



Fun facts & delicious recipes



Lemon Balm

Lavender Sugar

Makes 3 cups

¼ cup fresh culinary
(Provence) lavender buds
3 cups of sugar

In a spice grinder, pulse the lavender with ½ cup of the sugar until finely ground. Transfer to a bowl and stir in the remaining sugar. Put it into a glass jar and wait at least 3 days before using.

This sugar easily keeps for a year, the lavender flavor will diminish after 6 or 7 months.

Great for sugar cookies, chocolate cakes, brownies, hot chocolate and what ever you can think of. Try adding vanilla bean to the sugar.

Spicy Lemon Balm Kabobs

1 clove garlic
1 leg of lamb, about 3 lb.
boned and cut into
1 inch cubes

1 large onion, sliced into
chunks
2 good handfuls of lemon balm
leaves

MARINADE

2 fl oz wine vinegar
1 tsp. ground coriander
1 tsp ground cumin
½ tsp chili powder
1 tsp ground turmeric

1 tbsp brown sugar
1 tbsp mango chutney
2 bay leaves
2 chilies (optional)
salt and black pepper

1. Rub the surface of a deep dish with the peeled and cut clove of garlic. Arrange the lamb cubes in the dish. Cover with a layer of onion and top with the lemon balm leaves.
2. For the marinade, boil the vinegar, coriander, cumin, chili, turmeric, brown sugar, chutney, and bay leaves together for 5 minutes. Leave to cool. Pour the cooled marinade over the meat. Add the chilies and seasoning. Cover and leave overnight in the refrigerator.
3. Drain the lamb and onion pieces and thread them on skewers. Barbecue or broil for 15 – 20 minutes until browned, basting with the marinade. Discard the bay leaves before serving. Serve with hot garlic bread or on a bed of rice, accompanied by a crisp green salad.

Rosemary Kabobs

To make a marinade for 1 lb. cubed lamb or pork. Mix 4 tablespoons of olive oil, the juice of two lemons and the grated peel of 1 lemon, a crushed garlic clove and 4 sprigs of rosemary, or 2 teaspoons of dried leaves. Marinate the meat for at least 4 hours, then thread it on skewers, or woody rosemary stalks, alternating it with chunks of red and green bell pepper, and onion. Use the marinade to baste the meat as it grills.