

Thyme, *Thymus* spp.

Tips for Using Thyme:

- Harvest thyme before flowering for the best flavor.
- Wash in cool water while still on the stems, either in a bowl or under running water.
- Thyme compliments potatoes, vegetables, chicken, fish, and other meats, soups and vinegars.
- It pairs well with fruit, especially lemons.
- Young soft stems can be chopped with the leaves and added to recipes. Woody stems should be removed before chopping or eating. Remove intact from soups and stews.
- De-stem fresh leaves by running fingers from the tip of the stem to the bottom.
- Dry thyme by hanging stems in small bunches or on screens.
- De-stem dried leaves by rubbing the stems between your hands.
- Add freshly chopped thyme or lemon thyme to softened butter, blend, and form into a log or place in a container. Refrigerate or freeze. Use on steaks, poultry, vegetables, sauces or on bread.

Lemon-Thyme Sorbet with Summer Berries

Lemon-thyme Syrup (see recipe)
6 ounces strawberries, halved, or sliced if large
6 ounces raspberries
6 ounces blueberries
6 ounces sweet cherries, halved
Thyme sprigs, for garnish

Lemon-Thyme Syrup

1 ½ cups water
1 cup plus 2 tablespoons sugar
¾ ounce lemon thyme sprigs
¾ cup fresh lemon juice

Lemon-Thyme Syrup

In a medium saucepan, combine the water and sugar and bring to a boil, stirring to dissolve the sugar. Add the thyme, cover and let stand for at least 2 hours or overnight. Add the lemon juice and strain the syrup. Serve with drinks, dressings, or make sorbet.

Sorbet

Pour the Lemon-thyme Syrup into an ice cream maker and freeze according to the manufacturer's instructions. Transfer the lemon-thyme sorbet to a plastic container, cover and freeze.

Shortly before serving, in a bowl, toss the berries with the cherries. Scoop the sorbet into bowls. Spoon the berries on top, garnish with the thyme sprigs and serve.

The sorbet can be frozen for up to 3 days.

Jean-Georges Vongerichten
Food & Wine, 2006

Grilled Lemon & Thyme Lemonade (or Thyme for Lemonade)

15 fresh thyme sprigs
2 cups water, divided
1 cup sugar, divided
9 medium lemons, halved

¼ cup honey
¼ teaspoon almond extract
5 cups cold water

In a small bowl, soak thyme sprigs in 1 cup water while preparing lemons. Place ¼ cup sugar on a plate; dip cut sides of lemons in sugar.

Cover and grill lemons, cut side down, over medium-high heat for 1-2 minutes or until golden brown. Cool slightly. Drain thyme; grill for 1-2 minutes or until lightly browned turning once.

In a small saucepan, combine 1 cup water, honey and remaining sugar; bring to a boil stirring constantly to dissolve sugar. Remove from the heat. Add grilled thyme sprigs and extract; let stand for 1 hour to steep. Discard thyme.

Meanwhile, squeeze lemons to obtain 1½ cups juice; strain. In a large pitcher, combine 5 cups cold water, thyme syrup and lemon juice. Serve over ice.

Susan Jordan, Denver
Taste of Home

Peach-Thyme Ice Cubes

1 pound ripe peaches, pitted and quartered
1 cup water
¼ cup sugar

2 tablespoons fresh lemon juice
1 teaspoon thyme leaves

In a food processor, combine all of the ingredients and puree. Pour into 2 standard ice cube trays and freeze overnight. Serve in white sangria or sparkling wine.

Gaven Kaysen
Foodandwine.com

Lemon and Thyme Grilled Tuna

(6-oz.) yellow fin tuna steaks (1/2 inch thick)
¼ cup olive oil
2 teaspoons finely chopped fresh thyme

1 teaspoon salt
1 teaspoon grated lemon peel
½ teaspoon pepper
¼ cup fresh lemon juice

Place tuna steaks in resealable food storage plastic bag. Add all remaining ingredients. Seal bag; turn to mix well. Refrigerate at least 30 minutes.

Heat grill. Place tuna on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals; discard marinade. Cook for 6 to 7 minutes or until fish is firm but still pink inside and flakes easily with fork, turning once.

Note:

To broil tuna, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning once.

Betty Crocker Kitchens
Bettycrocker.com

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