

Cooking with Lavender



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10 TIPS FOR USING
LAVENDER IN COOKING

You might be familiar with the lavender growing in your garden or adding it as a nice smell to a potpourri mix, but lavender in the kitchen? Now there's a great idea!

With its aromatic floral scent and complex flavors, this under-appreciated herb is exactly what you need to bring some new life to your cooking. Whether you use your lavender fresh or dried, as a syrup or a whole bud, in a stew or a batch of cookies, there's little it can't do.

Ready to get cooking?

Here are ten helpful tips for bringing lavender into your kitchen.

10 Tips for Cooking with Lavender

1. Use it sparingly.

A little lavender goes a long way – too much can overpower your dish and make things taste like perfume.

Be sure not to overuse, especially if you're cooking with dried lavender, which is three times more potent than fresh lavender.

2. Choose the right lavender.

Not all lavenders are created equal – avoid Spanish and French lavender varieties and stick to organic **English lavender that's been prepared for culinary use.**

Test different varieties to find a flavor and intensity that you like, and be sure to use lavender flowers, not lavender essential oil.

3. Find a method that works for you.

There are many ways to enjoy the taste of lavender. Infusion methods such as grinding dried lavender buds and mixing with dry ingredients, as well as steeping lavender then using the flavored liquid in recipes, are the most popular.

You can also mix whole buds into your recipe if you don't mind the texture.

4. Don't be afraid to experiment.

Lavender has a wide range of uses, from special occasion cakes to everyday roasts. Get creative! Try adding lavender to eggs, stews, meats, chicken, veggies, salads, dressings, popcorn, and more.

If you're not sure where to start, keep some of our lavender salt, lavender pepper, or lavender sugar near your stove or on your table. That way, when inspiration strikes, you'll always have it on hand.



5. Pair it with the right flavors.

When in doubt, stick to the tried and tested flavors. Lavender loves to be paired with strong flavors such as lemon, mint, honey, and berries, which it can complement rather than overpower.

6. Don't overcook it.

Overcooked lavender has a bitter taste, so try to avoid adding it to direct heat. Baking, grilling, marinating, and steeping are much better methods.

7. Utilize its medicinal properties.

Did you know that lavender is thought to help with headaches, insomnia, some types of pain, and more? In fact, Queen Elizabeth I often drank lavender tea to relieve migraines. She loved lavender so much that she demanded that it be available year-round. Another great reason to add it to your herb rack!

8. Get inventive with a syrup.

A lavender simple syrup (recipe below) can easily take your recipe to the next level, especially when it comes to drinks! Add it to teas, coffees, cocktails, spirits, and more.

9. Use it as a garnish.

There's nothing as pretty as delicate purple lavender sprinkled over a dish. Elevate your kitchen game by garnishing salads, bread, desserts, meats, drinks, and more with a handful of fresh or a dried sprig of lavender.



10. Use it as a substitution.

Lavender is a member of the mint family, which means it can be a great substitute for herbs like rosemary, sage, and thyme.