

Herb Sauce:

1 Blender
Salad spinner
Flexible spatular
Measuring jug

Herbs>>heaps!!

Parsley
Dill
Mint

Thyme, lemon thyme,
Marjoram/oregano
Fennel fronds

Rosemary
All picked, washed, spin dry

200 ml XV olive oil
or
(100 ml XV olive oil & 100 ml
vegetable oil)
2 x lemon-washed & finely zested
Juice of 1 lemon

Salt flakes /ground pepper
2x clove garlic, peeled & finely
chopped

Collect all the herbs in separate bowls.

Take back to the bench and as a group identify all herbs, seek & discuss student knowledge of the taste, strength of pungency and use. Students are encouraged to taste each herb.

Pick all herbs off their stalks.

Wash & dry all the herbs then put into the food processor with the oil, garlic and puree until fine. Add the lemon zest & juice(optional), salt & pepper. Process again then taste.

- Give to the gnocchi group. Volunteer is to wash the blender.
- Clean up & make sure there are enough herbs on the harvest table for the next group.

