



Grilled or Baked Salmon with Lavender

For a main dish that's the hit of the party, try adding some flare to your salmon with the taste of lavender.

Photo by Rhoda Peacher

Ingredients

3 pounds of salmon filet

4 T. organic honey

6 tsp. virgin olive oil

1/2 tsp. lavender, crushed with mortar and pestle

1/4 cup white wine

1 T. tamarind paste (available at Asian markets; Worcestershire sauce may be substituted)

1 tsp. lemon juice

Preparation

Place all ingredients except salmon in saucepan over moderate heat, stirring with a wire whisk at all times until ingredients are reduced by one-third, to create a sauce. When sauce has cooled slightly, brush on salmon filet. Grill salmon, basting with sauce occasionally, setting some aside to top when served. Salmon is cooked when fish flakes.

To bake salmon, preheat oven to 350 degrees F. Cover salmon with sauce, setting some aside to pour on salmon before serving. Bake for 10 minutes or until salmon is flaky, basting occasionally. Lavender Grilled Salmon can be served with rice or potatoes.

Serves 8 to 10 people.

Recipe courtesy Sarah Bader at Lavender at Stonegate.

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