



# Recipes

## Rosemary

This is an easy to grow herb. It can be planted outside and has pretty blue flowers. You can get upright rosemary that grows upwards or trailing rosemary that can be grown in a hanging basket or will trail down the side of a pot. It can be used from the plant all year round, unlike some herbs that only grow spring-autumn. It can grow quite large, so it might be best grown in a pot. It goes well with meat such as lamb or chicken, vegetables and can be used to flavour soups, stews, and salads

### Recipe ideas :

- Add a sprinkle of rosemary to our easy **minestrone soup**: <https://www.family-action.org.uk/what-we-do/children-families/super-soups/>
- Try a version of our **bread** here, using rosemary instead of mixed herbs: <https://www.family-action.org.uk/content/uploads/2021/10/sun-dried-tomato-and-herb-bread-final.pdf>
- Try these **cheese and herb scones**, replacing the mixed herb paste with a sprinkle of rosemary instead: <https://www.family-action.org.uk/content/uploads/2021/10/cheesy-herby-scones.pdf>
- **Navarin of lamb**: <https://www.family-action.org.uk/what-we-do/children-families/food-club/recipe-ideas/>

However, there are other ways to use your rosemary too:

- **Pasta**: Rosemary works well with many pasta sauces e.g. fish, meat, tomato or cream-based sauces all taste great with the addition of rosemary.
- **Salads**: You can add chopped fresh rosemary to your salad dressing for an extra zingy dressing.
- **Soups**: Rosemary will work well with meat, chicken, fish, tomato, vegetable or pulse-based soups.
- **Roasted vegetables**: Sprinkle over your vegetables whilst they are roasting.
- **Chicken**: When you next do a roast chicken, sprinkle over some rosemary.
- **Roast potatoes**: Sprinkle some rosemary over your roasties while they are cooking for some extra taste or in **mashed potatoes**. While your potatoes are boiling, heat half a cup of milk in a pan with a sprig of rosemary and 2 cloves of chopped garlic. Once heated, let it stand for 15 minutes. Then remove the rosemary. Use the garlic and milk mix to mash your potatoes. Yum!
- **Fish**: Try cooking your fish (e.g. salmon) with some rosemary sprigs for some extra taste.
- **Lamb/pork**: Rosemary goes well with either of these meats; just sprinkle over the meat during the cooking process.