

Fennel Frond Salt

Ingredients:

1 basket of Fennel fronds removed from thick stalks

Zest of 1 lime or lemon

$\frac{3}{4}$ cup fine salt

$\frac{3}{4}$ cup rock salt

What to do:

- 1) Wash, spin and gently pat dry fennel fronds.
- 2) Pre heat oven to maximum temperature for 5mins.
- 3) Spread the fennel fronds and citrus zest on a baking tray.
- 4) Turn off the oven and place fennel inside to dry.
- 5) After 15mins check fennel, the fennel must be crumbly dry... if not repeat step 2 and 4.
- 6) Crush the fennel and citrus zest with a pestle and mortar with a little of the fine salt.
- 7) Adjust the amount by feel and appearance.
- 8) Add the course rock salt at the end to retain most of the texture.
- 9) Spoon into clean sterilised jars.