

Did you know...

Thyme is an herb that is used in cuisines all over the world. You can take the leaves off the stem to chop and add to a dish, or throw in the whole stem to add flavours to soups and stews. Its distinct herby and floral flavour fit in both savoury and sweet dishes.

Thyme contains chemicals that make it helpful for bacterial infections, and thyme can commonly be found in medicinal tea recipes.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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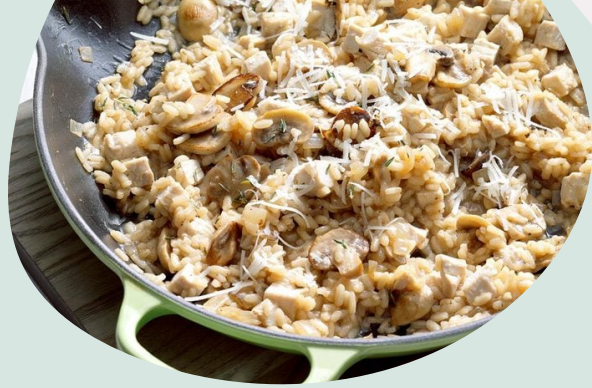
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Spice Club



November 2023
Spice of the Month:

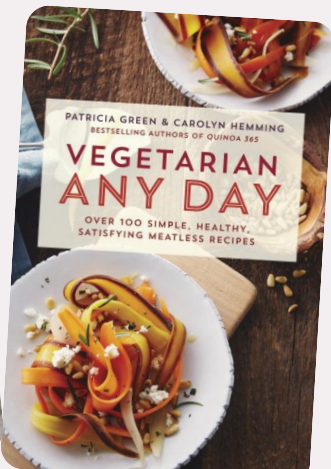
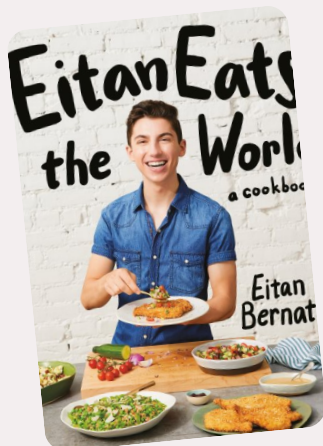
Rubbed Thyme



Turkey Thyme Risotto

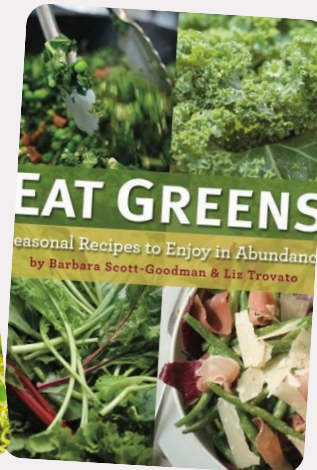
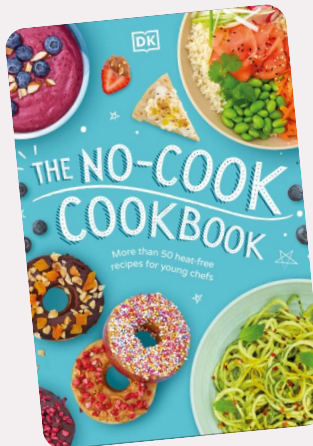
Ingredients

- 2 and 3/4 to 3 and 1/4 cups reduced-sodium chicken broth
- 1 tbsp. olive oil
- 2 cups sliced fresh mushrooms
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 cup uncooked arborio rice
- 1 tsp. minced fresh thyme
- 1/2 cup white wine or additional broth
- 1-1/2 cups cubed cooked turkey breast
- 2 tbsp. shredded Romano cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Directions:

- In a small saucepan, bring broth to a simmer; keep hot. In a large nonstick skillet, heat oil over medium-high heat; saute mushrooms, onion and garlic until tender, about 3 minutes. Add rice and thyme; cook and stir 2 minutes.
- Stir in wine. Reduce heat to maintain a simmer; cook and stir until wine is absorbed. Add hot broth, 1/2 cup at a time, cooking and stirring until broth has been absorbed after each addition, rice is tender but firm to the bite, and risotto is creamy. (This will take about 20 minutes.)
- Add remaining ingredients; cook and stir until heated through. Serve immediately.



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Honey-Thyme Butternut Squash

Ingredients

- 1 large butternut squash (about 5 pounds), peeled and cubed
- 1/4 cup butter, cubed
- 3 tbsp. half-and-half cream
- 2 tbsp. honey
- 2 tsp. dried parsley flakes
- 1/2 tsp. salt
- 1/8 tsp. dried thyme
- 1/8 tsp. coarsely ground pepper

Directions:

- In a large saucepan, bring 1 in. of water to a boil. Add squash; cover and cook for 10-15 minutes or until tender.
- Drain. Mash squash with the remaining ingredients.

