

Rosemary Salt

Type: **Serves:** **Recipe source:** about.com

EQUIPMENT: Food processor Sterilised jars/Ziplock bags	INGREDIENTS: 6-8 rosemary sprigs 1 cup coarse salt 3 cups salt flakes
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What to do:

1. Stripping Rosemary Leaves: The rosemary grows in one direction. To strip take one sprig of rosemary pull your fingers down the stem in the opposite direction to what they are growing and all the leaves will strip off leaving the stem.
2. Add your cup of rosemary to a food processor, and the cup of coarse salt. We're going to pulse on and off, a few seconds at a time just to get it to combine.
3. Once it starts to come together you can pulse it longer, like 5 or 6 seconds at a time.
4. Once you see that rosemary get smaller and start to integrate, then you can leave in on for longer periods, and then you can just leave it on. Now be careful, we don't want a powder. What we want is for rosemary and salt to be the same size as the salt flakes.
5. Once the coarse salt and rosemary is fine tip the mix into the large red bowl. Add the 3 cups salt flakes and mix up.
6. Package either in small ziplock bags or in a jar for a gift

Suggested uses: Use sparingly, as you would regular salt. Sprinkle on fresh tomatoes, cucumbers, or avocado. An excellent seasoning for eggs, potatoes, butternut squash, or chicken. Delicious on any type of roasted or grilled vegetables