



Bridestowe

Lavender Estate

Established 1922

Braised Casserole with Bridestowe 'Herbes de Provence'

- 1 kg chuck steak, cubed
- 1 cup plain flour
- 1 tsp paprika
- 1 tsp ground cumin
- Salt and freshly ground black pepper
- 4T olive oil
- 1 large onion, chopped
- 5 carrots, peeled and sliced
- 3 large potatoes, peeled and chopped
- 2 cups white wine
- 4 cups beef stock
- 3T Bridestowe 'Herbes de Provence'
- 3T Dijon mustard
- 2 bay leaves
- 3T chopped fresh parsley
- 3T unsalted butter

Combine flour, salt, pepper, paprika and cumin. Toss the beef in the seasoned flour, shaking off any excess.

Heat the oil in large frying pan or casserole dish and brown the meat in batches. Remove from pan and set aside.

Add onion and sauté until softened. Place meat and onions in casserole dish and add the carrots, potatoes, wine, beef stock, **Bridestowe 'herbes de Provence'**, mustard and bay leaves. Bring to the boil. Reduce heat, cover and simmer for 1½ hours, stirring occasionally. Remove the lid and simmer for a further 45 minutes, or until the sauce is thickened. Remove the bay leaves and adjust the seasoning. Add butter and chopped parsley just before serving.



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Blueberry Lavender Muffins

These delicious muffins have been a great favourite since they were introduced at the farm many years ago.

- 2 cups self raising flour
- 1 tablespoon Bridestowe Culinary Lavender
- 1½ cups blueberries (fresh or frozen)
- ½ cup sugar
- 1 cup plain yoghurt
- 1 egg
- ½ cup milk
- 2½ tablespoons melted butter

Lightly beat the egg and mix with the yoghurt and butter. In another bowl, mix the flour, **Bridestowe Culinary Lavender**, blueberries and sugar together. Add the egg mixture to the dry ingredients and stir together. Stir in the milk.

Spoon the muffin mixture into a greased muffin tin.
Bake at 190° for approximately 20 minutes.

Makes 12 muffins.





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Braised Lamb Shanks with Bridestowe 'Herbes de Provence'

- 4T olive oil
- 2 large leeks, sliced
- 6 whole garlic cloves
- 6 lamb shanks (Frenched are best)
- Plain flour
- 500 ml red wine
- 1 can crushed tomatoes
- 10g dried porcini mushrooms
- 1½ T Bridestowe 'Herbes de Provence'
- 500 g sliced carrots
- ½ cup chopped fresh parsley
- Salt and pepper

Toss the lamb shanks in the flour, salt and pepper. Heat the oil in a large casserole and brown lamb shanks. Set aside. Sauté the leeks and garlic until the leeks are softened. Return the lamb shanks to the pan and add the wine, tomatoes, mushrooms and **Bridestowe 'Herbes de Provence'**. Cover with a lid and simmer over a medium heat until the lamb is tender (about 1 hour). Add the carrots, cover and cook a further 30 minutes. Remove the lid and simmer until the sauce is slightly reduced. Skim fat from the surface and serve with chopped parsley.





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Chicken in French Mustard and Lavender Sauce

Mustard and lavender are natural partners. Both flavours combine beautifully with chicken in this warming winter casserole.

- 500 g chicken pieces
- 2 rashers bacon, chopped
- 1 tablespoon plain flour
- 1 tablespoon olive oil
- 30 g butter
- 4 onions, peeled and cut into quarters
- 1 cup chicken stock
- 2 tablespoons Dijon-style mustard
- 1 tablespoon Bridestowe Culinary Lavender
- ½ cup cream
- salt and freshly ground black pepper to taste
- 2 tablespoons chopped parsley

Toss the chicken pieces in the flour. Heat the butter and oil in a heavy casserole, add onions and cook gently until soft. Remove from the pan. Add chicken and bacon and brown. Add stock, salt, pepper, mustard and **Bridestowe Culinary Lavender**.

Return onions to the pan and bring slowly to the boil. Cover and simmer gently for 1½ hours or until the chicken is tender. Remove the chicken and set aside on a warm serving plate then boil the sauce rapidly until it is slightly thickened. Adjust the seasoning, add the cream and parsley and pour the sauce over the chicken.



Luscious Lavender Hot Chocolate

Curling up with a cup of hot chocolate on a cold night is one of life's simple pleasures. This lavender-scented hot chocolate is especially luxurious!

- 1 litre milk
- 120 grams good quality dark chocolate
- 2 tablespoons lavender sugar

Break chocolate into small pieces. Put the milk and the chocolate in a saucepan. Place over a low heat, stirring occasionally until the chocolate melts and the milk is steaming. Do not allow the milk to boil. Add the lavender sugar and whisk until the sugar is dissolved and the mixture is foamy.

Pour into 4 mugs.

Lavender Sugar

- 1 tablespoon Bridestowe Culinary Lavender
- 2 cups sugar

Pulse the **Bridestowe Culinary Lavender** and 1 tablespoon of the sugar in a spice grinder until the lavender is finely ground. Mix thoroughly with the remaining sugar. Store in an airtight container.





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Almond and Lavender Friands

- 180 g butter
- 200 g icing sugar
- 60 g plain flour
- 120 g almond meal
- 5 egg whites
- 1 teaspoon Bridestowe Culinary Lavender

Melt the butter and allow to cool. Crush the **Bridestowe Culinary Lavender** with a pestle and mortar or grind with 1 tablespoon of the icing sugar in a spice or coffee grinder. Sift the icing sugar and flour into a bowl. Add the **Bridestowe Culinary Lavender**.

Lightly beat the egg white until frothy and fold into the dry ingredients.

Grease 10 friand moulds (or regular patty pans) with 1 tablespoon of the melted butter. Gently stir the remaining melted butter into mixture until well combined.

Spoon the batter into the moulds until $\frac{3}{4}$ full. Bake at 200°C for 10 minutes. Turn the tray around and bake for a further 10 minute or until the friands spring back when touched.

Cool on a wire rack. When cool, dust with icing sugar.



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Lavender and Honey Ice Cream

This luscious ice cream takes a little time to make but the results are well worth the effort!

- 1 cup milk
- 1 cup cream
- 2 teaspoons Bridestowe Culinary Lavender
- 5 egg yolks
- 2 tablespoons Bridestowe Lavender Flower Honey
- 1 teaspoon vanilla extract
- 180g castor sugar

Grind the **Bridestowe Culinary Lavender** in a spice or coffee grinder with 1 tablespoon of the sugar. Put the milk and cream into a saucepan and add the sugar, the ground **Bridestowe Culinary Lavender** and the **Bridestowe Lavender Flower Honey** to the milk and cream and bring the mixture to boiling point. Allow to cool slightly.

Beat the egg yolks until light and foamy. Pour the milk and cream mixture over the egg yolks and stir until well mixed. Return to the saucepan which has been rinsed out and cook over a moderate heat stirring constantly until the mixture thickens and coats the back of a spoon. Add vanilla. Cover with plastic wrap and cool.

Strain the custard mixture and churn in an ice cream maker according to the manufacturer's instructions.



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Meyer Lemon and Lavender Shortcake

For the shortcake:

- 120 g butter
- ½ cup caster sugar
- 1 cup plain flour
- 1 cup self raising flour
- Pinch salt
- 20 almonds

Sift the flours and salt. Cream the butter and sugar. Add the flours a little at a time, working the mixture into a soft dough. Refrigerate for 30 minutes. Divide into halves. Roll out and press half the dough into a greased 20cm sandwich tin. Spread with lemon butter. Place the remaining pastry over the lemon layer. Arrange almonds around the edge of the pastry. Brush lightly with milk. Bake in a moderately hot oven for 35 minutes. Cool in tin before turning out.

For the lemon/lavender butter:

- 3 eggs
- 1½ cups caster sugar
- 90 g butter
- Rind and juice of 2 meyer lemons
- 1 tablespoon Bridestowe Culinary Lavender

Mix butter and sugar in the top of a double boiler. Add beaten eggs and the juice and finely grated rind of 2 lemons. Place the **Bridestowe Culinary Lavender** in a muslin bag and add to the mixture. Cook, stirring over boiling water until the mixture thickens. Remove the lavender. Cool.



Potato Salad with Bridestowe 'Herbes de Provence' Mayonnaise

This potato salad is excellent when served with barbequed meats, especially lamb.

- 1kg Dutch Cream or Kipfler potatoes
- 1 teaspoon Bridestowe Culinary Lavender salt
- Bridestowe 'Herbes de Provence' mayonnaise

For the mayonnaise:

- 500ml light olive oil
- 1 egg yolk
- 3 tablespoons Dijon-style Mustard
- 2 tablespoons white wine vinegar
- 3 teaspoons Bridestowe 'Herbes de Provence'

Ensure all the ingredients for the mayonnaise are at room temperature. Beat the egg yolk, mustard, **Bridestowe Herbes de Provence** and one tablespoon of the vinegar together. Add a few more drops of the olive oil while continuing to beat the mixture. Slowly add more oil while continuing to beat at high speed, ensuring each addition of oil is completely incorporated before adding more. When roughly half of the oil has been added, add the remaining tablespoon of vinegar (this step will help to stabilise the emulsion). Continue beating and add the remaining oil in a steady stream. Test for flavour. A little more vinegar and pepper may be added, if required. This mayonnaise can be stored in a covered container in the refrigerator for up to 3 days.

For the potato salad:

Scrub the potatoes, to remove all traces of dirt. Leaving the skin on, boil the potatoes in lightly salted water until just tender. Do not overcook. Drain the potatoes and when cool cut into 2cm pieces. Toss the potatoes in Bridestowe Herbes de Provence mayonnaise, making sure each piece is well-coated. Transfer to a serving bowl and sprinkle with **Bridestowe Culinary Lavender**.



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Salmon with Lavender Miso Sauce

- ¼ cup mirin
- ½ teaspoon Bridestowe Culinary Lavender
- ¼ cup white miso paste
- 2 teaspoons grated fresh ginger
- 1 salmon fillet

Combine the mirin and lavender in a small saucepan. Bring to the boil and simmer for a few minutes. Allow to cool, then strain and discard the lavender. Combine the mirin lavender sauce with the miso paste and ginger. Pour over the salmon and marinate for 30 minutes in the refrigerator.

Line a baking sheet with foil and brush with a little oil. Place the salmon and marinade onto the baking sheet and grill until the fish is cooked to taste.





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Melon in Lavender Champagne Syrup

This recipe is very easy and is the perfect finish to a summer meal. The syrup can be stored in the refrigerator.

Lavender Champagne Syrup

- 1 bottle pink sparkling wine
- 3 cups sugar
- 1 cinnamon stick
- 2 star anise
- 2 vanilla beans
- 2 tablespoons Bridestowe Culinary Lavender

Combine the pink sparkling wine, sugar, cinnamon, split vanilla beans in a saucepan. Bring to the boil and continue to boil for 5 minutes. Add the **Bridestowe Culinary Lavender** and when cool, transfer to the refrigerator. Allow to steep for an hour, then strain the syrup into a storage container.

Melon in Lavender Champagne syrup

- Watermelon cubes or balls
- Honeydew melon cubes or balls
- Rockmelon cubes or balls

Combine the three melons in a bowl and add lavender champagne syrup. Cover with plastic wrap and refrigerate for at least 4 hours, preferably overnight.

Serve.



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Lavender Babycakes

125g unsalted butter

125 g sugar

125 g self-raising flour

2 eggs

Pinch salt

100 ml milk

1 teaspoon Bridestowe Culinary Lavender

Pre-heat the oven to 170° c. Have all the ingredients at room temperature. Grind the **Bridestowe Culinary Lavender** to a powder in a spice grinder or pestle and mortar. Place all the ingredients, except the milk, in a food processor and blend until the mixture is smooth. Add milk gradually and re-process until the batter is smooth and flowing.

Half fill patty cake pans with cake batter and bake at 170° C for 15 – 20 minutes, or until the cakes spring back when touched.

Cool on a wire rack. When cool, ice with pale mauve warm icing.

Warm Icing

2 cups sifted icing sugar

Hot water

Mauve food colouring

Mix enough hot water into the icing sugar until the mixture is smooth and flowing, but not too runny. Add one or two drops of food colouring and stir to ensure that the colour is evenly distributed. Spread over the tops of the babycakes.



Iced Bridestowe Lavender Tea

Nothing is more refreshing on a hot day than a tall glass of iced tea. Iced lavender tea is even more delicious!

- 5 teaspoons Bridestowe Lavender Tea leaves
- 2 cups boiling water
- 2 cups cold water
- Ice cubes
- Lemon wedges
- Sugar syrup

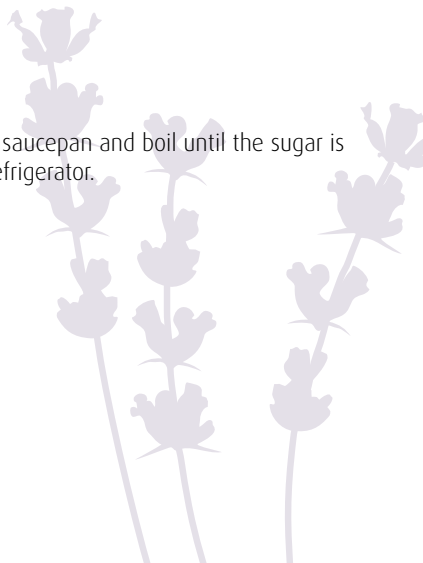
Pour the boiling water over the **Bridestowe Lavender Tea leaves**. Allow to steep for 5 minutes, then strain. Add 2 cups of cold water to the tea. Chill in the refrigerator.

Serve over ice cubes with a wedge of lemon. Iced **Bridestowe Lavender Tea** can be sweetened with sugar syrup to taste.

To make the sugar syrup:

- ½ cup sugar
- ½ cup water

Combine sugar and water in a saucepan and boil until the sugar is dissolved. Cool. Store in the refrigerator.





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Lavender Brownies

These are the best brownies we've ever tried. Like all brownies they are much better the day after they're made.

- 250 g butter
- 250 g good quality dark chocolate
- 4 eggs
- 1 cup white sugar
- 1 cup dark brown sugar
- 2 teaspoons Bridestowe Culinary Lavender
- 1 cup plain flour
- 2 teaspoons vanilla extract
- ½ teaspoon salt

Melt butter and chocolate in the top of a double boiler. Cool slightly. Pulse **Bridestowe Culinary Lavender** and 1 tablespoon of the white sugar in a spice or coffee grinder until pulverised.

In a large bowl, beat together the eggs, salt, sugars and vanilla. Whisk in the chocolate mixture then fold in flour and lavender until just combined.

Prepare a swiss roll pan by greasing and lining with baking paper. Pour the batter into the pan and bake at 350° for 35 to 40 minutes, or until it looks shiny and is beginning to crack on top. Cool in the pan. Cut into squares. Store in an airtight container.



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Potatoes with Lavender and Rosemary

A quick and delicious alternative to roast potatoes.
Excellent with grills, roasts and barbeques.

- 500g Kipfler or chat potatoes
- 1 teaspoon Bridestowe Culinary Lavender
- 3 sprigs fresh rosemary
- 2 tablespoons unsalted butter
- 2 teaspoons Bridestowe Culinary Lavender
- 1 teaspoon finely chopped rosemary
- Sea salt and freshly ground black pepper

Scrub the potatoes and cut unpeeled potatoes into large chunks. Place in saucepan, and cover with water. Add **Bridestowe Culinary Lavender** and rosemary sprigs. Bring to the boil and cook until the potatoes are tender but still hold their shape. Drain, leaving the lavender clinging to the potatoes.

Melt the butter in a heavy-based saucepan. Add the drained potatoes, chopped rosemary and **Bridestowe Culinary Lavender** and toss gently until the potatoes are hot and coated with the butter and herbs. Sprinkle with sea salt and freshly ground black pepper.





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Lavender Tea Cake

- ¾ Cup of Sugar
- 1 Eggs
- 1 ½ Cups of Self Raising Flour
- ¾ Cup Milk
- 2 ozs Butter

Sift flour. Cream butter and sugar.

Add flour, milk and lavender and blend well. Cook in greased lined sandwich tin for 20mins in a moderate oven.

Remove from tin and while hot, butter the top and sprinkle with cinnamon and sugar. These can be done prior to cooking if desired.





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Lemon and Lavender Cake.

- 125gm Butter
- 2/3 Cup of Caster Sugar
- 3 Eggs
- 1 ½ Cups of Self Raising Flour
- 1-2 Lemon rinds finely grated
- Juice of 2 Lemons
- 3 Teaspoons of Bridestowe Culinary Lavender
- ½ Cup of Milk if necessary

Preheat oven at 180oC or 160oc if fan forced.

Line two deep hole muffin trays with paper cases. Combine butter, sugar, eggs, flour, lavender, lemon juice and rind. Beat on a low speed until well combined and smooth. Add the extra milk if mixture is still a bit thick. Drop large spoonfuls of mixture into the paper cases. Bake for a round 20 minutes. Turn cakes onto wire racks to cool. Top with glace icing.

Icing

Beat 1 ½ Cups icing sugar with 2 teaspoons of butter and 2 tablespoons of milk.

When soft and well mixed, ice when cakes are cool.

Variation:

Can be made in one sandwich cake tin.



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Potato and Leek Soup with Bridestowe 'Herbes de Provence'

60gm of Butter

2 Leeks chopped

2-3 kg of Potatoes peeled and chopped

3 Cups of Chicken Stock

1 Cup of Milk

1 Tablespoon of Bridestowe Herbes de Provence

Salt and cracked Pepper to taste

Heat butter, add Leeks and cook until soft.

Add potatoes and stock. Simmer for 15-20 minutes or until potatoes are tender. Stir in milk, blend until smooth. Add Herbes and simmer do not boil.

Serve with a swirl of cream and some chopped parsley.





Banana Cake

- 2 Tablespoons Butter
- 1 Cup of Sugar
- 1 ½ Cups of Self Raising Flour
- 1 Teaspoons of Cream of Tartar
- 1 Egg
- 3 Tablespoons of Milk
- 3 Mashed Bananas
- 3 Teaspoons of Culinary Lavender

Cream Butter and Sugar. Add beaten egg, milk, mashed Bananas and Lavender. Mix together. Shift in flour and Cream of Tartar, beat lightly. Pour into greased tin. Bake in moderate oven for 1 ½ hours.

Ice when cold.

Variation:

Can be made into muffin tins, if desired. Cook for 30 minutes.





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Chocolate, Marshmallow and Lavender Cakes.

- 125gm Butter – Softened
- 1 Teaspoon Vanilla
- 2 Teaspoons Bridestowe Culinary Lavender
- 2/3 Cup Caster Sugar
- 3 Eggs
- 1 ½ Cups Self Raising Flour
- 2 Tablespoons Cocoa
- 1/3 Cup of Milk
- 24 Marshmallows

Line two, deep hole muffin tins with paper cases and preheat oven at 180oC. Combine all ingredients together, except marshmallows, until well mixed and smooth. Spoon approximately one dessertspoon of the mixture into each paper case and place one marshmallow in each. Spoon one more spoonful of mixture on top to cover the marshmallow. Cook in the oven for 20mins.

Turn out onto rack to cool. When cool enough, ice with favourite icing and decorate.





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Cream of Chicken Soup with Bridestowe 'Herbs de Provence'

60gm Butter

1/3 Cup of Plain Flour

3 Cups of Chicken Stock

1 Cup of Milk

2 Chicken Breast Fillets (Finely sliced or cooked Chicken meat)

1 Cup of Cream

1 Stick of Celery (finely sliced)

2 Spring Onions (finely sliced)

Salt and Ground Pepper to taste

1 Tablespoon of Bridestowe Herbs de Provence

Melt butter in large pan and add flour. Stir continuously over low heat for 2 minutes. Gradually add stock stirring continuously over moderate heat until boils and thickens. Reduce heat and add milk, chicken, cream and celery. Simmer over a low heat for five minutes, until chicken is cooked. Add spring onions, cook for 1 to 2 minutes more. Season to taste with salt, pepper and Bridestowe Herbs de Provence.





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Lavender Scones

- 3 ½ Cups of Self Raising Flour
- 300mls of Cream
- 200mls of Lemonade
- 2 Teaspoons of Bridestowe Culinary Lavender

Sift Flour, add Bridestowe Culinary Lavender and stir in. Combine lemonade and cream. Create a well in the flour mix and pour wet ingredients into it. Mix and knead well together. Roll or push out in dusted board. Cut into scone size, place on a baking paper lined tray. Bake for 20mins at 200oC





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Basic Butter Cake with Bridestowe Lavender

- 2 Cups of Self Raising Flour
- 170gm Soften Butter
- 2/3 Cups of Castor Sugar
- 2 Teaspoons of Vanilla
- 3 Eggs
- 2/3 Cup of Milk
- 2 Teaspoons of Culinary Lavender

Preheat oven to 160oC. Lightly grease and line a 22cm round cake pan. Sift flour. In a separate bowl beat butter, sugar, vanilla and **Bridestowe Culinary Lavender** until light and fluffy. Add eggs and mix until combined. Fold in sifted flour and milk alternatively. Mix all ingredients until combined and spoon into cake pan and bake for 45-55 mins. Or until it springs back.

Variations:

Chocolate

Reduce flour to 1 ¾ cups and add ¼ cup of cocoa.

Choc-Chip

Stir though half a cup of Chocolate Chips in combined mixture

Marble Cake

Divide mixture into 3 portions. Leave 1st portion plain. Second stir in a few drops of cochineal. With the 3rd portion, blend 2 tablespoons of cocoa with 2 tablespoons of boiling water. Mix though. Spoon all three into cake pan and swirl with a knife.



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How to use your Bridestowe Lavender Oil

Note: Bridestowe Lavender Oil is one of the most useful and safest of all essential oils. However it should always be used carefully and sparingly. Use should be discontinued if any skin sensitivity or irritation is evident.

TO RELAX: To relieve symptoms of headache, stress, sleeplessness or tension

- *Try a drop or two on a tissue and place under your pillow cover
- *Place a few drops in a tub of warm water and immerse yourself and unwind
- *Soak your feet in warm water to which a few drops of oil have been added
- *Apply sparingly to temples or back of neck (great for relieving headaches)
- *Use in your favourite vaporiser
- *Add a few drops to warm almond or olive oil; it makes a great massage oil
- *Place one or two drops on an eye pillow and relax

TO SOOTHE: To relieve the discomfort of bites, stings and minor burns

- *Apply "neat" directly to insect bite or sting
- *Apply to exposed skin (wrists and ankles) to deter insects
- *Add a few drops to bath to relieve and soothe rashes and irritation

TO HEAL: Bridestowe Lavender Oil can be used to help skin heal naturally

- *A few drops added to bath water can help with conditions such as mild acne, some dermatitis and eczema. (Use over prolonged periods should not be undertaken without consulting your doctor)
- *Bridestowe Lavender Oil can assist the healing of tissue from minor burns.
- *Add a few drops to your favourite balm or moisturiser to help condition your skin.

TO FRAGRANCE: Bridestowe Lavender Oil has a unique rich floral fragrance

- *Add a few drops to a favourite oil and apply to pulse points
- *Mix a little with your preferred fabric or hair conditioner
- *Refresh pot pourri naturally
- *Add a drop or two to your ironing water
- *Place a drop or two on your vacuum cleaner filter

TO FLAVOUR: Bridestowe Lavender Oil is naturally low in camphor and safe for flavouring food and beverages. .

- *Add a drop of Bridestowe Lavender Oil to a cube of sugar and place in your sugar jar. Use for baking or as a sweetener with a subtle difference.
- *Try Bridestowe Lavender Tea or other gourmet products from the Bridestowe range. Try rich, unique Bridestowe Lavender Flower Honey in your favourite recipes or on warm toast
- *Specify Bridestowe Culinary Lavender or Bridestowe "Herbes de Provence" for baking, casseroles and cake making