

Rosemary

History

Rosemary is native to the dry, rocky areas of the Mediterranean, especially along the coast. The genus name *Rosmarinus* derives from the Latin words *ros* and *marinus* which together translate to “dew of the sea.” Rosemary has been used since the time of the early Greeks and Romans. Greek scholars often wore a garland of the herb on their heads to help their memory during examinations. In the ninth century, Charlemagne insisted that the herb be grown in his royal gardens. The Eau de Cologne that Napoleon Bonaparte used was made with rosemary. The herb was also the subject of many poems and was mentioned in five of Shakespeare’s plays.



Rosemary Roasted Potatoes

• **INGREDIENTS**

- 2 pounds red potatoes
- 2 tablespoons chopped fresh rosemary (or 1 tablespoon dried), plus more to garnish
- 1/2 large lemon
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- 1 teaspoon kosher salt
- Fresh ground black pepper



DIRECTIONS

1. Preheat the oven to 450 degrees Fahrenheit.
2. Wash the potatoes, then dice them into ½ to ¾ inch cubes. Finely chop the rosemary. Thinly slice the half lemon.
3. In a large bowl, stir together potatoes, olive oil, garlic powder, kosher salt, and several grinds of fresh ground black pepper.
4. Line a baking sheet with parchment paper or aluminum foil. Spread the potatoes in an even layer on the sheet. Top with the lemon slices and sprinkle with rosemary. Roast for about 30 to 40 minutes, until potatoes are cooked through and browned, stirring once (the exact timing depends on how thick the pieces are). If desired, garnish with another 1 tablespoon finely chopped rosemary.

Find it online: <https://www.acouplecooks.com/rosemary-roasted-potatoes/>

Beer Braised Pulled Ham

INGREDIENTS

- 2 bottles (12 ounces each) beer or nonalcoholic beer
- 3/4 cup German or Dijon mustard, divided
- 1/2 teaspoon coarsely ground pepper
- 1 fully cooked bone-in ham (about 4 pounds)
- 4 fresh rosemary sprigs
- 16 pretzel hamburger buns, split
- Dill pickle slices, optional



INSTRUCTIONS

1. In a 5-qt. slow cooker, whisk together beer and 1/2 cup mustard. Stir in pepper. Add ham and rosemary. Cook, covered, on low until tender, 7-9 hours.
2. Remove ham; cool slightly. Discard rosemary sprigs. Skim fat. When ham is cool enough to handle, shred meat with 2 forks. Discard bone. Return to slow cooker; heat through.
3. Using tongs, place shredded ham on pretzel buns; top with remaining mustard and, if desired, dill pickle slices.

Make online: <https://www.tasteofhome.com/recipes/beer-braised-pulled-ham/>

Roasted Herb & Lemon Cauliflower

INGREDIENTS

- 1 medium head cauliflower, cut into florets (about 6 cups)
- 4 tablespoons olive oil, divided
- 1/4 cup minced fresh parsley
- 1 tablespoon minced fresh rosemary
- 1 tablespoon minced fresh thyme
- 1 teaspoon grated lemon zest
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes



INSTRUCTIONS

1. Preheat oven to 425°. Place cauliflower in an ungreased 15x10x1-in. baking pan. Drizzle with 2 tablespoons oil and toss to coat. Roast 20-25 minutes or until golden brown and tender, stirring occasionally.
2. In a small bowl, combine remaining ingredients; stir in remaining oil. Transfer cauliflower to a large bowl; drizzle with herb mixture and toss to combine.

Find it online: <https://www.tasteofhome.com/recipes/roasted-herb-lemon-cauliflower/>