



# ESSENTIAL OIL CRYSTALS (Recipes)



# Recipes **BASIL**



## Pasta in tomato and basil sauce with mozzarella

Chop a little garlic and parsley.  
Cut the tomatoes into cubes and heat them gently in a frying pan with a little olive oil, the garlic and parsley. Season to taste. Add a little hot water and leave to simmer for 3 minutes. Add one pinch of Basil Essential Oil Crystals per person.  
Cook the spaghetti until it is "al dente". As it cooks, chop the mozzarella into cubes.  
Prepare the plates and serve the spaghetti. Pour a little olive oil over the pasta, then the tomato sauce, season to taste and finally decorate with the mozzarella cubes.



## Goat's cheese and basil toasts

Heat the oven to 180°C.  
Cut the goat's cheese into slices.  
Place the slices of cheese on toasted bread, sprinkle them with Basil Essential Oil Crystals and heat in the oven for 5 to 7 min.

Serving suggestion: Salad of your choice and a basil vinaigrette.



## Basil vinaigrette

1/2 cup of olive oil  
1/4 cup wine vinegar  
1 dessert spoon lemon juice  
1 dessert spoon mustard  
3 or 4 pinches of Basil Essential Oil Crystals.

Suitable for all types of salad.



## Strawberries with basil

Wash and remove the stems of your strawberries.  
Add to taste a little ground pepper, Basil Essential Oil Crystals, olive oil and balsamic vinegar.



## Sauteed broccoli

Heat the oil in a frying pan and add the broccoli and sliced Paris mushrooms. Heat gently.  
Add 1/2 cup white wine and simmer until evaporated.  
Season to taste and sprinkle with Basil Essential Oil Crystals before serving.



## Pesto sauce

Mix 100 g pine nuts, 100 cl olive oil, a little garlic, a pinch of salt and a few pinches of Basil Essential Oil Crystals.  
Mix well to obtain a creamy sauce.  
Ideal for accompanying all your dishes, steamed vegetables, sauteed pork, pasta, etc.



## Thai basil chicken

Cut the red and green peppers and chicken into thin slices.  
Heat a little sesame oil in a frying pan, add the finely chopped garlic and ginger, then heat the chicken and pepper slices.  
At the end of the cooking, season with a little soy sauce, salt and pepper to taste.

Sprinkle Basil Essential Oil Crystals over the dish to your taste just before serving.

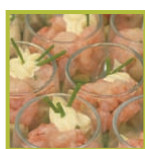


## Basil and almond cakes

Makes about 15.  
In a mixing bowl, mix 160 g margarine with 200 g cane sugar and a few pinches of Basil Essential Oil Crystals. Add 4 eggs, 200 g rice flour and 5 g yeast.  
Mix well. Put 2 spoonfuls of batter into each individual cake tin. Add a few sliced almonds to the top of each cake and cook them for about 15 min at 200°C till cooked.



# Recipes FENNEL



## Grapefruit, avocado and prawn salad

Peel the cooked prawns.  
Peel and cut into cubes the avocado and grapefruit.  
Mix everything together gently in a salad bowl and sprinkle a few pinches of Fennel Essential Oil Crystals over the salad to taste.  
Serve with mayonnaise flavoured with Fennel Essential Oil Crystals.  
Serving suggestion: serve chilled.



## Ham and chicory gratin

Blanch the chicory, drain and roll up inside the slices of ham.  
Place the chicory in a dish and cover with bechamel sauce flavoured with Fennel Essential Oil Crystals.  
Sprinkle a little grated cheese over the top of the sauce and place under the grill.  
You can also sprinkle your gratin with a few pinches of Fennel Essential Oil Crystals just before serving piping hot.



## Cream of courgette soup

Cut the courgettes into cubes and steam for 10 min.  
Mix the courgettes with the cubed goat's cheese and sprinkle with Fennel Essential Oil Crystals.  
Add salt, then 20 cl of water and mix again.  
Best eaten either hot or chilled.  
Just before serving, sprinkle a few pinches of Fennel Essential Oil Crystals over the soup to taste.  
This recipe is also well-suited to Mint, Lemongrass or Citrus Medley Essential Oil Crystals.



## Mashed potato with fennel

Peel the potatoes and cut into cubes.  
Steam till cooked.  
Mash the cooked potatoes, add butter and salt. Flavour with a few pinches of Fennel Essential Oil Crystals before serving.



## Fennel crudités

Cut the celery, cucumber and carrots into sticks, leave the cherry tomatoes whole.  
In a bowl, mix the fresh cream, yohurt, a little lemon juice, salt and pepper, and add a few pinches of Fennel Essential Oil Crystals. Mix together well.  
Serving suggestion: Service as an appetiser. You can also let your guests choose the crystals of their choice.



## Vegetable tart with fennel

Cut the tomatoes, aubergines and courgettes into small cubes. Steam them or cook in a little olive oil.  
Mix the beaten eggs and fresh cream, season to taste and add a few pinches of Fennel Essential Oil Crystals.  
Blind bake the pastry case until nice and golden.  
Mix the vegetables and egg mixture and pour into the pastry case. Place the cubes of mozzarella on the surface and cook for 20 to 30 min till cooked.  
While still warm, sprinkle a few Fennel Essential Oil Crystals over the tart before serving.



## Apple, fennel and gorgonzola tart

Prepare the shortcrust pastry and line a pie dish. Blind bake for 15 min.  
Cook the bacon bits in a little water, slice the apples and cook them for 2 to 3 min in a little butter. Season to taste.  
Beat the eggs, add the fresh cream, bacon bits and apples. Sprinkle a few pinches of Fennel Essential Oil Crystals in.  
Pour the preparation into the pastry case and place the cubes of gorgonzola on top.  
Bake for 30 to 40 min at 200°C until cooked.



## Sauteed vegetables with fennel

Cook seasonal vegetables with a little bacon, chopped garlic and olive oil.  
Slice the sprouts, add them to the frying pan with a little water. Cook till the water has been absorbed (the sprouts should still be a little crunchy).  
Put the vegetables into a serving dish, season to taste. Sprinkle Fennel Essential Oil Crystals on top.  
Serving suggestion: ideal for accompanying poultry or fish.



# Recipes CARDAMOM



## Indian chai

Makes 4 cups. Infuse 2 sachets or 4 pinches of black tea for 3 to 5 min in 500 cl of simmering water. Remove the sachets, then add 200 cl of milk and keep heating. Add a pinch of Cardamom Essential Oil Crystals and sugar to taste. Serve hot!



## Lamb cutlets with cardamom

Prepare the lamb cutlets, removing any excess fat and seasoning with ground pepper. In a frying pan, heat some butter or olive oil and cook the cutlets on both sides until they are nice and pink on the inside and golden brown on the outside. Before serving, sprinkle with a pinch of Cardamom Essential Oil Crystals. Serve with couscous.



## Cardamom toast

Toast slices of bread or baguette. Spread with butter and honey, add a pinch of Cardamom Essential Oil Crystals. Enjoy!



## Broccoli with cardamom

Clean the broccoli and cut into small florettes. Steam for 10 min. In a bowl, mix 1 plain yoghurt, French sea salt, a pinch of Cardamom Essential Oil Crystals and a dessert spoon of lemon juice. Mix well and chill. Serve the broccoli florettes with the cardamom sauce. This dish is an ideal accompaniment to grilled fish and meat.



## Banana and cardamom yoghurt

Cut 2 bananas into 5 mm slices, cover with lemon juice. In a bowl, mix 400 ml of creamy plain yoghurt, 2 teaspoons of honey and 2 or 3 pinches of Cardamom Essential Oil Crystals. Pour the yoghurt over the banana and mix. Enjoy!



## Chicken and cardamom curry

In a frying pan, heat the olive oil and chopped ginger, chopped onions and carrots. Add the curry powder and chicken breasts. Cook all together for 15 to 20 min on a low heat. Towards the end, add a pinch of Cardamom Essential Oil Crystals. Season to taste. Serve with warm, plain rice.



## Sautéed scampi with cardamom

In a small saucepan, heat the chopped garlic in a little butter. Add a glass of white wine and reduce. In a hot frying pan, fry the scampi for 1 to 2 min on each side in a little olive oil. Add the white wine sauce and a pinch of Cardamom Essential Oil Crystals.



## Crème brûlée with cardamom

Prepare the ingredients: 5 egg yolks, 75 g sugar, 25 g honey, 35 cl single cream, 10 cl milk, 25 g cane sugar. Preheat the oven to 100°C. In a saucepan, heat the single cream on a low heat and add the honey. Beat the egg yolks and sugar and pour in the cream, adding one pinch of Cardamom Essential Oil Crystals per person. Pour the preparation into ramekins and cook for 1 hour at 100°C. Leave to cool in the refrigerator. Before serving, sprinkle the ramekins with cane sugar and place for 5 to 10 min under the grill to caramelize the top of the crème brûlée. Enjoy!



# Recipes BERGAMOT



## Bergamot mayonnaise

Separate the egg whites and mix them with the mustard. Add a little vinegar to taste. Add the oil gradually, beating as you do so, until it becomes mayonnaise. Once the mayonnaise is ready, incorporate the Bergamot Essential Oil Crystals and mix well.



## Sauteed courgettes with bergamot

Peel the courgettes, leaving a few ribbons of skin on the vegetable. Cut the courgettes into round slices (5 mm roughly) and cook in a little olive oil and chopped garlic. Cook for around 10 min till golden, season to taste and sprinkle with Bergamot Essential Oil Crystals before serving. Serving suggestion: You can also season with a little soy sauce before serving.



## Chicken with bergamot

Preheat the oven to 160°C. Place the whole chicken in a roasting dish, pour a little olive oil over it and add a few pinches of sea salt. Cut two lemons into quarters and place them around the chicken. Sprinkle with a few pinches of Bergamot Essential Oil Crystals. Roast for 1 hour per kilo of chicken.



## Bergamot cake

Serves 8.  
90 g sugar  
90 g melted butter  
12 dessert spoons milk  
2 eggs  
150 g cornflower  
1 sachet of yeast  
Preheat the oven to 180°C.  
Mix the sugar, butter and milk with the egg yolks and add a few Bergamot Essential Oil Crystals. Mix well.  
Add the flour, yeast and a pinch of salt.  
Beat the egg whites till stiff and then incorporate into the preparation.  
Bake for 35 min.



## Pear and bergamot jam

1 kg pears  
60 g cane sugar  
1/2 pod vanilla  
4 g powdered agar-agar  
15 cl water

Peel the pears and cut into strips. Place the strips in a saucepan, add the sugar and 1/2 vanilla pod cut into 3 pieces, and cook on a low heat for 40 min.

In a separate pan, dissolve the agar-agar in the boiling water and pour this preparation over the pears. Simmer for 3 min. Take off the heat and add the Bergamot Essential Oil Crystals. Mix well.



## Plum verrine with bergamot

Pit and wash the plums and then cut into quarters. Cook in the water and sugar. Mix with the agar-agar, simmer and add the Bergamot Essential Oil Crystals at the end of the cooking time. Place the pureed fruit in the individual glasses ("verrines") and refrigerate for at least 1 h. Serve with a scoop of vanilla ice cream and decorate with a few Bergamot Essential Oil Crystals.



## Steamed vegetables with bergamot

Cut the seasonal vegetables (onions, broccoli, turnip, fennel, carrot, potato, etc.) into cubes and steam. Sprinkle the vegetables with Bergamot Essential Oil Crystals before serving.

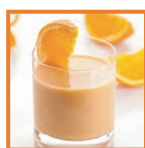


## Bergamot tea

Serve a Darjeeling of your choice. Simply add 1 pinch of Bergamot Essential Oil Crystals per cup.



# Recipes CITRUS



## Orange cream

Prepare the ingredients: 1/2 litre fresh orange juice, 50 g sugar, 20 g butter, 6 egg yolks, 75 g ground sugar.

Reduce the orange juice by half over a low heat, then add the sugar and butter. Heat all together in a bain-marie to melt the butter.

Blanch the egg yolks with the ground sugar and mix the preparation into the bain-marie.

Cook at 85°C till the mixture thickens.

Add 3 pinches of Citrus Medley Essential Oil Crystals to taste.

Can be eaten hot or cold.

Serving suggestion: this cream is ideal as an accompaniment to a lemon tart, citrus icecreams, etc.



## Fish parcels with citrus

Wash two tomatoes and cut into slices. Peel and chop an onion, then finely chop some chives.

In a sheet of aluminium foil, place a fillet of the fish of your choice (salmon, cod, etc.), with the tomato slices and onions on top.

In a bowl, mix the olive oil with a few pinches of Citrus Medley Essential Oil Crystals and pour a little over the fish fillets. Season to taste.

Close the foil to form a small parcel and cook in the oven for 20 min at 180°C.

Serving suggestion: You could also add "Heavenly fish flowers and spices".



## Mushroom salad with citrus sauce

Clean the mushrooms and cut into slices. Mix the mushrooms with small cubes of celery, then add the chopped walnuts.

Sauce: Mix one plain yoghurt with a dessert spoon of mustard, a dessert spoon of fresh cream and a pinch of Citrus Medley Essential Oil Crystals. Season to taste. Dress the mushroom salad with the citrus sauce.



## Smoked fish salad with mandarines

Cut 250 g of smoked salmon into thin strips. Wash the lettuce and cut into ribbons.

Wash and grate a carrot, season to taste. Cut 4 hearts of palm into small pieces.

In a bowl, put a little olive oil, single cream, a few Citrus Medley Essential Oil Crystals, salt and pepper. Mix well. Prepare the plates with the lettuce, carrots, hearts of palm and smoked salmon. Add the sauce just before serving.



## Prawn and citrus salad

Cut a grapefruit in half. Scoop out the flesh and put the empty skins to one side. In a salad bowl, mix the fruit, 6 crab sticks cut into cubes and 100 g of peeled prawns.

Sauce: In a bowl, mix a mayonnaise sauce with a pinch of Citrus Medley Essential Oil Crystals.

Place the preparation in the empty grapefruit skins, top with a scoop of mayonnaise and a pinch of chives to decorate. Enjoy!



## Bananas flambéed with citrus fruit

Cut the bananas in half lengthways. In a frying pan, cook till golden in a little butter. Once nicely golden, sprinkle the bananas with sugar and a few Citrus Medley Essential Oil Crystals. Finally, set the bananas alight with the rum.

Serving suggestion: This recipe works just as well with pineapple.



## Mandarin pork ribs

In a bowl, mix 2 dessert spoons of soy sauce, 2 dessert spoons of white wine, 2 teaspoons of honey, chopped garlic and a pinch of Citrus Medley Essential Oil Crystals.

Season the pork ribs, then cook on both sides in the oil in a hot frying pan. Add the sauce and 2 glasses of water to the pan and leave to cook till the water has evaporated. You can also add a pinch of Citrus Medley Essential Oil Crystals before serving.



## "Good health" tomato cocktail

Wash 2 good-sized tomatoes and cut into pieces, along with 2 carrots and a stick of celery. Put all the pieces in a blender; add a dessert spoon of lemon juice, a pinch of Citrus Medley Essential Oil Crystals and a pinch of Basil Essential Oil Crystals. Mix the preparation.

Suggestion: Add a little water if the juice is too thick. Serve chilled with ice.



# Recipes CINNAMON



## Mulled wine with cinnamon

In a pan, heat the red wine without boiling it. Add the sugar and cloves. Simmer over a low heat for 15 min. Filter the mixture, add a pinch of Cinnamon Essential Oil Crystals and Citrus Medley Essential Oil Crystals.

Mix well and serve hot.

Serving suggestion: An ideal accompaniment for walnut cake.



## Apple and walnut salad with cinnamon

Toast a handful of walnuts in a frying pan without adding fat then chop finely. Wash the apples thoroughly without peeling them, remove the core and cut into thin slices. Cover with a little lemon juice to keep them fresh.

Vinaigrette: mix two dessert spoons of cider vinegar, two dessert spoons of olive oil, a little mustard, salt, pepper and a few pinches of Cinnamon Essential Oil Crystals. Mix well.

Put a few leaves of lettuce at the bottom of your salad bowl, with the apples on top. Decorate with the walnuts. Add the sauce just before serving.



## Sweet potato and cinnamon soup

Peel a sweet potato and cut into 1 cm-thick slices. In a pan, brown the thinly-sliced onion in a little butter. Add the sweet potato slices and 200 ml of water. Cook until the vegetables are soft. In a blender, mix and add 200 ml of milk. Mix thoroughly. Heat the soup over a low heat. Season to taste. Add a pinch of Cinnamon Essential Oil Crystals just before serving.



## Moussaka

For the meat sauce:

Brown the chopped onion and garlic in a little olive oil. Add the finely chopped Paris mushrooms and minced beef. Mix well and leave to cook until the meat has browned. Add a tin of whole tomatoes, 100 ml of red wine, some tomato paste, laurel leaves, chopped celery, parsley, nutmeg and oregano. Simmer for 5 min, then sprinkle with one pinch of Cinnamon Essential Oil Crystals per person.

Wash 4 aubergines and cut into slices. Brown them in a frying pan with a little olive oil. In a gratin dish, lay the slices of aubergine in a thin layer; cover with the meat sauce, and repeat. Finish with a layer of meat sauce. Cover with bechamel sauce and grated cheese. Cook for 30 min at 180°C.



## Lamb and prune tagine with cinnamon

Brown 800 g of lamb in a frying pan with a little butter. Add a chopped onion and brown that, too. Sprinkle the meat with a teaspoon of flour and cover in hot water. Season to taste and simmer over a low heat for around 3 hours. Halfway through the cooking time, add a teaspoon of chili, a pinch of saffron and 200 g of prunes. At the end of the cooking time, sprinkle with a pinch of Cinnamon Essential Oil Crystals per person. Serve in a tagine dish.



## Courgette omelette with cinnamon

Thinly slice 500 g of courgettes and 2 onions. Brown in a little olive oil. Season to taste. Cover and leave on the heat for around 15 min. Remove the cover and let the juices evaporate.

Meanwhile, beat 2 eggs with the salt, pepper and a few pinches of Cinnamon Essential Oil Crystals. Pour the egg mixture over the courgettes and mix gently while the eggs cook. Sprinkle with a pinch of Cinnamon Essential Oil Crystals before serving.



## Banana and cinnamon muffins

Prepare the ingredients: 270 g flour, 2 teaspoons yeast, 165 g granulated sugar, 25 cl double cream, 2 eggs, 250 g bananas and chocolate chips.

Sieve the flour; add the yeast, a pinch of salt and a pinch of Cinnamon Essential Oil Crystals. Add the sugar as you mix it all together.

In a bowl, beat the eggs. Add the double cream, a pinch of Bergamot Essential Oil Crystals and a little oil. Mix well until you have a smooth batter. Add the flour, mashed bananas and chocolate chips. Fill up to 2/3 the muffin cases. Cook for 12 min at 180°C.

Serve warm with a glass of milk.



## Apricot and cinnamon gratin

Wash 16 ripe apricots, cut them in half and remove the stone. Mix the apricots with 4 dessert spoons of sugar and one pinch of Cinnamon Essential Oil Crystals per person. Mix well and leave for about 10 min.

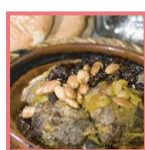
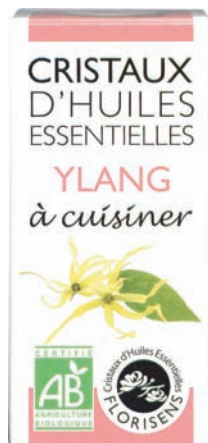
Prepare 4 sheets of parchment paper. Place 8 apricot halves on each sheet with a knob of butter on each, then fold the paper up to make a small parcel. Cook the parcels in the oven for 10 min at 180°C. Leave to rest for 2 to 3 min before serving.

This apricot and cinnamon gratin can be served with vanilla ice cream, cream cheese...

Enjoy!



# Recipes YLANG



## Lamb tagine with ylang

Ingredients: 800 g shoulder of lamb, 200 g of prunes, 200 g dried apricots, 50 g dates, 30 g sugar, 20 g half-salted butter, 1 onion, 2 cloves of garlic, 1/2 teaspoon spices, 1 teaspoon curcuma, 1 sachet of jasmin tea, salt, pepper.

Infuse the sachet of tea in simmering water. Add the prunes and dried apricots. Cut the dates in half and remove the stones. Peel and finely chop the onion, crush the cloves of garlic.

In a tagine dish, mix the spices and add the lamb cut into large pieces. Brown in a pressure cooker over a low heat. Then brown the onion in the juices. Incorporate the lamb and add the garlic, sugar and half of the dried fruit. Check the seasoning, cover and leave to cook over a low heat for 2 h. After 1 h, add the other half of the dried fruit. At the end of the cooking time, add a pinch of Ylang Essential Oil Crystals.

Serving suggestion: Serve with couscous perfumed with ylang.



## Foie gras toast on a bed of ylang caramelised apples

Cut 2 red apples into 1 cm-thick slices. In a frying pan, cook the apples in a knob of butter until they are soft. Add the sugar to caramelize the apples plus a pinch of Ylang Essential Oil Crystals. Put the mixture on slices of toasted bread.

Delicately place a thin slice of foie gras on the apples, sprinkle with French sea salt.

Serving suggestion: Serve with a small green salad and a glass of champagne with a pinch of Ylang Essential Oil Crystals.



## Ylang and lavender madeleines

100 g butter / 100 g sugar / 50 g flour / 30 g powdered almonds  
3 egg whites

Mix the flour, sugar and powdered almonds with the melted butter. Beat the egg whites until they form peaks, then incorporate them into the flour mixture. Add a few pinches of Ylang Essential Oil Crystals and FLORISENS Lavender "Fleurs à Croquer".

Pour the batter into the madeleine tins and bake for 12 min at 150°C or until cooked.

Serving suggestion: Serve with a scoop of vanilla ice cream flavoured with Ylang Essential Oil Crystals.



## Exotic fruit soup

Peel 4 bananas and cut into small pieces. Bring 800 ml of coconut milk to the boil, add a pinch of salt and 600 g of sugar. Take off the heat, add the bananas and a few pinches of Ylang Essential Oil Crystals (the bananas will cook slightly in the hot coconut milk and should remain soft). Mix well and serve the soup warm without boiling.



## Ylang flan

Finely chop the orange peel. Put a little at the bottom of each ramekin. In a pan, dissolve a teaspoon of agar-agar in 60 cl of milk. Bring to the boil. Take off the heat, add a dessert spoon of honey and a pinch of Ylang Essential Oil Crystals. Mix well and pour the mixture over the orange peel. Leave to cool and set in the refrigerator for 1 to 2 h.

Serving suggestion: Turn the flans out on to small plates and decorate with red fruit.



## Ylang mousse

Beat 4 egg whites till stiff, then add a pinch of salt. Incorporate the sugar gradually.

In a bowl, mix 2 plain yoghurts with 60 g of powdered almonds and a few pinches of Ylang Essential Oil Crystals. Incorporate the stiff egg whites very gently into the bowl. Divide the mousse between 4 "verrines" and refrigerate for at least 1 h.

Serve the mousses and decorate with FLORISENS "Fleurs à Croquer" rose petals.



## Tropical ylang cocktail

Wash, peel and cut the following fruit into pieces: mango, pineapple, watermelon, passion fruit. Put the pieces in a blender and mix. Add 2 dessert spoons of sweetened coconut cream and a pinch of Ylang Essential Oil Crystals. Mix well. Add ice. Serve chilled.



## Ylang toasts

Toast slices of fresh bread. Spread with butter and add a pinch of Ylang Essential Oil Crystals. An ideal replacement for jam, and a pleasant surprise for the palate.





# Recipes GERANIUM



## Strawberries on a bed of geranium-flavoured "fromage blanc"

Place a 20 cl brick of single cream in the freezer for 15 min. Wash and prepare 60 g of strawberries, cut them into thin slices and put them in a salad bowl. Squeeze half of an untreated lemon. Sprinkle a dessert spoon of the juice over the strawberries and add a dessert spoon of liquid honey. Place the strawberries in the freezer. Remove the single cream and whip until you obtain fluffy peaks. Separately, whip 500 g of "fromage blanc" (20% fat content) with a dessert spoon of liquid honey and add a few pinches of Bourbon Geranium and Citrus Medley Essential Oil Crystals. Mix well. Incorporate the "fromage blanc" into the whipped cream. Put the cream at the bottom of the ramekins, and the strawberries on top. Decorate with fresh mint.



## Orange and grapefruit flavoured with Bourbon geranium

Peel 5 oranges and 3 pink grapefruits, saving the juice. Cut the fruit into quarters and carefully remove the fine white skin that covers the pulp. Put the fruit in a soup dish and chill for 1 hour. Whip 20 cl of fresh cream with 70 g of sugar. Keep whipping as you add a few Bourbon Geranium Essential Oil Crystals. Serve both very cold, separately.



## Pineapple cocktail with geranium

Mix 1 litre of pineapple juice with FLORISENS rosebud "Fleurs à Croquer" and the juice of an untreated lemon. Add 1 or 2 pinches of Bourbon Geranium Essential Oil Crystals to taste. Serving suggestion: Serve very cold with crushed ice and lime for decoration.



## Geranium shortbread

Makes 30. Prepare the ingredients: 125 g butter, 225 g flour, 400 g sugar, 25 g icing sugar. Cream the melted butter and sugar. Add the flour and a pinch of salt. Knead by hand until you obtain cookie dough. Add a few pinches of Bourbon Geranium Essential Oil Crystals. Put a piece of parchment paper on a cookie sheet. Using a teaspoon, form the shortbreads directly on the parchment paper. Sprinkle with icing sugar. Bake at 170°C for 10 min. Allow to cool, then enjoy!



## Peach and geranium smoothie

Peel a peach and cut into pieces. Mix the pieces of peach with a glass of organic milk. Add a dessert spoon of honey, a few ice-cubes, a pinch of Bourbon Geranium Essential Oil Crystals and a pinch of Citrus Medley Essential Oil Crystals. Mix well. Serve very cold. Serving suggestion: You can use organic soy milk instead of the milk.



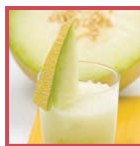
## Raspberry and geranium jam

Put 1 kg of raspberries in a saucepan. Add 400 g of sugar, 2 dessert spoons of lemon juice and a pinch of Bourbon Geranium Essential Oil Crystals. Bring to the boil and leave to cook for 10 to 15 min. Take off the heat and, before pouring the mixture into jars, add 3 to 4 pinches of Bourbon Geranium Essential Oil Crystals and mix well. Pour the mixture into sterilised jam jars. Close tightly and turn them over. Allow to cool.



## Tournedos steak with geranium mustard

In a bowl, mix the mustard with a few pinches of Bourbon Geranium Essential Oil Crystals. Brush both sides of the steak with the mustard. In a very hot frying pan, cook the steak for a few minutes on each side. Adapt the cooking time to your own taste. Enjoy!



## Melon and Bourbon geranium cup

Serves 2. Peel a melon and remove the seeds. Cut into pieces and blend. Add a few FLORISENS Orange blossom "Fleurs à Croquer" and a few pinches of Bourbon Geranium Essential Oil Crystals. Keep chilled for 2 hours. Before serving, add a little whipped cream for decoration.



# Recipes LEMONGRASS



## Soy vermicelli soup with lemongrass

Using scissors, cut up 100 g of soy vermicelli. Soak the soy vermicelli for 2 min in boiling water, until they become transparent. Drain. In a frying pan, brown the chopped ginger, chili and garlic. Add the cubes of tomato and 800 ml of water. Bring to the boil, season to taste. Add a teaspoon of soy sauce. Add the soy vermicelli. Heat whilst stirring until the soup is the right temperature. At the end of the cooking time, add 3 pinches of Lemongrass Essential Oil Crystals and the fresh coriander. Enjoy!



## Thai rice with lemongrass

Cook the basmati rice separately. Cut up the vegetables: 2 peppers, 2 spring onions (bulb and leaves). In a dish containing a dessert spoon of hot sesame oil, brown 200 g of peeled prawns and keep them to one side in a dish. Brown the sliced ginger, then the onions and peppers in the same cooking dish. Add the rice, prawns, a little soy sauce and 3-4 pinches of Lemongrass Essential Oil Crystals. Mix well and serve at once.



## Sliced turkey with figs and lemongrass

Thinly slice 4 turkey escalopes. Wash 5 figs (fresh or dried) and cut them into pieces. In a frying pan, brown the turkey with 1 dessert spoon of olive oil. Add 300 ml of water and a pinch of Lemongrass Essential Oil Crystals. Cook for 5 to 6 min over a low heat. Enjoy!



## Peaches with honey and lemongrass

Cut the peaches into quarters. In a saucepan, mix 4 dessert spoons of honey, a pinch of pepper and 3 to 4 dessert spoons of water. Allow to boil for about 5 min. Add the peach quarters, and cook over a low heat for 15 min. Take off the heat, remove the peaches and place them in 4 individual dishes. Add a few pinches of Lemongrass Essential Oil Crystals to the juice left in the pan, mix well and pour the syrup over the peaches. Serve warm.



## Aiguillette of duck with lemongrass

Cut your aiguillettes thinly into 1 cm-thick slices. Peel a pineapple and cut into chunks. Clean, top and tail the snap peas. Peel a clove of garlic and 2 onions and cut them up. Thinly slice a little fresh ginger. Heat a wok with a little sesame oil and brown the onions, garlic, ginger and snap peas for about 5 min. Add the thin slices of duck, brown over a high heat for 2 to 3 min, then add the pineapple and season to taste. Lower the heat and leave to simmer for 3 to 4 min, stirring constantly. Take off the heat and add 2 pinches of Lemongrass Essential Oil Crystals. Serve hot.



## Exotic fruit tart with lemongrass

Preheat the oven to 220°C. Line a pie dish with the pastry and bake blind for 10 minutes or until golden. In a saucepan, boil 400 ml of coconut milk. Add a pinch of Lemongrass Essential Oil Crystals. In a salad bowl, beat 4 egg yolks with 100 g of granulated sugar and 40 g of corn starch. Incorporate the coconut milk into the egg mixture gradually. Cook for 1 to 2 min. Allow to cool and pour into the pastry case. Distribute the peeled and cut fruit evenly: 2 kiwis, 1 mango, 1/2 a pineapple. Add 1 to 2 pinches of Lemongrass Essential Oil Crystals. Enjoy!



## Steamed tofu with lemongrass

Cut the organic tofu into cubes and place in a steamer. Cut the fresh ginger into thin strips and place on top of the tofu. Chop a sprig of chives and add to the tofu. Steam for 15 min. Before serving, add a pinch of Lemongrass Essential Oil Crystals, a little soy sauce or a pinch of French sea salt. Serving suggestion: serve with plain rice.



## Grapefruit-coconut-lemongrass smoothie

Mix half a cucumber with the juice of a grapefruit. Add 15 cl of coconut milk, a pinch of Lemongrass Essential Oil Crystals and mix together. Serve cold with ice.



# Recipes MINT



## Vegetable risotto with mint

Bring vegetable stock to the boil. Brown a sliced onion for 3 minutes in olive oil. Add 400 g of round rice and stir until it becomes transparent. Add a glass of white wine. Let the wine evaporate, then add the vegetable stock. Leave it to simmer for 10 min. Add 200 g of peas, 100 g of mushrooms, salt and pepper. Add 1 pinch of Mint Essential Oil Crystals. Leave to cook for 25 min, stirring regularly. Add extra water if necessary. Check the cooking and test the firmness of the rice. Serve hot with parmesan.



## Verrine of cucumber with mint

Cut half a cucumber into small cubes, a tomato and a stick of celery. Grill 50 g of pine nuts in a lightly oiled and salted frying pan. In a salad bowl, add the cucumber, tomato, celery and grilled pine nuts. Mix well. Add olive oil, pepper, salt, lemon juice and a few pinches of Mint Essential Oil Crystals. Mix well. Divide between individual glasses ("verrines") and serve chilled. An ideal starter for a barbecue etc.



## Spinach, mint and feta cheese tart

**Ingredients:**  
Puff pastry  
500 g spinach  
1 slice of feta cheese  
2 eggs  
20 cl fresh single cream

Cook the spinach then mix in a salad bowl with a few pinches of Mint Essential Oil Crystals.

In a separate bowl, beat the eggs with the single cream, add salt and pepper, then mix this preparation with the spinach.

Cut the feta into thin slices and cover the bottom of the puff pastry case. Pour in the spinach mixture to cover the feta and bake for 30 to 40 min in an oven preheated to 180°C. Remove from the oven when the top of the tart is nicely golden.



## Fruit salad with mint

In a salad bowl: cut into piece 1 melon, 1/2 watermelon, apples, strawberries, kiwis, lychees, etc. (or your choice of seasonal fruit). Add a few pinches of Mint Essential Oil Crystals. Serve chilled.



## Sliced chicken with mint

Prepare the ingredients: 600 g chicken, 1 untreated lemon, 2 untreated limes, 2 cloves of garlic, 4 dessert spoons of soy sauce, 4 dessert spoons of red wine, 3 dessert spoons of olive oil and 3 to 4 pinches of Mint Essential Oil Crystals.

In a bowl, mix the lemon and lime juice with a sliced clove of garlic. Add the soy sauce, olive oil and red wine. Shred the chicken breasts, put it in a dish. Pour the marinade over it and cover. Keep refrigerated for 1 hour.

In a hot frying pan, brown the sliced chicken for 2 min on each side. Pour the rest of the preparation over it and leave to cook for 5 to 10 minutes over a low heat. Before serving, add 1 pinch of Mint Essential Oil Crystals.

Serving suggestion: Serve with plain white rice or sauteed courgettes.



## Prawn "pinchos" with mint and lychees

Prepare 10 large, cooked and peeled prawns, 10 pitted lychees and half a cucumber.

Cut the lychees in half. Cut the cucumber into cubes. In a bowl, mix the cucumber with 1 pinch of Mint Essential Oil Crystal. On a cocktail stick, start with half a lychee, then a prawn, then the other half of a lychee. End with a cube of cucumber.

Ideal as an appetiser.



## Verbena with mint

Infuse 2 sachets of FLORISENS verbena white tea in boiling water. Add 2 pinches of Mint Essential Oil Crystals and 1 teaspoon of honey. Serve hot or very cold.

Also works very well with Citrus Medley Essential Oil Crystals.



## Chocolate mousse with mint

Add 2 dessert spoons of sugar and 3 pinches of Mint Essential Oil Crystals to 500 g of "fromage blanc" and mix well. Incorporate large chunks of chocolate and mix well.

Keep refrigerated for at least 30 min before serving.

