

Recipes



Lovage, *Levisticum officinale*

Tips:

- Add leaves to soups, stews, salads and chicken dishes.
- Crushed lovage leaves rubbed around the rim of a salad bowl will leave behind flavor for the salad that follows.
- Use the compound leaf as a garnish or stirrer for savory cocktails.
- For best flavor, use the leaves, stalks or stems fresh.
- To preserve, freeze leaves that have been blanched for 30 seconds, shocked in a cold water bath, and dried. Store in an airtight bag or container.
- Lovage stems can be pickled.
- The roots of lovage that are at least 1 year old can be sliced or grated and used fresh or oven dried.

Potato Salad with Lovage

2 pounds small red potatoes
½ cup chopped chives (use blossoms too if available)
1 green pepper, chopped finely

¼ cup chopped fresh lovage
¼ cup dry white wine
⅛ cup tarragon vinegar
½ cup salad oil

Wash and cut potatoes into bite-sized pieces. Cover potatoes with water and cook until tender. Drain potatoes and pour wine over them while still warm. Add green pepper, chives, celery and lovage, tossing lightly. In a small bowl, whisk together oil and vinegar. Pour over the potato mixture and toss.

Jo Sellers, HSA Potomac Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
edited by Katherine K. Schlosser

Herbal Garlic Soup

¼ cup chopped fresh garlic
¼ cup chopped celery or lovage leaves
2 tablespoons olive oil
1 teaspoon honey
½ teaspoon grated lemon peel
6 cups chicken or vegetable stock
½ cup cooked, shredded chicken, if desired
½ cup chopped greens (spinach, dandelion, sorrel, or Swiss chard)

1 teaspoon chopped fresh thyme (lemon thyme is good)
1 tablespoon chopped fresh lemon balm
1 egg white
2 tablespoons freshly grated Parmesan
1 teaspoon calendula petals (seasonal)

Lightly sauté garlic and celery or lovage in olive oil, honey and lemon until tender. Add chicken or vegetable stock and greens (also add chicken if desired.) Simmer for 15 minutes or until greens are soft. Add herbs and simmer an additional 5 minutes. Whisk in egg white and remove from heat. Sprinkle with grated cheese and calendula petals to serve. Yields 4 servings.

Ed Pierzynski, HSA South Jersey Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
edited by **Katherine K. Schlosser**

Lovage and Walnut Pesto

1 cup lovage leaves
2 tbsp walnuts
1 clove garlic chopped
1 lemon juice and zest

Salt and pepper
3 tbsp Olive oil
1 tbsp parmesan

Break up the walnuts and toast them in a dry pan for approximately 1 minute until golden and aromatic. Allow to cool.

Whizz with all other ingredients in food processor or use pestle and mortar.

Use pesto on pasta, as a sandwich spread, with roast chicken, and in a salad dressing.

Karon Grieve

<https://larderlove.com/lovage-walnut-pesto/>

Larder Love, May 2018

Lovage Soup

2 tablespoons salted butter
1 green onion, white and light green parts,
chopped
1 yellow onion, peeled and chopped

6 cups chicken broth
3 medium Russet potatoes, peeled and chopped
1 bunch 1oz. lovage leaves, chopped fine
Heavy cream to serve

Melt the butter in a heavy-bottomed stock pot over medium-high heat. When it froths, reduce the heat to medium and stir in green and yellow onions. Fry until fragrant, about five minutes.

Pour in chicken stock and stir in chopped potatoes. Simmer, covered, about thirty minutes or until potatoes are tender. Stir in lovage and simmer, covered, a further five or six minutes.

Remove from heat and blend with an immersion blender until smooth. Season with unrefined sea salt and freshly ground pepper. Stir in a spoonful of heavy cream and serve. Makes 2 quarts.

Jenny McGruther

<https://nourishedkitchen.com/lovage-soup/>

Nourished Kitchen.com

**Do you have a recipe using Lovage to share?
Please send it to educator@herbsociety.org**