

## Caribbean Green Seasoning

**Makes:** ~500ml

**Prep time:** 20 minutes

**Cook time:** 0 minutes

### Ingredients

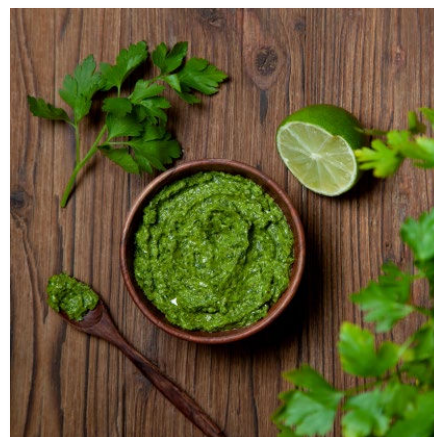
- 1 bunch fresh thyme, thick stems removed
- 1 bunch fresh coriander
- 1 bunch fresh parsley
- 2 tablespoons fresh tarragon
- 2 tablespoons fresh rosemary
- 4 spring onions, chopped
- 12 large garlic cloves, peeled
- 1 large brown onion, peeled and chopped
- 1 celery stalk, chopped
- 1 small green capsicum, deseeded and chopped
- 1 hot chilli (e.g. Habanero) (*optional*)

### Method

WASH, drain and roughly chop all herbs.

ADD all ingredients to a blender or food processor. Puree until finely blended, adding just enough water to moisten the mixture, if required. Scrape sides and pulse again until combined.

STORE in airtight jars in the refrigerator, or pour into ice cube trays and freeze.



*Recipe courtesy of the Country Kitchens 2023 Country of Study Collection - Trinidad & Tobago*