

Recipes



Rosemary, *Salvia Rosmarinus* (*Rosmarinus officinalis*)

Tips for Use:

- Use rosemary fresh or dried in recipes. Finely chopped is preferred if using dried.
- Harvest rosemary in late summer or early fall, ideally just before flowering.
- Hang or screen dry, or freeze leaves in an airtight container.
- Pungent rosemary compliments poultry, fish, lamb, and beef as well as tomatoes, cheese, eggs, potatoes, squash, soup and salad dressings.
- Use woody stems for kabob skewers or fire starters.

Herb Roasted Garlic

2 heads garlic
4 teaspoons olive oil
1 ½ teaspoons honey
1½ teaspoons fresh basil (½ teaspoon dried)
1½ teaspoons fresh rosemary (½ teaspoon dried)

Slice the garlic heads in half horizontally. Drizzle 1 teaspoon olive oil on exposed cloves then drizzle with ½ teaspoon honey. Sprinkle with herbs. Wrap garlic in aluminum foil and bake for about 45 minutes, or until soft. Spread on whole grain crackers or pita triangles.

Ed Pierzynski, HSA South Jersey Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Cranberry Rosemary Muffins

2 cups unbleached all-purpose flour	½ cup milk
¾ teaspoon salt	1/3 cup butter, melted and cooled
1 tablespoon baking powder	2 tablespoons grated orange peel
1 cup sugar	2 tablespoons chopped fresh rosemary
1 egg beaten	1 ½ cups cranberries, lightly chopped
½ cup orange juice	½ cup chopped pecans

Preheat oven to 400°F. Lightly grease or line a 12-cup muffin tin.

Sift together the flour, baking powder, salt, and sugar.

In a separate bowl, combine the egg, orange juice, milk, and butter.

Stir the egg mixture into the dry ingredients, blending lightly. Fold in orange peel, cranberries, pecans, and rosemary. Fill the muffin cups and bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Debra Seibert, HSA Rocky Mountain Unit

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Steve's Pork Tenderloin Marinade

½ cup balsamic vinegar

½ cup olive oil

½ cup chopped shallots

2 tablespoons fresh rosemary

1 tablespoon sugar

2 cloves garlic

Puree all ingredients. Place meat in a recloseable plastic bag with the marinade and refrigerate for 2-3 hours or overnight.

Marilyn Rhinehalt, Western Reserve Unit

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Chicken Piedmont

1 (7 pound roaster chicken)

20 garlic cloves

3 lemons, cut into wedges

½ cup dry white wine

2 tablespoons olive oil

8 (6 inch) fresh rosemary stalks

Salt and Pepper

Preheat 375°F. Wash chicken and pat dry. Fill cavity with 15 garlic cloves, 6 lemon wedges, and 4 rosemary sprigs. Place in a large baking dish and rub the outside of the chicken with 1 tablespoon olive oil, sprinkle with salt and pepper. Scatter remaining garlic, lemon and rosemary on the chicken. Add white wine and remaining olive oil. Cover and bake for 2 hours, basting every 30 minutes.

Serve with roasted potatoes or rice.

Dorothy Bonitz, HSA North Carolina Unit

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Rosemary Potato Casserole

2 pounds potatoes, peeled and sliced

4 teaspoons chopped fresh rosemary leaves

½ cup butter

Freshly ground black pepper

1 cup milk or half-and-half

1 tablespoon flour

¼ teaspoon salt



Preheat 375°F. Place half the prepared potatoes into a large, buttered baking dish. Top with half the rosemary leaves, ¼ cup butter, pepper, ½ cup milk or half-and-half, 1 tablespoon flour, and a little salt. Put remaining potatoes on top, and then add the rest of the rosemary, pepper, milk or half-and-half, and dot with the remaining butter.

Cover and bake for 45 minutes to 1 hour, until potatoes are soft. Remove cover and bake for an additional 15-20 minutes, or until the top begins to brown. Yields 4-6 servings.

Eleanor Davis, HSA Western Pennsylvania Unit
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Do you have a recipe using rosemary to share?
Please send it to Educator@herbsociety.org