

# Teatime Treats



## Petite Lavender Scones

Makes approx. 50 mini scones

*For larger scones, roll the dough  $\frac{3}{4}$  inch thick and use a 3 inch round cookie cutter. Increase the baking time to 18 minutes.*

Combine the lavender and cream in a small saucepan. Bring to the boil over medium heat. Remove from the heat and allow to cool, then refrigerate for at least 2 hours.

Preheat the oven to 375\* F. Grease a baking sheet, or line it with parchment.

In a bowl, combine the flour, sugar, baking powder and baking soda and mix well. Using a food processor, mix in the butter gradually. With the machine running, pour in the lavender cream. When the mixture combines together to form a dough, stop the machine.

Place the dough on a lightly floured surface and roll to  $\frac{1}{2}$  inch thick. Using a 1 and  $\frac{1}{2}$  inch round cookie cutter, cut out as many rounds as possible.

Arrange the rounds 1 inch apart on the prepared backing sheet. For a glazed finish, brush the tops with cream and sprinkle with a little sugar. Bake for 13-15 minutes, or until puffed and golden brown.

*These scones are delicious served with lavender-raspberry jam; just add a few drops of lavender essence to your usual jam recipe!*

Few drops lavender culinary essence

1 cup heavy cream (plus  $\frac{1}{3}$  cup optional for glazing)

2 and  $\frac{1}{4}$  cups all-purpose flour

1 tablespoon sugar

1 teaspoon baking powder

$\frac{1}{4}$  teaspoon baking soda

$\frac{1}{4}$  lb cold unsalted butter

Sugar to sprinkle (optional)

## Lavender Chocolate Brownies

Makes 24 brownies

Preheat the oven to 325\* F. Butter a 13 x 9 inch baking dish.

Mix the flour, cocoa, salt, espresso or coffee powder and the sugar in a large bowl. Melt the butter in a saucepan, then transfer to another bowl to cool for a few minutes. Whisk the eggs and vanilla into the butter.

Make a well in the centre of the dry ingredients and pour in the butter mixture, adding the lavender essence. Using a wooden spoon, mix until just combined. Stir in the nuts (if using). Pour into the prepared pan and smooth the top.

Bake for 35-45 minutes, until a toothpick inserted in the centre comes out mostly clean. Serve warm – straight from the oven - with lavender ice cream, or leave to cool and serve alone.

Few drops lavender culinary essence  
3 cups sugar  
1 ¾ cups all-purpose flour  
1 cup cocoa powder  
½ teaspoon salt  
¼ teaspoon instant coffee or espresso powder  
¾ lb unsalted butter  
4 large eggs  
2 teaspoons vanilla extract  
1 cup chopped walnuts or pecans (optional)

## Lemon Ginger Cupcakes with Lavender Cream Frosting

### For the lavender cream frosting:

In a large bowl, combine the cream cheese, butter, lemon zest (and juice, if using), lavender and vanilla. Beat with an electric mixer until smooth. On a low speed, gradually beat in the icing sugar and continue beating until smooth.

*This frosting can be used on a variety of cupcakes and treats by taking out the fresh lemon juice.*

11 oz cream cheese  
½ lb unsalted butter  
2 teaspoons grated lemon zest  
5-6 drops lavender culinary essence  
3 tablespoons fresh lemon juice (optional)  
1 and ¼ teaspoons vanilla extract  
4 and ¾ cups icing sugar

# Lemon Ginger Cupcakes with Lavender Cream Frosting

## For the lemon ginger cupcakes:

Makes 30 cupcakes.

Preheat the oven to 350\* F. Line muffin cups with paper liners.

Sift the flour, ground ginger, baking powder, baking soda and salt into a medium bowl.

Combine the sugar and butter in a large bowl. Beat with an electric mixer until smooth. Add 1 egg at a time, beating well after each addition. Beat in the orange zest, lemon zest, lemon juice, lavender and vanilla.

Into the dry butter and sugar mix, alternately beat in the flour mixture and the buttermilk in three additions each (this will ensure that the mixtures combine well). Stir in the crystallized ginger and poppy seeds.

Scoop the batter into the muffin cups, leaving them  $\frac{3}{4}$  full. Bake for 12-15 minutes, or until light gold and springy to the touch. Let cool in the pan for 10 minutes then transfer the cupcakes to a wire rack to cool completely.

Frost each cupcake with 2 tablespoons of the lavender cream frosting (above) and serve sprinkled with sugar crystals or lavender flowers.

3 cups cake flour
2 teaspoons ground ginger
1 teaspoon baking powder
1 teaspoon baking soda
$\frac{1}{2}$ teaspoon salt
2 cups sugar
6 oz unsalted butter
4 large eggs
Several drops lavender culinary essence
1 teaspoons grated orange zest
1 teaspoon grated lemon zest
3 tablespoons fresh lemon juice
1 teaspoon vanilla extract
1 and $\frac{1}{4}$ cups buttermilk
$\frac{1}{4}$ cup finely chopped crystallised ginger
2 tablespoons poppy seeds

## Lavender Shortbread

Line two large baking trays with baking paper.

Cream the butter and sugar together in a bowl. Sift the flour and ground rice into the mixture, add the lavender essence and mix with a wooden spoon until the mixture resembles breadcrumbs.

Using floured hands, work the mixture together to form a smooth paste. Tip onto a lightly floured surface and knead gently until the dough is smooth. Chill the dough in the fridge for 15 minutes.

Roll the dough out to a  $\frac{1}{4}$  inch thickness, and cut out biscuits using a biscuit cutter. (Heart shaped cutters create particularly attractive biscuits). Place the biscuits onto the baking trays. Sprinkle with dried lavender flours if using.

Leave to chill for a further 30 minutes in the fridge. Meanwhile, preheat the oven to 350\* F.

Bake for 15-20 minutes, or until pale golden-brown. Carefully place the biscuits onto a cooling rack. Sprinkle with a little extra sugar and set aside to cool completely before serving.

8 oz unsalted butter,  
softened

10 and  $\frac{1}{2}$  oz plain flour

1 and  $\frac{3}{4}$  oz ground rice

4 and  $\frac{1}{2}$  oz sugar, plus extra  
for sprinkling

Several drops of lavender  
culinary essence

Dried lavender flowers for  
decoration (optional)