

## **ROSEMARY KIPFLER POTATOES**

### **INGREDIENTS:**

- 6 Kipfler potatoes**
- 6 pats of unsalted butter**
- 3-6 sprigs of fresh rosemary; or an equal amount of dried rosemary**
- 6 pinches of Celtic seasalt**

### **DIRECTIONS:**

**Scrub and wash the potatoes very clean and cut off any bad parts or ends.**

**Bake them for 30 to 40 minutes or until soft inside.**

**Cut the potatoes in half and broil or grill for another 5 minutes, until they are crispy and slightly golden. Do not brown or burn.**

**When done, butter, chop the fresh rosemary onto each half potato, and sprinkle the Celtic seasalt.**

**ENJOY with lamb, veal, or fish.**

**Serves 2**

**Use organic ingredients**

**Suitable for B & AB blood types**

**Kipfler** or German finger potatoes are small and elongated with a yellowish, buttery tasting flesh. They are tastier than other types of potatoes making them ideal for baking, roasting, boiling, mashed, or potato salad. Select fresh, firm potatoes that have a yellow-brown skin. AVOID potatoes that are green or rotten looking. Store in a cool, dry place away from light.

**Rosemary** contains dietary fiber, vitamin A carotenoids, potassium, calcium, magnesium, manganese, iron, and other trace minerals.

Rosemary's unique substances help stimulate the immune system, increase circulation, and improve digestion. It also contains anti-inflammatory compounds that help reduce asthma attacks and improve concentration by increasing blood flow to the head and brain.

Native to the Mediterranean, rosemary has been prized for millennia, for its pine-like aroma, pungent flavor, and as a natural medicine. In ancient Greece, students placed sprigs of it in their hair when studying for exams with the belief it stimulated and strengthened the memory. In old England, it was used for costumes, decorations, and on wedding gifts. In the 14th century, rosemary oil was first extracted and used to make a popular cosmetic called Queen of Hungary water. In the 16th and 17th centuries, rosemary became popular as a digestive aid. Rosemary grows on a small, evergreen shrub belonging to the *Labiatae* family, that is related to mint.

Select both fresh and dried rosemary that is organically grown to insure they have not been irradiated. Fresh rosemary should be deep green and will keep for a week in the fridge if stored in a plastic bag or a small, closed container. Dried rosemary will keep fresh for six months if stored in a closed glass jar, in a cool, dark, and dry place.