



Recipe of the Month

This is a wonderful winter recipe, simple and versatile. Double the Lavender Poached Pear recipe and use it twice; once for dessert and later for a salad.

Lavender Poached Pears

2 pears, preferably d'Anjou or Bosc
1-1/2 cup water
1/2 cup lavender sugar (available from Pleitez Lavender)
1/4 cup fresh lemon juice

Peel, quarter, and core the pears. Place in a medium saucepan. Add the water, sugar, and lemon juice. Bring to a simmer over medium heat and cook for 15-20 minutes, or until the pears are tender when pierced with a fork or knife. Remove from the heat and allow the pears to cool in the liquid. Remove pears to a separate dish and heat to boiling. Cook until liquid is reduced to a syrup. Remove from heat and cool.

For dessert, place 2 pear quarters in a dessert dish, top with vanilla bean ice cream and a drizzle of the lavender liquid.

Avocado and Pear Salad

Lavender Poached Pears
Raspberry Lavender Vinaigrette (recipe follows)
2 avocados, halved, pitted and peeled
3 Tbsp. lemon juice
2 cups mixed greens
1/2 pint fresh raspberries

Prepare the vinaigrette and poached pears. Place the avocado halves on a cutting board and slice lengthwise into 4-6 slices. Brush slices with lemon juice. Slice the pears the same way.

Place greens on 4 individual salad plates and top evenly with avocados and pears, alternating the slices face-down to create a fan pattern. Drizzle the salad with the dressing and top with fresh raspberries.

Raspberry Lavender Vinaigrette

1 cup fresh raspberries
1/4 cup lavender vinegar (available from Pleitez Lavender)
1 tsp. lavender sugar
1/3 cup extra-virgin olive oil
sea salt and freshly ground black pepper, to taste

Combine raspberries, vinegar and lavender sugar in the bowl of a food processor. With the machine running, slowly add the oil. Season with salt and pepper.