

Scarborough Fair Mix

One thing I've found is that the quickest way to put fresh herb flavor to roasted meat is to sing the Scarborough Fair song. This is an old Traditional song (not one that Simon and Garfunkle wrote). Anyway, if you want to enhance the flavor of meat, sing the song.

Here are my proportions:

Parsley – One sprig (cut it where three minor stems start)

Sage – Two or three large leaves

Rosemary – One sprig about four inches long

Thyme – About three sprigs four inches long.

Strip, if possible, the leaves from the Rosemary and Thyme. Place all the herbs on a cutting table and chop finely.

This can be used as a coating for roasts, seasoning for meatloaf, or put in a garlic butter base for roasting chicken.