

## LAVENDER PEPPER SPICE BLEND

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KITCHEN



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This versatile, savory and lightly fragrant spice blend compliments fish, poultry, pork or beef, but also nicely accents vegetables, such as potatoes, squash, carrots or beets.

**Whole peppercorns** can be found in grocery stores and coops either sold separately by color or already mixed. Pink peppercorns may be more challenging to find but can oftentimes be ordered online from spice companies (see suggestions below).

Use food-grade **culinary lavender** which can be purchased at many spice shops such as [The Spice House](#), [Spicewalla](#), [My Spice Sage](#), and [Morton & Bassett Spices](#).

**Equipment:** Use a spice grinder or [coffee grinder](#) used only for spices.

**Storage:** Use a small funnel to transfer the spice blend to a tightly sealed glass spice jar, plastic container, or zip-lock bag.

**Makes:** approximately 1 3/8 ounces

### INGREDIENTS

2 tablespoons mixed whole peppercorn blend (any combo of black, white, pink, and/or green)  
3 teaspoons dried culinary lavender  
2 teaspoon whole fennel seeds  
2 teaspoon sea salt  
1/2 teaspoon dried basil  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon granulated garlic

### DIRECTIONS

Place all ingredients into a spice grinder and grind to a fine consistency. Use immediately or place in an air tight container.

### When Ready to Use

#### **For use with fish or meat:**

Brush desired fish or meat with olive oil, then sprinkle the seasoning blend over top, or add the seasoning blend to a marinade. Allow the flavors to release and blend at room temperature for 20 - 30 minutes before cooking (for fish or poultry) or cover and refrigerate for to 12 hours (for pork or beef). Bring pork or beef up to room temperature (about 30 minutes) prior to cooking. Cook as desired – grill, bake, roast, pan-fry or sauté.

#### **For use with vegetables:**

Lightly drizzle raw vegetables with olive oil, then sprinkle the seasoning blend over top, or add the seasoning blend to a marinade. Cook vegetables as desired – grill, roast or sauté.