

Lavender Ice Cream

(adapted from Bon Appetite)

1 1/2 cups sugar (or lavender sugar)
8 large egg yolks
3 cups whole milk
1 cup heavy whipping cream
1 tablespoon Little Sky ground lavender
(if lavender sugar is used, decrease lavender
to 1/2 tablespoon or omit)
1 vanilla bean, split lengthwise)

Whisk 1 cup sugar and egg yolks in medium bowl until well blended and thick. Combine milk, cream, lavender, and 1/2 cup sugar in heavy large saucepan. Scrape in seeds from vanilla bean; add bean. Stir over medium-high heat until sugar dissolves and mixture comes to a simmer.

Gradually whisk into egg yolk mixture; return mixture to same pan. Stir custard over medium heat until thick enough to leave path on back of spoon when finger is drawn across, about 7 minutes (do not boil).

Strain custard into bowl; chill until cold, at least 2 hours. Process in ice cream maker according to manufacturer's instructions. Transfer ice cream to container. Cover and freeze until firm, at least 6 hours. (Can be made 2 days ahead, keep frozen).

Lavender Lemonade

Makes 2 quarts

First step is to prepare the simple syrup:
1 cup sugar
2 tablespoons Little Sky ground lavender
grated zest of 2 lemons
2 cups water

In a medium saucepan combine the water, sugar, lavender, and lemon zest. Bring to a boil and cook for 1 minute. Strain and discard the solids. Set aside.

In a 2 quart pitcher combine 4 cups water and 1/2 cup fresh lemon juice. Add the syrup and ice to the top, stir and chill (or serve in ice filled glasses).

~ Lavender and lemon pair very nicely together. Depending on your taste you can increase the amount of time you steep the lavender when making the syrup. Experiment in 1-minute intervals.

Lavender Lemon Preserves

(Makes 2 quarts)

For those of you lucky enough to have a lemon tree, here is a great way to use all those lemons.

They are steeped in a solution that creates a silk like texture, and makes for a heightened lemon flavor that adds a kick to most anything.

In a pretty jar, it makes a nice gift as well.

You need:

8 large lemons
2/3 cup course sea salt
1/3 cup sugar
3 tablespoons minced garlic
2 tablespoons Little Sky ground lavender
Extra virgin olive oil

Bring a large saucepan of water to a boil. Prick the skins of the lemons 5 or 6 times with a fork. Add to the boiling water and boil for 5 minutes. Drain and set aside until cool enough to handle.

Cut lemons lengthwise into quarters. In a bowl, mix the salt, sugar, garlic, and lavender. Start layering the lemon wedges in a wide-mouthed quart jar. Sprinkle each layer lightly with the salt mixture. Press down gently on the lemons and pour in enough olive oil to cover them by 1/2 inch. Cover and refrigerate at least three days or up to one month before using. Store in refrigerator.

Lavender Salt Roasted Potatoes

with Lemon Zest and Cherry Tomatoes

Recipe created by Stuart Cristol-Deman

Courtesy of Toque Blanche ~ Half Moon Bay, California

2 pounds baby Yukon gold potatoes
2 cloves garlic, crushed
olive oil
1/2 pint of cherry tomatoes, cut in half
Little Sky lavender sea salt
black pepper
zest of one lemon

Soak the potatoes in salted water (plain salt), cover for 20-30 minutes. Preheat oven to 425° F. Drain potatoes and dry off.

Drizzle potatoes with olive oil, toss with garlic and lavender sea salt to taste. Roast for 30 minutes, or until fork tender. Place zest and tomato halves in a large bowl. When potatoes are done, toss in bowl with zest mixture, pepper to taste, and serve.

Lavender Recipes



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Lavender, famously fragrant, is also a delicious versatile herb that will enhance any sweet or savory dish. A member of the mint family it can be paired with or used in place of rosemary, oregano and basil as well as the aromatics, like cinnamon and cloves. Citrus and lavender is also a lovely pairing. Here are some favorite recipes featuring Little Sky Culinary Lavender, our own organic Lavender Sugar and our savory Lavender Sea Salt. Let your imagination be your guide, and have fun cooking with Little Sky Lavender! Enjoy!

Lavender Banana Bread

1 3/4 cup sifted flour 1/3 cup salad oil
 1 teaspoon baking powder 1/2 cup sugar
 1/2 teaspoon baking soda 2 eggs
 1/2 teaspoon salt 1 cup banana, mashed
 2 tablespoons Little Sky ground lavender
 1/2 cup chopped walnuts (optional)

Sift the first 4 dry ingredients together, in a small bowl. With a fork, mix ground lavender into the dry ingredients. In a large bowl cream shortening and sugar; beat in eggs.

Alternate, with mashed banana and dry ingredients, adding to the shortening/sugar/egg mixture. Blend well with each addition. Add walnuts. Pour into a well greased 9" by 5" loaf pan. Bake at 350° F, for 45-50 minutes, or until a toothpick comes out clean.

Lavender Kettle Corn

1/4 cup salad oil
 1/4 cup Little Sky lavender sugar
 1/2 cup popcorn kernels
 1 teaspoon Little Sky lavender sea salt, or to taste

Heat the oil in a large pot with a tight fitting lid over medium heat. Add popcorn. When the oil starts to sizzle, sprinkle lavender sugar over the kernels. Cover and shake the pan until popping slows (about 3 minutes). Remove from heat, toss with salt and enjoy this salty-sweet treat!

Lavender Sea Salt Rub

A wet rub that works wonderfully on meat, poultry, and fish. 2 tablespoons Little Sky Lavender sea salt, 2 tablespoons olive oil, 2-4 cloves garlic finely chopped, pepper to taste. 1-2 tablespoons of your favorite herb such as rosemary, oregano, sage, basil, thyme; if desired the grated zest of lemon or lime.

Lavender Pumpkin Bread

3 cups all-purpose flour 2/3 cup salad oil
 2 cups Little Sky lavender sugar 3 eggs, slightly
 2 teaspoons baking soda beaten
 1 teaspoon salt
 1/2 teaspoon double-acting baking powder
 1 15-ounce canned pumpkin (or 2 cups fresh)

(You can use plain sugar and add 2 tablespoons Little Sky ground lavender)

Preheat oven to 350° F. Grease well, two 9" by 5" loaf pans. In a large bowl, with fork, mix flour with next 4 ingredients; add remaining ingredients, and mix just until blended. Turn batter into pans.

Bake about 1 hour or until toothpick inserted in center comes out clean. Cool, in loaf pans, on wire racks 10 minutes; remove from pans and cool completely on racks. When cool, wrap each loaf.

Makes 2 loaves. *Additions: 1/2 teaspoon each of cinnamon & nutmeg (lavender pairs very nicely with).*

Lavender Artichoke Frittata

2 (8 oz) packages frozen artichoke hearts, thawed, chop coarsely ~ or 2 cans artichoke hearts, drained
 2 tablespoons olive oil
 2 small red onions, chopped
 4 garlic cloves, minced
 1/2 pound mushrooms, sliced
 8 large eggs
 1/2 cup fine dry bread crumbs (sourdough is the best)
 1/2 teaspoon sea salt
 1/4 teaspoon freshly ground pepper
 2 teaspoons Little Sky ground lavender, or to taste
 4 cups shredded sharp (or extra sharp) cheddar cheese

Pre-heat oven to 325° F. Use non-stick cooking spray or line with parchment paper a 9x13 baking dish.

Sauté artichoke hearts in olive oil for about 5 minutes, in a large skillet, over medium heat. Add onion, garlic, and mushrooms; cook until onions are soft.

In a large bowl, beat eggs with a fork. Stir in bread crumbs, salt, pepper and lavender. Stir in cheese and artichoke mixture. Pour into the baking dish and spread evenly. Bake 30 minutes, or until top is firm to the touch.

Cut into desired serving size (4-6 people) or into bite-sized squares (approximately 50) for an appetizer. Serve hot, room temperature or cold. This dish freezes beautifully. Some embellishment suggestions: chopped green chili's, sun-dried tomatoes, bell peppers, or any of your favorite herbs; explore, invent, have fun!

Pumpkin Lavender Soup

One 3 lb pumpkin (or Hubbard Squash)
 peeled, seeded, and cut into 1 inch cubes
 3 tablespoons olive oil, divided
 Salt and pepper

1 sweet onion cut into 1 inch thick slices
 6 cloves garlic (split lengthwise)
 4 cups vegetable or chicken stock

1 1/2 teaspoons Little Sky lavender, ground
 1 tablespoon fresh sage leaves, thinly sliced

*For a crispy garnish, more whole sage leaves, and oil.

Preheat oven to 350° F. In a large bowl, toss pumpkin cubes with 2 tablespoons of the olive oil; salt, & pepper generously. Spread the pumpkin evenly on a rimmed baking sheet and roast for 25 minutes or until nearly tender when pierced with a fork.

While pumpkin is roasting, coat the onion slices and garlic with the remaining tablespoon of olive oil. When the pumpkin is ready, make room on the baking sheet for the onion and garlic and roast 15 minutes more or until the pumpkin and onion are tender.

Transfer all the vegetables to a large saucepan with the vegetable (or chicken) stock and lavender, bring to a simmer over high heat. Reduce the heat to medium-low and simmer for 30 minutes. Working in batches, if necessary, transfer the soup to a blender or food processor and blend until smooth. Return the blended soup to the saucepan and stir in the sliced sage leaves. Season to taste with salt and pepper. Serve hot.

**Crispy garnish*~ in a small pan heat 1/4 cup oil until very hot, add whole sage leaves, fry about 1 minute or until crisp. Gently remove leaves to drain on paper towels. Garnish on top of individual bowls of hot soup.

Lavender Sweet Potatoes

6 Servings

2 lbs. jewel sweet potatoes (orange flesh type)
 1 stick melted butter (unsalted)
 1/4 cup fresh squeezed lime juice
 3/4 teaspoon Little Sky ground lavender

With a fork, prick the sweet potatoes and place on a baking sheet lined with foil.

Preheat oven to 400° F, bake 1 hour or until very soft. When cool enough to handle, scoop the flesh into a bowl, discard the skins. Mash with a potato masher, or hand held blender until smooth. Stir in the melted butter, lime juice and lavender. Salt and pepper to taste. If desired, sprinkle with the grated zest of one lime.