



HSA Recipes

Thymus spp.

TIPS

- Harvest before flowering for the best flavor
- Compliments potatoes, vegetables, chicken, fish and other meats, soups and vinegars
- De-stem leaves by running fingers from stem tip to bottom
- Common thyme (*Thymus vulgaris*) and lemon thyme (*Thymus xcitriodorus*) are the most commonly used in cooking

GINGERED BUTTERNUT SQUASH SOUP

2 tablespoons olive oil	2 whole bay leaves
2 tablespoons vegetable oil	4 teaspoons fresh thyme
1 medium onion, chopped	1 (2-inch) piece fresh gingerroot, grated
2 medium carrots, chopped	1 teaspoon salt
2 pounds butternut squash, peeled and cut in small chunks	2 tablespoons butter
6 cups vegetable stock	Toasted pumpkin seeds for garnish

Heat olive and vegetable oils in a heavy 3 quart saucepan. Add onions and carrots; cook until onions are translucent. Add squash, vegetable stock and bay leaves. Cover and simmer for 15 minutes. Add grated ginger and continue cooking until squash is tender, about 15 minutes. Allow soup to cool slightly, then remove bay leaves. Pour soup into a food processor and blend until smooth. Return to saucepan and add thyme and salt. Cook over low heat until hot but not boiling. Stir in butter. Garnish with toasted pumpkin seeds.

Katherine K. Schlosser, HSA North Carolina Unit
The Essential Guide to Growing and Cooking with Herbs

LIME CHICKEN WITH THYME

4 boneless, skinless chicken breast halves	1 tablespoon butter
3 tablespoons flour	1 cup chicken broth
½ teaspoon salt	3 tablespoons fresh lime juice
¼ teaspoon pepper	1 tablespoon fresh lemon thyme
3 tablespoons oil	¼ cup red wine
1 large onion, chopped	1 package (16 oz.) angel-hair pasta, cooked

Combine flour, salt and pepper and dredge chicken in the seasoned flour. Reserve remaining flour.

Heat olive oil in a large skillet and brown the chicken until golden (about 5 minutes per side). Remove chicken and set aside. Add butter to the skillet and sauté onion until soft and transparent. Stir in reserved flour until well blended.

Add chicken broth, lime juice, thyme and wine. Heat to boiling, stirring constantly. Return chicken to skillet, cover and reduce heat to medium-low. Cook chicken until done.

Serve over angel-hair pasta, spooning sauce over the chicken and noodles.

Gladys Denham, HSA North and Central Texas Unit

The Essential Guide to Growing and Cooking with Herbs

WARM BRIE WITH BLUEBERRY THYME CHUTNEY

1 cup fresh blueberries (frozen may be substituted)	2 tablespoons cider vinegar
2 tablespoons finely chopped onion	1½ teaspoons cornstarch
1½ teaspoons grated fresh gingerroot	¼ teaspoon salt
1½ teaspoons minced fresh lemon thyme	1 (3-inch) cinnamon stick
¼ cup brown sugar, firmly packed	1 (8 ounce) Brie

In a large saucepan, combine all chutney ingredients, mixing well. Bring to a boil over medium heat, stirring frequently. Boil 1 minute and remove the cinnamon stick. Cool slightly, then refrigerate for 30 minutes or until cooled.

Heat oven to 350°F. Place cheese on an ungreased baking sheet. Heat for 10-12 minutes, until cheese is softened.

Place cheese on serving plate and top with chutney. Garnish with sprigs of fresh mint or thyme. Serve with crackers. Yields 10 servings.

Lola Cleavinger, HSA Member at large, South Central District

The Essential Guide to Growing and Cooking with Herbs

The Herb Society of America's Essential Guide to Growing and Cooking With Herbs, edited by Katherine K. Schlosser, can be obtained [here](#).