

Bay Leaf—Oregano—Thyme—Basil

MINISTRONE SOUP



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This is an Italian vegetable soup that is loaded with vegetables, beans, and herbs. Oregano, thyme and basil dried herbs give the soup a Tuscany flavor. The bay leaves are added for an extra herb flavor that compliments the vegetables and the cannellini beans. A delicious and healthy soup that is a meal in a bowl. Soup's on!!

Ingredients:

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| 2 Tbspns olive oil | 1 cup (medium sized) shell pasta |
| 2 onions, chopped | 5 ounces of fresh baby spinach |
| 2 garlic cloves, minced | One 19 ounce can of cannellini beans (rinsed and drained) |
| One, 28 ounce can of crushed tomatoes | 2 bay leaves |
| 3 cups vegetable broth | 1 tsp each: dried oregano, basil, and thyme |
| 1/2 cup red wine | 1/2 tsp black pepper |
| 2 carrots, sliced | 1 tsp salt |
| 3 celery stalks, chopped | Grated parmesan, romano and asiago cheese blend (to sprinkle over top of each serving) |
| 1 cup chopped zucchini | |

Directions:

In a large saucepan, heat the oil and add the onions and garlic. Cook the onions/garlic for about 5 minutes, or until softened. Add the tomatoes, broth, wine, bay leaves, carrots, zucchini, celery, bring to a boil and cook (simmer) for 15 minutes. Add the pasta and cook for another 10 minutes or until the pasta is just done. Add the beans, spinach, dried herbs, salt and pepper. Return to a low boil and cook for about 5 minutes or until the spinach is done. Remove and discard the bay leaves. Serve hot with the grated cheese sprinkled on top of each serving.

LAVENDER, True Cinnamon

APPLE GALETTE WITH A HONEY-LAVENDER GLAZE



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This is a light and elegant apple tart, sweetened with honey and flavored with a little Lavender and touch of True Cinnamon. The Lavender gives the apples a delightful rosemary-floral taste. It's so good and so pretty, it can be served at any occasion. Try it warm with a scoop of vanilla ice cream - perfect!

INGREDIENTS:

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| 1 ready-made pie crust | 1 Tblspn all-purpose flour |
| 5 medium apples (such as Granny Smith) peeled, cored, & cut into 1/8 inch slices. | 1/4 tsp True Cinnamon |
| 1 Tblspn lemon juice | 1/4 cup apricot jam |
| 3 Tblspns sugar | 1/3 cup honey |
| | 1 tsp Lavender |
| | 1 egg white |

DIRECTIONS: Preheat the oven to 450 degrees. Roll out the dough and place it on a cookie sheet lined with parchment paper. Mix together the apples, lemon juice, 2 Tblspns of sugar, and flour. Spread the apricot jam in the middle of the rolled out dough. Arrange the apple mixture over the jam. Sprinkle the top of the apples with the True Cinnamon. Mix together the honey and the Lavender and then pour this mixture over the top of the apples. Gently fold the pie crust dough around the apples, making an edge and leaving the center apples open and uncovered. Brush the edges of the pie dough with the egg white and then sprinkle with the remaining 1 Tblspn of sugar. Bake the galette in the preheated oven for 15 minutes. Cover the edges of the galette with foil, if needed, to keep it from getting too brown. Reduce the oven heat to 375 degrees and bake for an additional 20 - 30 minutes. Remove the galette from the oven when the apples are softened and the crust is golden. Cool for 10 minutes before slicing.