

Rosemary (*Rosmarinus officinalis*) Use 1-2 tsp for 4 servings

Description

Rosemary is the hard, needle-shaped leaf of a small evergreen shrub. It has a distinctive pinewood aroma and a strong bittersweet flavour.

Rosemary complements - lamb, pork, chicken, oily fish, game, tomato sauce, vegetables, soups, marinades

Did You Know?

The Latin name 'Ros Maris' means 'Dew of the Sea', as the plant grows well by the seaside. Legend has it that the Virgin Mary, fleeing from Herod's soldiers, hung her cloak on a Rosemary bush one night. In the morning the white flowers had turned blue under her cloak. From then on, the herb became known as 'Rose of Mary'. In ancient Greece it was believed that Rosemary fortified the brain and refreshed the memory. Students wore it in their hair during examinations to improve their memory. Associated with remembrance, Rosemary was used at weddings and funerals. Rosemary is believed to grow well in the garden of a happy household. For a refreshing bath add a handful of Rosemary, tied in muslin, to the water. An infusion of Rosemary is said to

be calming on the nerves. Rosemary is an antiseptic and works well as a breath freshener.

Quality

Rosemary retains its flavour best as whole 'needles' but as these can be difficult to chew, Schwartz Rosemary is chopped for convenience into smaller particles. Cineole is the principal flavour - giving volatile oil.

Usage

Rosemary is traditionally used with lamb but also goes well with pork. Its fresh, camphor-like aroma is a good counter-balance to rich or fatty foods.

Gently simmer a boned and rolled loin of pork in milk flavoured with olive oil, butter, Garlic and a tablespoon of Rosemary.

Serve sliced in its own sauce, well reduced.

Rosemary adds flavour to fruit salads and jellies.

Sprinkle Rosemary over barbecue coals for an aromatic smoky flavour.

Rosemary makes a fresh and flavoursome marinade for meats and oily fish together with olive oil, Garlic and lemon juice. For duck and other game, serve a rich red wine and orange gravy flavoured with Rosemary.



Upbeat - Heart Support In West Suffolk

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