

Summer Savory Chicken

Yields: 6-8 servings

Ingredients

1 whole chicken
3 Tbsp soy sauce
2 Tbsp lemon juice
2 Tbsp olive oil
2 Tsp summer savory
2 garlic cloves, pressed
1 lemon, quartered

Instructions

Rinse chicken until cold water, drain well, and pat dry.

Place chicken, breast side up, on a rack in a shallow roasting pan.

Blend soy sauce, lemon juice, olive oil, summer savory, and garlic. Brush chicken cavity and skin thoroughly with mixture. Place lemon wedges in cavity.

Brush with soy-lemon mixture every 30 minutes while cooking.

Roast at 350°F for 1 hour and 45 minutes, or until meat thermometer inserted into thickest part of thigh registers 165°F*.

Remove chicken from oven and let stand 10 minutes before carving.

***USDA recommends that chicken be cooked to an internal temperature of 165°. Consuming raw or undercooked food increases the risk of foodborne illness.**



TASTE TEST

January 2025



SUMMER SAVORY LEAVES

Savory is a culinary staple used throughout Europe and comes in two varieties: summer and winter. Summer savory, *satureja hortensis*, is a sweet and spicy smelling herb used commonly in bean dishes, and compliments dishes that include fish, poultry, and eggs. Winter savory has stronger sage and pine flavors.

Summer savory has been used in Ancient Egyptian cooking, Roman sauces and vinegars, southern Italian dishes featuring fish and lamb, and medieval sweet cakes and pies.

FUN FACTS

Early cultures believed savory was an aphrodisiac and used it in creating love potions. Summer savory, in particular, has been used to treat stomach issues, joint pain, and other general concerns.

Summer savory is high in vitamins A, C, and the B-complex group, and is an excellent source for calcium, iron, magnesium, potassium, selenium, and zinc.



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Summer Savory Mushroom Pate



Yields: 1 1/2 cups.

Ingredients

3 Tbsp unsalted butter
12 oz mushrooms
2 large cloves garlic
1 1/2 cups ricotta cheese
1 tsp salt
1 tsp black pepper
2 tsp minced summer savory

Instructions

Remove the stems from the mushrooms and finely dice the caps.

Melt the butter in a large sauté pan and add the mushrooms. Sauté the mushrooms for about 3 minutes on high heat and add minced garlic.

Continue to sauté until the mushrooms brown and most liquid evaporates.

Let mixture cool to room temperature.

Place the mushrooms and garlic along with the remaining ingredients in a food processor. Blend until almost smooth.

Refrigerate until cool. Serve with crackers or little toasts.

Summer Savory and Garlic Green Beans



Ingredients

2 Tbsp olive oil
1 1/2 lb trimmed green beans
3 gloves garlic, minced
1 Tbsp fresh summer savory
Salt and pepper, to taste

Instructions

Bring a large pot of water to boil. Salt liberally.

Once boiling, add green beans and cook for approximately 3-4 minutes or until bright green.

Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.

Heat oil in a skillet over medium-high heat. Add beans, cook 3-5 minutes or until beans are tender but crisp. Add garlic and summer savory. Cook until garlic becomes fragrant, about a minute. Season to taste with salt and pepper. Serve.

