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Salmoriglio

Salmoriglio is a simple southern Italian sauce based on olive oil, lemon, garlic and herbs, traditionally oregano. Parsley is often included and sometimes a little finely chopped rosemary or thyme, some recipes add a little anchovy too. Most cooks simply whisk all the ingredients together but, in *The River Café Cookbook*, Rose Gray and Ruth Rogers insist the herbs should be crushed with the salt first to release the essential oils that give them their flavour and aroma. I'm not sure whether it's traditional, but it sounds like it could be and makes perfect sense so it's how I make my salmoriglio. This light, bright sauce is perfect with any grilled meat, poultry or seafood and also delicious drizzled over vegetables.

Makes about 100ml



INGREDIENTS

- ½ cup oregano and parsley leaves
- 1 clove garlic, peeled
- ½ teaspoon salt flakes
- 1 lemon
- ⅓ cup extra virgin olive oil

METHOD

1. Use a mortar and pestle to crush oregano, parsley, garlic and salt together.
2. Transfer to a mixing bowl.
3. Zest the lemon over the bowl, then juice half of it and add 2 teaspoons of the juice.
4. Add oil and whisk to combine well.
5. Taste and add more lemon juice or salt if you like.