

Barbeque Specials



Warm Grilled Lamb

6-8 servings

Preheat the barbeque grill to medium-high heat.

In a small bowl, mix the butter, lavender essence, mustard, shallots, parsley, rosemary and garlic.

Drizzle half of the herb butter over the lamb; place the lamb on the hot grill and cook, brushing frequently with the remaining herb butter, for 30-35 minutes. The lamb should be light pink.

Cut the lamb into thin slices and serve with a summer salad or with roasted Mediterranean vegetables.

¼ lb unsalted butter, at room temperature

Lavender culinary essence, to taste

¼ cup Dijon mustard

2 shallots, finely diced

6 garlic cloves, finely chopped

Chopped fresh parsley and rosemary, approx. 4 tablespoons

Lamb loin (approx 3 lb) boned, rolled and tied.

Lavender Kebabs

A beautifully simple tip for a very tasty twist on traditional kebabs.

Use dried lavender stems as grilling sticks or skewers to add a smoky lavender flavour to meat, poultry and fish. Soak the stems in water for 5-10 minutes before placing under the grill.

Lavender stems can be cut and then dried in an airing cupboard in a matter of days; try to select stems of a suitable length for your barbeque. Alternatively, try sprinkling lavender culinary essence onto wooden skewers a few minutes before threading the meat for cooking.

Grilled Lavender Avocados

6 servings

Place the butter in a small bowl and beat with a wooden spoon until creamy. Add the lime juice, lemon juice, tequila, lavender and salt. Beat until all ingredients are well-mixed. Refrigerate until firm.

Have the avocados, leaving the skin on but removing the stones. Place on the barbeque grill, flesh side down, and leave for 4 minutes to make grill marks on the avocados. Turn the avocados over and place a spoonful of the butter mixture in the hollow of each half.

Grill for an additional 10 minutes, or until the butter melts and the avocado is soft. (Cooking time depends on the ripeness of the avocado). The avocado should just bubble around the skin.

Ideal as a starter with green leaves and fresh beetroot, or as an accompaniment to the main feast.

2 tablespoons unsalted butter, at room temperature
1 tablespoon fresh lime juice
1 tablespoon fresh lemon juice
1 tablespoon tequila
Few drops lavender culinary essence
Sprinkle of sea salt
3 Avocados