

Cooking with Conshy Spice Packet



We chose thyme as this month's spice in partnership with the Longwood Gardens' "Community Reads" selection *The Last Garden in England* by Julia Kelly. This book features the fictional garden restoration company "Turning Back Thyme", along with multiple women who experience the garden through its creation in 1907 and as it was used as a convalescence house during WWII.



Although the women featured in these time periods are fictional, the book is incredibly immersive. We've included a bonus recipe at the end inspired by this time period!

Thyme

Thyme is typically used to flavor various savory dishes. It can be used fresh or dried, though the fresh variety has a stronger flavor. Thyme has a pungent, subtle earthy flavor. Depending on the variety, thyme may have undertones of caraway, mint, or citrus. Try it:

- As a flavor complement to lamb and veal dishes.
- To season poultry and stuffing, soups, chowders, and fish dishes.
- To flavor egg dishes and custards.
- To flavor tomato-based pasta sauces.
- As a dessert: honey and thyme ice cream, thyme shortbread, roasted plums and pears with thyme garnish, thyme sorbets, or candied thyme.

Recipe SUGGESTIONS:

Toasted Brown Rice with Mushrooms and Thyme

Prep time: 10 minutes

Servings: 6 servings

Cook time: 40 minutes

Author: Dara Michalski- Cookin' Canuck

Ingredients

- 1 ½ teaspoons olive oil divided
- ½ yellow onion chopped
- 2 garlic cloves minced
- 1 cup brown rice (I prefer basmati)
- 1 cup vegetable broth
- 1 cup water
- 8 ounces crimini mushrooms sliced
- 1 tablespoon minced fresh thyme (1 teaspoon dried thyme)
- 3 tablespoon minced flat-leaf parsley
- ¼ teaspoon salt
- ¼ teaspoon ground pepper



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Instructions

1. Heat ½ teaspoon olive oil in a medium saucepan set over medium heat. Add the onions and cook until soft, 4 to 5 minutes. Add the garlic and cook for 30 seconds.
2. Add the rice and cook, stirring constantly, for 1 minute.
3. Stir in the vegetable broth and water. Bring to a boil, cover saucepan and reduce heat to low.
4. Cook until all of the liquid is absorbed, about 35 minutes.*
5. Heat 1 teaspoon olive oil in a large nonstick skillet set over medium-high heat. Add the mushrooms and cook until starting to brown, about 4 minutes.
6. Stir in the thyme and cook for 30 seconds.
7. Add the mushrooms, parsley, salt and pepper to the rice, and stir to combine. Serve.

Notes

*Cooking time for the rice may vary, follow package directions.



Pork Tenderloin with Dijon Cream Sauce

Prep Time: 15 Minutes

Yield: 8

Cook Time: 45 Minutes

Author: Quin Liburd- Butter Be Ready

Juicy, extra tender pork tenderloin is coated in a well-seasoned blend of herbs and spices and then pan-seared. Before roasting, it's slathered in an umami-rich glaze, and finished with a scrumptious Dijon cream sauce. It's perfect to serve up as an easy but fancy weeknight or holiday-inspired dish for a low-effort, high-reward cozy meal!

Ingredients:

For the pork tenderloin:

- 2 pork tenderloins (about 1 ½ – 2 lbs each), trimmed of any excess fat
- Kosher salt & freshly ground black pepper, to taste
- 1 teaspoon dried oregano
- 1 teaspoon dried crushed rosemary
- 1 teaspoon dried thyme
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- 3 tablespoons olive oil, divided
- 1 tablespoon whole grain Dijon mustard
- 1 tablespoon pure maple syrup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon low-sodium soy sauce



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For the Dijon cream sauce:

- 2 tablespoons unsalted butter
- 2 cloves of garlic, finely minced or pressed
- 1 tablespoon fresh-squeezed lemon juice
- ½ cup heavy whipping cream
- 1 tablespoon whole grain Dijon mustard
- 2 teaspoons dried thyme
- Kosher salt & freshly ground black pepper, to taste
- 1–3 tablespoons water, as needed to thin



Instructions:

For the pork tenderloin:

1. **Prep & season.** Preheat the oven to 375°F. Trim any tendrils of fat or leftover membrane (any silver skin) off the tenderloins. Then pat the tenderloins dry with a paper towel. In a small bowl, combine the salt/pepper- to taste, oregano, rosemary, thyme, onion powder, and cumin. Stir the spices together to fully combine. Sprinkle the spice blend over the tenderloins and use your hands to massage the spice blend into the tenderloins until evenly coated. Then set aside.
2. **Make glaze.** In another bowl, combine 1 tablespoon of olive oil, Dijon mustard, maple syrup, Worcestershire, and soy sauce. Whisk the mixture together to combine and then set aside until called for.
3. **Sear pork & glaze.** In a large skillet, heat the remaining 2 tablespoons of olive oil over medium-high heat. Sear the tenderloins until golden brown on all sides, about 3-4 minutes per side. At this stage, you aren't cooking them through, just searing nicely to lock in moisture and bring out more flavor by caramelizing the outside. Then place the seared tenderloins onto a baking sheet. Brush the prepared glaze mixture over the tenderloins, coating all surfaces.
4. **Roast the tenderloins** for 15 minutes, then flip them over. Continue roasting for another 15 minutes on the other side- cooking until the tenderloins reach 145° – 150°F when checked using a digital thermometer for doneness. Then take the pork out of the oven and transfer to a cutting board to rest while you whip up the pan sauce.

For the Dijon cream sauce:

1. In the same skillet used for searing, heat the butter over medium heat. Once melted, add garlic and sauté until fragrant, about 1 minute. Add lemon juice, heavy cream, and dijon mustard. Use a wooden utensil to scrape up any bits along the bottom of the skillet. Let the sauce come up to a gentle simmer, then add the thyme and season with salt/pepper- to taste. Continue cooking for another 1-2 minutes or so until well incorporated. If sauce is too thick, simply thin out sauce with 1 tablespoon of water at a time until desired consistency is reached. Then remove from heat.
2. **Serve.** Slice the tenderloins into 1-2-inch thick slices and place them on a large platter to serve up family-style. Spoon the pan sauce over the slices. Serve immediately.

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Lemon Shortbread Cookies

These lemon shortbread cookies are a fan favorite, and once you try them, you'll see why! They're tender, buttery, and filled with bright lemon flavor.

Author: Jeanine Donofrio- Love & Lemons

Serves: 30

Prep Time: 45 Minutes

Cook Time: 10 Minutes



Ingredients

- ½ cup butter, softened
- ⅓ cup cane sugar
- Zest of 1 medium lemon
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh thyme leaves, chopped
- 1¼ cups all-purpose flour
- ¼ teaspoon sea salt



Instructions

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Cream the butter in the bowl of an electric mixer. Add the sugar and beat until fluffy, scraping down the sides of the bowl as needed. Next, add the lemon zest, lemon juice, and thyme and mix again. Finally, add the flour and salt and mix until just combined. Turn the dough out onto a floured surface and flatten into a 1" disk. If the dough is sticky, wrap and chill for 15 to 30 minutes until firm but still pliable.
3. Roll the dough on a lightly floured surface until about ¼" thick. If desired, you can roll the dough between two pieces of parchment paper. Use 2" cookie cutters to cut out desired shapes. Transfer to the baking sheet and bake for 10 to 14 minutes or until the edges are lightly browned. Keep any extra cut-out cookies in the fridge until ready to bake.
4. Remove from the oven and transfer the cookies to wire racks to cool. Store at room temperature for up to 5 days.

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BONUS: Herby Bread

The Last Garden in England mentions wartime rationing in England during World War II. This site, "The 1940s Experiment", reexamines some recipes used with limited ingredients during this time. Feel free to explore this site and think about how you would get creative with limited ingredients. This recipe makes two loaves.

Ingredients:

- 1 lb of wholemeal/wholewheat flour mixed with white (80/20)
- drizzle of olive oil
- 2 large pinches of salt
- dried herbs to taste (I used 3 teaspoons of thyme)
- 2.5 teaspoons of quick rise yeast
- warm water
- 2 x 1/2lb loaf tins



Instructions:

1. Sieve flours together in a large bowl, add in yeast and mix, drizzle in olive oil (2 tablespoons)
2. Add in nice and warm water to make a soft dough
3. Knead for a few minutes adding herbs as you go
4. Carry on kneading until dough is soft and silky
5. Lightly oil the loaf tins. I also fold a bit of parchment paper so I can easily remove the loaf when cooked
6. Divide the dough and place in tins
7. Lightly brush with olive oil, sprinkle a little salt and herbs on top too.
8. Place somewhere warm and rise for an hour, dough should be above the top of the tin
9. Place straight into a pre-heated oven at 350 once risen and cook for 40 minutes (place foil over the top if it begins to get too dark)
10. Remove from oven and let stand for 15 minutes before removing from tin
11. Cool until only slightly warm before cutting



**What did you make with your Thyme?
Post your pictures on Facebook & Instagram with
#CookingWithConshy**

HAPPY COOKING!