

# Gremolata

Learn how to make authentic Italian gremolata with fresh parsley, garlic, and lemon zest. Perfect condiment for osso buco, seafood, and pasta dishes.

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 bunch parsley
- 1 tsp lemon
- 1 clove garlic
- 1 tsp rock salt

## Instructions

- 1 Prepare the parsley**

Wash 1 bunch fresh flat-leaf parsley under cold running water and shake off excess moisture. Pat the leaves completely dry with paper towels until no water remains.
- 2** Remove the thick stems from the parsley and discard them. Gather the parsley leaves into a tight bundle and use a sharp chef's knife to slice them into thin ribbons.
- 3** Continue chopping the parsley ribbons with a rocking motion until very finely minced, creating an almost powder-like texture. Transfer to a small mixing bowl.
- 4 Prepare the garlic and lemon**

Mince 1 clove garlic with a pinch of salt, pressing and chopping until it forms a smooth paste. Add the garlic paste to the bowl with the parsley.
- 5** Wash and thoroughly dry 1 lemon. Use a microplane or fine grater to grate 1 teaspoon of yellow zest only, avoiding the bitter white pith underneath.
- 6 Combine the gremolata**

Add the lemon zest to the bowl with the parsley and garlic. Use a fork to toss all ingredients together until

evenly distributed throughout the mixture.

- 7 Taste the gremolata and season with a pinch of salt if needed. Serve immediately as a bright finishing touch over hot dishes, or cover and store for up to 4 hours before serving.

## Tips

Choose flat-leaf Italian parsley over curly parsley for the most authentic flavor and easier chopping. Flat-leaf parsley has a more robust taste and doesn't clump as much when minced finely.

Always wash and thoroughly dry parsley before chopping. Any remaining moisture will cause the gremolata to become soggy and turn dark more quickly. Use paper towels or a salad spinner to remove all water.

Use a microplane grater for the lemon zest to achieve the finest, most aromatic results. Avoid the white pith beneath the yellow skin, as it adds bitter flavors that overpower the bright citrus notes.

Mince the garlic with a pinch of coarse salt to prevent it from sticking to your knife and to help break down the cell walls, releasing more flavor compounds.

Make gremolata in small batches and use immediately for the best color and flavor. The fresh herbs will darken and lose their vibrant taste within hours of preparation.

For the finest texture, use the traditional knife-chopping method rather than a food processor, which can turn the mixture into a paste and bruise the delicate herb leaves.

If adding optional ingredients like pine nuts or capers, toast nuts lightly in a dry pan first to enhance their flavor, and rinse capers to remove excess salt.