

Did you know...

Rosemary, like oregano, is an herb from the mint family. It is native to the Mediterranean, but is used and grown all over the world. Rosemary's scent and flavour make it a favourite for seasoning meats, such as chicken, lamb and pork, but is also popular in dessert and beverage recipes as well.

Rosemary has been used not just for its flavour over the years, but for its symbolism. It has long been used to symbol remembrance at funerals in Europe and Australia, and was considered sacred in Ancient Egypt.

Rosemary has been used for medicinal purposes for many years. In ancient times, it was believed rosemary would help to strengthen memory. It has also been used for increasing blood circulation and digestion.

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April
Spice of the Month:
Dried Rosemary

Lemon & Rosemary Butter Cookies

Ingredients

- 1 and 1/4 cups sugar, divided
- 4 tsp. grated lemon zest, divided
- 1 cup butter, softened
- 2 large egg yolks, room temperature
- 3/4 tsp. dried rosemary, crushed
- 2 and 1/2 cups all-purpose flour
- 1 tsp. baking soda
- 1/4 tsp. salt

Directions:

- Preheat oven to 350°. In a small bowl, combine 1/4 cup sugar and 1 tsp. lemon zest. Set aside. In a large bowl, beat butter and remaining sugar until light and fluffy. Beat in egg yolks, rosemary and remaining lemon zest. In another bowl, whisk flour, baking soda and salt; gradually beat into wet mixture.
- Shape dough into about 1 inch balls; roll in sugar mixture. Place 2 inches apart on parchment-lined baking sheets. Flatten to 1/4-inch thickness with bottom of a glass. Sprinkle tops of cookies with remaining sugar mixture. Bake 12–15 minutes or until edges are golden brown. Cool on pans 2 minutes. Remove to wire racks to cool.



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Roasted Leg of Lamb

- One 5 pound bone-in whole leg of lamb, trimmed of fat
- Lemon juice
- 2 tbsp. snipped fresh parsley
- 1 tsp. dried mint or basil, crushed
- 1/2 tsp. dried rosemary, crushed
- 1/2 tsp. onion salt
- 1/4 tsp. black pepper
- 1 to 2 cloves garlic, slivered
- Preheat oven to 325°F. Cut 1/2-inch-wide slits about 1 inch deep into meat. Drizzle lemon juice over meat and into slits. In a small bowl combine next five ingredients (through pepper). Rub mixture over meat and into slits; insert garlic into slits.
- Place meat on a rack in a shallow roasting pan. Roast 1 3/4 to 2 1/4 hours for medium-rare (135°F) or 2 1/4 to 2 3/4 hours for medium (150°F). Remove from oven. Cover with foil and let stand 15 minutes. If desired, serve with mint jelly and/or dijon mustard