

Did You Know...

A staple of Mediterranean cuisine, rosemary grows across Morocco due to its resilience in both the cold mountains and warm seashore.

Maybe this resilience is why rosemary is often associated with marriage and fidelity in English, Greek, and other European folklore. Medieval brides were often gifted or wore sprigs of rosemary on their wedding day!

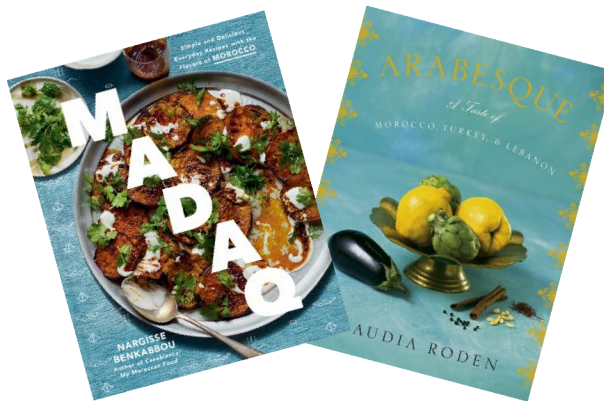
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TBPL
Spice Club

Spice of the Month:

Moroccan
Rosemary

Greek Red Lentil Soup

*Recipe found at themediterraneanandish.com

Ingredients

- 3 tablespoons of olive oil, plus extra
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 carrots, chopped
- 3 teaspoons of dried oregano
- 1 ½ teaspoons of cumin
- 1 teaspoon of Moroccan rosemary
- ½ teaspoon of red pepper flakes
- 2 dry bay leaves
- 1 cup of crushed tomatoes
- 7 cups of vegetable broth
- 2 cups of red lentils, rinsed & drained
- Salt
- ¼ cup of lemon juice

Directions:

1. Heat 3 tablespoons of olive oil in pot. Add onion, carrots, and garlic and cook for 4 minutes, stirring regularly. Add spices and bay leaves and cook until fragrant.
2. Add tomatoes, broth, and lentils. Season with salt. Bring to a boil, then simmer for 15-20 minutes until lentils are fully cooked.
3. Remove from heat and let cool before pulsing either with an immersion blender or in batches in a blender. Soup should be creamy!
4. Return to heat to warm. Add lemon juice and stir. Serve with an extra drizzle of olive oil and crusty bread.

Rosemary Sea Salt Skillet Bread

*Recipe found at amsterdamfoodstories.com

Ingredients

- 2 cups of all-purpose flour
- 2 teaspoons of Moroccan rosemary
- 1 teaspoon of sea salt
- 1 tablespoon of baking powder
- 1 cup of water
- 2 tablespoons of olive oil, plus extra

Directions:

1. In a large bowl, combine flour, Moroccan rosemary, sea salt, and baking powder. Pour in water and olive oil. Stir until a cohesive, slightly sticky dough forms.
2. Heat a skillet over medium heat. Add a small amount of olive oil, enough to coat the bottom of the pan.
3. Tip your dough onto a floured surface and shape it into a round loaf that will fit into the skillet. Place the dough into the skillet and cook for 5-7 minutes, until the bottom is golden brown.
4. Carefully flip the bread with a spatula and cook the other side for 5-7 minutes until golden brown and cooked through.
5. Remove from skillet and cool slightly. Serve with soup or hummus!

Smoky Rosemary Hummus

*Recipe found at planted365.com

Ingredients

- 15 ounces of canned chickpeas
- ¼ cup of lemon juice
- 2 tablespoons of olive oil
- 2 teaspoons of Moroccan rosemary
- 1 garlic clove
- 1 teaspoon of paprika
- ¼ teaspoon of black pepper
- Pinch of crushed red pepper flakes
- Pinch of salt

Directions:

1. Add all ingredients (except red pepper flakes) to a food processor or blender and process until smooth and creamy.
2. Place in a bowl and garnish with red pepper flakes and an extra drizzle of olive oil, if desired. Serve with pita chips or sliced veggies.

