

March Spice Club:

Marjoram Leaf



Marjoram is a cold-sensitive perennial herb, which makes it off limits to a lot of Maine gardeners! It is popular in Mediterranean cuisine and is native to this surrounding region, including North Africa and Western Asia. Marjoram is used interchangeably with oregano in select Middle Eastern countries and gives a slightly milder, minty oregano flavor to salads, soups, and meat dishes.

Marjoram is also known for easing digestion and menstruation! One way of reaping these medicinal benefits is making a tea, or *tisane* if we're being technical. Kenton Kotsiris for The Spruce Eats recommends steeping ½ teaspoon dried marjoram in a mug of hot water for 3 minutes and straining your tisane before enjoying with a teaspoon of honey.

Cookbooks don't include herbs in the recipe indexes at the back of books, so you may want to seek out additional recipes online.

Transfer your marjoram to an airtight container to preserve its freshness, and store in a cool and dry cupboard. Its expiration date is June 2024. Please submit any feedback to Meghan at mfogg@freeportmaine.com.

Sautéed Carrots with Lemon and Marjoram

Food & Wine, FoodAndWine.com

“A simple yet exceptional dish, it goes equally well alongside meat, fish, or poultry.”

3 tablespoons olive oil
1 large garlic clove, minced
2 pounds carrots (about 16), cut diagonally into ½ inch slices
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon fresh-ground black pepper
1 teaspoon dried marjoram (or 1 tablespoon chopped fresh marjoram)
4 teaspoons lemon juice

In a medium nonstick frying pan, heat 1 ½ tablespoons of the oil over moderately low heat. Add the garlic, carrots, sugar, ¼ teaspoon of the salt, pepper, and dried marjoram. Cook, covered, stirring occasionally, for 5 minutes.

Uncover the pan. Raise the heat to moderate and cook, stirring frequently, until the carrots are very tender and beginning to brown, about 8 minutes longer.

Remove the pan from the heat. Stir in the remaining 1 ½ tablespoons oil and ¼ teaspoon salt, and lemon juice (if using *fresh* marjoram, one would omit the earlier addition of the dried marjoram and only add the fresh marjoram here at the end of cooking). Plate and enjoy!

Herb and Onion Stuffing

Sara Foster, Bon Appétit

Serves 8-10.

½ cup (1 stick) unsalted butter
3 cups chopped onions (about 1 pound)
2 cups chopped celery (4-5 stalks)
¼ cup fresh Italian parsley
2 tablespoons chopped fresh sage
2 tablespoons chopped fresh marjoram, or 2 teaspoons dried marjoram
12 cups (generous) 1-inch cubes of day-old *pain rustique* or ciabatta bread with crust (about 1 ¼ pounds)
2 large eggs
1 ½ teaspoons fine sea salt
1 teaspoon coarsely ground black pepper
1 cup (or more) low-salt chicken or vegetable stock

Melt butter in heavy large skillet over medium heat. Add onions and celery. Sauté until vegetables are tender, about 12 minutes. Add all herbs; sauté 1 minute longer. *DO AHEAD: Can be made 1 day ahead. Transfer to bowl, cover, and chill.*

Preheat oven to 350. Divide bread between 2 rimmed baking sheets. Bake until bread is crusty but not hard, turning sheets after 5 minutes, 10-12 minutes total. Transfer to a very large bowl and cool.

Butter a 13x9x2-inch baking dish. Stir vegetable mixture into bread. Whisk eggs, salt, and pepper in a small bowl to blend; whisk in 1 cup broth. Add egg mixture to stuffing, tossing to combine evenly and adding ¼ cups of broth as necessary if dry. Transfer stuffing to prepared dish.

Bake stuffing uncovered until cooked through and brown and crusty on top, 50-60 minutes. Let stand 10 minutes.