

2006 Edible Flowers Recipes

Angel Food Flower Cake with Lemon Verbena Cream

Make an angel food cake according to directions. To the DRY ingredients add half cup of dried fragrant rose petals, crushed or 3 tablespoons of other dried flowers crushed. Mix thoroughly in dry ingredients before adding liquids. Suitable flowers would be a mixture of dianthus (pinks), bee balm flowers, spearmint, basil, pansies, violas.

Bake cake as directed and let cool completely.

Lemon Verbena Cream

1 cup chilled heavy cream
1/3 cup fresh lemon verbena leaves, roughly torn
1 tablespoon sugar

Place leaves in a bowl and pour cream over. Stir gently and let sit in the refrigerator overnight. Next day strain cream into a cold bowl and discard leaves. Add sugar and whip until cream forms soft peaks. Place a dollop on a slice of cake and serve.*

Lemon verbena cream adapted from Chez Panisse Fruit by Alice Waters



Chicken with Rosemary, Honey and Mustard

4 Chicken breasts with skin*
1 tablespoon of rosemary, chopped
1 tablespoon of honey
1 tablespoon of a Dijon style mustard; (Don't use a honey mustard)

Combine rosemary, honey and mustard in a small bowl. Carefully lift the skin and place a teaspoon of the mixture under the skin. Any leftover mixture can be rubbed over the skin. Refrigerate for 1 hour or longer to let the flavor enhance the chicken. Place chicken in a 350 oven for about 30-40 minutes or until the juices run clear.

Serves 4

*The chicken skin can be removed after cooking. It helps retain moisture in the meat.

Hot Spiced Lavender & Red Cabbage Slaw

1 lb thick sliced bacon, diced
1 cup finely diced yellow onion
1 tablespoon culinary lavender buds finely ground in a spice grinder
1 teaspoon caraway seeds
1 teaspoon mustard seeds
1 tablespoon all purpose flour
2/3 cup white wine vinegar
1/3 cup sugar
cup chicken broth
Sea salt and fresh ground black pepper
8 cups of thinly shredded red cabbage

2 green apples, peeled, cored and shredded
cup of fresh Italian parsley leaves, chopped

Fry bacon in a large skillet until crisp. Pour off all but cup of the drippings. Add onion, lavender, caraway seeds and mustard seeds to the skillet. Cook for 5 minutes or until onion softens. Whisk in the flour and cook for 1-2 minutes to remove the raw taste of flour.

Stir in the vinegar, sugar and broth. Season with salt and pepper. Add the cabbage and apples, cooking for 4-5 minutes, tossing the cabbage until it wilts. Stir in parsley just before serving.

Adapted from The Lavender Cookbook, Sharon Shipley

Lavender Blueberry Shrub - (Takes 3 days to complete:)

2 cups of fresh lavender flowers or 6 stems of lavender leaves
4 L very ripe blueberries (4 quarts)
3 L white vinegar (15 cups)
2 L white sugar (approximately 15 cups)

First day:

Pour: vinegar over thoroughly rinsed blueberries; cover bowl with cloth . Steep: for 48 hours (or more)

Third day:

Drain: Lavender Blueberry vinegar off fruit into a very large bowl

Transfer: fruit a bit at a time into fine sieve lined with cheesecloth placed over bowl of vinegar

Squeeze: cheesecloth gently to extract more clear juice from fruit, but don't squeeze so hard that juice is too pulpy

Discard: fruit

Measure: Lavender blueberry vinegar; you should have about 17 cups

Combine: Lavender blueberry vinegar with sugar; to every 2 cups allow 2 cups of sugar

Heat: and stir to dissolve sugar

Boil: for about 10 minutes to concentrate flavor and create syrup

Skim off: any scum that may develop

Pour: hot syrup through funnel into sterilized bottles, leaving 2.5 cm (") headroom

Store: in a cool place, not refrigerator

To serve: "A cupful of this syrup is sufficient to flavor 5 cups of ice water."

Yield: approximately 3.5 L of syrup



Lavender Mini Meatballs

1 LB ground beef or beef/veal combo

cup finely chopped onion

1 large egg

1 piece of white bread soaked in milk and wrung out

1 tbl. dried culinary lavender, ground in a spice or coffee grinder

Salt and pepper

Combine all ingredients and mix lightly. Form into small meatballs. Cook meatballs over low heat and do not brown. Set aside. Make lavender sauce and pour over meatballs and keep warm.

Lavender Sauce

1 stick butter not margarine
2 teaspoons of lavender
2 tablespoons of sugar
cup light cream

Melt one stick of butter. Remove from heat. Grind 2 teaspoons of lavender, 2 tablespoons of sugar and add to butter. Let sit for 5 minutes then place pan over low heat and add cup of cream and stir constantly until sugar is dissolved. Do not let sauce curdle or get too hot!

Lavender Syrup

Make a simple syrup of 1 cup sugar and 1 cup water and heat until sugar is dissolved. Add 4-6 sprigs of lavender stems, with flowers if possible and allow to cook for 10 minutes on low. Add a few blueberries for color then drain syrup through a sieve into a jar with a tight sealing lid. Allow to cool then store in refrigerator. You can keep it for 2 weeks in the refrigerator.

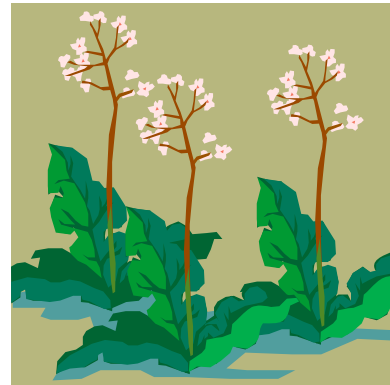
Lilac Syrup

Using the same recipe above, substitute 1 cup of fragrant lilac florets. Here again you use the blueberries for color. It also can be stored in the refrigerator for up to 2 weeks.

Both can be served over fruit, pancakes, crepes or added to tea. Be creative!

Mushrooms Stuffed with Fresh Mozzarella and Thyme

cup balsamic vinegar
cup extra virgin olive oil
1 dozen mushrooms for stuffing, cleaned and stemmed
Fresh Mozzarella balls
1 small jar of roasted red peppers
Sprigs of fresh thyme



Combine vinegar and oil and brush over mushrooms. Place in mushroom caps stem side up Cut small pieces of mozzarella and place in mushrooms. Top with piece of red pepper and thyme. Bake at 375 until cheese melts and mushrooms are done. About 20-25 minutes.
Serves 6

Orange Rosemary Quick Bread

2 cups biscuit baking mix
1/2 cup white sugar
2 tablespoons grated orange zest
2/3 cup orange juice
1 egg, beaten

1 tablespoon vegetable oil
1 1/4 tablespoons finely chopped fresh rosemary

Preheat oven to 350 degrees F. Lightly grease a 9x5 inch loaf pan.

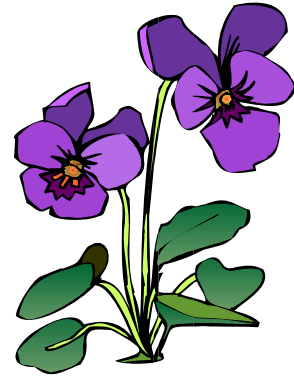
In a large bowl, stir together baking mix, sugar and orange zest. Add orange juice, egg and vegetable oil; add rosemary and stir to combine. Pour batter into prepared pan.

Bake in preheated oven for 35 minutes, until a toothpick inserted into center of loaf comes out clean.

Pansy Crisps

1 package of won ton squares
Pansy syrup
Dried pansies (optional)

Cut won tons on the diagonal. Brush with syrup and sprinkle dried pansies on won tons. Bake at 350 until crisp. Let cool then store in an airtight container.



Pansy Syrup

You can either make your own syrup or buy it

2 cups granulated sugar
1 cup water
1 cup dark pansy petals loosely packed

Put pansy petals into a food processor with a steel blade. Add 1/3 cup sugar and grind pansies into sugar by pulsing 4 times then process for about 30 seconds.

Combine rest of sugar, pansy/sugar mixture and water in a small non aluminum sauce pan. Over medium heat bring the mixture to a boil. Stir once and reduce the heat to low. Allow to simmer and cook to a syrup stage or not go over 220F. Remove from heat and pour into a heat proof container. Allow to cool.

Passion Flower Rice

2 cups of Basmati rice
1 cup of Passion flower jam
cup of apple juice
Snipped chives

Prepare Basmati rice according to directions.

Melt jam over **very low** heat or in a glass container in the microwave until liquefied. Add apple juice and stir. Pour over rice and mix thoroughly. Add chives and stir again. Can be served hot or cold.

Serves 4-6.

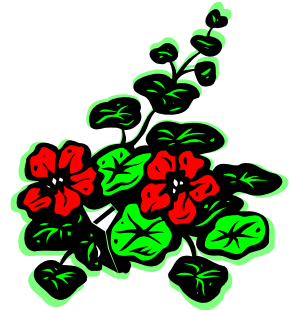
Rose Petal Ice Cream

1 gallon of french vanilla ice cream (softened slightly)
2-3 tablespoons of rose syrup
1 teaspoon of rose water
cup of fragrant rose petals, chopped fine
or
cup of dried, crushed fragrant rose petals
cup chopped pistachios if desired

Add rose syrup and rose water to softened ice cream and blend thoroughly. Add rose petals and pistachios. Refreeze until hard. You may serve the ice cream with a few fresh rose petals on top of the ice cream.

Shrimp Pasta with Edible Flowers

1 lb Bow Tie Pasta
3 fish bouillon cubes dissolved or canned fish broth or your own broth
1 lb of salad size cooked shrimp (or more to your taste)
2 cups flowers and leaves, rinsed and torn loosely
1 jar of Alfredo Sauce or your own Alfredo sauce
1/3 cup of heavy cream



Substitute all or part of the water required to cook the pasta with the bouillon cubes dissolved or fish broth. While pasta is cooking, heat Alfredo sauce diluted with the heavy cream. Keep warm.

Place the shrimp in a bowl and drain part of the pasta into the bowl to reheat the shrimp. Let sit 5 minutes then drain completely and toss shrimp and pasta. Add nasturtiums then pour sauce over pasta and toss.

Serves 4-6.

Zucchini Pancakes

2 medium zucchini shredded
1 small onion grated and drained
1 cup flour
2 eggs beaten
Salt and pepper
Vegetable oil for cooking
Sour Cream
Fresh dill

Shred zucchini and put in a colander to allow the moisture to drain. Do the same with the onion. Mix together zucchini and onion then toss with flour. After mixture is coated with flour, pour beaten eggs over the zucchini and mix thoroughly. Heat a griddle or fry pan with a tablespoon of oil until hot then add about a heaping tablespoon of zucchini and let cook until lightly brown on one side then flip and continue cooking until done. Add salt and pepper if desired and serve with a dollop of sour cream and fresh dill.