



USES OF LAVENDER IN COOKING

Lavender Mustard:

- As a condiment to a Rack of Lamb
- As a marinade over a Leg of Lamb
- Beef Wellington: incorporate in stuffing
- As a flavouring with Fish
- As a condiment with char grilled red meats
- As an ingredient in a Corned Silver Side sauce
- Gourmet Ham Sandwiches

Lavender Honey:

- Lavender Honey Dressing: use your favourite herbs & garlic, blend, stir olive oil through before serving. Perfect for crisp garden salad.
- As a flavouring to creamy ice cream.
- Drizzled over the top of crepes and used as a garnish.
- Warmed & poured over Baked Pears.

Lavender in Baking:

- Lavender Bread
- Lavender Biscuits
- Lavender Scones
- Lavender Cake

Lavender Vinegar

- Delicious as a basis to your salad dressing

Lavender Canola Oil:

- Use instead of olive oil for stir fry
- Pan cooked fish & chicken

Savoury Lavender:

- Fennel & Lavender tarts
- Mullet & Lavender

Desert Lavender:

- Lavender Pudding
- Rhubarb & Lavender Pie
- Fresh Summer Fruit Salad & lavender
- Lavender Pancakes
- Lavender Sorbet using champagne, lemon, egg white, sugar lavender flowers.

WHEN COOKING WITH LAVENDER USE A CULINARY LAVENDER EG: *lavandula angustifolia* Munstead