

Falling in Love with Lovage

A TRADITIONAL HERB GROWN ON OUR FARM

**LOVAGE EXPLAINED
HOW TO USE
RECIPES**



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🌿 LOVE LOVAGE AS MUCH AS WE DO 🌿

Lovage is a member of the Umbelliferae (Apiaceae) family which includes carrots, celery, caraway, coriander, dill and parsley. It's an acquired taste but has a celery like musty flavour with a hint of citrus which is revered by chefs.

Often described as the most lively and versatile herb for its flavour enhancing qualities it's sadly often overlooked in the modern kitchen.

We supply our lovage to top-end restaurants via our wholesaler but also sell it here in our farm shop too, for our retail customers to enjoy!

How to use

- Stuff leaves in a chicken or fish before roasting
- Add chopped leaves to salads
- Stir into mashed potatoes
- Sprinkle onto eggs as you scramble.
- Use instead of coriander in spicy dishes
- Add leaves to stocks
- Use with oregano and garlic in tomato sauces
- Add finely chopped leaves to quiche and tarts
- Combine with potatoes
- Use instead of celery in base vegetable mix

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Summer Potato Salad with Lovage

It's well documented that potatoes and lovage are great partners! This salad is made with a dressing of low-fat sour cream and Greek yogurt, but either could be substituted for mayonnaise. Brilliant with fish or as part of a BBQ salad offering.



Ingredients

- 500g Jersey Royal or other new potatoes, scrubbed & cooked
- 4 salad onions, finely chopped
- 1 large handful of lovage leaves, finely chopped
- 1 small handful fresh mint leaves, finely chopped
- 1 dessertspoon of fresh chives, finely chopped
- 100g light sour cream
- 100g 5% fat Greek Yogurt
- 2 teaspoons Dijon mustard
- Juice of 1 lemon
- 1 tablespoon red wine vinegar
- 6 cornichons, finely diced
- A few sliced pimento stuffed green olives, optional
- Sea salt and freshly ground black pepper
- 1 few fresh herbs to garnish

Method

Refresh the cooked potatoes in cold water and leave to cool. Meanwhile make the dressing in a bowl by combining the rest of the ingredients. Season to taste. Cut the potatoes into bite size chunks and stir into the dressing. Place in a serving dish, garnish and chill until required.

Lovage, Pea & Leek Soup

This vegetable packed soup partners deliciously with the citrus and celery notes of lovage. Aromatic enough to be served hot or cold. Serve with some toasted sour dough bread for a satisfying summer lunch.



Ingredients

- 1 tablespoon sunflower or rapeseed oil
- 1 sweet white onion, peeled and finely chopped
- 1 leek, finely chopped
- 300g potatoes, peeled and roughly chopped
- 180g frozen peas
- 1 litre of vegetable stock
- 1 large handful of lovage, roughly chopped
- Sea salt and freshly ground black pepper

Method

Heat the oil in a saucepan and add the onion and leek. Saute with a lid on for 8-10 minutes over a medium heat allowing the vegetables to sweat not brown. Add the potatoes and stock to the pan and bring back to the boil. Simmer for 10 minutes. Now add the peas, lovage and seasoning then simmer for a further 10 minutes. Allow to cool slightly before blending until smooth. Serve with a swirl of cream - and edible garden flowers but lovage leaves or snipped chives work well here too.