



What Is Rosemary?

Rosemary has a long history of both culinary and medicinal use. It is an aromatic herb belonging to the same family as mint and sage and grows in bushes with wood-like stems and short, pine-like needles. It is most often used to season meats, especially lamb, pork, and chicken. Chopped rosemary can be added to bread or biscuit dough, and the flavor will infuse throughout during cooking. Potatoes, beans, and lentils also pair well with rosemary. Rosemary can be quite potent and is therefore usually used sparingly.

Interesting facts

- Its genus name *Rosmarinus* derives from the Latin words *ros* and *marinus*, which together translate to “dew of the sea” as it is native to the Mediterranean coast.
- Greek scholars often wore a garland of the herb on their heads to help their memory during examinations.
- A sprig of rosemary was often placed in the hands of the deceased at a funeral as a symbol of remembrance.
- Brides often wore rosemary at their weddings because it was a symbol of happiness, loyalty and love.
- The Eau de Cologne that Napoleon Bonaparte used was made with Rosemary.



“Spice of Life” is a monthly “Take & Make Spice Club Kit” featuring a variety of unique spices, herbs, or blends.

This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.
Please take only one kit per household.



Share your experience with us

Once you have created your culinary masterpiece at home, you’re welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library’s Facebook page, and may even be featured on our Spice of Life webpage.



490 East Grand Avenue
Wisconsin Rapids WI 54494

715-422-5136
www.mcmillanlibrary.org



Take & Make Spice Club Kit



April Rosemary



Parmesan-Rosemary Baked Zucchini Fries



(Yields 4 servings)

INGREDIENTS

⅓ cup all-purpose flour
3 large egg whites
1 tablespoon water
1 cup panko breadcrumbs,
¼ cup grated Parmesan cheese
½ teaspoon dried rosemary
½ teaspoon salt
½ teaspoon ground pepper
1 pound zucchini (about 2 medium),
cut into ½ by 4-inch sticks

INSTRUCTIONS

Preheat oven to 425°F. Line a rimmed baking sheet with foil. Place a wire rack on top and coat with cooking spray.

Place flour in a shallow dish. Whisk egg whites and water in another shallow dish until foamy. Combine breadcrumbs, Parmesan, rosemary, salt and pepper in a third shallow dish. Working in batches, toss zucchini in the flour to coat. Dip in the egg white, shaking off the excess. Toss in the breadcrumb mixture, pressing to adhere. Transfer to the wire rack, spacing the fries close together without touching. Coat the fries with cooking spray. Bake until golden and crispy, flipping once halfway, 20-25 minutes. Serve immediately.

Fresh vs. Dried

3 tsp. fresh rosemary = 1 tsp. dried rosemary
1 tsp. dried rosemary = ½ tsp. ground rosemary

Baked Garlic Lemon Rosemary Chicken

(Yields 8 servings)



INGREDIENTS

3 ½ to 4 lbs bone-in skin on chicken thighs
2 tablespoons avocado oil
1 lemon zested
3 tablespoons fresh lemon juice
3 tablespoons fresh garlic minced
2 T. fresh rosemary, minced or
2 tsp. dried rosemary
1 ½ teaspoons onion powder
1 teaspoon sea salt

INSTRUCTIONS

Transfer all of the ingredients to a large zip lock bag and seal. Shake the bag around well until the ingredients are well-distributed over the chicken. Marinate at least 1 hour, up to 8. When you're ready to bake, preheat the oven to 375°F and transfer the chicken to a large casserole dish. Bake for 35 minutes, then raise the oven temperature to 425°F and bake another 20 to 30 minutes, or until the skin reaches desired level of crisp. Serve with your favorite side dishes, and enjoy!

Recipe Sources

- <https://www.theroastedroot.net/baked-garlic-lemon-rosemary-chicken/>
- <https://www.eatingwell.com/recipe/7904660/parmesan-rosemary-baked-zucchini-fries/>
- <https://www.eatingwell.com/recipe/7868835/corn-pudding-with-bacon-rosemary/>

Corn Pudding with Bacon & Rosemary



(Yields 12 servings)

INGREDIENTS

4 ounces bacon
5 large eggs, divided
¼ cup cornstarch
1 teaspoon baking powder
1 cup reduced-fat milk
1 cup crème fraîche or sour cream
½ teaspoon salt
½ teaspoon ground pepper
4 cups frozen corn, thawed
1 tablespoon finely chopped fresh rosemary or
1 teaspoon dried rosemary

INSTRUCTIONS

Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray. Cook bacon in a large skillet over medium heat until crisp, about 7 minutes. Drain on a paper-towel-lined plate. Whisk 1 egg, cornstarch and baking powder in a large bowl until smooth. Add the remaining eggs and whisk until combined. Whisk in milk, crème fraîche (or sour cream), salt and pepper. Fold in corn and rosemary. Pour the mixture into the prepared pan. Crumble the bacon over the top. Bake the pudding until it is puffed and golden around the edges and still slightly jiggly in the center, 40 to 55 minutes. Let cool for 15 minutes before serving.