

Meat Dishes



Grilled Lavender Chicken Breast

Serves 6

In a large bowl, mix the vinegar, lemon zest, lemon juice, lavender, oil, honey, salt and pepper. Add the chicken and turn to coat. Cover and refrigerate for 4 hours.

Preheat a griddle pan. Remove the chicken from the marinade and place on the griddle. Cook, turning the chicken every 5 minutes and brushing occasionally with marinade. Cook for 15-20 minutes, or until juices run clear when tested with a sharp knife.

Delicious served with sauté potatoes and tender asparagus.

¾ cup white wine vinegar or lavender wine vinegar

¼ cup grated lemon zest

½ cup fresh lemon juice

¼ cup extra virgin olive oil

¼ cup lavender honey or clear honey

Several drops lavender culinary essence

1 teaspoon sea salt

1 teaspoon cracked black pepper

6 boneless chicken breasts

Duck Breast with Lavender

Serves 4

In a bowl, whisk together all the ingredients for the marinade and leave to stand.

Put the duck breasts in a large, re-sealable plastic bag, pour in the marinade and seal the bag. Place the bag in a large bowl and leave overnight, turning occasionally.

Grill the duck breasts slowly over a medium heat. Season with salt and pepper, slice the breasts crosswise and serve garnished with lavender sprigs.

A balsamic reduction makes a beautiful accompaniment to this dish.

Marinade:

1 cup red wine

¼ cup extra virgin olive oil

¼ cup sweet vinegar

2 tablespoons soy sauce

2 tablespoons crushed fresh ginger

2 cloves garlic, crushed

¼ cup fresh lime juice

5-6 drops lavender culinary essence

4 boneless duck breasts

Sea salt and freshly ground black pepper, to season

Fresh lavender sprigs, to garnish (optional)

Roast Dinner Delights

Lavender makes a delicious addition to many roast meats. Combined with rosemary, it makes a sumptuous but delicate flavouring for lamb; fresh rosemary can be soaked in lavender culinary essence before being used to stud the meat.

Roast Chicken Rub

In a large bowl, mix the wine, lemon zest, honey, mustard, oil, lavender, salt and pepper. Rub generously into the chicken skin.

For a more intense flavouring, refrigerate the coated chicken, basting occasionally, for a few hours before cooking). Any remaining rub can be used to coat the shallots etc. that you roast around your chicken.

The delicious juices taken from your roasting tin will add a rich, distinctive flavour to your gravy.

¾ cup dry white wine

¼ cup lavender honey or clear honey

¼ cup extra virgin olive oil

1 tablespoon cracked black peppercorns

Several drops lavender culinary essence

¼ cup Dijon mustard

Pinch sea salt

Handful grated lemon zest