

Summer Savory, *Satureja hortensis*

Tips

- Summer savory is best added towards the end of cooking. Winter savory is a stronger flavor than summer savory and can tolerate long cooking times in soups and stews.
- Add to herb blends such as the French fines herbes, herbes de Provence and bouquet garni.
- Complements most vegetables, egg dishes, meat, fish and poultry.
- Especially used with beans for flavor and to aid digestion.
- Flavor will be preserved when stored dried or frozen for about six months.
- Preserve in herb butters, marinades and vinegar.
- Harvest preferably before flowering by cutting up to $\frac{1}{3}$ of the growth.

Savory Vinegar

Summer savory

Garlic, whole cloves, optional

White wine or apple cider vinegar

For summer savory vinegar, fill jar $\frac{3}{4}$ full of plant material. (For winter savory vinegar, fill jar $\frac{1}{3}$ to $\frac{1}{2}$ full of plant material because winter savory is stronger in flavor). Add a clove or two of garlic if you wish. Fill jar with white wine vinegar or apple cider vinegar. If using a metal lid, place at least two layers of plastic wrap between jar and lid to prevent corrosion of the metal. Place in dark place for 10 days to 2 weeks, shaking occasionally. Taste frequently until desired flavor is obtained.

Sara Holland, HSA Hill Country Unit

Mustard Marinade with Summer Savory

2 tablespoon Dijon mustard

1 tablespoon red wine vinegar

$\frac{1}{4}$ cup olive oil

1 tablespoon dried summer savory, crumbled, or 3 tablespoon fresh summer savory, chopped fine

1 tablespoon water

In a bowl whisk together mustard, vinegar, oil, summer savory, water, and salt and pepper to taste. In a baking dish large enough to hold your meat of choice in one layer, coat meat with marinade and let stand, covered, at room temperature 15 minutes. Cook on a prepared grill until done. Great on meats such as pork ribs, pork chops, beef steaks, or stronger-flavored fish.

adapted from a recipe at www.epicurious.com

Zucchini Saga Soup

1½ pounds zucchini
3 slices bacon, cut into ¼-inch pieces
1 onion, chopped
¾ cup chicken broth
1 tsp 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 remaining chicken broth and cheese. Puree in 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.

Essential Guide to Growing and Cooking with Herbs, 2007

Savory Green Bean Salad

1½ pounds fresh green beans, cut in half with ends trimmed	salt to taste
¼ cup white wine vinegar	½ cup best quality olive oil
3 tablespoons fresh lemon juice	2 6-ounce jars marinated artichoke hearts, drained
1 teaspoon dried mustard	½ medium-size red onion, sliced into thin rings, plus 2 tablespoons minced red onion
½ teaspoon brown sugar	2 tablespoons chopped fresh parsley
1 tablespoon minced red onion	2 tablespoons chopped fresh savory
1 tablespoon finely chopped fresh savory	
¼ teaspoon freshly ground white pepper	

Steam green beans with a few sprigs of savory until crisp-tender (do not overcook); immediately plunge into ice water. Drain and pat dry.

Mix vinegar, lemon juice, mustard, sugar, minced onion, chopped savory, salt, and pepper; slowly drizzle in the olive oil. Gently toss the green beans in the vinaigrette, adding the other ingredients. Sprinkle with freshly grated white pepper and salt if desired. Serves 6

Lucinda Hutson, *The Herb Garden Cookbook* (2nd ed.), 1987

Savory & Lemon Slice and Bake Cookies

⅔ cup granulated sugar	Zest of 2 lemons
4 tablespoons packed light brown sugar	3 sticks unsalted butter, cut into pieces & softened
1 teaspoon salt	2 teaspoon vanilla extract
3 tablespoons fresh summer savory leaves OR	2 large egg yolks
1½ to 2 tablespoons fresh winter savory	3 cup all-purpose flour

Process the two sugars, salt, savory, and lemon zest in a food processor until no lumps of brown sugar remain, about one minute. Add butter, vanilla, and egg yolks and process until smooth, about 30 seconds. Scrape down the sides of the processor bowl, add the flour, and pulse until dough forms. Turn dough out onto a lightly floured surface, divide it into three equal parts, and roll into 3 10-inch logs. Wrap tightly in waxed paper or plastic wrap and refrigerate until firm, at least 2 hours or up to 3 days. It can also be kept frozen for many months if also wrapped in aluminum foil and placed in a large freezer bag - thaw a bit before slicing and baking or it may be brittle. Heat oven to 350°F. Lightly butter baking sheets or cover with parchment paper. Slice dough into ¼ inch thick discs and place 1 inch apart on baking sheets. Bake until edges are just golden brown - about 15 minutes. Let cool on sheets for 10 minutes and transfer to cooling racks to cool completely. Repeat with remaining dough. Serve and enjoy!

Henry Flowers, HSA Pioneer Unit

Herb Butter with Savory

1 pound butter, softened
4 teaspoon lemon juice
1 garlic clove, minced
1 teaspoon each: fresh oregano, chives, thyme, rosemary, tarragon and summer savory
Mix together all ingredients. Allow at least ½ hour for the flavors to blend. This may be frozen.

Gloria Hartung, Gardens at Gantz Farm, Grove City, OH

These and more recipes can be found in:

[The Herb Society of America's Essential Guide to Savory, 2015](#)

Do you have any recipes featuring summer savory to share?

Contact educator@herbsociety.org