



## Lavender cupcakes

*"Talent is something attributed to open minds, never to obtuses ones"*



One of my essentials when passing through [London](#) is [Portobello](#), in [Notting Hill](#). I do not know what it has, but there is always something new that catches my attention and is absolutely a "Not to miss" every single time I visit London. It is a curious contradiction, it is an antiques market, but at the same time you can find the very latest trends, I suppose that the increased number of shops, and related businesses have supplemented the area, above all, during the week. Portobello is the perfect reflect of that classic and innovative spirit London has always had.

As you may know, along **Portobello Road** and nearby streets, Saturday is a constant bustle of

outsiders and some Londoners looking for the antiques market and street offers, the essence of the contemporary "british" culture. The area is mostly for tourists, but, it continues to be one of my favorite views of the more traditional "London". I like the houses, low and colorful with their English backyards, area known vintage, their shops full of souvenirs, trinkets, flowers, antiques, their old shops, and all the catering possibilities it offers now. I must say that these have incredibly improved during these past years, and have nothing to do with the Chinese take away possibilities there were 20 years ago.. While acknowledging the touristic nature of the market, I find it extraordinary attractive in every single way.



# Loleta

## Life, Market & Cooking



I know many of you have visited the place many times, but the ability to reinvent itself of the main city of the UK, is shown on a walk along this street. I propose you come with me for a brief walk to tell you about a couple of places. Those who know the place, will feel the nostalgic memories of your trip, and those who do not, can get a compelling vision so that you include it in your musts during your next visit to London.

Let's go to **Notting Hill Gate underground station** (Central, Circle & District Line), get out to the street and start at **Pembridge Road**, the first street on your left, intersection with Kensington Park Road. Turning into Pembridge Road, we get after a hundred meters into Portobello Road, here you can't get lost, just go straight to the end of the street. The colorful low-rise buildings, the attractive business located on the street, and lighting shops, make the trip a delight. No need to hurry, take advantage of it, you should allow yourself at least two hours , There are a thousand and one objects that will surprise you. My recommendation is to complete the whole trip go and return along Portobello Road, and while returning, make a couple of stops

Among the streets **Westbourne Grove** to **Lonslade Road** (just right) are the two sites I want to tell you about. The first one, is great if you want to have a snack or make a quick lunch stop, not to miss the fabulous sandwiches **Gail's Artisan Bakery** (Lonslade corner, in the 138 of Portobello Road) has all different types of freshly baked bread, combined with fresh natural ingredients. The atmosphere is artisan, warm and friendly and the price is quite affordable. Note that on Fridays and Saturdays it is very crowded at noon. Do not have any dessert and reserve yourself, for the following stop ...

**The Hummingbird Bakery** at number 133 of Portobello Road. It will not deceive you. It is a Baker group with five shops in London. This particular one opened in 2.004 but I found one of my visits, I decided to do my usual stroll around Portobello Market. As I walked into the heart of the market area, wandering through memories and trinkets, completely flooded by the atmosphere, I came across this surprising bakery: what?? Hummingbird!!...the one from my book!! ....

In a [previous post](#) I told you where I met in Cambridge as the great book that I recommend (English) if you love pastry. The name is "The Hummingbird Bakery CookBook", It is published by Ryland Peters and Small. The recipes focus on the modern American cakes and pastries **desserts** (..), **pies** (cakes), **cupcakes** (cakes or cupcakes), **muffins** (muffins uninsured), **tarts** (thin cakes) to **brownies**, combining flavors, novel colors and textures, turning once more to the traditional recipes, . There are also, very good photos and a superb quality of the editing. In





# Loleta

## Life, Market & Cooking



fact, after several recipes made with excellent results (and that is what I prefer from the book:, not only are there good pictures, but, explanations are very clear), I ended up putting it in a special place in my kitchen library, and, today's recipe is originated in this book.

And I had such a good time in the bakery. I was in the temple of the new American recipes cakes, they had everything: pies, cupcakes, muffins, tarts, etc.. The Notting Hill branch is small and cozy. The decor cute and colorful presentation in glass pans on the counter display suggests you eat me! ...right now..... The place was crowded so we assumed we took the right choice and so had we.

Put it in your list of preferences whenever you visit London and have a little time to spare, you'll simply love it. Why?, Because it is the perfect excuse to drop around Portobello with a nice and calm walk, and then, why not? because you will enjoy this sweet temptation. Delicious!.

Coming back to our Lavander cupcakes, what a surprise to all senses when you try one of them. Some of you may think before trying them that they may taste like perfume or something weird, but the truth is that the taste is very smooth and original. At home they licked their fingers and the kids enjoyed them a lot. Dedicated to my good friend Cris and Vicki who was very generous and helped her mother to pick wild lavender for me. Thanks to you two. Without your help I probably would not have cooked them!.

Essential: have lavender. Do you dare make me?



## La Receta

- 1 Level of difficulty: Difficult**
- 2 Preparation time: 45 min.**
- 3 For: 12 units**

### Ingredients

#### For the cupcake dough:

1. 120 ml whole milk 0,07 €





# Loleta

## Life, Market & Cooking



2. 3 tablespoons dried lavender flowers. The flowers have to be emulsified in the milk from the previous day in the fridge. Do as explained above for the cupcakes. Keep both milks in separate jugs. The best is to pick wild lavender from the fields, but if you can't, buy a flowering plant in Flower shops 2,40 €
3. 120 g flour 0,18 €
4. 140 g of white sugar 0,12 €
5. 1 1 and a half teaspoon of baking powder 0,15 €
6. 40 g unsalted butter at room temperature 0,16 €
7. 1 egg 0,12 €
8. 12 small srpings of lavender (optional)

### For the lavender frosting:

1. 25 ml whole milk 0,20 €
2. 1 tablespoon dried lavender flowers. The flowers have to be emulsified in the milk from the previous day in the fridge. Do as explained above for the cupcakes. Keep both milks in separate jugs.
3. 250 g of icing sugar (I used the English brand Tate) 1,00 €
4. 80 g unsalted butter at room temperature 0,08 €
5. a couple of drops of purple food colouring (optional) 0,05 €

Total 2,13 € if you can pick the lavender **4,53 €** if you do have to buy a plant of lavender, and a lot of your love for the cooking 12 cupcakes. You cannot pay less for a such a big reward . They are delicious!.

### Equipment:

1. 12 muffin paper cases
2. an electric mixer
3. oven and 12 cupcake tray (optional)
4. spoons and bowls

### Pairing:

Well, I recommend you take these cupcakes with a good lemonade. Now that the warm weather arrives and for those hot afternoons, I recommend a cold lemonade to enhance the sweetness of this recipe.

### Preparation:

1. Preheat oven to 170 °.





# Loleta

## Life, Market & Cooking



2. Strain the milk with lavender flowers and put aside. We will have to strain both milks separately, and keep them in separate jugs throwing away the lavender flowers.

3. Put the flour, sugar, baking powder and butter at room temperature in a freestanding electric mixer with a paddle attachment (or use a handheld electric whisk). Beat on low speed until you get a sandy consistency and everything is well combined.

4. Slowly pour the cupcake milk into the mixture, beating well until all the ingredients are well mixed.. Scrape any unmixed ingredients from the side of the bowl with a rubber spatula.

5. Add the egg and beat well. Scrape any unmixed ingredients from the side of the bowl with a rubber spatula.

6. Spoon 12 the mixture into the paper cases until two-thirds full and 15-20 bake in the preheated oven for 15-20 minutes, or until a skewer inserted in the centre comes out clean.. If needed. let , the cupcakes in the oven a little longer. Remove from oven and leave the cupcakes to cool in the tray before turning out onto a wire cooling rack to cool completely.

7. For the , lavender Frosting. Beat together , icing sugar, butter and food coloring if using. It is best to add the food colouring drop by drop in order to achieve the desired color, because when dropping too much, the color may not be the desirable. Using a freestanding electric mixer with a paddle attachment (or a handheld electric whisk), beat on medium-slow speed until the mixture comes together and is well mixed.

8. Turn the mixer down to slow speed. Slowly pour the lavender-infused milk into the butter mixture.. Once all the milk is incorporated, turn the mixer up to high speed. Continue beating 5 minutes or so. The longer the frosting is beaten, the fluffier and lighter it becomes.

9. When the cupcakes are completely cool, cover with a spoon or spatula each cupcake with a generous layer of frosting. If you want you can decorate the cupcakes with a sprig of lavender, but not to eat, only to decorate.

I hope you like them as much as I did. And Enjoy!. Bye!

