**Rosemary Roasted Sweet Potatoes**

- 2 large sweet potatoes
- 1/3 cup butter, melted
- 1/4 cup light brown sugar, firmly packed
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons grated orange rind
- 1/2 teaspoon 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 400°F 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
- ¼ 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
- 1 tablespoon melted butter or 1 tablespoon olive oil
- 2 garlic cloves
- 1 large orange, peeled and quartered
- 1/2 cup orange juice
- 1/2-1 teaspoon salt, to taste
- 1/4 teaspoon pepper (I use freshly ground black pepper)
- 1/2 teaspoon dried rosemary

GLAZE

- 3 tablespoons orange marmalade
- 1/2 teaspoon 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

- 4 sprigs fresh rosemary
- 8 slices orange peel
- 8 cloves
- 2 liters boiling water
- 2 tablespoons 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.