



Spice Up Your Summer!

Maynard Library

Spice Club

LAVENDER and
HERBES DE PROVENCE

SPICE INFORMATION

The term lavender is generally used to describe any plant of the genus *Lavandula*, which encompasses 47 known species of perennial flowering plants in the mint family, *Lamiaceae*. It is native to the Old World, primarily found across the drier, warmer regions of mainland Eurasia, with an affinity for maritime breezes. Lavender is found on the Iberian Peninsula and around the entirety of the Mediterranean coastline including Provence. Many members of the genus are cultivated extensively in temperate climates as ornamental plants for garden and landscape use, for use as culinary herbs, and also commercially for the extraction of essential oils. Lavender is used in traditional medicine and as an ingredient in cosmetics.

The English word lavender came into use in the 13th century, and is generally thought to derive from Old French *lavandre*, ultimately from Latin *lavare* (to wash.)

Lavender is renowned as a culinary herb for its clean, distinctive perfume and matching floral, ever-so-slightly-minty flavor. It's also one of the hardest seasonings to cook with, because of its potential to easily overpower dishes. Some people find that lavender has a soapy flavor if overused. Lavender's sweet, fragrant flavor complements a range of foods, both sweet and savory. It goes well with strawberries, blueberries, pears, lemon, orange, honey, sage, rosemary, oregano, thyme, pepper, and chocolate.

Not all lavender should be used in food. Culinary lavender is typically cultivated from *Lavandula angustifolia* plants (commonly known as English or "true" lavender) and has less oil than the aromatic French lavender (*Lavandula x intermedia*) used in perfumes or soaps.

Use fresh or dried buds but beware: The essence gets stronger and more concentrated as it dries. Use a very light touch! When cooking with dried lavender, use only 1/3 of the amount if the recipe calls for fresh buds. Lightly toast dried lavender in a dry skillet set over medium heat, constantly stirring, to deepen its complexity and remove the perfumed notes. Don't use lavender essential oil for cooking—it can be unsafe for ingestion.

<https://www.thespruceeats.com/cooking-with-lavender-1375417>

<https://www.bonappetit.com/test-kitchen/how-to/article/cooking-with-lavender>

<https://en.wikipedia.org/wiki/Lavandula/>



Herbes de Provence

Recipes for the renowned French herb blend herbes de Provence vary but often include fennel, marjoram, rosemary, tarragon, and thyme. Other recipes include (or omit) basil, parsley, bay leaves, savory, chervil, sage, oregano, mint, and lavender. Despite its ubiquity throughout Provence, lavender was not traditionally included in the mixture; it is often found in the commercial versions, especially in the US.

Herbes de Provence, an essential component of French and Mediterranean cooking, adds a distinctive flavor to dishes such as chicken, roasted vegetables, grilled fish, salads, tomato-based soups, and stews like ratatouille.

Herbes de Provence originated in the southeastern region of France, where summertime herbs are plentiful and used in daily cooking. But it only became familiar in America during the 1970s, after Julia Child began teaching home chefs around the world about French cooking.

<https://www.thespruceeats.com/make-your-own-herbes-de-provence-995824>

This document can be found at <https://www.maynardpubliclibrary.org/spice>

Lavender in your kit was purchased at the Assabet Co-op Market bulk section. The herbes de Provence mix was purchased at Debra's Natural Gourmet bulk section. The ingredients are listed as savory, thyme, rosemary, basil, tarragon and lavender.

RECIPES

Lavender Lemonade

https://www.simplyrecipes.com/recipes/lavender_lemonade/

Servings: 6

Ingredients

- 1 tablespoon dried lavender flowers
- 1 cup sugar
- 2 cups boiling water
- 1 1/2 cups freshly squeezed lemon juice
- 2 cups cold water, plus more as needed
- Ice
- Thinly sliced lemons and a few lavender sprigs, for garnish

Steps

1. Place lavender in a medium bowl (preferably not Pyrex).
2. Add the sugar and use your fingers to gently rub the flowers into the sugar.
1. Pour boiling water over the lavender sugar and stir with a spoon until the sugar has dissolved. Cover and let infuse for 30 minutes (or up to several hours).
1. Strain the lavender-infused simple syrup and pour into a serving carafe or pitcher.
1. Stir in the lemon juice. Add another 2 cups of cold water. Taste and adjust for tartness. Add more lemon juice if too sweet. Add more sugar if too tart. Add ice and more water to your desired level of concentration.
2. Add some thinly sliced lemons and a few lavender sprigs to the serving pitcher for presentation if you so desire.



Peach Lavender Jam

<https://www.food.com/recipe/peach-lavender-jam-293113>



Ingredients

- 1 lime, zested
- 2 tablespoons lavender flowers, dried
- 1/2 cup boiling water
- 4 cups peaches, finely chopped (5-6 medium peaches)
- 2 tablespoons lemon juice
- 6 cups granulated sugar
- 1 (6 ounce) envelope liquid fruit pectin

Steps

1. Place lavender flowers in a small bowl. Pour boiling water over flowers and steep for 20 minutes. Strain and discard flowers.
2. Combine lavender liquid, lime zest, peaches, lemon juice and sugar in a very large stainless steel or enamel saucepan. Bring to a full boil over high heat and boil hard for 2 minutes, stirring constantly. Remove from heat and stir in pectin.
3. Ladle into sterilized jars and process in a hot water bath for 5 minutes.

Blackberry Lavender White Chocolate Scones

<https://www.halfbakedharvest.com/blackberry-lavender-white-chocolate-scones/>

Servings: 12

Ingredients

- 2 1/2 cups all-purpose flour
- 1 tablespoon granulated sugar
- 1 tablespoon baking powder
- 1/2 teaspoon kosher salt
- 12 tablespoons cold salted butter, grated on a cheese grater
- 3/4 cup cold cream or buttermilk, plus more for brushing
- 1 large egg, beaten
- 1 1/2 cups fresh or frozen blackberries (no need to thaw)
- 1/2-1 cup white chocolate chips

LAVENDER GLAZE:

- 1/4 cup whole milk
- 2 tablespoons butter
- 1 tablespoon dried lavender (use 2 teaspoons for a less intense flavor)
- 1 teaspoon vanilla extract
- 1-2 cups powdered sugar to your taste



Steps

1. Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the flour, baking powder, sugar, and salt. Add the butter and toss with the flour. Add the buttermilk and egg. Mix until just combined, being careful not to over-mix. Fold in the blackberries and white chocolate chips. It's OK if some of the berries burst.
3. Turn the dough out onto a floured surface. Pat into a 1-inch thick square. Now cut the dough into 9 large squares or 12 smaller squares. Place on the prepared baking sheet. Brush the tops of the scones with cream. Transfer to the oven and bake until golden brown, 20-22 minutes.
4. Meanwhile, make the lavender glaze. Warm the milk and butter in a small saucepan set over medium heat until steaming, about 3-5 minutes. Remove from the heat and stir in the lavender. Cover and steep 5 minutes. Strain milk through a fine-mesh strainer and discard the lavender. Stir in the vanilla and powdered sugar, adding more to your taste.
5. Serve the scones warm, drizzle with the glaze and smeared with butter.

Notes

- To Shred the Butter: freeze the butter for 10-15 minutes, then shred on a box grater, just as you would cheese. Lightly separate, keep the butter COLD.
- To make Homemade Buttermilk: Combine 1 scant cup of milk and 1 tablespoon of either lemon juice or vinegar. Let the mix sit 5 to 10 minutes until slightly thickened and you see small curdled bits.

Rosemary, Garlic, and Lavender No-Knead Bread

<https://www.joshuakennon.com/rosemary-garlic-and-lavender-no-knead-bread-recipe/>

Ingredients

- 1/2 teaspoon active dry yeast
- 6 cups of unbleached bread flour (do not use all purpose flour!)
- 3/4 teaspoon sea salt
- 3 cups of warm water
- 1/4 cup seasoning mixture (see below)

Seasoning Mixture

- 1/3 cup dried rosemary leaves
- 1/3 cup dried sliced garlic
- 2/3 tablespoon dried lavender
- 2/3 tablespoons brown sugar
- 1/4 teaspoon Ancho chili pepper
- 1/3 cup kosher salt
- 2/3 tablespoon peppercorns

Steps

1. In a large bowl, mix the water and the yeast. Let it sit for 2-3 minutes to activate.
2. Add in all the other ingredients and stir for a minute or two until the bread looks like a giant, wet mess.
3. Cover the bowl with plastic wrap and let sit at room temperature for 18-20 hours. The mixture should now look wet and bubbly.
4. Sprinkle flour in the bottom of two bowls. Dump the dough mix out onto a floured surface. Wet your hands to avoid sticking. Split the dough and form two balls.
5. Put each ball in a floured bowl, cover with a dishtowel and let rise for two more hours.
6. Heat oven to 450 degrees and heat a Dutch oven into it for at least 30 minutes. Take a risen dough and stretch the surface into a ball so that the skin of the dough appears tight, and drop it into the hot Dutch oven. You might hear a sizzle as the cool dough makes contact.



7. Cover the Dutch oven and return it to the oven for 30 minutes.
8. Remove the lid from the Dutch oven and bake for another 5-10 minutes. This will brown the bread crust. Check frequently for your preferred level of brownness.
9. Remove the Dutch oven from the oven, and remove the bread from the pan. Let cool for 10 minutes. Repeat baking steps for the second ball of dough.

Easy Herbed Dinner Rolls

<https://www.monpetitfour.com/herbed-dinner-rolls-2/>

Servings: 20

Ingredients

- 2 1/4 tsp active dry yeast
- 1 tbsp granulated sugar
- 3 tbsp of warm water, 105°F-110°F
- 6 tbsp unsalted butter, melted, plus a few more tbsp to brush on top of rolls
- 1 cup whole milk
- 2 cups bread flour
- 2 tsp salt
- 2 tbsp herbes de Provence
- 1 cup all-purpose flour
- sea salt for sprinkling on top, optional
- olive oil for greasing



Steps

1. Proof the yeast by combining the dry yeast with the sugar and warm water. Let this mixture sit for approximately 5 minutes. It will look very frothy when it's ready.
2. Meanwhile, melt the butter in a medium saucepan with the milk. Cook until butter has melted and milk is lukewarm. Remove from heat and set saucepan aside.
3. Add the bread flour to the bowl of a stand mixer, then add the herbes de Provence and salt. Mix together to combine. Now, add the yeast mixture and milk mixture. Mix just until combined.
4. Stop the mixer to add a cup of all-purpose flour in before attaching the hook attachment to your mixer. Knead the dough for about 5 minutes, or until most of the dough has pulled away from the sides of the bowl. Use a wooden spoon to scrape up any bits of dough off the sides of the bowl and use floured hands to transfer the dough out of the bowl and into a compact shape.
5. Place the dough ball into a greased bowl and roll it around in the bowl so that it's covered in oil. Cover with plastic wrap and let dough rise for 1 hour in a warm, draft-free place (or until dough has doubled in size).
6. Use floured hands to transfer the dough from the bowl to a lightly floured surface. Sprinkle a tiny bit of flour over the dough before using a rolling pin to roll it out into a large rectangle. Use a sharp knife to make 5 vertical columns and 4 horizontal rows.
7. Take each piece of dough and either roll it into a ball, or pull the edges of each piece of dough outward and then tuck underneath the center to create a ball shape. Place each of these dough balls on a baking sheet (greased or lined with parchment paper.)
8. Cover the sheet with a linen towel and let the dough rise again for 40 minutes. Then brush the tops with melted butter and sprinkle with a smidgen of sea salt (optional).
9. Bake at 350°F for approximately 25 minutes, or until the tops are nice and golden. Let them rest on the baking sheet afterward for about 5 minutes before removing.

Easy Baked Sweet Potato Fries

<https://cupcakesandkalechips.com/herbes-de-provence-baked-sweet-potato-fries/>

Servings: 4

Ingredients

- 1 pound sweet potatoes
- 1 tablespoon olive oil plus more for pan
- 1 teaspoon kosher salt
- freshly ground pepper
- 1 teaspoon Herbes de Provence

Steps

1. Cut potatoes into about ½ in. wide and 3-4 in. long “fries”.
2. Preheat oven to 450°F, and coat a baking sheet with olive oil or cooking spray.
3. Toss the potatoes in the olive oil, salt & pepper, and herbs, and lay on the baking sheet in a single layer.
4. Bake for 10 minutes, flip the fries, and bake for about another 10-15 minutes, or until golden and crispy.



Savory Rice Pilaf with Lavender and Apricots

<https://www.food.com/recipe/savory-rice-pilaf-with-lavender-apricots-66672>

Servings: 4

Ingredients

- 3 tablespoons butter
- 1/2 cup chopped onion
- 1 cup thin sliced celery
- 1 garlic clove, peeled and mashed
- 1 cup rice
- 2 1/2 cups chicken broth
- 1 tablespoon candied ginger
- 2 tablespoons dried lavender
- 1 teaspoon salt
- 1/4 cup currants
- 1/2 cup snipped dried apricot
- 2 tablespoons lemon juice
- 1/2 cup toasted almonds or chopped pistachios
- 2 tablespoons chopped fresh parsley
- 2 1/2 tablespoons chopped fresh spearmint

Steps

1. Melt butter in medium saucepan; gradually add onion and celery; cook until wilted. Add garlic and rice; stir until thoroughly coated with butter.
2. Add broth, ginger, lavender and salt.
3. Bring to boil; reduce heat to low.
4. Cover and cook without stirring until liquid is absorbed.
5. When rice is tender, stir in currants, apricots, and lemon juice.
6. Remove from heat and let stand covered to soften fruits.
7. Add nuts and herbs and mix well.
8. Serve immediately.



Provençal New Potatoes

https://www.simplyrecipes.com/recipes/provençal_new_potatoes/

Servings: 4 to 6

Ingredients

- 2 pounds small new potatoes (1 1/2 inches, or cut to size)
- 1 medium onion, sliced from root to top
- 6 cloves garlic, crushed with peel on (do not remove peel)
- 2-3 sm-med plum tomatoes, cut into 1 1/2-inch chunks
- 10 pitted olives, green and black (Kalamata and Nicoise)
- 1/2 teaspoon red chile flakes
- 1/4 teaspoon garlic powder
- 1 tablespoon herbes de Provence
- 1/2 cup extra virgin olive oil
- 2 teaspoons red wine vinegar
- 2 teaspoons kosher salt
- Freshly ground black pepper
- 1 tablespoon chopped fresh chives (for garnish)

Steps

1. Preheat oven to 400°F
2. Put all ingredients (except chives) into a large roasting pan, toss with your hands to coat completely with oil and seasonings. Spread everything out evenly.
3. Cook for fifteen minutes at 400°F.
4. Then reduce the heat to 375° and cook for 30 to 40 minutes more, until the onions and tomatoes are somewhat caramelized and the potatoes are cooked through.
5. Halfway through cooking, stir the potatoes so that they remain well coated with oil and do not get dried out, and the bottom of the pan stays coated with oil.
6. Let cool to room temp, sprinkle with chives.
7. Remove from oven and let sit until cooled to room temperature.
8. Sprinkle with freshly chopped chives to serve.
9. Excellent served with steak and a side of greens. (You can toss fresh spinach or chard with the oil remaining in the potato roasting pan and put back into the oven for just a few minutes until just wilted.)



Roasted Vegetables Provencal Style

<https://thelemonbowl.com/provencal-roasted-vegetables/>

Servings: 4



Ingredients

- 1 medium eggplant (cubed)
- 1 red pepper (seeded and cubed)
- 1 russet potato (peeled and cubed)
- 1 medium red onion (cubed)
- 20 cloves garlic (skin on or peeled, see note)
- ¼ cup extra virgin olive oil
- 1 teaspoon Herbes de Provence
- 1 teaspoon salt
- ½ teaspoon pepper
- minced parsley (optional garnish)

Steps

1. Pre-heat oven to 425 degrees. Line a baking sheet with foil, sprayed with cooking spray.
2. Scatter all the veggies on the baking sheet (red pepper, eggplant, onions, potatoes and garlic) then drizzle with olive oil, Herbes de Provence, salt and pepper. Toss well to coat all veggies then bake until caramelized and tender, about 30 minutes, tossing once halfway through.
3. Garnish with fresh chopped parsley to serve.

Note

- Garlic will roast inside of the skin and pop out easily with a fork once cooked.

30-Minute Cold Chicken Pasta Salad

<https://familystylefood.com/pasta-salad-chicken-dijon-dressing/>

Servings: 6

Ingredients



Dijon Vinaigrette:

- ⅓ cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon grated or finely chopped garlic, 1-2 cloves
- 1 tablespoon finely chopped shallot
- 1 teaspoon herbes de Provence
- ½ teaspoon freshly ground black pepper
- ½ teaspoon kosher salt

Salad:

- 2 small boneless, skinless chicken breasts, 1-1¼ pounds total
- Kosher salt and freshly ground black pepper
- 1½ teaspoons herbes de Provence
- Olive oil
- 8 ounces (225 g) pasta shells, or other bite-size pasta shape such as penne or bow ties
- 1 14-ounce can cannellini beans, drained, or other canned white bean
- 2 cups baby arugula, or other salad greens
- ¼ cup (25 g) grated Parmesan cheese

Steps

1. Put the ingredients for the dressing in a jar with a lid and shake vigorously until the dressing is smooth and emulsified. Season with more salt, pepper, vinegar or lemon juice, to suit your taste.
2. Preheat the oven to 425 degrees.
3. Bake the chicken: Put the chicken breasts on a rimmed baking sheet. Sprinkle them generously on both sides with salt, pepper, and dried herbs. Drizzle with some olive oil, turning them over to coat. Bake the chicken about 20 minutes, turning them over halfway, until the chicken is cooked through. When it's cool enough to handle, slice the chicken into bite-size pieces. Reserve the pan juices.
4. Cook the pasta in boiling, salted water until al dente. Drain and transfer to a serving bowl or platter.
5. Add the beans, greens and half the dressing to the pasta and toss together. Arrange the sliced chicken on top of the salad, and pour over the reserved pan juice.
6. To serve, drizzle with additional dressing to taste and sprinkle with the grated cheese. Enjoy the salad warm or at room temperature.

Notes

- For the best flavor, toss the pasta with the dressing just before serving.
- Drizzle a little more dressing over the pasta salad just before serving.

Creamy Garlic Herb Mushroom Spaghetti

<https://pinchofyum.com/creamy-garlic-herb-mushroom-spaghetti>

Servings: 4 huge servings

Ingredients

- 8 ounces whole wheat pasta (spaghetti or linguine)
- 4 tablespoons butter, divided
- 3 cloves garlic, minced, divided
- 16 ounces fresh mushrooms, sliced
- 2 tablespoons flour (or whole wheat flour)
- 1 teaspoon herbes de Provence
- 1 1/2 cups milk
- salt and pepper to taste
- 3 tablespoons olive oil
- additional 1/4 cup water, broth, milk or cream (optional)
- 1/4 cup fresh parsley (more to taste)



Steps

1. Cook the pasta according to package directions. Set aside and toss with a little oil to prevent sticking.
2. Melt 2 tablespoons of butter over medium high heat. Add one clove of the garlic and saute for a minute until fragrant. Add the mushrooms and sauté for 5-10 minutes, until golden brown and softened. Set aside.
3. Add the remaining 2 tablespoons of butter to the pan and melt again over medium high heat. Add the garlic and saute for a minute until fragrant. Add the flour and herbes de provence. Stir fry for a minute to cook out the flour taste. Add the milk slowly, whisking to incorporate. Let the mixture simmer until thickened. Season with salt and pepper.
4. Toss the sauce, pasta, and mushrooms together. Add the olive oil and water as needed to keep the sauce from getting too thick. Stir in the parsley just before serving.

Seared Tuna with Sauce Vierge

<https://www.foodandwine.com/recipes/seared-tuna-sauce-vierge>

Servings: 4



Ingredients

Sauce Vierge:

- 8 drained oil-packed sun-dried tomatoes, minced (1/4 cup)
- 2 tablespoons drained capers
- 2 tablespoons finely chopped basil
- 2 tablespoons finely chopped scallion greens
- 1 cup extra-virgin olive oil

Tuna:

- Four 4-ounce sushi-grade tuna steaks
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons herbes de Provence
- 2 tablespoons canola oil
- 1 fennel bulb—trimmed, cored and thinly sliced
- 1 lemon, quartered

Steps

1. Combine all of the sauce ingredients in a small bowl.
2. Season the tuna steaks all over with salt, pepper and the herbes de Provence. In a large nonstick skillet, heat the canola oil until shimmering. Add the tuna and sear over high heat until golden, about 30 seconds per side. Transfer the tuna steaks to a cutting board and slice them 1/4 inch thick.
3. Arrange the fennel on plates, top with the tuna and drizzle with the sauce vierge. Squeeze the lemon over the tuna and serve.

Lavender Apricot Chicken Drumsticks

<https://www.aliikulalavender.com/lavender-apricot-chicken-drumsticks/>

Ingredients

- 3 pounds chicken drumsticks, about 10
- 2 tablespoons olive oil
- Salt and pepper
- 1 cup apricot preserves
- 1 tablespoon boiling water
- Dried edible lavender



Steps

1. Preheat the oven to 450° F.
2. Toss the chicken with the olive oil and season with salt and pepper. If you are using rosemary instead of lavender, chop it and toss it with the chicken. Place a Silpat (or foil or parchment) over a baking sheet with a lip and lay the chicken out on the baking sheet, making sure it is well spread out. Roast for 30 minutes.
3. After 30 minutes, the chicken should be golden. If needed, broil the for a few minutes.
4. Meanwhile, in a mini food processor, whisk together the apricot preserves and boiling water to loosen the glaze and break up any large bits of fruit in the preserves.
5. After 30 minutes, if you have not already turned on your broiler, do so. Brush the chicken with half the apricot glaze and place under the broiler for about 5 minutes, until the glaze starts to bubble and turn golden brown. Then, turn the chicken over, glaze the other side, and broil until that side is bubbly and golden.
6. Remove the chicken from the oven and pile the legs up on a platter. Sprinkle with lavender to taste.

Lavender and Sumac Roast Chicken

<https://www.linsfood.com/lavender-and-sumac-roast-chicken/>

Ingredients

- 1 chicken about 3 lbs
- 1 medium onion halved
- fresh lemon halved

Marinade

- 1 tsp dried lavender
- 1 Tbsp Sumac
- 2 cloves garlic
- ¼ tsp cumin seeds
- ½ tsp black pepper
- ½ tsp salt
- 1 Tbsp olive oil



Steps

1. Preheat oven to 375°F.
2. In a pestle and mortar, crush the lavender flowers with the salt and garlic.
3. Add all other marinade ingredients and mix thoroughly.
4. Place the chicken in your usual roasting dish, rub the marinade all over the chicken, including under the skin as far as you can go, being careful not to tear the skin.
5. Place the onion and lemon halves in the chicken cavity.
6. Cover (with a lid or foil) and roast for 1 and a half to 2 hours, depending on the size of the chicken, basting every 30 minutes or so.
7. Leave the chicken uncovered for the last 20 minutes for a crispy, browned skin.
8. Once cooked, take the chicken out of the oven, cover loosely with foil, then a tea towel and leave to rest for 15-20 minutes.

Herbes De Provence Pork Tenderloin

<https://www.homechef.com/meals/herbes-de-provence-pork-tenderloin>

Servings: 2

Ingredients

- | | |
|--------------------------------------|--------------------------------------|
| • 1 Yellow Squash, trimmed and diced | • 3 Parsley Sprigs, coarsely chopped |
| • 1 Bell Pepper, diced | • 14 oz. Pork Tenderloin, patted dry |
| • 3 Garlic Cloves, minced | • ¼ oz. Dijon Mustard |
| • 1 Zucchini, trimmed and diced | • 2 tsp. Herbes de Provence |
| • 4 tsp olive oil, divided | • 4 fl. oz. White Cooking Wine |
| • Salt and pepper to taste | • 0.9 oz. Butter |
| • 2 oz. Green Olives, halved | |

Steps

1. Preheat oven to 425 degrees.
2. Prepare baking sheet with foil and cooking spray. Place zucchini, yellow squash, red pepper, and garlic on baking sheet. Drizzle with 2 tsp. olive oil and a pinch of salt and pepper. Toss to evenly coat. Place vegetables in oven for 20-25 minutes, or until vegetables are tender and slightly browned. Remove from oven and sprinkle on olives and parsley. Set aside.
3. While vegetables cook, place a large oven-safe pan over medium-high heat. Add 1 tsp. olive oil into hot pan. Add pork tenderloin to pan and brown on all four sides, about 2 minutes per side. Remove from heat and spread Dijon mustard on the side of the pork that's facing up with the back of a spoon or with a rubber spatula.
4. Sprinkle the mustard-covered part of pork tenderloin with herbes de Provence. Drizzle herb crust with 1 tsp olive oil. Place pan in oven and roast for 12-15 minutes, or until pork tenderloin reaches a minimum internal temperature of 145 degrees. Remove from pan and set aside to rest. Reserve pan and pan drippings for next step.
5. Return pan to medium-high heat. Add wine and 3 Tbsp. water to pan. Bring to a boil and reduce liquid by half, about 3-4 minutes. Remove from heat, swirl in butter, and season to taste with salt and pepper.
6. Place a pile of vegetables on plate. Slice pork and lay up against vegetables. Cover pork and vegetables with the pan sauce.



Grandma's Lavender Cookies

<https://www.cakenknife.com/grandmas-lavender-cookies/>

Ingredients

Cookies:

- 2 eggs
- 1/2 cup unsalted butter softened
- 1 cup sugar
- 1 tsp dried lavender
- 1 1/2 cups flour
- 2 tsp baking powder
- 1/4 tsp salt

Lavender Icing:

- 1 cup confectioners sugar
- 1/2 tsp lavender extract (see note)
- 2-3 Tbsp water



Steps

1. Preheat oven to 375°F. Grease 2 lined baking sheets or line with silpats.
2. In a blender, combine eggs, butter, sugar and lavender leaves. Blend on low until well combined and the lavender has broken up into small pieces.
3. Sift together flour, baking powder and salt in a large bowl. Pour the wet ingredients over the dry and stir together until combined. Drop dough onto the greased baking sheets, 1 Tbsp at a time.
4. Bake cookies for 10 to 15 minutes*, until the edges are golden brown. Cool completely on wire racks.
5. In a small bowl, combine sugar, lavender extract and water, stirring until it forms a smooth frosting. If the frosting is too thick, you can add more water (1 tsp at a time) until it's the desired consistency. Once the cookies are cool, spread them with a thin layer of icing and garnish with a few dried lavender flowers.

Notes

- Don't over bake! These cookies go from perfect texture to overcooked pretty quick. Be sure to keep an eye on them. As soon as the edges begin to brown, quickly remove them from the oven to cool before frosting.
- Instead of using lavender extract, make lavender sugar for the frosting. See the brownie recipe below.

Lavender Earl Grey Cookies

<https://www.hummingbirdhigh.com/2020/04/lavender-earl-grey-cookies.html>

Servings: 19 cookies



Ingredients

For the cookies:

- 2 ¼ cups (270 grams) flour
- 1 Tablespoon finely ground Earl Grey tea (from 3 tea bags or 4 teaspoons loose leaf tea)
- ½ teaspoon culinary-grade lavender, finely ground
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 ¼ cup (250 grams) granulated sugar
- 1 cup (227 grams) unsalted butter, at room temperature
- 1 large egg
- 2 teaspoons pure vanilla extract

For Garnish:

- 2 Tablespoons granulated sugar
- blue cornflower petals

Steps

1. Prep your oven and pans. Position a rack in the center of the oven and preheat the oven to 350°F. Line two half sheet pans with parchment paper.
2. Mix the dry ingredients. In a medium bowl, whisk together the flour, Earl Grey tea, lavender, baking powder, baking soda, and salt.
3. Cream the sugar and butter, then add the egg, vanilla, and dry ingredients. In the bowl of a stand mixer fitted with the paddle attachment, combine the sugar and butter. Beat on medium-high speed until light, fluffy, and doubled in volume, 2 to 3 minutes, using a rubber spatula to scrape down the bottom and sides of the bowl as necessary.
4. Reduce the mixer to low and add the egg. Add the vanilla and beat until just combined. Scrape down the bottom and sides of the bowl.
5. With the mixer on low, gradually add the dry ingredients and beat until just combined. Scrape down the bottom and sides of the bowl once more, and beat on low for an additional 30 seconds.
4. Assemble the cookies. Use a 3-tablespoon cookie dough scoop to portion the cookie dough into balls. Place the cookies at least 3 inches apart on the prepared sheet pans. Sprinkle the tops of the dough balls with the remaining 2 Tablespoons of sugar for garnish before baking.
5. Bake the cookies. Bake one pan at a time for 12 minutes, or until the edges have set but the centers are still gooey. The cookies will look puffed when you pull them out of the oven, but will fall and crack into the perfect cookies as they cool.
6. Garnish and cool the cookies. If using blue cornflower petals, sprinkle a few petals on top of each cookie.
7. Cool the cookies on the pan on a wire rack for 20 minutes, or until the edges and bottoms of the cookies have set and feel firm to the touch.
8. Repeat with the remaining cookie dough.
7. Serve and store. Serve warm or at room temperature. The cookies can be stored in an airtight container or zip-top bag at room temperature for up to 3 days.

Lavender Creme Brulee Recipe

<https://www.monpetitfour.com/lavender-creme-brulee-2/>

Servings: 8

Ingredients

- 4 cups heavy cream
- 1 tbsp organic dried culinary lavender
- 3/4 cup granulated sugar, plus more for sprinkling on top, divided
- 1 tbsp vanilla extract
- 8 egg yolks
- 1/4 tsp kosher salt

Steps

1. Preheat the oven to 320°F. Bring a kettle or pot of water to a boil. Begin by heating the heavy cream in a medium saucepan over medium heat. Add the lavender and let this mixture come to a slight simmer along the edges of the pan. Do not let the cream boil.

2. Add 1/4 cup of sugar to the milk and stir to combine. Once bubbles begin to form along the edges, remove the saucepan from the heat. Meanwhile, whisk the egg yolks with the remaining sugar and salt in a medium bowl. Slowly stream in about 1/4 cup of the heated cream to the egg yolks, whisking vigorously as you do. This will temper your eggs and prevent them from turning into scrambled eggs!
3. Add the warm yolk mixture into the saucepan with the cream and whisk vigorously to combine. Whisk in the vanilla. Pour this batter through a fine mesh sieve into a large bowl.
4. Then, use a ladle to distribute the batter among 8 (6 oz.) ramekins. Place the ramekins in a deep roasting pan and place them in the oven on the second to lowest rack. Pour the boiled water from the kettle into the roasting pan until the water reaches halfway up the sides of the ramekins, being careful not to pour any water into the actual ramekins.
5. Bake at 320°F for approximately 1 hour, or until the creme brulée is set and the centers only tremble slightly. If after an hour, the creme brulée is not really set, increase the heat to 350°F for another 10 minutes or so, keeping an eye on them. Let the creme brulée come to room temperature before covering with plastic wrap and placing the fridge to chill for at least 3 hours (or overnight).
6. Before serving, sprinkle a teaspoon or two of granulated sugar over the top of each creme brulée. Then use a blow torch to caramelize the sugar, or place under a broiler for a minute, until the top turns crisp and amber, with just a few dark spots. Serve immediately.



Triple Chocolate Lavender Brownies

<https://olivesnthyme.com/triple-chocolate-lavender-brownies/>

Servings: 1 8X8 pan

Ingredients



Triple chocolate brownies

- ½ c Dutch process cocoa powder (40g) (or natural cocoa powder)
- ¼ c black cocoa powder (20g) (or natural cocoa powder)
- 1 ¼ c lavender sugar (275g) (see below)
- 1 c unsalted butter (226g)
- 2 large eggs, room temperature
- 1 large egg yolk, room temperature
- 1 tsp vanilla extract
- 1 c all purpose flour, sifted (120g)
- ½ tsp salt
- 9 oz. high quality chocolate (60-70%), grated (265g)

Quick lavender sugar:

- 2 c granulated sugar (440g)
- 1 tbsp culinary grade lavender buds

Steps

1. Place lavender buds into the food processor. Pulse for 5 seconds. Add sugar and process for 30 seconds. Pour into airtight container and set aside.
2. Place chocolate in the same (now empty) food processor. Process chocolate until it resembles coarse sand. Set aside.
2. Line 8X8 baking pan with parchment paper and preheat oven to 325F. In one bowl, whisk together cocoa powders and sugar. Set aside.
3. Melt butter in a medium size sauce pan. Once butter has fully melted, reduce heat to low. Stir in the cocoa powders and sugar mixture. Stir quickly to ensure the mixture is well combined. Continue to stir over low heat until the mixture becomes slick like water across the pan. The sugar will look clumpy and separated from the liquid. This is fine. Pour into the same bowl used to mix the cocoa and sugar. Cool for 10 minutes.
4. In a stand mixer or using a hand mixer, beat eggs and yolk for 2-3 minutes. Beating on low, slowly add in the cooled butter/cocoa/sugar mixture to the eggs. Add vanilla extract. Beat an additional minute.
5. Add sifted flour and salt to the wet ingredients. Mix until just combined, with a few streaks of flour visible. Fold in the grated chocolate.
6. Scoop even dollops of brownie batter into the prepared pan. Using an offset spatula, smooth batter into the corner and evenly across the pan.
7. Bake at 325 F for 40-45 minutes. The brownie should barely pull away from the pan. Cool in pan, on a cooling rack for 30 minutes. Remove to cool on a cooling rack for an additional 15-30 minutes. For the cleanest cut, cool completely.
8. Serve alone, with ice cream or lavender whipped cream (using the leftover lavender sugar.)

Lavender Blueberry Galette

<https://www.mythreeseasons.com/lavender-blueberry-galette/>

Servings: 1 galette, 6 servings

Ingredients

DOUGH:

- 1 1/3 cup all-purpose flour
- 2 tsp sugar
- ½ tsp salt
- 9 tbsp unsalted butter, cut into ½ inch pieces, chilled
- 1 ½ tbsp vodka, chilled
- 2 tsp apple cider vinegar, chilled
- 5 tsp ice water, divided
- 1 egg, for wash
- Demerara or other coarse sugar, for sprinkling



FILLING:

- 2 cups blueberries
- ¼ cup sugar
- 2 tbsp cornstarch
- Zest of half a lemon
- ½ tsp dried lavender, ground (with a mortar and pestle or coffee grinder)
- ½ tsp vanilla extract
- Pinch of salt

Steps

1. Combine flour and butter: Place butter cubes in freezer for 10 minutes before using. Combine flour, sugar and salt in a large bowl. Add butter pieces and toss to coat in flour. Rub butter into flour using fingertips to create some large, irregular pieces and some thin, flat pieces. Work quickly to avoid overheating butter. Place in freezer or fridge for several minutes if butter gets too warm.
2. Add liquids: Mix together vodka, vinegar and 4 teaspoons of ice water in a measuring cup. Drizzle over flour/butter mixture. Mix with fork to create a shaggy mixture. Knead gently to form a dough. It should look dry and rough. Transfer to a lightly floured surface, drizzle over remaining teaspoon of ice water and knead together to just form a dough. Do not overwork.
3. Laminate dough: Shape dough into a ¾ inch block. Divide in four, stack pieces on top of each other and press down to shape into a ¾ inch disc. This will create layers of butter that become flaky when baking. Wrap in plastic wrap. Refrigerate at least 2 hours or up to 5 days.
4. Roll dough & heat oven: Remove dough from fridge and sit on counter for 5-15 minutes or until warm enough to work with. On a lightly floured surface, roll dough 1/8 inch thick into a 13-inch round. Transfer to a parchment lined baking sheet and chill in fridge until firm. While dough chills, preheat oven to 400°F.
5. Mix & Add filling: Remove pie dough from fridge to warm slightly before filling. In a large bowl, toss together all ingredients for filling. Working with dough on baking sheet, spoon filling into center, leaving a 2 inch border. Fold dough border in over filling, pleating every 2 inches. Check to make sure there are no cracks. Transfer to freezer to chill for 10-15 minutes.
6. Top & Bake: Beat egg with one tablespoon of water. Remove tray from freezer and brush top of pie crust with egg. Sprinkle with demerara sugar. Bake on the center rack of the oven for 45-55 minutes or until crust is well-browned and filling is bubbling. Cool for about 10 minutes on the sheet tray, then transfer to a wire rack to cool completely. Slice and enjoy.

And , of course...

Lavender Ice Cream

<https://thesuburbansoapbox.com/lavender-vanilla-ice-cream/>

Servings: 12

Ingredients

- 1 cup whole milk
- 1 cup half and half
- 2 cups heavy cream
- 1/4 cup honey
- 1/2 cup granulated sugar
- 2 tablespoons lavender
- 1 1/2 teaspoons vanilla bean paste or vanilla extract or 1 vanilla bean, split lengthwise
- 6 large egg yolks
- pinch of kosher salt

Steps

1. In a large saucepan, combine the milk, half and half, cream and 1/2 cup of sugar.
2. Add the lavender and vanilla to the milk mixture and bring to a simmer over medium-high heat, stirring to dissolve the sugar.
3. Once the mixture begins to simmer (bubbles will develop and a skin will start to form), turn the heat off and let the mixture steep for 30 minutes to an hour. If you used a vanilla bean, remove the pod from the cream mixture.
4. Return the pan to the heat and warm to almost simmering.
5. In a medium bowl, whisk together the egg yolks and remaining sugar until it turns a pale yellow and thickens. While whisking, slowly add the warm milk mixture to the yolks, about a cup at a time.
6. Create an ice bath by placing ice cubes in a large bowl and filling halfway with water. Place a medium bowl inside and top with a mesh strainer. Set aside.
7. Heat the base mixture over medium-high heat stirring constantly being sure to scrape the sides and bottom of the pan with a heat proof spatula until steam begins to rise and the mixture thickens. Strain the mixture into the medium bowl over the ice bath and stir in the salt. Let the mixture cool completely. Cover with plastic wrap and chill at least three hours or overnight.
8. Pour the custard into the freezer can of an ice cream maker and freeze according to the manufacturer's instructions. Transfer to an airtight container and freeze.



ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

Lavender

<https://www.halfbakedharvest.com/blackberry-lavender-naked-cake/>

<https://www.ohhowcivilized.com/lavender-tea/>

<https://livelytable.com/lavender-shortbread-cookies/>
<https://www.howsweeteats.com/2021/05/lavender-lemon-bars/>
<https://www.delscookingtwist.com/honey-lavender-cheesecake/>
<https://mildlymeandering.com/lavender-lemon-macarons/>
<https://tasteandseelife.com/pan-seared-rosemary-lavender-pork-chops/>

Herbes de Provence

<https://www.theendlessmeal.com/herbs-de-provence-chicken/>
<https://www.lecremedelacrumb.com/best-easy-healthy-baked-salmon/>
<https://carnediem.blog/2022/fried-mashed-potato-cakes-with-herbes-de-provence-butter/>
<https://www.serious-eats.com/french-in-a-flash-herbes-de-provence-grilled-steak-recipe>
<https://homesteadtreasures.com/herbes-de-provence-beef-stew/>
<https://allyskitchen.com/creamy-french-scrambled-eggs/>
<https://www.serious-eats.com/red-pistou-pasta-with-shrimp-and-crunchy-herbes-de-provence-crumbs-recipe>
<https://www.laughterandlemonade.com/herbs-de-provence-roasted-tomatoes/>
<https://www.simplyrecipes.com/recipes/white-bean-and-ham-soup/>
<https://www.onceuponachef.com/recipes/mac-and-cheese.html#tabrecipe>

SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, August 24** @ 12 pm. Feel free to use one of these recipes for your dish or find one on your own.

To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>.

In case the flavor of lavender doesn't appeal to you:

How to Make Lavender Foot Scrub

<https://myjourneytogreen.com/lavender-foot-scrub/>



Ingredients

- 1 tablespoon lavender blossoms
- 3 tablespoons coconut oil
- 3 tablespoons brown sugar

Steps

1. Mix lavender, coconut oil, and sugar in a small container. Transfer the mix to a small glass jar with a lid.