillet. Add shrimp to skillet and cook for 2 minutes.
3. Add garlic to mixture and cook another 2 minutes or until shrimp turn pink.
4. Add tortellini mixture to skillet and stir in seasonings. Toss to coat.

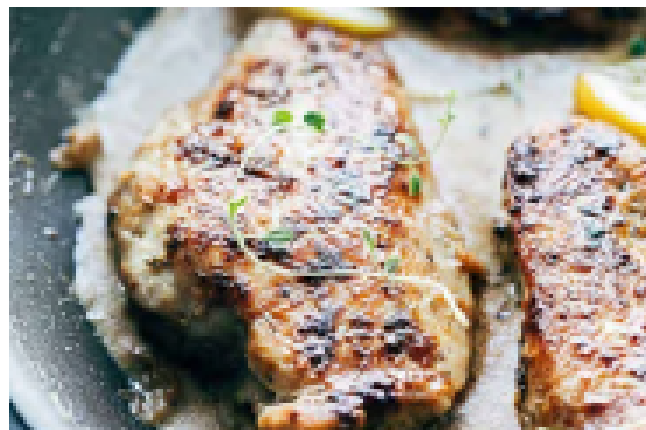
## Tips:

1. If you use frozen shrimp, be sure to thaw them. You can do this overnight in the fridge, or submerge them in a bowl of ice water for about 30 minutes before cooking them.
2. Don't like tortellini? You can swap it for a short pasta like penne, orecchiette, or cavatappi. Or, try spaghetti or linguini.

## Recipe Source:

[www.julieseatsandtreats.com](http://www.julieseatsandtreats.com)

# Creamy Lemon Thyme Chicken



## Ingredients:

- 1 tablespoon olive oil
- 4 chicken breasts--boneless, skinless
- 1 teaspoon garlic minced
- 1 tablespoon lemon juice
- 1 teaspoon salt divided
- 1/2 teaspoon pepper
- 1 tablespoon butter
- 1 teaspoon all-purpose flour
- 1-1/2 cups milk
- 1/2 teaspoon lemon zest
- 1/2 teaspoon dried thyme (or 1 teaspoon fresh thyme leaves)

## Directions:

1. Rub the chicken breasts with garlic, lemon juice, 1/2 teaspoon salt and pepper, and set aside for 15-20 minutes.
2. Heat olive oil in a large skillet and add chicken breasts.
3. Cook the breasts for 5-6 minutes on each side till cooked through and not pink on the inside.
4. Once cooked, take the chicken breasts out of the pan and set them aside on a plate. Cover the plate with foil to keep the breasts warm.
5. In the same pan, heat the butter and add the flour. Stir the flour for a minute and slowly start whisking in the milk till all the milk is incorporated and there are no lumps.
6. Simmer the sauce while stirring occasionally till the sauce thickens slightly. Add the remaining salt, lemon zest, and thyme, and mix.
7. Add the chicken back to the pan and simmer for two more minutes. Serve immediately.

## Recipe Source:

[www.spendwithpennies.com](http://www.spendwithpennies.com)