

Lovely Lavender - Botanical Bar!

Take a deep breath and relax.

Lavender is recommended for its calming effects. Provence, a region of southern France, is famous for its lavender production, as well as its great wines. There are wonderful reds and white wines produced in this region, but at least 85+% of the wine produced in this region is dedicated to rosé, which is an excellent accompaniment to many foods or just as a relaxing sipper (See? There's a pattern here!).

I can't think of anything more relaxing than a lovely "Adult Beverage" — at the end, or the beginning, of the day!



Lavender French 75

Lavender, lemon, and gin are an unbeatably fresh combination and this delicious bubbly cocktail is a great addition to any brunch or evening menu. It is exquisite when made with lavender simple syrup, which is very easy to make (see recipe below), in place of plain simple syrup. The effervescence of champagne bubbles make it a most luxurious cocktail.

Ingredients:

1 oz gin (*Uncle Val's Zested* or *Uncle Val's Botanical Gin* preferred)
½ oz lemon juice
½ oz lavender simple syrup
Top with chilled champagne

To Serve:

Combine gin with lavender simple syrup and fresh lemon juice in a champagne flute. Top with chilled champagne and garnish with a lemon twist or a sprig of fresh lavender.

Tip: If possible, chill gin and lavender syrup ahead of time for the best-tasting Lavender French 75.

Lavender Simple Syrup

Ingredients:

1 C sugar
1 C water
¼ C dried lavender flowers
Option: 1½ t vodka*

Combine water and sugar in a small saucepan, add a sprinkle of dried (food grade) lavender flowers and simmer for 5-10 minutes.

Remove the pan from the heat and let the liquid cool fully before straining out the flowers. Store the syrup in a closed container in the refrigerator.

Cheers,

Sue McNamara CS, CSW

Certified Sommelier, Court of Master Sommeliers

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