

Thyme



History

Thyme is the dried leaf from the *Thymus vulgaris* shrub. The name “thyme” derives from the Greek word *thymos* which means “to fumigate”. This mostly likely refers to the aroma generated by the burning of thyme as incense in ancient Greek temples. Thyme has been used since ancient times for its culinary and medical properties. The ancient Egyptians utilized thyme as part of their embalming process. The first recorded evidence for the medical uses of thyme dates back to the first century AD in Dioscorides’ *De materia medica* and Pliny’s *Natural History*. Thyme was well regarded by the ancient Greeks and Romans for its antiseptic properties and traditional remedies to this day associate thyme with the alleviation of pulmonary afflictions such as coughs. In the 19th century AD, constituents of thyme oils were used by dentists to treat oral abscesses and inflammation and as an antiseptic.

Mushroom Pasta with Goat Cheese

INGREDIENTS

- 8 ounces bowtie pasta (farfalle)*
- 8 ounces mixed mushrooms (such as baby bella aka cremini, button, shiitake, and oyster)
- ¼ cup finely chopped fresh thyme and oregano
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 3 cups baby greens: baby kale or spinach
- ¼ cup Parmesan fresh cheese, grated
- 3 to 4 ounces soft goat cheese (guy goat cheese log; not packaged crumbles)
- Kosher salt and fresh ground pepper



DIRECTIONS

1. Cook the pasta in heavily salted boiling water until al dente. Pro tip: Set the timer for a few minutes less than the package instructions and then taste: the pasta should be just done, still with some firmness. The pasta should also taste salty from the salted water. Drain the pasta and save out ¼ cup pasta water.
2. Meanwhile, clean the mushrooms, then slice them. Chop the herbs.
3. In a saute pan or skillet, heat the olive oil to medium high heat and cook the herbs, mushrooms, and several pinches of kosher salt together for about 5 minutes, stirring occasionally. When mushrooms are cooked and tender, reduce heat to low, add lemon juice, greens and few more pinches of kosher salt. Cook for about 2 minutes until greens are wilted but bright green. Add the Parmesan cheese and pasta water and stir until cheese is melted.
4. Add the drained pasta into the mushrooms. Add fresh ground black pepper and kosher salt to taste. Use your fingers to break off crumbles of the goat cheese and add it to the pasta; stir them in if desired. Serve immediately.

Find it online: <https://www.acouplecooks.com/mushroom-pasta-with-goat-cheese/>

Chicken Pot Pie with Leeks and Thyme



INGREDIENTS

- 1 large egg
- 1 tablespoon water
- 1/2 (17.3-ounce) package frozen puff pastry sheets, thawed
- 1/2 cup unsalted butter
- 2 cups thinly sliced leek
- 1 cup chopped carrots
- 1/2 cup all-purpose flour, plus more for work surface
- 2 1/2 cups chicken stock
- 4 cups shredded rotisserie chicken
- 1 cup frozen petite sweet peas, thawed
- 1/4 cup heavy cream
- 1 tablespoon Dijon mustard
- 1 tablespoon chopped parsley
- 2 teaspoons chopped fresh thyme, plus thyme leaves for garnish
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon black pepper

INSTRUCTIONS

- Whisk together egg and 1 tablespoon water in small bowl
- Roll pastry sheet into a 12 inch square on a lightly floured surface. Cut into 16 (3 inch) squares. Set egg wash and pastry squares aside.
- Preheat oven to 400°F with rack in lower third of oven. Melt butter in a deep 10-inch ovenproof skillet over medium-high. Add leek and carrots; cook, stirring often, until softened, about 6 minutes. Sprinkle with flour; cook, stirring constantly, 1 minute.
- Stir in stock; bring mixture to a simmer. Simmer, stirring constantly, until mixture thickens, 1 to 2 minutes.
- Stir in chicken, peas, cream, Dijon, parsley, thyme, salt, and pepper. Remove from heat.
- Brush pastry squares with egg wash; arrange squares on top of hot chicken mixture in skillet, slightly overlapping so entire surface of chicken mixture is covered. Place skillet on a rimmed baking sheet.
- Transfer baking sheet with skillet to preheated oven. Bake until top is browned and filling is bubbly, about 20 minutes. Remove from oven and let stand 10 minutes. Sprinkle with fresh thyme leaves and serve.

Find it online: <https://www.foodandwine.com/recipes/chicken-pot-pie-leeks-and-thyme>

Honey & Thyme Custard

INGREDIENTS

- 1/3 cup mild honey, such as clover, plus more for serving
- 1/2 cup heavy cream
- 1 1/2 cups milk
- 3 thyme sprigs
- 1 vanilla bean, seeds scraped
- 4 large egg yolks
- 2 tablespoons cornstarch
- 1 tablespoon sugar
- 3/4 teaspoon unflavored gelatin, softened in 1 tablespoon of water
- Raspberries and sea salt, for serving

INSTRUCTIONS

1. In a saucepan, cook the 1/3 cup of honey over moderately low heat for 2 minutes. Add the heavy cream, milk, thyme and vanilla bean and seeds and simmer over low heat for 4 minutes. Discard the thyme and vanilla bean.
2. In a heatproof bowl, whisk the egg yolks, cornstarch and sugar. Gradually whisk in the hot honey milk. Return to the saucepan; whisk over moderate heat until thickened and bubbling, 3 to 4 minutes. Off the heat, whisk in the softened gelatin. Strain into 4 small jars and refrigerate until chilled, 1 hour. Serve with berries, honey and a sprinkling of sea salt.

Find it online: <https://www.foodandwine.com/recipes/honey-and-thyme-custards>

