



CULINARY
SERIES

Herbal Recipes

LAVENDER ICE CREAM

14 ounces of milk	3 egg yolks
3 ounces fresh lavender leaves and flowers	2 cups heavy whipping cream, cold
2 ounces crystallized ginger, chopped	Lavender flowers for garnish
1 cup sugar	

In a saucepan, slowly heat milk to approximately 200°F. Remove from fire and add lavender. Allow to steep for 15 minutes. Strain milk through cheese cloth while warm. Add crystallized ginger and sugar to milk.

Place egg yolks into a small bowl: then put half the mixture from saucepan into the bowl to blend. Stir mixture with a spoon and pour back into the saucepan. Place over low heat and cook until mixture is approximately 200°F. Add 2 cups cold heavy whipping cream and place into refrigerator until well chilled.

Process in any ice cream machine. During the last few minutes of processing, sprinkle lavender flowers (stripped from flower heads) into the ice cream so they will be whipped into it. *Yield: 1 quart.*

ROSE PETAL ICE CREAM

The subtle flavor of this ice cream has made it a family favorite. Serve topped with fresh berries.

2 untreated roses	1 cup whipping cream
(more fragrant flowers give a sweeter taste)	½ cup sugar
1 cup half and half	2 egg yolks

Add rose petals, half and half, cream and sugar to a heavy saucepan. Heat to just under the boiling point. Remove from the heat, cover, and let sit for 10 minutes.

In a small bowl, beat the egg yolks. Add a small amount of cream mixture to the eggs and mix thoroughly. Continue to add small amounts of cream to the egg mixture until it is warm. Return the egg mixture to the pan and cook over medium heat, stirring constantly until it is thick enough to coat a spoon.

Strain the mixture into a bowl and cool in the refrigeration. Freeze according to your ice cream maker's instructions. *Yield: about 2½ cups.*

LAVENDER SHORTBREAD COOKIES

6 tablespoons softened butter	¼ teaspoon baking powder
5 tablespoons powdered sugar	¼ teaspoon salt
1 cup flour	1 teaspoon organic lavender buds

Cream the butter and sugar until light and fluffy. In another bowl, stir together the flour, baking powder, salt and lavender. Beat the two mixtures together just until combined. Knead the dough on a lightly floured surface until it holds together, for about 10 minutes.

Press the dough evenly into a buttered 9 inches round cake pan. Score the dough into 8 wedges with the tines of a fork. Press the edges down with the flat sides of the tines.

Bake at 350°F for about 25 minutes, until lightly browned. Cool in the pan for 10 minutes. Remove and cut into wedges.

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GLAZED LEMON TEA BREAD

¾ cup milk

1 tablespoon fresh lemon balm, chopped

1 tablespoon fresh lemon thyme, chopped

½ cup butter or margarine

½ cup sour cream

1 cup sugar

2 large eggs

2 cups flour

1½ tsps of baking powder

¼ tsp salt

1 Tablespoon grated lemon rind (about 2 lemons)

Lemon Glaze (*recipe follows*)

Grease 9 x 5 inch loaf pan. Line it with waxed paper. Grease the waxed paper, and then flour the pan. Combine the first 3 ingredients in a saucepan: bring to a boil. Remove from heat, cover, and let stand 5 minutes. Cool. Beat butter at medium speed with an electric mixer until creamy: gradually add sugar, beating well. Add sour cream; beat in eggs, one at a time. Slowly blend in milk mixture. Combine flour, baking powder, and salt. Blend in flour mixture and lemon rind. Mix just until all ingredients are moistened: do not overbeat. Pour batter into prepared loaf pan.

Bake at 325 degrees for 50-60 minutes, or until cake tester comes out clean. Cool in pan on a wire rack 10 minutes, remove from pan. Cool completely. Poke holes one inch apart in top of loaf with skewer, being careful not to pierce through to the bottom. Slowly pour glaze over bread. Allow glaze to harden at least 15 minutes before serving.

Lemon Glaze: Mix 2 tablespoons fresh lemon juice with 1 cup sifted powder sugar until smooth.