

May 2011

Lavender has been a favorite herb for centuries. The historic use and recognition of lavender is almost as old the history of man. As an herb, lavender has been in documented use for over 2,500 years.

You can grow your own and pick the "buds" or flowers before they are opened to use fresh or dry them to use as dried lavender. You can also find culinary dried lavender at cooking shops like Williams-Sonoma in the food section.



### Lavender Tea Cookies

1 Tbsp. dried culinary lavender flowers  
2/3 C. granulated sugar  
1/4 tsp. lemon extract  
1/8 tsp. salt

1 C. butter, room temperature  
1 tsp. pure vanilla extract  
2 C. all-purpose flour  
Lavender Frosting (see recipe below)

- In a mortar, grind lavender flowers with the pestle.
- In a medium bowl, cream together ground lavender flowers, butter, sugar, vanilla extract, and lemon extract. Add flour and salt; mix until combined (dough should be soft but not sticky.) Refrigerate 1 to 2 hours or until dough is firm.
- Prepare Lavender Frosting; set aside.
- Preheat oven to 325 degrees F. Remove dough from refrigerator.
- On a lightly-floured surface, roll dough approximately 1/4-inch thick with your rolling pin. Cut into desired shapes with your favorite cookie cutters and place onto un-greased cookie sheets.
- Bake 12 to 15 minutes or until cookies are lightly browned around the edges. Remove from oven and cool on wire cooling racks. When cool, frost with Lavender Frosting.

Makes 2 dozen cookies.

### Lavender Frosting:

1 C. powdered (confectioners') sugar  
2 Tbsp. milk

2 Tbsp. dried culinary lavender flowers  
2 tsp. light corn syrup

#### Prepare 1 day in advance of making cookies:

- In a sm. plastic bag, combine p. sugar and dried lavender flowers. Let stand at least 1 day before using.
- When ready to use, sift the mixture into a medium-size bowl; discarding lavender flowers.

- Add milk and corn syrup, mixing well.
- Spread on baked, cooled cookies.

### NOTES:

- ~ Add some lavender food coloring to the frosting mix if you want a darker color.
- ~ Additional powdered sugar or milk may need to be added (enough milk to make frosting easy to spread).