

Black and White Bean Soup with Savory

1 lb. small, dried black beans

1 lb. small, dried white beans

2 medium garlic cloves

10 – 12 summer savory sprigs, or 2 teaspoons crumbled, dried savory

6 tablespoons red wine vinegar

4 large, fresh (or canned) jalapeno peppers

½ cup olive oil

salt to taste

Garnish: 6 – 8 nasturtium flowers

Rinse beans and soak them overnight. Drain, rinse well, and pick over. Place in pot; cover with 2 – 3 inches of water and simmer about 1½ hours, or until tender.

Mince garlic and jalapenos and add to pot. Stem savory, mince it, and add to beans.

Add red wine vinegar and olive oil and simmer soup for about 10 minutes.

Puree soup in blender. Adjust seasoning. Ladle into soup bowl and garnish with nasturtium blossom.

Serves 6 to 8

Adapted from Belsinger, S. and C. Dille. 1984.
Cooking with Herbs, New York: Van Nostrand Reinhold.

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 T butter

1 onion, chopped

2 ribs celery, chopped

½ t ground ginger

¼ t turmeric

⅛ t ground cinnamon

1 t savory

1¾ t salt

1¼ t freshly ground black pepper

1 C lentils

6½ C water

1¾ C crushed tomatoes, or one 15 oz can

1⅔ C cooked chickpeas, or one 15 oz can, drained and rinsed

⅓ C chopped cilantro or parsley

⅓ C golden raisins (optional)

In 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 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

Green Beans with Savory and Shallots

1 lb. very tender green beans, ¼ inch thick and 3 – 4 inches long

small red pepper

¼ cup imported, oil-cured olives

2 medium shallots

6 – 8 sprigs summer or winter savory

About ¼ cup extra virgin olive oil (use your best)

1½– 2 tablespoons red wine vinegar

salt and pepper

Trim and clean the beans. Blanch them in lightly salted water until just tender, about 1 minute. Refresh under cold water and pat dry.

Clean and seed the red pepper. Cut lengthwise into ⅛ inch strips. Pit and halve the olives. Dice the shallots very finely. Stem the savory and roughly chop the leaves.

Mix the olive oil with 1½ tablespoons vinegar, shallots, and savory. Salt and pepper the vinaigrette lightly.

Toss the beans, red pepper, and olives with the vinaigrette. Cover and marinate 3 – 4 hours, or overnight in the refrigerator. Bring salad to cool room temperature before serving.

Serves 4 to 6

Belsinger, S. and C. Dille. 1984.
Cooking with Herbs, New York: Van Nostrand Reinhold.

Savory Cheese Biscuits

½ lb. salted butter (2 sticks)

1 lb. double Gloucester or sharp cheddar, grated and room temperature

4 cloves garlic, minced

1 tablespoon chopped fresh chives

3 tablespoons chopped fresh savory

1 teaspoon cayenne

2½ cups white flour

2 cups walnut or pecan pieces (optional)

Blend butter and cheese together. (A food processor or hand mixer works well for this.) Add garlic, chives, savory, and pepper, mixing thoroughly. Slowly add the flour until you have a stiff dough.

Divide dough into portions, and roll out, one portion at a time, to ¼-inch thickness on a lightly floured board. Cut into rounds, or use decorative cookie cutter with a fork, make a crisscross pattern in each. Place on baking sheet in preheated 375° F. oven for about 10 – 12 minutes until slightly golden. Cool: store in airtight container in refrigerator for several weeks, or freeze.

Makes approximately 5 dozen biscuits.

Hutson, Lucinda. 1987. *The Herb Garden Cookbook* (2nd ed.) Houston: Gulf Publishing

Savory Corn Relish

24 ears fresh sweet corn, husked
2½ cups assorted, chopped sweet peppers (red, green, yellow)
2 cups chopped onion
1½ cups water
½ cup olive oil
½ cup honey
1 cup white wine vinegar
1 tablespoon salt
2 teaspoons celery seed
4 tablespoons winter savory, finely chopped
1 tablespoon yellow mustard seed
3 cloves garlic, minced
¾ teaspoon ground turmeric
6 3-inch winter savory sprigs

Bring a large kettle of water to boil and cook 12 ears of corn for 3 minutes. Remove corn, refresh under cold water, and pat dry. Cook the other 12 ears the same way. Cut the corn from the cob. There should be at least 10 cups of corn. An extra cup will not affect the recipe.

In a large stainless steel or enameled pot, combine peppers, onion, water, olive oil, honey, vinegar, salt, celery seed, chopped savory, mustard seed and garlic. Bring these ingredients to a simmer and cook for 5 minutes.

Add the corn and bring to a boil. Reduce the heat and simmer about 5 minutes, stirring occasionally so that the relish does not stick. Take 2 tablespoons of the liquid and combine it with the turmeric in a small cup, mixing well. Add turmeric to pot, stir well and simmer 2 minutes longer. Ladle the relish into hot pint jars with a sprig of savory in each jar. Seal the jars and process them in boiling water for 10 minutes.

Yield 6 pints.

NOTE: Tester found this to be sweet; adjust seasoning depending on sweetness of corn and honey

Belsinger, S. and C. Dille. 1984.
Cooking with Herbs, New York: Van Nostrand Reinhold.

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 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.

Schlosser, K., editor. 2007. *Essential Guide to Growing and Cooking with Herbs*,
Baton Rouge: Louisiana State University Press