

Gremolata

From the Garden: parsley, garlic, lemon

Ingredients:

1/3 cup flat leaf parsley
1 lemon
2 large cloves garlic

Equipment:

Basic toolbox, chopping board

Method:

1. Wash parsley and lemon and dry thoroughly. It's important that the parsley is very dry.
2. Flatten garlic cloves with the flat of chefs knife and peel.
3. In a small bowl grate the rind of the lemon and set aside.
4. Place the parsley on the chopping board. Scrunch up the leaves and chop into a chiffonnade (shredded). Now, using a rocking motion, use you chefs knife to finely chop the parsley.
5. Chop the garlic in the same way.
6. Add the parsley and garlic to the lemon zest and mix together.
7. Use gremolata as a garnish on Osso Bucco or other tomato based stews, on grilled fish or poached chicken.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School