

Lavender and peppercorn rub for roasted meat

- 3 tsp mixed peppercorns
- 1 tsp [fennel](#) seed
- 1 tsp sea salt
- 2 tsp dried [lavender](#) heads.

Combine all the ingredients and crush coarsely in a mortar and pestle, or in a strong plastic bag with a rolling pin. Store in a small jar to rub onto your roasts or barbecue meat.