

Lavender Lemon Buttered Carrots

2 pounds medium carrots (about 4 or 5)
1 cup water
1 ½ teaspoons dried culinary "Provence" lavender buds, finely ground in a spice grinder
1 lemon
3 tablespoons unsalted butter
2 tablespoons extra virgin olive oil
1 garlic clove, minced
½ teaspoon fresh lemon thyme or thyme leaves
2 tablespoons fresh Italian parsley leaves, chopped
½ teaspoon sea salt
1/8 teaspoon freshly ground white pepper

Cut the carrots on the diagonal into 1/2-inch slices. Place in a medium saucepan with the water and lavender. Cover and cook over medium heat for 15 minutes, or until fork tender. Drain all but 1 tablespoon of liquid.

Grate the zest off the lemon. Cut the lemon in half and squeeze the juice from one half into a cup. Cut the remaining half into thin slices.

Heat the butter and oil in a large skillet over medium heat. Add the carrots, the reserved liquid, lemon zest, lemon juice, and 1 tablespoon of the parsley. Cover and cook over low heat for one minute. Season with the salt and pepper. Decoratively arrange the lemon slices over the carrots and sprinkle with the remaining parsley.

From [the Lavender Cookbook](#) by Sharon Shipley, Running Press Book Publishers, Philadelphia, page 52.