

Confections' Sugar Glaze

from *The Art of Tea: Recipes and Rituals*, from the Editors of *Victoria*, by Hoffman Media, 2020.

See *Lavender Cream Scones* recipe for use.

Ingredients

1 cup confectioners' sugar
4 tsp whole milk.

Instructions

In a small bowl, whisk confectioners' sugar and milk until smooth and creamy. Use immediately.

Lavender-Ginger Pear Preserves

Ingredients:

3 1/2 Tbsp fresh lemon juice
7 large ripe but firm Bartlett pears (approx. 3 1/2 lbs)
4 cups granulated sugar
1 1/2 tsp peeled and minced (or grated) fresh gingerroot
1 Tbsp finely chopped dried lavender

Instructions

Bring a large, deep pot of water (or canner) to a boil over medium heat; then turn heat to low. Wash 5 or 6, 6 to 8 ounces jelly jars and screw bands in hot soapy water; rinse well. Place them in the pot of boiling water; let stand. Place ladle and funnel in boiling water also. Dip flat lids into boiling water for 1 minute. Let stand underside up until used. Drain jars, then turn right-side up.

Put the lemon juice in a large shallow bowl. Peel, core, and chop pears, stirring them into the lemon juice as you work. Ready enough pears (including juice) to yield 5 cups. Stir together pears and sugar in a non-reactive pot (for example, stainless steel). Let stand, stirring occasionally until the sugar mostly dissolves, about 30 minutes.

Place the pot over low heat and cook, stirring frequently, until the mixture reaches a boil. Adjust heat so the preserves foam up and boil gently. Cook, stirring occasionally, for 20 minutes. Place several metal spoons in the fridge and chill to test stiffness of the preserves.

Stir in the lavender and ginger. Boil gently for 5 to 10 minutes longer or until liquid becomes syrupy. After 5 minutes, test the consistency by placing about 2 tsp of preserves on a spoon; if the preserves run off, continue cooking, if it maintains shape, remove from heat. Skim off any foam.

Add an elevated rack or folded tea towel to bottom of pot, ladle preserves immediately into jars, leaving 1/4 inch at the top. Wipe off jar rims and threads. Cover with lids and screw on bands tightly. Cover jars with at least 1 inch of water. Cover pot and bring water to gentle boil for 10 minutes. Remove and allow to cool, check seals before refrigerating or storing.

TASTE TEST

September 2024



LAVENDER

Lavender comes to us from the western European parts of the Mediterranean, and by the 16th century it was a beloved part of gardens everywhere, especially in England. Lavender plants came to the Americas through European settlers.

Records show that lavender has been in use for over 2,500 years for medicinal, ritual, and cleansing purposes.

Lavender is frequently sighted in holistic medicine for its benefits in treating insomnia, headaches, and hyperactivity. Ancient Egyptians believed lavender was an herb of love; purportedly Cleopatra used it to seduce Julius Caesar and Mark Antony.

FUN FACTS

The name lavender derives from the Latin verb *lavare*—to wash—because of its popular use as an aromatic in Roman bathhouses. Medieval and Renaissance European washer women were called “lavenders” because they would dry clothing over lavender bushes for its scent.

Lavender was once sold in bunches as an insecticide to protect linens from moths.



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Lavender Cream Scones

from *The Art of Tea: Recipes and Rituals*, from the Editors of *Victoria*, by Hoffman Media, 2020.



Makes 12

Best if eaten the same day they are made.

Ingredients

2 cups self-rising flour
1/4 cup granulated sugar
1/4 cup cold salted butter
2 tsp dried lavender
1 tsp lemon zest
1/2 cup cold heavy whipping cream
1 large egg
1/2 tsp vanilla extract
Confectioner's Sugar Glaze
Garnish: Fresh

Instructions

Preheat oven to 350°. Line a rimmed baking sheet with parchment paper.

In a medium bowl, whisk together flour and sugar. Using a pastry blender or 2 forks, cut butter into flour mixture until the mixture resembles coarse crumbs. Add dried lavender and lemon zest, stirring well.

In a small bowl, whisk together cream, egg, and vanilla extract. Add cream mixture to flour mixture, stirring to combine. Continue to bring dough together with hands. (If mixture seems dry, add more cream, 1 Tbsp at a time, until uniformly moist.)

On a lightly floured surface, turn out dough and knead lightly 3 to 4 times. Roll dough to 1/2 inch thickness. Using a 2 1/4 inch round cutter, cut rounds from dough, rerolling scraps as necessary. Place on prepared pan.

Bake until edges are golden brown and a wooden pick inserted in centers comes out clean, about 15 minutes. Transfer to a wire rack, and let cool completely.

Spread Confections' Sugar Glaze (recipe on back) cover scones. Garnish with lavender flowers, if desired.

Blueberry Lavender Syrup

from *Zero Proof: Drinks and More* by Maureen Petrosky, Robert Rose, Inc, 2021.



Ingredients

1 cup granulated sugar
1 cup fresh blueberries
1 cup water
4 sprigs fresh lavender or 1 1/2 tsp dried lavender

Instructions

In a small pot, combine sugar, blueberries, and water. Bring to a boil. Reduce heat and add lavender. Simmer for about 10 minutes or until all of the sugar is dissolved.

Using a fine-mesh sieve set over a bowl, strain out the berries and lavender, pressing the berries with the back of a spoon to get all the juice out.

Pour the syrup into a squeeze bottle or a container with a lid, such as a mason jar. Store for up to 4 weeks in the fridge.

Blueberry Lavender Spritz

Ingredients

1 oz Blueberry Lavender Syrup (see above)
1/2 cup club soda, chilled
5 or 6 fresh blueberries
1 sprig of fresh lavender, to garnish

Instructions

Pour Blueberry Lavender Syrup into a glass. Top with club soda and stir once.

For garnish, drop blueberries into the glass and add lavender sprig (if using).

* For an adult beverage, gin, vodka, or champagne are recommended.