

Savory, *Satureja* spp.

Tips for Using Savory:

- Summer savory is most often used for culinary purposes.
- Summer savory is best added near the end of the cooking process. Winter savory's flavor can stand up to longer cooking times.
- The flavor of savory is spicy with a hint of pepper and is similar in both aroma and flavor to oregano and thyme.
- Substitute savory for thyme, rosemary and oregano in savory dishes.
- Savory holds its flavor when dried. Dry fresh savory for later use by hanging upside down in small bunches.
- Savory is used in making sausages, stuffing, stews as well as cabbage, corn, citrus, apple, beans, tomato and potato dishes. It is also used to flavor vermouths and bitters.

Savory – Chickpea and Lentil Soup

A wonderfully tasty vegetarian version of this traditional Moroccan *Harira* recipe (sans the traditional succulent lamb), this dish is sure to satisfy. Top off each serving with a squeeze of lemon juice, and for a real Moroccan zing with complex flavors – sprinkle toppings of cilantro or parsley and golden raisins to taste!

2 tablespoons butter	1¾ teaspoon salt
1 onion, chopped	1¼ teaspoon freshly ground black pepper
2 ribs celery, chopped	1 cup lentils
½ teaspoon ground ginger	6½ cup water
¼ teaspoon turmeric	1¾ cup crushed tomatoes, or one 15 oz can
⅙ teaspoon ground cinnamon	1⅔ cup cooked chickpeas, or one 15 oz can, drained and rinsed
1 teaspoon savory	⅓ cup chopped cilantro or parsley
	⅓ cup golden raisins (optional)

In a large pot, melt butter. Add onion and celery. Cook, stirring occasionally, until vegetables start to soften, around 10 minutes. Stir in ginger, turmeric, cinnamon, savory, salt, pepper, and lentils.

Add water and tomatoes to the pot and bring to a boil. Reduce the heat and simmer partially covered. Stir occasionally, cooking until lentils are tender, around 25-30 minutes. Add chickpeas and simmer for 5 minutes longer. Ladle into bowls, topping with cilantro or parsley and golden raisins as desired. Serves 4

Adaptation of a recipe from *foodandwine.com*, 2014

Summer Savory and Green Beans

ice
2 tablespoons olive oil
1 ½ pounds trimmed green beans
2 cloves garlic, minced

1 tablespoon fresh summer savory, removed from the stem
salt and pepper

Fill a large bowl with water and ice.

Bring a large pot of water to a boil. Once boiling, salt liberally and add green beans for 3-4 minutes or just until bright green. Use a slotted spoon to transfer beans to the ice bath to stop the cooking process. Once cool, remove and pat dry. Heat oil in a skillet over medium-high heat. Add beans and cook for 3-5 minutes or until they are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about 1 minute. Season to taste with salt and pepper and serve.

Des Kazda
Lifesambrosia.com

Zucchini Saga Soup

1½ lbs. zucchini
3 slices bacon, cut into ¼ inch pieces
1 onion, chopped
3¼ cups chicken broth

1 teaspoon fresh thyme
1½ teaspoon fresh summer savory
4 ounces Danish Saga Blue Cheese

In a large saucepan fry bacon until crisp. Discard fat. Add chopped zucchini, onion, 1 cup chicken broth, and herbs to pan with bacon and simmer until zucchini and onions are soft, about 15 minutes.

Add the remaining chicken broth and cheese. Puree in a blender in small batches. Return to pan and keep warm over low heat until ready to serve. Ladle into bowls, garnish with thyme sprigs, and serve.

Western Reserve Herb Society
Essential Guide to Growing and Cooking with Herbs

Herbes de Napa

6 tablespoons dried thyme leaves
3 tablespoons fennel seeds
2 ½ tablespoons dried summer savory leaves

1 ½ tablespoons rosemary leaves
1 ½ tablespoons crumbled bay leaves
1 ½ tablespoons dried lavender flowers

Combine all ingredients. Store in an airtight container away from light and heat for up to four months.

Michael Chiarello
Foodnetwork.com

Herbes de Provence

2 tablespoons dried thyme leaves
2 teaspoons basil leaves
2 teaspoons dried summer savory leaves

2 teaspoons marjoram leaves
1 teaspoon dried lavender buds

Combine all ingredients and store in an airtight container away from light and heat. Use in salad dressings, marinades, butter sauces for poultry and fish.

Cooking with Herb Scents, pg. 258
The Western Reserve Herb Society

Savory Herb Butter

½ pound butter (or margarine)
1 tablespoon lemon juice
½ teaspoon dried marjoram

½ teaspoon dried summer savory
½ teaspoon dried lemon thyme
¼ teaspoon garlic powder (optional)

In a small bowl, combine softened butter and lemon juice. Cream until fluffy. Add finely crushed or powdered herbs along with other seasonings. Mix well. Store in a covered container in the refrigerator. Chill overnight or for 24 hours for flavors to blend. May be frozen for up to 3 months.

Cooking with Herb Scents, pg. 265
The Western Reserve Herb Society

**Do you have a recipe using savory to share?
Please send it to educator@herbsociety.org**