

Rosemary Roasted Sweet Potatoes

- 2 large sweet potatoes
- 1/3cup butter, melted
- 1/4cup light brown sugar, firmly packed
- 1tablespoon chopped fresh rosemary
- 2teaspoons grated orange rind
- 1/2teaspoon kosher salt
- fresh rosemary (for garnish; optional)



DIRECTIONS

- ✓ Peel potatoes and cut into 8 wedges.
- ✓ Stir together melted butter, brown sugar, chopped rosemary, and orange rind, until sugar dissolves.
- ✓ Pour mixture into a plastic Ziploc bag and add potatoes.
- ✓ Seal bag and work mixture over potatoes, coating them thoroughly.
- ✓ Place potatoes on an oiled baking sheet and bake at 400F for 35-40 minutes or until potatoes are fork-tender and golden brown, turning potatoes once or twice during cooking.

Mustard & rosemary pork chops with Swiss chard

- 4 pork loin chops
- 1/4 tsp. each of salt and pepper, divided
- 1 tbsp. unsalted butter, divided
- 2 tbsp. Dijon mustard
- 1 tbsp. chopped fresh rosemary
- 3 tbsp. panko breadcrumbs
- 1 bunch Swiss chard, stems separated, leaves coarsely chopped
- 1 small onion, diced
- 2 cloves garlic, finely chopped
- 2 tbsp. water
- 1 tbsp. honey
- 2 tsp. red wine vinegar
- 1 tsp. lemon zest

DIRECTIONS

- ✓ Preheat oven to broil and set a rack in top third of oven.
- ✓ Season pork chops on both sides with half the salt and pepper. Heat half the butter in a large oven-safe skillet over medium heat and cook pork chops until golden, 3 to 4 minutes per side.
- ✓ Remove from heat, brush with mustard, and then sprinkle rosemary and breadcrumbs evenly over top.
- ✓ Place skillet under broiler until pork is golden and cooked through, about 2 minutes.
- ✓ Meanwhile, heat remaining butter in a large deep-sided saucepan over medium heat. Add chard stems, onion, and garlic, cooking until tender, 2 to 3 minutes.
- ✓ Stir in chard leaves, water, and remaining salt and pepper.
- ✓ Cover and cook until tender, about 5 minutes.
- ✓ Stir in honey, vinegar, and lemon zest. Mound Swiss chard mixture in the center of each plate and top with a pork chop.

Orange Rosemary Roasted Chicken

- Chicken breasts bone in with skin on
- 1tablespoon melted butter or 1 tablespoon olive oil
- 2garlic cloves
- 1large orange, peeled and quartered
- 1/2cup orange juice
- 1/2-1teaspoon salt, to taste
- 1/4teaspoon pepper (I use freshly ground black pepper)
- 1/2teaspoon dried rosemary

GLAZE

- 3tablespoons orange marmalade
- 1/2teaspoon dried rosemary, to taste

DIRECTIONS

- ✓ Wash chicken and pat dry.
- ✓ Brush chicken with melted butter, season both sides with salt and pepper and rosemary.
- ✓ Place in roaster with the orange juice, quartered orange, and remaining clove of garlic.
- ✓ Roast uncovered in 350 oven until chicken is well browned, fork tender, and juices run clear when pierced with a fork about.
- ✓ Make glaze by mixing marmalade and dry rosemary, brush onto chicken and bake for another 10 minutes.

Rosemary & Orange Tisane

- 4sprigs fresh rosemary
- 8slices orange peel
- 8cloves
- 2liters boiling water
- 2tablespoons honey
- orange rind, to serve
- fresh rosemary sprig, extra, to serve

DIRECTIONS

- ✓ Place the rosemary, orange peel and cloves in a large teapot or heatproof jug. Pour over the boiling water. Set aside for 5 minutes to infuse.
- ✓ Divide the honey among teacups. Strain the tisane among the cups. Add a strip of orange rind and an extra rosemary sprig to each cup to serve.