

2005 Edible Flowers Recipes

April Victorias Lavender Faerie Cookies

1 cup Butter
1 cup Sugar
2 eggs
teas. Vanilla
1 Tbl. Finely chopped lavender flowers
2 teas. Baking powder
1 cups flour
Scented lavender sugar



Preheat oven to 375.* Cream butter and sugar. Beat in eggs and vanilla; stir in the dry ingredients until well blended. Drop by half-teaspoons on ungreased baking sheet. ** You may sprinkle with sugar if desired. Bake 8-10 minutes and cool slightly on baking sheet before transferring to rack.

* I baked at 350 in an electric oven for 8 minutes. You may want to check your oven for correct temperature.

** Hindsight is wonderful and the next time I would use a pastry bag with a large tip rather than scooping the cookies. It is a soft paste and would be easier with a bag. Keep the dough cool. If the cookies start to spread too much, place the dough in the refrigerator for 15 minutes.

From Where the Wild Thyme Grows article in the The Herb Companion. April/May 1993 Vol. 5 No 4. Pg. 57

Chilled Fruit of the Rose Soup

1 Jar of Fruit of the Rose (Rose Hip Jam)
OR
2 Cups Rose Hips cooked in 2 qts. water until soft then sieved.
1 qt. half and half
teas. almond extract
1 tbl. cornstarch mixed with 1 tbl. of cold water

Heat fruit of the rose until it melts in a saucepan on low heat, stirring constantly to keep from burning. Add half and half to mixture and bring to a simmer. do not let it boil! Add almond extract. Stir until well blended then add cornstarch mixture and cook until slightly thickened. Chill before serving.

You may want to add a dollop of whipped cream or almonds.

Lavender-Blueberry Vinegar

Courtesy of Suzanne Carney, Bethel Park, Pa.

1 cups lavender flowers unsprayed
1 quart washed blueberries gently crushed
gal white vinegar or white wine vinegar (5% acidity)

Put all ingredients in a large glass jar such as a canning jar or a Sun tea jar. Stir well and place in a cool dark place for 3-4 weeks, stirring every few days to allow flavor to develop fully.

Using a cheesecloth-lined strainer, pour mixture into a large stockpot. Add -2 cups white sugar depending on taste. Bring to a simmer for 5-7 minutes until the sugar is dissolved.

Allow to cool then pour into bottles, adding fresh whole blueberries or a sprig of lavender. Seal with wax and enjoy!

Mint Chocolate Cake

Use your favorite chocolate cake recipe and add 1-2 tablespoons of minced mint. Stir in just before you pour batter into pan.



Don't use a recipe that calls for flavoring such as coffee or alcohol since the taste will overwhelm or clash with the mint.

Experiment with mints such as chocolate mint, peppermint, spearmint and the list goes on. You may ice the cake or not. You can just use powdered sugar if you like with a few mint leaves as decoration.

Flower Confetti Cake

Make your favorite yellow cake according to directions. Add 3 tablespoons of flower confetti to the mix. If you are using dianthus, it will have a clove like scent. If you use lavender, it will taste like lavender. Roses mix nicely with the dianthus and the clove scent.

Cover with a cream cheese frosting and serve.

Save your dried flower confetti in an airtight jar or plastic sandwich bag, ready to use as needed.

Oriental Broccoli Salad

1 cup slivered or sliced almonds
2 Tbsp. sesame seeds
1 head of broccoli, florets only
lb. bean sprouts
2 cups sliced mushrooms
2 green onions, chopped thinly
small cucumber, peeled, seeded and diced
1 cup sunflower seeds

Dressing

1 cup vegetable oil
3 Tbsp. rice vinegar
2 Tbsp. light soy sauce
1 Tbsp. granulated sugar
1 tsp sesame oil
1 clove garlic minced
Salt and pepper to taste

Toast almonds and sesame seeds in a pan over medium heat, stirring occasionally until fragrant. Let cool. Toss rest of ingredients together and add almonds and sesame seeds. Refrigerate up to 4 hours before serving.

Whisk together all ingredients for dressing and refrigerate up to 4 hours before serving. Add dressing before serving.

Adapted from Canadian Living, July 21 2002. Food and entertaining. From your kitchens to ours. Broccoli Salad by Janet Maher, Toronto, Canada.



Sunflower Pasta Salad

(Serves 4-6)

2 chicken breasts (Optional)
cup of bottled Italian dressing
cup of bottled teriyaki marinade
cup toasted hulled sunflower seeds
6 shredded fresh basil leaves
Petals from 2 sunflowers
1 lb. linguini or fettuccini

In a medium bowl, combine the chicken with the cup marinade. Let stand turning occasionally for 20-30 minutes. Place them in a baking dish and broil 3-4 minutes on each side, until the chicken is cooked through. Remove from the oven and let cool. Cut the chicken into inch strips and set aside in refrigerator.

In a large pan filled with lightly salted boiling water, cook pasta. Drain well and rinse under cold water and drain again. Transfer to a serving bowl and toss with teriyaki marinade and Italian dressing. Add sunflower seeds. Steam sunflower petals for 2 minutes then remove from heat. Combine basil leaves, chicken strips and pasta. Mound on a platter and add sunflower petals on top. Chill thoroughly before serving.

Adapted from Morse, Kitty. 1999. Edible Flowers, A Kitchen Companion with Recipes. New York: Ten Speed Press