

## Did You Know...

Lavender is often used topically in oil form, and is known for its relaxing qualities. The essential oil can be incorporated into pain management and to help lift your mood.

There are over 35 species of lavender, but only 2 are typically utilized in food preparation - English Lavender (sweet & floral), and French Lavender (stronger herb flavour similar to rosemary). While the leaves are edible, more often just the buds are used.



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[www.tbpl.ca/spice-club](http://www.tbpl.ca/spice-club)



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TBPL  
Spice Club

Spice of the Month:

Dried Lavender  
Flowers

## Crispy Phyllo-Wrapped Baked Feta with Lavender Honey

\*Recipe found at [simplebites.net](http://simplebites.net)

### Ingredients

- 1 block feta approx 135 grams
- 2 sheets phyllo dough
- 2 Tablespoons extra virgin olive oil
- 1/4 cup liquid honey
- 1/2 teaspoon culinary lavender

### Directions:

- Preheat the oven to 350°F. Line a small baking sheet with parchment paper.
- Remove the feta from brine and pat dry with a clean tea towel.
- Place a sheet of phyllo on a clean, dry counter and brush thoroughly with olive oil. Carefully place the second sheet of phyllo on top and again, coat it with olive oil.
- Place the feta block on the prepared baking sheet. Brush liberally with olive oil. Place in the oven and bake 20 – 25 minutes or until golden.
- While the feta is baking, warm the honey slightly and add the lavender buds. Let infuse for a few minutes.
- Place hot baked feta on pretty plate. Drizzle generously with the lavender honey. Serve at once with pita chips or crusty bread.

## Lavender Shortbread Cookies

\*Recipe found at [urbanblisslife.com](http://urbanblisslife.com)

### Ingredients

- 1 stick of butter cubed
- ¼ cup sugar
- 1 cup flour
- ¼ cup cornstarch
- ¼ teaspoon salt
- 1 TBSP fresh lavender or ½ TBSP dried lavender

### Optional

- powdered sugar for rolling dough
- additional lavender leaves for garnish
- sprinkle sugar

### Directions:

- Cream the butter in a stand mixer until smooth and a very pale yellow color (no longer bright yellow), about 2 minutes.
- Add the sugar and mix until well blended, about 1-2 full minutes.
- In a separate bowl, mix together flour, cornstarch and salt. Slowly add to the mixer and mix on low until all dry and wet ingredients are combined.
- If using fresh, gently pick the lavender off the stems until you have almost a TBSP full.
- Add lavender into the mixer and mix the dough until it starts to come together and pull away from the sides. It should not be crumbly.

## Lavender Shortbread Cookies Continued

Directions continued:

- Sprinkle a little powdered sugar onto a rolling mat or cutting board and knead the dough gently but thoroughly, about 5-7 times.
- Roll out the dough into a circle until the circle is about ¼" thick.
- Using a cookie cutter, cut out 2" shapes.
- Place cut cookies onto a baking sheet with parchment paper. Sprinkle lightly with granulated sugar.
- Gently poke small holes with a toothpick into the cookie.
- Bake at 350 degrees for 15-20 minutes, until cookies have very light golden edges. Watch them carefully: shortbread can burn quickly toward the end!

