

# LOVAGE

Lovage is a salad plant having a strong and peculiar odour"

Its unique flavour is often compared to celery.

Only small amounts are needed as its flavour is strong. It resembles angelica in structure and its stems can be used in a similar way, as confectionary.

As well as soups, lovage can be blanched like celery, to chafe a salad bowl, in lovage vinegar, lovage sauce, egg salad, lovage and lentils and lovage butter.

It makes a very simple and tasty soup.

Use fresh leaves in Spring and Summer.



## LOVAGE SOUP

for 4-6 people you need;

1 med onion, peeled and finely chopped

1 tbsp olive oil

1 kg pots, scrubbed and cubed

1 litre veg stock

5+tblsps chopped lovage leaves (plus a small amount to garnish)

### To make

1. In a large pot sauté chopped onion in oil until translucent; add cubed pots and mix tog.
2. Add stock. Simmer until pots nearly tender.

3. Add lovage. Cook a few minutes more. Season to taste.

### Variations

For a creamier, thicker soup substitute 1/2 pint milk for 1/2 stock. Liquidise after adding lovage. Try subst. leeks for some of onions, carrots for some of pots. Add some peas. Serve with creme fraiche.

### Notes

*Levisticum officinale*

Grows wild in mediterranean and up to 4' high and several feet spread in Britain.

Recorded in 14 but never 'official'.

Had many uses; diuretic, carminative; used for treating colic and flatulence in children.

Used in a bath to ease skin irritation. A cure for inflammation of the eyes (pink eye)

volatile oil - angelic acid

chewing on dried root said to keep one alert.



lower stems and young leaves have purple tinge

