

Marjoram & Oregano (Marjorana hortensis & Origanum vulgare)

Use 1-2 tsp for 4 servings

Description

Marjoram is a sweet-scented herb characteristic of the Mediterranean.

Marjoram complements - lamb, chicken, veal, pork, fish, pizza, tomatoes, vegetables, cheese, eggs, stuffing, Italian and Mexican dishes.

Did You Know?

In Greek 'Oregano' means 'Joy of the mountains' from where it is gathered. It is used extensively in Greece and its many varieties are known as 'rigani'.

Marjoram is a traditional herb in Bouquet Garni.

Quality

Both Marjoram and Oregano should have a good colour, even sized leaf pieces and fresh aromatic aroma and flavour. Carvacrol is the principal flavour-giving volatile oil.

Usage

Marinate and baste lamb or chicken with a dressing of olive oil, lemon juice, salt and Marjoram. Grill or barbecue and serve with wedges of lemon.



Upbeat - Heart Support In West Suffolk

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A similar dressing, perhaps with the addition of Crushed Chillies, can be used

with fresh sardines.

Marjoram, as a sweet herb, gives milk puddings a special flavour.

Sprinkle Marjoram onto a green salad.
