

4) Conclusion

The ancient Romans appreciated the spicy aroma of savory and cultivated it throughout the empire. Its peppery flavor is reminiscent of thyme. In the ninth century, monks brought the versatile herb across the Alps and grew it in their monastery gardens. Today, savory is widespread in Europe, Africa, North America and Asia.

For cooking, both the fresh and dried herb are used. Because it harmonizes so well with beans and other pulses, in some countries it is called the bean herb. A further benefit is that it reduces flatulence. It can also give stews, meat and fish a tangy, peppery note. In fact, during the middle ages savory was often used as an affordable substitute for pepper. Savory should always be cooked with the food, so that it releases all of its acerbic aroma. It should be used economically, as its flavor can quickly become overpowering. One useful technique is to cook individual sprigs with the food and then remove them before serving.

Savory combines well with other herbs and can be mixed with parsley, dill, basil and tarragon. It is also an ingredient of the classic French blend *herbes de Provence*.