

Spice Up Your Life

January 3

Italian Spice





A Brief History...

Italian spices are a must for many dishes. As the ancient Greeks and Romans experimented with special blends for flavoring, one could say that what is called “Italian seasoning” originated somewhere along the Mediterranean. Meanwhile, the 20 regions that make up Italy can all claim to have invented their own blends throughout culinary history. Ultimately, it suffices to say that tracing its actual origins is impossible, but regardless, home cooks certainly gained a strong ally in the kitchen whenever it was concocted!

With flavors from pungent to savory, to floral to aromatic, Italian seasoning is the sum total taste of a unique blend of herbs complementing one another, infusing savoriness in meat, fish, and vegetables. In truth, each individual main herb in the mix is special in its own way.

The Spices!

Basil, for example, is an herb with a strong, pungent, and sweet aroma, basil adds a peppery, garden-fresh taste in various recipes. Sprigs of fresh basil—along with sliced garlic—are often dropped into whole olive oil to provide a base flavor for tomato sauce.

Oregano, too, is a familiar herb used in pizza and pasta sauces, most commonly found in its dried variety. Oregano can be slightly bitter, but it also delivers flavors described as earthy and green, with notes of mint and hay.

Thyme on the other hand is a perennial kitchen herb with a gentle flavor that blends with just about any food it graces. Thyme brings herbal flavors with grass, wood, and floral notes to savory dishes like braised or roasted meat, vegetables, and fish.

Rosemary, lastly, is an herb that pairs beautifully with thyme. It can be woody and peppery, with a tea-like aroma and a charred-wood fragrance that makes it highly compatible with foods cooked on a barbecue grill like chicken or pork chops.










Italian Spice



What's in the kit?

In each spice kit, you will receive all the Italian spices needed to make a grilled chicken dish. Please tag us on Facebook and/ or Instagram with pictures of your recipe or e-mail them to us at events@hhhlibrary.org

This kit includes:

-  1 tablespoon dried oregano
-  1 tablespoon dried basil
-  1 tablespoon dried parsley
-  2 teaspoons dried thyme
-  2 teaspoons dried rosemary
-  2 teaspoons garlic powder
-  1 teaspoon salt

For the Italian Spice Rubbed Grilled Chicken recipe, you will need the above spices and:

-  Extra Virgin Olive Oil
-  4 Boneless, skinless chicken breasts, fat trimmed off (about 3.5oz/125g each)

Directions

1. Combine oregano, basil, parsley, thyme, rosemary, garlic powder, and salt from the Spice Kit in a small bowl.
2. Use whisk or use the back of a spoon to crush the dried herbs into a powder.
3. Pour into a small glass container and secure with an airtight lid. (You may store up to 1 year to use on other recipes!)

Recipe

Italian Spice Rubbed Grilled Chicken

Ingredients:

- 🍴 4 Boneless, skinless chicken breasts, fat trimmed off (about 3.5oz/125g each)
- 🍴 1 tablespoon dried oregano
- 🍴 Extra Virgin Olive Oil
- 🍴 Pre-made spice rub

Directions:

1. Brush or coat the chicken with extra virgin olive oil.
2. Take about 2 Tablespoons (or as much as necessary) of your new spice mix you just mixed above and rub it all over the chicken breasts, coating them completely on both sides.
3. Let the rub sit on the chicken for 5-10 minutes before cooking
4. Grill on medium high for approximately 6 minutes on one side, then 5 minutes on the other side (time may change depending on size of chicken breast).
5. For the grill marks, rotate the meat 45 degrees halfway through the cooking time on each side. Otherwise, do not touch it.
6. Transfer the chicken breasts to a cutting board to rest for at least 5 minutes and then cut them into strips
7. Serve on/with your favorite pasta, green salad, Caesar salad, or on a sandwich!

Sources

G Lisa. "My Guide for Awesome Grilled Chicken." *Lisa G Cooks*, 12 Feb. 2015, <https://lisagcooks.com/my-guide-for-awesome-grilled-chicken-3/>.

Paesana. "A Blend for All Seasons: What's in Italian Seasoning Packets?" Paesana, Paesana, 8 July 2020, <https://www.paesana.com/blog/a-blend-for-all-seasons-whats-in-italian-seasoning-packets>.

Sandoval, Mercedes. "Italian Spice Blend Recipe by Tasty." *Tasty.co*, Tasty, 30 Mar. 2018, <https://tasty.co/recipe/italian-spice-blend>.

**Spice Club will resume
in March....**



55 VANDERBILT PARKWAY • DIX HILLS, NEW YORK 11746 • 631-421-4530
510 SWEET HOLLOW ROAD • MELVILLE, NEW YORK 11747 • 631-421-4535
hhlibrary.org