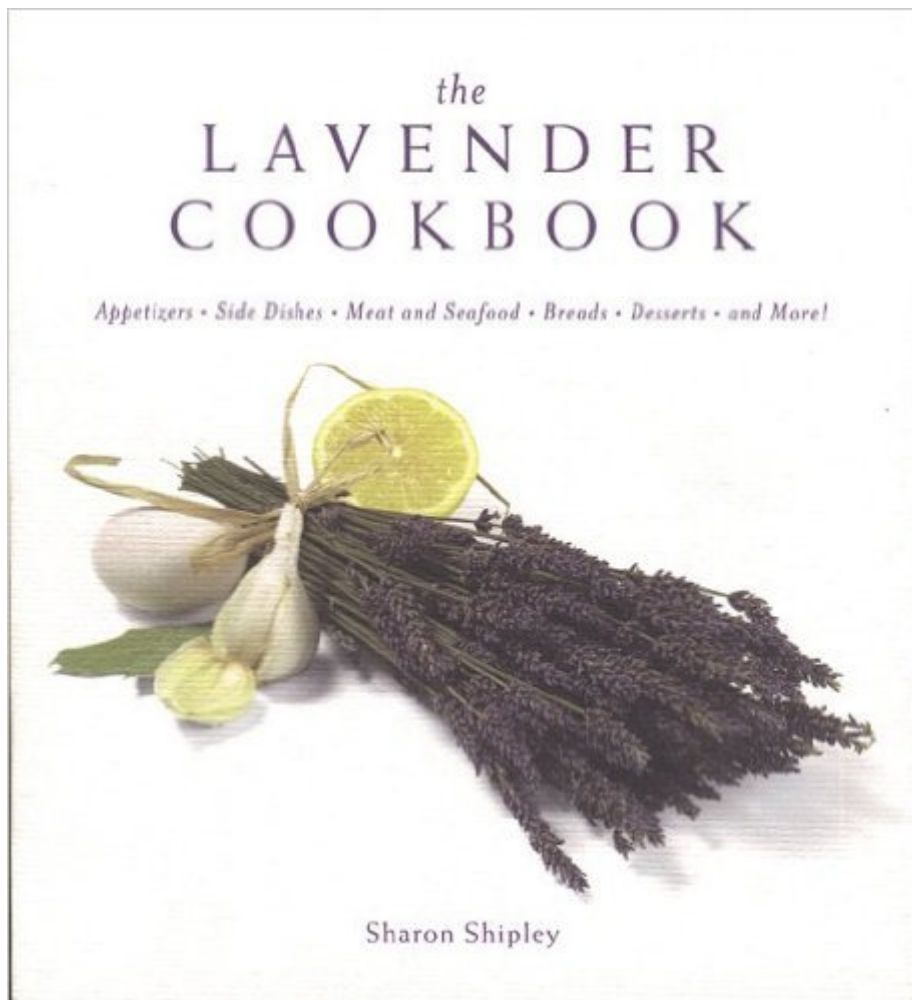


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# The Lavender Cookbook



## Synopsis

The appeal of lavender extends beyond its fragrance to the rich yet delicate flavor it adds to a variety of foods. Here's the first cookbook to focus on ways the aromatic herb can be used to enhance ordinary ingredients. More than 90 recipes, such as Grilled Lavender-Honey Chicken, Stuffed Zucchini Blossoms with Lavender Goat Cheese, and Double Chocolate and Lavender Gelato, highlight appetizers, soups, salads, entrees, baked goods, and desserts, with tips on growing and preserving lavender.

## Book Information

Paperback: 192 pages

Publisher: Running Press (April 28, 2004)

Language: English

ISBN-10: 0762418303

ISBN-13: 978-0762418305

Product Dimensions: 8 x 0.8 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (60 customer reviews)

Best Sellers Rank: #132,260 in Books (See Top 100 in Books) #88 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments

## Customer Reviews

I saw Sharon Shipley's "The Lavender Cookbook" at several of the vendor booths at the Becker Vineyards annual Lavender Fest, and rushed to order myself a copy after being drawn in by the book's colorful seasonal menus that all incorporate lavender in some form, from beverages (Lavender ginger lemonade, lavender iced tea sangria, lavender mulled wine) to desserts (chocolate lavender brownies, lavender honey custard ice cream, lavender coconut panna cotta with raspberry caramel sauce). As a vegetarian, this book had plenty of delicious offerings that make the most of seasonal Mediterranean produce such as eggplant and artichokes. Rounded out with the included veggie- and fruit-based soups and lavender-infused breads, there is plenty to appeal to vegetarians and vegans who seek to incorporate the delicate flavor of lavender. For carnivores, there are lavender salt rubs, lavender chicken breasts in champagne sauce, grilled lavender lamb chops, grilled seafood, and more. Every page was a voyage of discovery. Unexpected delights such as Taos lavender potato soup (poblano and chipotle peppers, cumin, an assortment of veggies), cantaloupe, mango, and Asian pear salad with lavender cilantro dressing, and farro lavender

tabbouleh salad brought unexpected international twists to a seemingly straightforward herb. The recipes are presented in an easy-to-follow manner, and oftentimes there is a short introduction as to the origin of the recipe. The seasonal menus take advantage of fresh local produce, and are correspondingly light for spring and summer (tropical fruit gazpachos and cold soups, light salads) and heavier for fall and winter (hearty stews and chili, hot beverages).

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