



Parsley

Petroselinum crispum

Apiaceae



Traditional Uses

Arguably the world's most popular herb, parsley is a member of the large and well-known Apiaceae family (formerly Umbelliferae named for their umbel like flowers). Like many members of its renowned family, parsley's medicinal and culinary properties have long been valued. It is considered to be among the top seven most popular medicinal herbs holding its own among such notables as oregano, cinnamon, turmeric, sage, red chili peppers and ginger. Originating in Sardinia and the Mediterranean region of Southern Europe, parsley was so highly valued that Sardinian coins were imprinted with parsley. Not horses, Sardinian gods or beautiful women, but parsley! It was common practice in ancient Greece for Greeks to wear wreaths of parsley at feasts to stimulate appetite and aid digestion. Very panache; instead of taking up space on the plate, the garnish was worn on the head within easy reach of the mouth. The Greeks who were great lovers of parsley and considered it sacred, used it for its strengthening and purifying effects and valued it more for its medicinal properties than as a culinary herb. It was used to aid digestion, as a diuretic for all manner of urinary problems, to promote menstruation, and for general weakness. Parsley was also used to decorate the tombs of the beloved and was woven into the wreaths that crowned the victor of Isthmian games.

Parsley's fame spread throughout the ancient world and it was used by traditional healers in many parts of the globe as a diuretic, for kidney and bladder infections, as a digestive aid and for stimulating digestion. It was also used ~ and still is used today ~ for mastitis and breast infections in mothers and as an aid to help dry up mother's milk. The root, seed and leaf were all considered medicinal with the root being the strongest medicine.

"The chief virtue of perslie is in the roote, the next is in the seede, the leves are of the least force, yet the moost use in the kitchin and is verie convenient for the stomacke, and stirreth up appetitie and maketh the breath sweete" ~ Coghnan (1584)

Remember the story of Peter Rabbit? It's a classic herbal story...When Peter had gorged on Farmer McGregor's delicious vegetables and was '*feeling rather sick, he went to look for some parsley*' (Beatrix Potter). And when Peter finally arrived home scared for his life after the frightful encounter with McGregor and his pitchfork, his mother whipped him soundly (these were in the days when it was still kosher to spank your misbehaving children), served him a warm cup of chamomile tea and sent him to bed.

Parsley derives its name from the Greek word meaning "rock celery" (celery is another member of the Apiaceae family and a close cousin to parsley). A biennial (a plant that lives typically for two years), parsley, once established firmly in the garden, thrives, easily reseeds and will return year after year. It is winter hardy ~ the flat leafed variety being most hardy ~ and, if well mulched, will often survive even the coldest of our Vermont winters. If it does happen to die off, it can easily be reseeded again in the spring. For a faster harvest, get a head start by planting a couple of young plants in your garden. Two to four plants usually supplies enough fresh parsley for a mid size family, unless like us, you use parsley in 'everything'!

Parsley is among the top three herbs sold in the United States today, though I suspect much of it is foolishly tossed away as the under appreciated and uneaten garnish on the side of the plate. Parsley is also hugely popular in Europe and is consistently among the top selling herbs in European countries. In the Middle East parsley is elevated to 'vegetable' status in the kitchen and is included in handfuls in many popular dishes. And parsley is still considered an important medicinal plant in many countries. In Morocco, parsley is used for heart disease and to support the cardiovascular system, as it is known to reduce platelet aggregation. In Turkey, it is used to treat type 2 Diabetes and due to its cleansing properties it is used for sluggish digestion and as a digestive aide. Parsley has also been used to help reduce high blood pressure, for kidney and bladder issues, and to aide in weight reduction.

This excellent herb, often served as a 'garnish' to decorate the main course, should never be left on the side of your dinner plate. It may, in fact, be the most nourishing item on the plate. A powerful antioxidant and nutrient dense, Parsley can play an important role in keeping us healthy and fit. Inexpensive, easy to grow, deliciously green, readily available, and lending itself to many dishes...no wonder it's been so popular throughout the ages.

Nicholas Culpepper, famed physician and astrologer (1616 – 1654) said of parsley, "...it *brengeth* on urine and the women's curses" referring to parsley's diuretic effect and its ability to both bring on and relieve the symptoms of menstruation.)

Parsley comes in two main types that are commonly found in grocery stores and nurseries, the flat leaf or Italian parsley (*var. neapolitanum*) and curly leaf (*var. crispum*). Italian, or 'flat leaf' parsley, is stronger tasting, is more heat tolerant and stands up better to cooking. The 'curly leaf' variety is milder tasting and is better in raw dishes. Though, in truth, both can and are used interchangeably. It really has more to do with your personal preference and which grows best in your garden.

Which part to use? Root, Leaf or Seed

The entire parsley plant is considered medicinal and each part contains similar and overlapping properties. However, the root is considered the strongest and most potent as a diuretic, for bladder and kidney issues, and for arthritis. The seeds are richest in essential or volatile oils, and are an excellent diuretic, digestive aide, and appetite stimulant. The leaf, while not quite as potent as the root and seeds, is never the less, very nutrient dense and medicinal and can be used for the same purposes as the seed and root. The leaves also adapt easier to recipes and can be added to salads, soups, all manner of world cuisine, and also blends well with other vegetables in green drinks and blender shakes.

Modern Medicinal Uses

Parsley is still used by contemporary herbalists for much the same purposes it was used centuries ago. It's an important 'cleansing' herb for the entire system, an excellent mild and safe diuretic, is considered a 'tonic herb' for the kidneys, heart and cardiovascular system, and is an excellent herb for digestion. Because it is chlorophyll rich, parsley is also one of the best natural deodorizers and is used to cleanse the breath after eating garlic and other strongly scented food. Try eating a tablespoon of fresh chopped garlic followed by a spoonful or two of fresh chopped parsley or 'parsley paste'. While it may not eliminate the odor completely, it will reduce it considerably making you kissable quicker!

Much of parsley's medicinal value has to do with its high concentrations of nutrients. Parsley has three times the amount of Vit C than oranges and twice as much iron as spinach. A 1-ounce bunch of fresh parsley provides 25 percent of an adult's daily-recommended requirement of Vitamin C. It is also a great source of Vitamin A (two smalls sprigs contain over 10 IU's), and contains the important trace minerals copper, manganese, boron and fluoride. Parsley also contains several essential oils including apiole and myristicin, as well as flavonoids that help fight off infection causing bacteria and reduce the damaging effects of 'free radicals' (it sounds revolutionary, doesn't it?).

Anti-inflammatory

Parsley has anti-inflammatory properties that help with joint and other inflammatory conditions. Parsley has proven helpful for stiff achy joints and arthritis, but has to be used in sufficient amounts to be helpful. Parsley also contains a volatile oil called eugenol that has been proven to have anti-arthritis as well as anti-inflammatory properties. Use ¼ cup daily of fresh parsley. Can be chopped and added to salad dressings, in soups, salad, and added to green drinks and made into 'parsley paste'.

Anemia

Parsley has twice the amount of iron as spinach without the oxalic acidic content which often makes spinach an irritant to the kidneys. The iron in parsley is naturally bio chelated (as it is in all whole food sources) making it readily available for our systems. Combine parsley with other iron rich foods in 'green drinks' and drink daily. Parsley can also be made into tea, tinctured (though its very potent when tinctured and should be used only in small amounts) or juiced. When juiced it is extremely concentrated so use only in small amounts; 1/8 cup of parsley juice added to a cup of other vegetable juices is more than sufficient.

Breath Freshener

Parsley is chocked full of chlorophyll which makes a powerful all natural breath freshener. Chlorophyll has powerful anti-bacterial properties that reduce the development of bacteria that cause 'bad breath' and infections.

Nursing Mother?

To decrease or stop the flow of milk, drink Sage and/or Parsley tea, about 3 to 4 cups daily. These herbs are especially useful when weaning your child. Avoid Sage and Parsley if you do not wish to decrease your milk flow.

Blood Pressure

Regular use of parsley can help control blood pressure and aids in cardiovascular health. Parsley is high in folic acid folate a B vitamin that aids in regulating homocysteine. While homosysteine is a naturally occurring amino acid, high levels of homocysteine can damage blood vessels, raising the danger of stroke and heart attack. The folic acid folate in parsley is a tonic for your heart.

Bone Health

Because parsley is mineral rich, and especially high in Vitamin K, it is excellent for supporting healthy bones and ligaments. It is an important herb for those who are concerned about bone density and used for people prone to osteoporosis. Parsley can also be incorporated into healing protocols for broken bones and torn ligaments. Use fresh parsley on a regular basis for it to be effective.

Immune Booster

Parsley supports immune function and aids in keeping our bodies healthy and well. The entire plant is nutrient dense and provides many important vitamins including Vitamin C, B 12, K and A, all-important to our immune system health.

Detox & Cancer

Apigenin and myristicin (chemical constituents of parsley) boost the productivity of liver enzymes that cleanse and detoxify our bodies. A recent report on apigenin found that the flavone compound also improves the effects of drugs used to treat colon cancer (Journal of "Clinical and Experimental Metastasis", February 2011). Please note that these studies were done on single plant isolates and not the whole plant. However, studies have shown that eating parsley on a regular basis decreases the risk for some types of cancers including skin, prostate and breast cancer.

Digestion

Many members of the Apiaceae family are well known digestive aides used to dispel gas, improve digestion, and stimulate a healthy appetite. Though the whole plants were used for these purposes, it was the rich concentration of essential oils in the seeds that made them especially valuable as digestive aides. Parsley is among the Apiaceae's renowned for their ability to improve digestion. Eating parsley leaf and seeds with your meals will help prevent gas and bloating and aide in better digestion. However, you have to eat more than the teaspoon called for in most recipes. Eat abundantly of this tasty green gem and add parsley seeds to tea, or crush or grind the seeds and add to meals.

Diuretic Properties

One of parsley's main medicinal uses is as a mild diuretic. It gently stimulates the kidneys to release excess water from the system, which helps relieve gout, arthritic conditions and

rheumatism. Parsley is gentle but effective and doesn't deplete the body of potassium as synthetic diuretics often do. Parsley also contains a volatile oil called eugenol that has been proven to have anti-arthritis as well as anti-inflammatory properties. Parsley also has a positive effect on the cardiovascular system, which is often stressed due to overburdened kidneys. In holistic systems of healing, take care of the kidneys and the heart functions better. Or as has been stated, 'when you tug at a single thing in nature, you find it attached to everything else'. Take care of any part of the body, and the whole functions better.

Iron levels in parsley are twice as much as in spinach and is essential for the production of an important oxygen-carrying component in the red blood cells called heme. It also contains three times more vitamin C than oranges.

Eye health

Parsley contains significant levels of lutein and zeaxanthin which helps prevent age-related macular degeneration, the leading cause of blindness in the elderly. Lutein is especially well known for keeping eyes healthy. Parsley also contains anti-oxidant properties that aid in healthy eyesight.

Insect Bites and Stings

A Parsley poultice can be helpful at relieving insect bites and stings. The poultice will draw toxins from the sting and has a cooling effect that will help relieve the itch. Either pound the fresh herb with a rolling

pin until soft and pliable, or place in a blender with a small amount of water, or yogurt, and apply topically. Change once or twice a day as needed, until itch is relieved and swelling is reduced.

Menstruation Painful/Cramping

About 10 days before menstruation begins, the level of blood calcium begins to drop and continues to drop until about 3-4 days into the cycle. Blood calcium deficiency is characterized by: muscle cramps, headaches, water retention, achiness, depression, and insomnia, symptoms associated with PMS. There are many herbs that can be helpful at reducing PMS. While ginger is helpful at moving 'stagnant blood' and easing cramps and cayenne pepper helps reduce heavy bleeding, parsley is good at stimulating the uterus and helps facilitate or 'bring on' a menstrual cycle. Parsley also can help raise blood calcium levels if taken several days before the onset of one's cycle and aids in decreasing symptoms. Please note: it is not recommended to take parsley when pregnant or nursing (see Safety).

To prevent cramps:

Be sure you have an adequate supply of blood calcium and increase your calcium intake 10 days prior to your period. Include in your diet sesame seeds, tahini, sesame butter, yogurt, kelp, hizike and other seaweeds, deep green leafy vegetables such as kale, spinach, alfalfa sprouts, and herbs such as parsley, oats, raspberry and nettle.

Rosemary's Tidbit

"This superb garnish should never be left slighted on the side of a platter. It may, in fact, be the most nourishing item on your dinner plate. High in iron, beta-carotene and chlorophyll, richly concentrated in most vitamins and minerals, parsley is used for iron poor blood, anemia, and fatigue. It will enhance immunity and is indicated when one is prone to infections. A primary herb for bladder and kidney problems, it is a safe effective diuretic. Eaten with garlic, it helps dispel garlic breath. It is used for helping to dry up mother's milk during the weaning process and is effective as a poultice for swollen enlarged breasts and/or mastitis. Contrary, do not use parsley in any quantities when nursing as it can decrease the amount of milk. And don't use it when pregnant as it can, if eaten in large amounts, stimulate uterine contractions." ~ Rosemary

Safety Profile

Herbalist, David Hoffmann, suggests: *“The whole herb used in food rarely causes any problems. However, concentrated extracts should be avoided by those with kidney inflammation. Don't use parsley in medicinal doses if you are pregnant, as it can stimulate the uterus.”* That about sums it up; parsley is safe for everyone unless you are pregnant and/or a nursing mother, or have kidney inflammation. Though parsley is generally considered a good tonic for the kidneys, if one is suffering from kidney inflammation it can be too strong and irritating for the kidneys. Because kidney inflammation can be serious, even life threatening, it is always best to consult with a naturopathic or holistically minded doctor for guidance on treatment.

Parsley is safe for most people, but because of its potential to increase uterine contractions it should not be used by pregnant women. It can also dry up breast milk if consumed in more than moderate amounts. Do not use parsley if you have kidney inflammation as in large amounts or in concentrated dosages such as in tinctures it can be irritating to the kidneys.

Nutrition

Parsley is nutrient dense and contains three times the amount of Vit C than (as) oranges and twice as much iron as spinach. A 1-ounce bunch of fresh parsley provides 25 percent of an adult's daily-recommended requirement of Vitamin C. It is also a great source of Vitamin A (two small sprigs contain over 10 IU's), and contains the important trace minerals copper, manganese, boron and fluoride. Parsley is also a good source of the minerals potassium, calcium, and magnesium. Potassium is the chief component of cell and body fluids that helps control heart rate and blood pressure by reducing the effects of sodium. Parsley contains several essential oils including apiole and myristicin, as well as flavonoids that help fight off infection causing bacteria and reduce the damaging effects of 'free radicals and it also contains significant levels of lutein and zeaxanthin which helps prevent age-related macular degeneration, the leading cause of blindness in the elderly.

Parsley Recipes

It is best to add Parsley near the end of cooking a dish to ensure the best flavor. Flat Leaf or Italian parsley seems to hold up better in heat and has a stronger flavor in cooking than Curly Parsley, which is mostly used in raw dishes, green drinks and as an edible garnish. But then again, as in all things having to do with food, it's mostly a matter of taste and inclinations. Do what you're most inclined to do ~ *and taste!*

Parsley Paste

Parsley paste is easy to make and easy to use. I generally make a cup or two of it and freeze it in ice cube trays. As soon as the paste is frozen, I pop them out of the freezer trays and store them in freezer bags in the fridge where they are ready to use in sauces, salad dressings or as an instant poultice.

To make;

- 1) Add a small amount of water to fresh parsley and blend to a mash in the blender or food processor. Add only enough water to make a thick paste. Other herbs can be added such as rosemary, thyme, basil and sage. Though parsley stands quite well on its own!

- 2) Pour into freezer trays and freeze until solid. Pop out of the trays, transferring your Parsley to freezer bags. Label and store until needed. These last for up to six months in the freezer.

To Use;

Take out and let defrost for 15-20 minutes. Add to blender shakes, sauces and salad dressings. Or use as a poultice.

Parsley Poultice

Parsley poultices help draw the toxins from insect bites and stings and its cooling effect helps relieve the itch as well. Though there are other herbs I prefer more for this purpose (see suggestions under ailments), parsley works well in a pinch. Since most American cooks have parsley in their kitchens and it's **always** found in grocery stores, use what you have available.

To make a poultice:

Place a cup of fresh parsley in the blender or food processor. Add just enough water to make a paste. Blend until creamy. Use just enough of the herbal paste to cover and place the poultice directly against the bite, holding in place, if necessary, with clean gauze or 'vet wrap' (a type of sticky bandage that was at one time only available in veterinarian offices and feed stores, but now is available in pharmacies because it works so darn well! Comes in lots of different colors, too, which children ~ and adults ~ love.) Store extra paste covered in the refrig. Leave the poultice on for 30-45 minutes and repeat as needed until swelling subsides and it stops hurting or itching.

Obviously, if swelling continues to get bad and the skin begins to discolor, turning purplish or reddish, consult with a professional health care person to be sure you've not been bitten by a brown recluse spider or other seriously toxic insect. Also, be aware that some individuals are seriously allergic to bee stings and other insect bites. If the person is experiencing shortness of breath, or any other signs of serious distress, don't do a parsley poultice! Get to the hospital immediately.

Parsley Tea

Parsley generally isn't one of the herbs that come quickly to mind when making a tea. But it actually makes a flavorful tea or broth, especially when combined with other medicinal culinary herbs. The seeds especially are quite lovely in tea, and are also one of the more medicinal parts of the plant. Isn't it nice to know you can save those seeds for medicinal purposes when your parsley plant bolts in the garden and goes to seed?

Combine parsley leaf and seed if available with mints (spearmint, peppermint and/or lemon balm) for an especially flavorful tea. For a more pungent flavored tea, mix equal amounts of parsley, sage, thyme and rosemary together for a strong antioxidant immune supporting blend. Flavor with lemon juice. Herbs can either be fresh or dried, though dried parsley is not nearly as flavorful or potent as the fresh herb (see **instructions for making herbal tea**)

For a mild but effective herbal diuretic, add 1-2 tablespoons of fresh parsley to one cup of boiling water. Cover and steep for 30-40 minutes. Drink a cup two to three times a day.

How much water is healthy? Contrary to what many people believe, drinking more water doesn't over burden the kidneys, but is exactly what is needed when people are suffering from water retention. Not drinking sufficient water causes more stress on the kidney's and urinary system than drinking adequate amounts of water. Of course, we don't want to drown ourselves, either! What *is* a healthy amount of water to drink? The general consensus is to drink half your body weight in ounces of water daily. So if you weigh 150 pounds, you'd want to drink approximately 75 ounces of water a day to keep your kidneys and urinary system lubricated and functioning well. Do keep in mind that some teas (black and green for instance) and drinks (coffee, alcohol) are very dehydrating and not lubricating at all.

Parsley Green Drink

Parsley is a wonderful addition to many green drinks and is often added for its nutritional value and flavor. It's also readily available ~ either in the garden or super market ~ and its relatively inexpensive compared to other veggies. Not so long ago, when parsley was considered only a colorful garnish by American chefs and housewives, parsley was 'very cheap'. We could buy it for 29 cents for a very large bundle! (Now I'm sounding like my mother!)

To make a tasty 'Green Drink'

Mix the following herbs/vegetables together in equal amounts: Parsley, Spinach and Kale. Add to the blender with either tomato or pineapple juice. Both make good bases for 'green drinks'. If you're a garlic fan, add fresh garlic. And, of course, season with rosemary, thyme, oregano and other herbs for added flavor and healthful properties. Fresh lemon juice can add additional flavor and zest to your Green Drink.

Tabouli

Tabouli is a very delicious Middle Eastern dish that incorporates a lot of parsley in the recipe. In the Middle East as well as in other places in the world, parsley is used in large amounts like a vegetable rather than a seasoning herb, as this recipe demonstrates

Ingredients:

2-3 bunches of fresh parsley (either curly leaf and/or Italian),

1 bunch of green onions (about 6-7)

2 large cucumbers, peeled

4 large tomatoes

Juice of three to four lemons

8 tablespoons of olive oil

1-cup bulgur

1 cup boiling water

Salt and freshly ground pepper to taste

- Of course, like any traditional recipe there are many variations on this recipe. You can get creative and add other veggies to the basic recipe. But even just this 'simple' Tabouli recipe that I make is delicious and a great way to incorporate a lot of parsley in your meal. If anything, add more parsley!

To make:

Place bulgur in a bowl and cover with boiling water. Place a dish towel over the bowl so the steam doesn't escape, and let sit at room temperature for an hour or two, until the water is absorbed.

In the meantime, chop parsley very finely. Chop into small pieces tomatoes, cucumbers (peeled) and green onions and mix with the parsley.

Next make your sauce or dressing by juicing the fresh lemons and adding the juice to olive oil. Add salt and pepper to taste. Frankly, I like a little more dressing than this recipe calls for and usually add a little more olive oil and lemon juice.

When the bulgur is soft and has absorbed the water, add the rest of the ingredients and toss with the dressing. I like to let this all marinate together for another hour or so before serving, but it can be served directly. Stores well in the refrigerator for several days and seems to get better as flavors marinate together.

Herb Vinegars Recipe

(Herbs used: Apple Cider Vinegar, Parsley, Rosemary, Sage, Basil, Thyme, Marjoram, and/or Dill)

These are among the nicest things to do with fresh garden culinary herbs. They make great gifts, are wonderful “sellers” at craft fairs and stores, and taste delicious. Most of the herb vinegars sold in shops are embarrassingly lacking in herbs. Real herb vinegar is packed full of herbs and taste far more like herbs than vinegar. ***Go ‘herb crazy’ and pack those jars full of delicious flavorful herbs!***

To make, select a nice bottle. Old wine bottles, recycled vinegar bottles, and antique bottles all make fitting receptacles. But take this bit of advice and be sure it’s a wide mouth jar so it’s easier to get the ‘spent’ herbs out of it!

Select your herbs fresh from the garden. Leave on the stems. Be sure they are clean and bug free. If rinsing the herbs first, be sure they are patted dry. Pack the herbs in the jar. You can put cloves of garlic, slices of Horseradish, and whole Red Peppers in for spicy flavors and interesting visuals. Add enough vinegar to cover the herbs and let sit for 3-4 weeks, until vinegar absorbs the herbal flavors.

Herbs that are commonly used include: Parsley, Rosemary, Sage, Tarragon, Basil, Thyme, Oregano, Marjoram, and Dill. Opal Basil, a beautiful purple Basil, lends a unique purple-rose color to the vinegar. It is best to use white vinegar to truly be able to appreciate the color of the opal Basil. For all other herb vinegars, I generally recommend apple cider vinegar for its health properties.

Medicinal Pesto

(Herbs used: Parsley, Cilantro, Sweet Basil and Garlic)

There are so many great recipes for herbal pesto. This one incorporates the healing energy of four herbal powerhouses; parsley, cilantro, basil and, of course, garlic. Use this pesto when ever your body needs cleansing, healing or you just crave something that’s green and delicious! Freeze some so you have it throughout the year.

1 cup oil

½ cup Sweet Basil

½ cup fresh Parsley

½ cup fresh Cilantro

2-3 cloves of Garlic

Cover with approximately 1 cup of Olive Oil and pulsate or blend in the blender or food processor until creamy. Add more olive oil as needed

Add:

¼-1/2 cup of walnuts (sunflower seeds, cashews and pine nuts can be used as well; each nut/seed adding a different flavor)

¼ cup Parmesan, pecorino, or Romano cheeses (this recipe can also be made without cheese)

A dash of pepper and salt to season or dulse flakes

Pulse until the desired consistency. Store in closed container in the refrig. Eat on crackers, served with grain and pasta, and in so many other creative ways.

Green Cheese

(Herbs used: Parsley, Chives, Basil, Thyme, and Garlic)

To 1 lb. of cottage cheese or Greek Yogurt (use a thick variety of yogurt*) add the following fresh herbs finely chopped: Parsley, Chives, Basil, Thyme, and finely chopped or pressed Garlic. Add enough herbs so that the cottage cheese is green! Fresh herbs are best, but dried herbs will do. Cabot Creamery, our local Vermont farmer's co-op, makes a delicious yogurt cheese that is thick and creamy but without the calories or richness of cream cheese. This 'yogurt cream cheese' goes wonderfully with herbs and makes a delicious heart healthy alternative to cream cheese spreads.

Green Aioli

(Herbs used: Parsley, Garlic, and Lemon)

This makes a wonderfully heart healthy alternative to mayonnaise. Use on sandwiches, as a spread or dip.

The key to making a good aioli (means garlic olive oil sauce), like making a perfect mayonnaise, is to pour the oil slowly, a slow drizzle is best. The traditional tool used to make aioli is the handy mortar and pestle. After you've mastered aioli with your blender and/or food processor, do try 'the mortar and pestle method'. There is something to these old fashioned hand tools that really do make the food taste better! Don't ask me how, just taste the difference...it is definitely noticeable.

Ingredients:

1 whole garlic (or half a garlic depending on the size and your 'garlic tolerance')

¼ cup of fresh chopped parsley (more or less to taste)

1 large egg yolk (preferably from free range chickens who are the only happy chickens on earth)

1-teaspoon mustard prepared

Extra Virgin Olive oil

Sea Salt and pepper to taste

To Make:

- 1) Finally chop the parsley and garlic; can use the food processor or blender to do this, but then be sure to clean it well before you start to make the sauce.
- 2) Add the egg yolk, garlic and mustard to a clean blender or food processor, turn on high speed, blend a few seconds, and then begin adding oil in a slow stream. The mixture should begin to thicken.
- 3) When the oil has been absorbed and the sauce is thick, stop the processer, and add lemon juice, stirring in by hand slowly, until it's all absorbed and mixed in thoroughly.
- 4) Next stir in the chopped parsley, pulsating quickly, but just for a few seconds, being sure not to over beat at this point as it will cause the oil and lemon juice to separate.
- 5) Add salt and pepper to taste.

6) Your aioli (which means garlic olive oil sauce) should be thick, rich and creamy and super yummy!