

Cooking with Conshy Spice Packet

Lavender

Lavender is an herb in the mint family, which also contains rosemary, sage, and thyme. This purple flowering plant lends an herbaceous floral flavor to a range of dishes, as well as a pop of color that dresses up any plate.

There are many different ways to use lavender in your cooking:

- Add lavender to fruit jams and honey.
- Sprinkle lavender on roasted potatoes.
- Mix lavender into your favorite doughs (pizza, biscuits).
- Bake into cakes or sweet breads.
- Create a lavender marinade for meats.
- Stir lavender into your favorite hot beverage (tea, coffee, hot chocolate).
- Create a lavender garnish for salads, or use in salad dressings.
- Lavender also tastes great stirred into your favorite cold beverage such as lemonade or a cocktail.

Recipe SUGGESTIONS:

Honey Walnut Lavender Goat Cheese Toast

- **Author:** Marlynn Schotland
- **Yield:** 4 servings

Ingredients

- 4 slices whole grain bread (or any hearty bread)
- 4 tbsp goat cheese
- 4 tbsp honey
- 2 tbsp chopped walnuts
- 1 tsp dried culinary lavender

Instructions

1. Lightly toast 4 slices of bread.
2. Spread about 1 tablespoon of goat cheese evenly on each slice.
3. Drizzle about 1 tablespoon of honey evenly over each slice.
4. Sprinkle about ½ tablespoon chopped walnuts evenly over each piece of toast.
5. Sprinkle just a few dried culinary lavender flowers over each slice. A little goes a very long way!
6. Serve and enjoy immediately.



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Goat Cheese Toast with Honey,
Walnut, and Lavender



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Lavender Earl Grey Cookies

Author: Amy Ho **Prep Time:** 10 min **Cook Time:** 15 min **Bake Time:** 12 min **Yield:** 19 cookies

These lavender Earl Grey cookies are chewy, buttery sugar cookies infused with the floral flavors of both Earl Grey tea and dried lavender petals. The recipe is from my new book, *Blooms and Baking!*

Ingredients

- 2 ½ cups all-purpose flour
- 1 tablespoon finely ground Earl Grey Tea (3 tea bags)
- ½ teaspoon culinary-grade lavender, finely ground
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 ¼ cup granulated sugar
- 1 cup unsalted butter, room temp
- 1 large egg
- 2 teaspoons pure vanilla extract
- 2 tablespoons granulated sugar (garnish)
- Blue cornflower petals (garnish)



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Lavender Earl Grey Cookies Recipe

Instructions

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.
6. *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.
7. *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.
8. *Garnish and cool the cookies.* If using cornflower petals, sprinkle a few petals on top of each cookie.

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- 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. Repeat with the remaining cookie dough.
- 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.

Roasted Potatoes with Lavender

- **Author:** boulderlocavore.com
- **Prep Time:** 20 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 50 minutes
- **Yield:** 4-6 servings



Scan Here for
Roasted Potatoes with Lavender

This simple roast potato recipe is transporting with the flavor of lavender conjuring flavors of Provence. It's sure to freshen up any meal.

Ingredients

- 2-2 ½ pounds (about 4 large) thin skinned potatoes (new, red, etc.)
- 2 tablespoons olive oil
- 1 ½ tablespoon dried lavender designated for culinary use
- Salt and pepper to taste



Instructions

1. Preheat oven to 350°F.
2. Scrub potatoes, cut out any bad spots and cut into bite-sized pieces. Do not peel.
3. Toss in a bowl with olive oil. When coated with the olive oil, add lavender, salt and pepper.
4. Spread into a single layer in a roasting pan or on a baking sheet. Place in the oven for 30 minutes, stirring partway through to ensure even browning. Potatoes are done when soft inside to the bite.

Notes

- I have varied the oven temperature up to 400°F to allow the potatoes to cook at the same time as a chicken roasting. When doing so, I check more often to ensure browning is happening evenly and they do not overcook. Cooking time is reduced at a higher temperature so keep checking!

What did you make with your Lavender?

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HAPPY COOKING!