

Did you know...

Marjoram is a member of the mint family and is an herb that has been used for thousands of years. Grown in North America, the Mediterranean and Western Asia, marjoram is commonly compared to oregano. However, the two have very distinct flavours.

Marjoram is often called "sweet marjoram" in order to distinguish it from similar oregano plants. It has a light citrus flavour and is milder than oregano. It is often seen in many herb blends as well, especially French herbes de provence.

In Greek mythology, marjoram was grown by the goddess Aphrodite. Today, it contains many antioxidants and can help with indigestion.



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Thunder Bay Public Library

Spice Club



May 2023
Spice of the Month:
Marjoram

Grilled Polenta

Ingredients

- 3 cups water
- 2 tsp. kosher salt
- 1 1/2 cups quick cooking polenta, medium or coarse-grain
- 1 tsp. freshly ground black pepper
- 1 tsp. freshly chopped thyme leaves
- 1/2 tsp. dried marjoram
- 2 tbsp. unsalted butter, plus more for pan
- 3/4 cup grated Parmesan
- 1/4 cup olive oil, for grilling or pan searing

Directions:

- In a medium saucepan, over medium-high heat, bring the water and the salt to just a boil. Reduce heat, slowly whisk in the polenta and season with pepper. Continue to whisk until mixture starts to tighten up, about 3 to 4 minutes. Add the herbs, 2 tbsp. of the butter and the Parmesan. Continue to stir until well combined and very thick
- Liberally butter a 10-inch springform pan on the bottom and about 2-inches up the side. Pour in the hot polenta and smooth out the top. Set aside to cool to room temperature, then cover with plastic wrap and refrigerate for 2 hours to set. This can also be done up to 1 day ahead.
- Preheat a grill to medium.
- When ready to grill, or pan fry, remove the polenta from the pan and cut it into equal pie shapes or cut circles with a biscuit cutter. Lightly oil a grill, brush each side of polenta with olive oil and grill or pan sear until golden brown, about 3 minutes on each side. Arrange the polenta on a serving platter and serve hot.



Maple Mustard Chicken Thighs

Ingredients

- 4 large bone-in chicken thighs, skins removed (about 1 1/2 pounds)
- 2 tbsp. grainy French mustard
- 2 tbsp. Dijon mustard
- 1 clove minced garlic
- 1/2 tsp. dried marjoram
- 2 tbsp. maple syrup

Directions:

- Preheat oven to 375°
- Rinse chicken and pat dry. Combine mustards, garlic, marjoram and maple syrup in a small bowl. Spread about 1 1/2 tbsp. mustard mixture evenly on top of each chicken thigh, being careful to cover as much of the surface as possible to form a "crust."
- Arrange chicken in a glass baking dish. Bake for 45 to 50 minutes, or until mustard mixture has formed a crust and is slightly hardened, and juices run clear when the chicken is pierced.



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