

Recipes



Lavender, *Lavandula angustifolia*

Tips for Using Lavender:

- *Lavandula angustifolia* is generally considered the best lavender for cooking, though *L. x intermedia* 'Provence' is used for flavoring meats and savory dishes.
- Taste dried lavender buds to determine flavor and preference for culinary use as each variety has a slightly different flavor profile.
- Add about ¼ teaspoon of dried lavender buds to brewed black tea, steep 1 to 2 minutes or to taste for tea with a hint of lavender. A light bodied tea like Darjeeling is ideal for this.
- Make lavender simple syrup by infusing 2 tablespoons of lavender bud in a syrup made from heating 1 cup of sugar in 1 cup of water until the sugar is dissolved. Pour hot sugar water over the buds and steep for 30 minutes before straining and storing in the refrigerator. Use in cocktails, lemonade or other recipes.
- Infuse lavender flavor into any liquid prior to using in a recipe by pouring hot liquid over the buds, steeping and straining prior to use.
- Make lavender lemonade by infusing a small bundle of lavender spikes in prepared lemonade. Steep overnight in the refrigerator and strain before serving.
- Mix 1 tablespoon dried lavender flower buds with 1 cup sugar in an airtight container to make lavender sugar. Let the mixture infuse for 1 to 2 weeks. May strain before use in recipes or to top cookies, cakes and muffins.

Peach Lavender Jam

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| 1 ½ cups sugar | ½ tablespoon finely grated lemon zest (1 medium lemon) |
| 5 tablespoons freezer jam fruit pectin | 5 freezer jars, 8-ounces each |
| 4 cups chopped and crushed peaches | |
| 3 heaping teaspoons crushed culinary fresh lavender or 2 teaspoons crushed dried lavender | |

Prepare peaches by peeling, chopping and crushing. Use an immersion blender leaving some fruit pieces if a sauce consistency rather than jam is desired. In a separate large bowl, blend sugar and pectin together. Add fruit, lavender and lemon zest to sugar and pectin mixture. Stir 3 minutes. Ladle jam or sauce into clean jars, leaving ½ inch from the top to allow for expansion if freezing. Add lids. Let stand about 30 minutes until thickened. Refrigerate Peach Lavender Jam for up to 3 weeks or freeze up to 1 year. Makes 5 8-ounce jars of jam or sauce. Experiment with other fruit and lavender combinations such as strawberries, blueberries, raspberries and plums.

Karen L. Kennedy, HSA Headquarters

Lavender Cookies

4 oz. (1 stick) unsalted butter, softened
1/3 cup light brown sugar
1 1/4 cups self-rising flour
1 tablespoon lavender flowers (dried)

Pinch of salt
Confectioners' sugar for garnish

In a bowl, cream the butter, brown sugar, and salt until light. Add the flour and lavender. Mix well, set in refrigerator and chill for about an hour.

Preheat oven to 400°F. Grease a heavy cookie sheet. Turn dough out onto a lightly floured board and roll 1/3 -inch thick. With a small biscuit cutter, cut the dough into rounds, place on the cookie sheet and bake for 8-10 minutes, or until delicate brown. Cool on a wire rack, sprinkling with confectioners' sugar while still warm.

Alma de la Guardia, HSA Nashville Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Sweet Lavender Scones

3 cups flour 3/4 cup sugar
1 tablespoon baking powder
1 teaspoon dried lavender buds
1 teaspoon salt
1/2 teaspoon baking soda

3/4 cup (1 & 1/2 sticks) cold butter cut into cubes
1 teaspoon vanilla
1 cup buttermilk

Preheat oven to 425 degrees F.

Line a large baking sheet with parchment paper.

In a food processor, or by hand, mix together all of the dry ingredients.

Add the cold butter and process or mix by hand until mixture resembles coarse meal.

Add the vanilla to the buttermilk.

In a large bowl, add the wet ingredients to the dry ingredients and stir until you have a "shaggy" dough.

Transfer to a lightly floured surface and knead a few times, until a dough forms. Divide the dough in half, and pat into two 8 inch rounds.

Cut the rounds into 8 wedges each and place the wedges on a large cookie sheet.

Bake for 13 -15 minutes until golden brown. After removing from the oven, sprinkle with lavender sugar.

Transfer to a wire rack and let cool. Makes 16 scones.

Janice Cox
Beautiful Lavender, A Guide for Growing, Using, and Enjoying Lavender

Lavender Ice Cream

2 eggs
1 cup lavender syrup, cold (see recipe)
¼ cup milk
2 cups whipping cream
1 teaspoon pure vanilla extract

Lavender Syrup

2 cups water
2 cups sugar
2 tablespoons dried lavender flowers

Blend eggs, 1 cup lavender syrup, and milk in a blender. Stir in the cream and vanilla. Freeze in an ice cream maker according to the manufacturer's directions.

Lavender Syrup

Boil sugar and water for 5 minutes. Add lavender flowers and allow to steep for 30 minutes. Strain and refrigerate.

Anne Abbott, New Orleans Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

**Do you have a recipe using lavender to share?
Please send it to educator@herbsociety.org**