

Did You Know...

Despite sharing a name and having similar culinary uses as “regular” oregano, Mexican oregano comes from the Verbenaceae family of plants: flowering, aromatic, drought-resistant shrubs and trees that can survive Mexico’s semi-arid climate. This heartiness means Mexican oregano has a slightly stronger flavour. “Regular” oregano (usually Greek in origin) is actually part of the mint family, and closer related to herbs like thyme and basil!

www.houseofyumm.com



Find our archive of recipes
and other spicy resources
by scanning the QR code.



www.tbpl.ca/spice-club



**Show Us What
You've Made!**

Post your photos and tag us
@TBayPL or email us at
adults@tbpl.ca



**TBPL
Spice Club**

Spice of the Month:

**Mexican
Oregano**

Pork Carnitas

*Recipe found at grannysinthekitchen.com

Ingredients

- 4 pounds of boneless pork shoulder
- 1 ½ teaspoons of salt
- ¾ teaspoons of pepper
- 1 teaspoon of ground cumin
- 1 onion, peeled and halved
- 2 bay leaves
- 1 teaspoon of Mexican oregano
- 2 tablespoons of lime juice
- 2 cups of water
- Juice from 1 orange, plus used halves

Directions:

1. Preheat oven to 300°F.
2. Combine all ingredients in a Dutch oven. Simmer over medium heat.
3. Once simmering, transfer Dutch oven to the oven and cook for 2-3 hours, until meat is tender.
4. Remove from the oven and transfer meat to a plate to cool. Remove orange halves, onions, and bay leaves from liquid and discard.
5. Simmer the liquid in the Dutch oven for 15-20 minutes, until thick.
6. Pull apart pork with forks and add it back into the liquid, stirring to coat.
7. Preheat the oven broiler. Transfer meat to a foil-lined baking sheet.
8. Broil until meat is well-browned, at most 5 minutes, flipping once.
9. Serve with tortillas and your choice of toppings!

Ground Beef Tacos

*Recipe found at houseofyumm.com

Ingredients

- 1 pound of ground beef
- 1 tablespoon of chili powder
- ½ teaspoon of salt
- ¾ teaspoon of cumin
- ½ teaspoon of Mexican oregano
- ¼ teaspoon of garlic powder
- ¼ teaspoon of onion powder
- ½ cup of tomato sauce
- 8 corn tortillas
- ½ cup of vegetable oil
- taco toppings (lettuce, cheese, etc)

Directions:

1. In a pan over medium heat, cook ground beef until browned and no longer pink. Drain excess grease and return pan to heat.
2. Reduce heat to low and add spices and half of the tomato sauce. Stir and simmer for 5 minutes.
3. In a new pan, heat oil over medium heat. Lay a tortilla in the oil and fry each side for 30 seconds. Remove to a papertowel-lined plate and carefully fold into a taco shape with tongs. Repeat with each tortilla.
4. Fill the tortillas with the beef and other desired taco toppings (lettuce, cheese, sour cream, etc).

Poblano Pinto Beans

*Recipe found at sweetlifebake.com

Ingredients

- 1 tablespoon of vegetable oil
- 1 medium onion, diced
- 2 poblano chile peppers
- 1 cup of chicken broth
- 1 teaspoon of salt
- 1 teaspoon of Mexican oregano
- 30 ounces (2 cans) of pinto beans, rinsed & drained
- 3 tablespoons of lime juice

Directions:

1. After washing, remove the stem and seeds from the poblano peppers. Dice the peppers.
2. Heat oil in a skillet. Add onion and peppers, stirring for 1 minute. Add broth, salt, and oregano. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Stir in beans. Cover and cook for 15 minutes. Add lime juice, stir, and serve warm!

