

Lavender Chicken #1



Rating

Ingredients:

- 3 TBS Vodka Lavender 1999
- 1 TBS Bigarade Liqueur (Orange)
- 3 TBS Butter
- Fine Herbes
- 3 chopped Sprigs Grosso Lavender
- 1-1/2 cups White Zinfandel Wine
- Lavender Hydrosol spritz
- Stevia

1. Made sauce of above ingredients except for hydrosol.
 2. Washed 4 boneless skinless chicken breasts.
 3. Spritzed breasts with lavender hydrosol.
 3. Placed breasts in pyrex dish and marinated with above sauce for 24 hours in refrigerator.
- Next Day:
1. Sautéed breast side of chicken in butter/olive oil with layer of salt in iron skillet until brown on one side.
 2. Placed chicken back in pyrex dish with marinade and baked in preheated 350 degree oven for 45 minutes.

Why Chris Frenzied
Search
For Lavender Chicken?



Rating Good



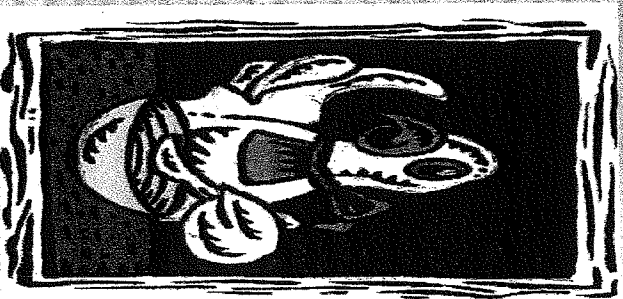
Rating Very Good



Rating Excellent

When I was in Provence, France for a class on Essential Oil Distillation (conducted by the Australasian College of Herbal Studies), I strayed from the group while on a tour of the beautiful town of Moustiers Sainte-Marie at the end of the Gorges. It is situated under a large mountain peak from which a waterfall flows through the town. I spied a terrace overlooking the waterfall, and walked over the next bridge and found the restaurant which had the beautifully flowered terrace. There I had my lunch in solitary bliss... the tapenade was wonderful, so was the salad and of course, the bread. The wine served with the Lavender Chicken was superb, but the Lavender Chicken was like eating heaven. They would not give me the recipe, so I have spent this past July, August and September 2001, after returning, experimenting in the kitchen, much to the delight of my son, Bill. Here is what has been created to date.

The Great
Lavender Chicken
Experiment



Conducted by
La Paz Herb Farm
Alton Bridge, W.V. 26002

lavender Chicken #2



Rating

Ingredients:

- 4 skinless boneless chicken breasts
- Butter
- 1 clove garlic
- 3 sprigs Grosso Lavender
- Chardonnay Wine
- tsp. Fine Herbes
- 2 TBS Lavender Jelly St. Fork Farm
- Sprinkle Old Bay Seasoning
- 2 TBS dark brown sugar
- More wine

1. Made sauce in black iron skillet of all ingredients except chicken.
2. Covered chicken with sauce above.
3. Baked in preheated 395 degrees oven for 30 minutes.
4. Then put 1 tsp brown sugar on each breast, covered chicken breasts with sauce again.
5. Baked same temp for 30 more minutes.
6. Garnished with lavender and served.

lavender Chicken #3



Rating

Ingredients:

- 1/2 stick butter
- 3 sprigs Maillette lavender
- Fine Herbes
- Lemon Thyme
- Lavender Tincture 1999
- Sherry

1. Melt butter.
2. Add above ingredients, simmer for 30 minutes over low heat.
3. Place in shallow dish and place in freezer for 30 minutes to solidify.

Ingredients:

- 3 Purple Perilla Leaves
- Brown Sugar
- Butter & Olive Oil
- Fresh Ground Black Pepper
- Sherry
- Lavender Liquor 1999
- Apricot Jelly

1. Melt butter, mix all above ingredients in butter for sauce. Simmer for 15 minutes, take off heat & allow to blend for 15 minutes.

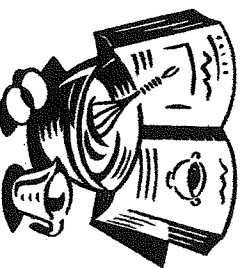
lavender Chickener #3

continued

Ingredients:

- 3 chicken breasts, bone and skin intact

1. Wash chicken breasts thoroughly. Dry thoroughly.
2. Take 1/3 cold congealed butter from freezer and place under skin of each chicken breast, spreading over entire area.
3. Put 3/4 of the pan sauce on top of the chicken which has been placed in a pyrex baking dish.
4. Place the chicken in the refrigerator for 1 hour.
5. Take chicken from refrigerator and bake, basting 2-3 times during the process, for 1 hour in a preheated 350 degree oven.
6. Garnish with parsley and lavender.



Lavender Chicken #4



Rating

Based on Julia Child's Mastering the Art of French Cooking recipe for Coq au Vin (p. 263)*

**Note: Although the chicken was delicious, the fragrance and taste of lavender was not obvious and the skin was not crisp. I have changed the recipe to include lavender and exclude the onions and mushrooms in Ms. Child's original dish.*

Ingredients:

- 3 slices bacon
- 4 chicken breasts
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 cup cognac Courvosier is what I used)
- 3 cups Beaujolais wine
- 1/2 cup lavender flowers
- 2 Tb. tomato sauce
- 2 cloves mashed garlic
- 1 bay leaf
- 2 Tbs. fine herbes
- 3 Tbs. flour
- 2 Tbs. softened butter
- Sprigs of fresh parsley

1. Sauté bacon in hot butter in iron skillet until lightly brown. Remove to a side dish.
2. Dry chicken thoroughly. Brown in hot fat in casserole

Lavender Chicken #4

continued.....

3. Season the chicken. Return bacon to casserole with chicken. Cover and cook slowly (300 degrees) for ten minutes, turning the chicken once.
4. Uncover, and pour in the cognac. Averting your face, ignite the cognac with a lighted match. Shake the casserole back and forth for several seconds until the flames subside.
5. Pour the wine into the casserole. Add just enough stock or bouillon to cover the chicken. Stir in tomato paste, garlic and herbs. Bring to simmer. Cover & simmer slowly for 25 to 30 minutes, or until the chicken is tender and its juices run a clear yellow when meat is pricked with a fork. Remove the chicken to a side dish.
6. Simmer the chicken cooking liquid in the casserole for a minute or two, skimming off fat. Then raise heat and boil rapidly, reducing the liquid to about 2-1/4 cups. Correct seasoning. Remove from heat, and discard bay leaf.
7. Blend the butter and flour together into a smooth paste (beurre manie). Beat the paste into the hot liquid with a wire whip. Bring to the simmer, stirring, and simmer for a minute or two. The sauce should be thick enough to coat a spoon lightly.
8. Arrange the chicken in the casserole. Baste with the sauce.
9. Bring to the simmer; cover and simmer slowly for 4 to 5 minutes, until the chicken is hot through. Garnish with parsley and lavender.

Lavender Chicken #5



Rating

Voilà!!! Thanks to Dale Hawkins, Master Chef at Deer Park Country Inn, BucKhamton, W.V. I talked with Dale about this search and used his advice for this recipe. He also promises to bring free range chicken to La Paix and cook the final version with me.

Ingredients:

- 3 Chicken breasts
- Butter
- 1/2 cup Lavender flowers
- 15 sprigs lavender or lavender flowers
- 1 cup water
- Maple Syrup
- Lavender jelly
- La Paix lavender liqueur

1. Insert fresh lavender flowers or lavender sprigs under skin of chicken breast. Season with salt and pepper.
2. Slowly brown chicken breasts in iron skillet with little butter - about 15 minutes.
3. Simmer 1/2 cup lavender flowers in water 15 minutes.
4. Make sauce of butter, maple syrup, simmered lavender and lavender herbal jelly, lavender liquor.
5. When chicken breasts are browned, add sauce to skillet.
6. Bake at 350 degrees for 1/2 hour. Baste with sauce in pan at least 3 times during baking.
7. Broil 4 minutes in oven. Serve! Enjoy.

When You Visit

La Paix Herb Farm

The setting includes
86 acres, a
Victorian Farm House &
attached 200+ year old Log Cabin

☉ See display gardens & walks

Feng Shui

Culinary

Medicinal

Lavender & Fragrance

The Silver Labyrinth

Wood walks

☉ Essential Oil Distillery

demonstration

see how pure flower & herb oils

are extracted

for aromatherapy uses.

☉ These Workshop Topics May

be requested by your group:

Culinary Herbs

Medicinal Herbs

Labyrinth Making

Dowsing

Essential Oil Distillery

Propagating, Cultivating and

Harvesting Herbs

Planning Your Herb Garden

Feng Shui in Your Garden

Cooking with Herbs

Lavender

First Aid in the Garden

Workshops by arrangement

Tours by appointment

(304) 269-7681

Witch Hazel

Hamamelis virginiana

Aroma & Taste: Very delicate herbaceous scent, with a slight woody edge.

Stability & Shelf Life: Moderately unstable; lasts eight to twelve months; prone to bloom.

Properties & Applications: Primary use is topical. Use only real witch hazel hydrosol, not the "witch hazel" sold in pharmacies and health food stores because they contain 1 and 3 % alcohol by volume.

Witch hazel is possibly the strongest anti-oxidant in topical applications it reduces redness, rashes, itching, swelling, and scaling of skin. Heals cracked or blistered skin and is extremely good for soothing eczema and psoriasis. Powerful alone or combined with yarrow. Effective anti-inflammatory and cicatrissant; effective wound wash and antiseptic. Can be used to calm bites and stings; synergistic in combination with chamomiles. Famous for healing effects on varicose veins and hemorrhoids; use in a compress or sitz bath 2 or 3x daily. Diuretic even in topical applications like compresses, it reduces edema and rheumatic and arthritic pain. Also makes an effective gargle for sore throat or hoarseness. Along with rock rose, witch hazel should be considered one of the most important antiaging substances and antioxidants. Add it to any skin product; eminently suitable for mature or damaged skin. **AVOID COMMERCIAL WITCH HAZEL.**

Susan Catty, *Hydrosols: Next Aroma.*

CHILDREN UNDER 6 YEARS OF AGE: DILUTE 50% WITH DISTILLED WATER

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Goldenrod

Solidago canadensis

Aroma & Taste: Odor is very green, slightly weedy, like wet hay.

Stability & Shelf Life: Very stable. Very few problems, and normally lasts 2 yrs

Properties & Applications: Strong diuretic; cleansing to entire hepatorenal system. Topically, use as compress for fluid retention and uric acid in joints or tissues; add to bath. Strong anti-inflammatory and moderate antispasmodic for sore muscles, stiff neck, tendonitis, repetitive strain injuries. Cardiotonic properties. Lowers blood pressure. Avoid if have extremely low blood pressure. Applied topically, goldenrod reduces swelling in thread varicose veins and broken capillaries. Goldenrod carries the intense vibrations of heat and sun; opens solar plexus and diaphragm, bringing calm. Energetic healing for the emotions and the heart and for helping to release old anger.

Aromatherapy
From Susan Catty, *Hydrosols: The Next*

Perilla

Perilla frutescens

Culinary: Foliage and seed oil used in Korean cooking. Potherb and garnish in Japan and as a red food coloring. Adds antimicrobial agent to pickled foods.

Traditional Medicinal Uses: Asian herbalists prescribe for cough and lung affections, influenza prevention, restless fetus, seafood poisoning, incorrect energy balance.

Toxicity: Ordinarily avoided by cattle but has been implicated in cattle poisoning. Causes pulmonary edema in many animal species, although not in pigs or dogs. Perillaldehyde may cause dermatitis in long term usage.

<http://newcrop.hort.purdue.edu/hort/newcrops/Crops/CropFact>

