

Thyme (Thymus vulgaris) Use 1-2 tsp for 4 servings

Description

Thyme is a small, woody-stemmed plant with tiny grey-green leaves and pretty little purple flowers. It is at its most aromatic when grown in hot, sunny, dry conditions and a light sandy soil.

Thyme complements - chicken, lamb, beef, offal, rabbit, turkey, vegetables, fish, cheese, eggs, soups, stews, & casseroles.

Did You Know?

Records of Thyme date back to ancient Greece where it symbolised courage.

Roman soldiers bathed in water infused with Thyme to gain vigour, courage and strength. Thyme has antiseptic qualities. It also aids the digestion of fatty food. Laid amongst clothes it is said to keep fleas and moths away.

Quality

Good quality Thyme should contain very little twig or stalk. Its aroma and flavour should be strong and fresh. Thymol is the principal flavour-giving volatile oil.



Usage

The strong fresh flavour of Thyme blends well with other herbs without overpowering them. It is one of the ingredients in Bouquet Garni.

Thymes aromatic flavour adds warmth and pungency to a very wide variety of dishes such as stuffing, marinades, vegetables, fish and cheese. It is an essential flavouring in many classic dishes for meat, game and poultry.

Slow-cooked dishes, such as French daubes, cassoulets and navarins are all flavoured with Thyme.

Traditional British dishes are often flavoured with Thyme, especially those with fatty cuts of meat or rich game. Add Thyme to Irish stew, faggots, liver and onions, oxtail, boiled bacon, steak and kidney and Lancashire hotpot.
