

# **COOKING WITH THYME**

**The Universal Ingredient**

**By: Sadie Darnell**

# Meat

- Dry aging is a technique that uses time to give meat a certain flavor and freshness, it has become popular in higher end cuisine due to the time the process takes.
- While the most popular meats come from cattle, swine, and poultry, however many other animals contribute to global diets, reflecting ecological diversity and longstanding cultural practices.
- It is estimated that 40-60% of a cow is directly edible, but their hides, hoofs, and bones still go to good use.

## Salt

Before the age of refrigeration, meat was stored safely by using salt curing, to draw out moisture. This technique made it harder for bacteria and mold to grow, safely protecting meat from spoil.

# Pork Chashu



- Pork Chashu is made by tightly rolling and tying fatty pork belly.
- It is then traditionally seared and slowly braised in a savory liquid of soy sauce, mirin, sake, and aromatics for four to five hours.
- Finally the pork is chilled in the braising liquid overnight to enhance flavor and make it easy to slice thinly.

Ingredient Aquired

# Fermentation

- Fermentation is a process by which organic matter is broken down by bacteria.
- Pickling is a form of fermentation in which food is suspended in a brine usually consisting of salt and water, pickling has been used to preserve meat, vegetables and other foods.
- Fermentation has also been used to make sauces like fish sauce or Garum, originating in Ancient Rome or wine.

## Salt

In fermentation, salt is not only used to create a brine, but in Korean tradition, is used to keep the water lock sterilized when making kimchi.

# Fish Sauce



Fish sauce can be traced back to Ancient Rome. Originally dubbed "garum", fish sauce was first made using anchovies, mackerel and salt, then left out inside a jar in the sun for 5-7 months. Now fish sauce is made by fermenting anchovies in a jar for 7 months to over a year.

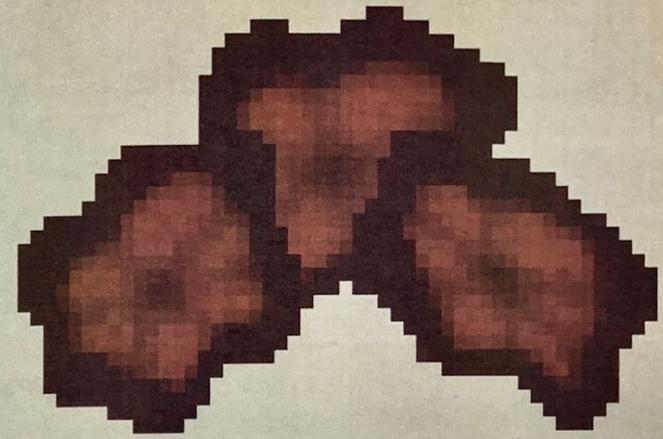
## Ingredient Aquired

# Fungus

Edible Fungi run deep within our culture, from the Japanese traditionally used Shitakke mushroom, to the highly coveted French black truffle, fungi take time and proper conditions to grow. Among fungi, the truffle is one of the most valuable species, it is rare due to the 6-10 years it takes to grow and the acidic soil needed to support it. Among the most rare and desirable edible fungi are:

- White Truffle (*Tuber magnatum*)
- Black Winter Truffle (*Tuber melanosporum*)
- Matsutake (*Tricholoma matsutake*)
- Caesar's Mushroom (*Amanita caesarea*)
- Wild Lion's Mane (*Hericium erinaceus*)

## Wood Ear Mushrooms



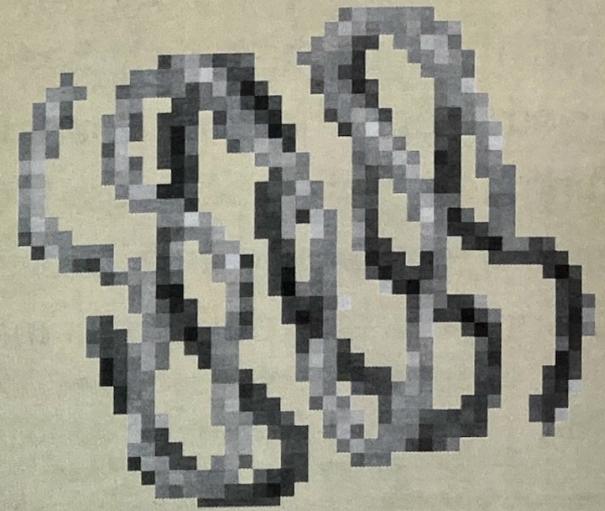
- Wood ear mushrooms are a crisp fungi that is native to Southwest and Eastern Asia.
- Wood ear mushrooms are popular for their ability to absorb the flavor of the dish they are put in and valued for their crisp and crunchy texture.

Ingredient Aquired

# Agriculture

Growing food is a slow, deliberate process that is hard to rush, and the time put into growing is part of what gives each ingredient its value. From the weeks it takes for herbs to sprout, to the months required for vegetables to mature, to the years some fruit trees need before they bear their first harvest, every stage is shaped by time and patience. Remembering how long our food takes to grow helps us appreciate it more deeply and encourages us to treat the land that produces it with greater care.

# Rice Noodles



Rice noodles are traditionally made by grinding rice, softened by water, by hand, into a smooth liquid, which is then poured a sheet and steamed. The rice film is then cut and processed into different shapes for different recipes.

Ingredient Aquired

# Spices, Herbs, and Seasonings

Spices, herbs, and seasonings add flavor and diversity to any dish, with a long and rich history carried from the Silk Road to our dining tables, seasonings from all around the world are processed and shipped to your local markets.

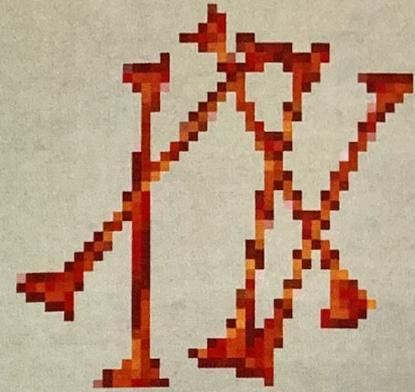
## Spice Bingo

Dill	Black Pepper	Bullion	Oregano
Coriander	Salt	Paprika	Cayenne Pepper
White Pepper	Rosemary	Thyme	Basil
Ginger	Onion Powder	Garlic Powder	Turmeric

## Salt

Salt is one of the most versatile seasonings, enhancing flavor while being important to many cooking techniques.

# Saffron



Saffron is one of the world's most time-intensive crops, which is why it's so precious. Each stigma must be hand-harvested from the *Crocus sativus* flower, and each flower blooms for only a single day during a brief window in the autumn. It takes around 150-200 flowers to produce just one gram of saffron, with workers carefully plucking the threads at dawn before the blossoms wilt. This process, demonstrates how much patience is needed for valuable ingredients

## Ingredient Aquired

# Ramen-Pho Fusion

## Ingredients

- Pre-cooked Pork Chashu
- Pork broth
- Fish sauce
- Wood ear mushrooms
- Saffron
- Rice noodles
- Basil
- Green onions
- Garlic paste
- Chili oil
- Bean sprouts



- In a pot, bring 4-5 cups of pork broth to a simmer.
- Add garlic paste to taste.
- Add a pinch of saffron, allow it bloom in the hot broth for 3-5 minutes.
- Season with fish sauce to your preferred saltiness. Start with 1 tbs and adjust as needed.
- Add sliced wood ear mushrooms and simmer for 5-7 minutes until tender.
- Cook rice noodles according to package directions.
- Rinse briefly with cool water to prevent sticking.
- Portion noodles into serving bowls.
- Add sliced pork chashu into the broth for 1-2 minutes just to warm it (you don't need to cook it, it comes cooked.)
- Ladle the hot saffron-pork broth over the noodles.
- Top with warm pork chashu.
- Add basil, green onions, bean sprouts, and lime to taste.
- Finish with desired amount of chili oil.
- Enjoy!

20 minutes in the kitchen,  
a century in the making

Today, slow cooking and ingredient preparation techniques conflict with modern fast-paced lifestyles and industrial food production. While convenience foods dominate, there is a growing interest in reviving time-rich methods for their rich flavors, taking time is now considered a luxury. Authenticity in food is in high demand as the more we develop the more we lose connection to recipes and ingredients that were once deeply imbedded in our culture.

# Bibliography

- Durham, T. R. (2001). Salt, Smoke, and History. *Gastronomica*, 1(1), 78 82.  
<https://doi.org/10.1525/gfc.2001.1.1.78>
- Gagaoua, M., Duffy, G., Alvarez, C., Burgess, C. M., Hamill, R., Crofton, E., Botinestean, C., Ferragina, A., Cafferky, J., Mullen, A. M., & Troy, D. (2022). Current research and emerging tools to improve fresh red meat quality. *Irish Journal of Agricultural and Food Research*, 61(1), 145 167.  
<https://www.jstor.org/stable/27225939>
- Hesseltine, C. W. (1965). A Millennium of Fungi, Food, and Fermentation. *Mycologia*, 57(2), 149 197. <https://doi.org/10.2307/3756821>
- Hobbs, G. (1986). Ecology of Food Microorganisms. *Microbial Ecology*, 12(1), 15 30.  
<http://www.jstor.org/stable/4250861>
- Britton, E. G. (1898). EDIBLE FUNGI. *The Plant World*, 2(1), 9 11.  
<http://www.jstor.org/stable/43475664>
- BODDY, K. (2020). Saffron. In *Blooming Flowers: A Seasonal History of Plants and People* (pp. 117 127). Yale University Press.  
<https://doi.org/10.2307/j.ctvzpv6j7.15>

# Bibliography

- LASZLO, P., & Mader, M. B. (2001). salt-cured foods. In *Salt: Grain of Life* (pp. 1 20). Columbia University Press.  
<http://www.jstor.org/stable/10.7312/lasz12198.7>
- Marshall, H. W. (1979). Meat Preservation on the Farm in Missouri' s " Little Dixie." *The Journal of American Folklore*, 92(366), 400 417.  
<https://doi.org/10.2307/540509>
- Martell, J. (2014). The Unmaking of a Pig. *Gastronomica*, 14(2), 56 63.  
<https://doi.org/10.1525/gfc.2014.14.2.56>
- Smil, V. (2002). Eating Meat: Evolution, Patterns, and Consequences. *Population and Development Review*, 28(4), 599 639.  
<http://www.jstor.org/stable/3092782>
- Amy B. Trubek. (2012). Looking at Cooking. *Anthropology Now*, 4(3), 24 32.  
<https://doi.org/10.5816/anthropologynow.4.3.0024>
- Vilgis, T. A., K smayr, A., & Reinmann, R. (2017). Evolution Culinary Culture Cooking Technology. In N. van der Meulen & J. Wiesel (Eds.), *Culinary Turn: Aesthetic Practice of Cookery* (pp. 149 160). transcript Verlag.  
<http://www.jstor.org/stable/j.ctv1wxt0c.25>

# Pho Aquired

