

2007 Edible Flowers Recipes

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.

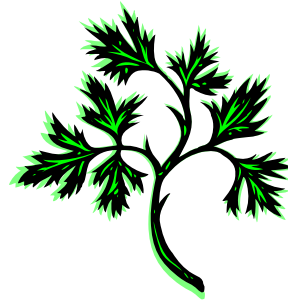
Lilac Syrup

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!

Watermelon, Feta and Black Olive Salad

1 Small red onion
2-4 limes depending on juiciness
3 ½ pound of ripe watermelon
9 ounces of feta cheese
3-4 tbl. Extra virgin olive oil
4 ounces (1/2 cup) pitted black olives
bunch of flat leaf parsley
bunch fresh mint, chopped



Peel and halve the onion and cut into very fine slices and place in a bowl. Squeeze limes over the onion and let them set aside until ready to use.

Cut pieces of watermelon that has been cut from the rind and seeds removed into bit size pieces and place in a large bowl. Gently crumble the feta cheese all over the watermelon. Tear sprigs of parsley so that you have the entire leaf and add to the watermelon. Add the chopped mint at this time. Pour the onions and lime juice all over the salad, add the oil and olives and very gently toss the salad with your hands so you don't break up the watermelon or feta. Add fresh black pepper and serve.

Lavender Blueberry Shrub

This takes 3-5 days to complete the recipe

4 quarts of blueberries
15 cups of white vinegar
15 cups of white granulated sugar
4 stems of fresh lavender

¾ cup of lavender blossoms dried (available in organic sections with spices), specialty stores or online



First Day

In a large glass bowl or non reactive bowl pour vinegar over rinsed blueberries, cover bowl with cloth and let steep for 48-72 hours to develop flavor.

Third/Fourth Day

Drain the lavender blueberry vinegar into a very large bowl, leaving the lavender and fruit in the bowl. Transfer the fruit and lavender from the bowl a little bit at a time into a colander or sieve lined with cheesecloth placed over the drained vinegar. Squeeze the cheesecloth to extract more clear juice but you don't want the juice to become cloudy with pulp. After you have squeezed all the fruit and lavender, discard solids.

Measure vinegar which should be about 17 ½ cups of vinegar. Combine vinegar with sugar. If you have less than 17 cups, decrease sugar by one cup. Heat and stir to dissolve sugar. Boil hard for about 10 minutes until it becomes thick and syrupy. Skim off scum if it develops. Store in clean hot canning jars with a ¼ headspace. Store in a dark cool place. Do not use if mold develops on top.

To serve. Place ½ cup of syrup over ice in an 8 ounce glass. Add seltzer water, stir and enjoy!

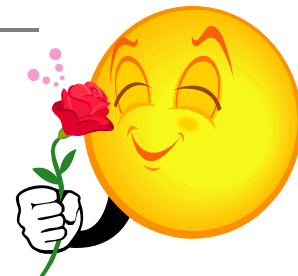
Lemon Verbena-Mango Vinegar

3 mangoes, peeled and coarsely chopped
28 ounces of white wine vinegar divided in half
1 cup of loosely packed lemon verbena leaves
½ cup -1 cup granulated sugar

Warm 14 ounces of the vinegar in a saucepan. Crush or bruise the lemon verbena leaves in a glass bowl and pour warmed vinegar over leaves. Leave sit for 3 days, occasionally stirring in a dark area, covered with plastic wrap. On the third day, heat rest of white wine vinegar and pour over mangoes, crushing fruit. Let cool, then combine with lemon-verbena vinegar and pour through a strainer lined with cheese cloth or coffee filter. It will not be clear. Add sugar and stir until dissolved. Pour into bottles or jars and seal tightly until used. Keep in a dark, cool place.

Glazed Chicken with Rose Hip Jam

Chicken cut into pieces
1 jar of slightly melted Rose hip Jam
Salt and pepper



Preheat oven to 350. In a microwave or in a small pot over low heat, warm jam slightly so it is easy to spread. Wash and pat dry chicken. In a baking dish with a rack, place chicken pieces and lightly sprinkle them with salt and pepper. Spoon jam over chicken pieces reserving half. Cover with foil and bake for 50 minutes, basting occasionally until almost done. Spoon rest of jam over chicken and cook uncovered for 10-15 minutes.

Let rest a few minutes before serving.

Sunny Shrimp

1 lb of raw shrimp, cleaned and deveined
5 leaves of pineapple sage, chopped
1 small can of crushed pineapple in its own juice, drained reserving juice.
1 tbl. of cooking oil

In a bowl combine shrimp, pineapple juice and pineapple sage and let marinate for 2-3 hours.

Heat oil in large frying pan and add shrimp combination. Stir in crushed pineapple. Cook until shrimp become pink. Remove from heat and serve.

Rose Petal Ice Cream

1 ½ gallon of french vanilla ice cream (softened slightly)
2-3 tablespoons of rose syrup
1 teaspoon of rose water
½ cup of fragrant rose petals, chopped fine
or
¼ cup of dried, crushed fragrant rose petals
½ 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.

Edible Flowers Cheese Spread

1 8 oz. package of softened cream cheese
1 stick of butter, not margarine
1-2 tablespoons of edible flower mix crumbled

Combine cream cheese and butter and beat until light and fluffy. Add flower mix and incorporate. You can place it in a mold by lining the mold with plastic wrap and placing fresh edible flowers such as pansies or rose petals in the bottom then filling with cream cheese mixture. Cover with plastic wrap and refrigerate for at least 4 hours for the flavors to meld together. Unmold upside down and serve with crackers, vegetable sticks or toasted breads.

Lavender Biscotti

Preheat oven to 325 degrees

Cream together:

1 stick of butter not margarine
¾ cup sugar
¼ cup lavender sugar * or granulated sugar

Add in order:

½ cup oil
3 whole large eggs

3 cups regular flour (not sifted)
3 tsp. Baking powder
2 Tbl. Lavender flowers or minced leaves or a combo
Stir together.

Then add 1 tsp vanilla

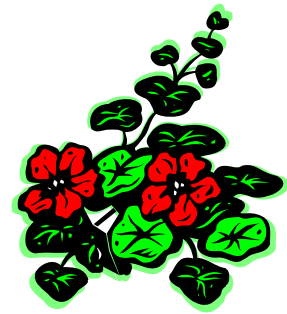
1 cup finely chopped nuts, soaked in brandy, bourbon, etc. Optional
Refrigerate at least 4 hours or overnight. Divide into eight rolls thick as a banana. Use 2 large cookie sheets per 2 rolls and bake at 325 for 15 minutes until lightly brown.
Remove and slice at a 45 degree angle. Return to the baking sheet and put back into the oven until slightly brown. Let cool completely on a rack then store in an airtight jar.

*To make Lavender sugar, place 5 cups of sugar in an airtight container. Layer lavender flowers and a few washed and dried stems of lavender with the sugar. Stir every couple days until the stems are completely dry. Remove the stems but you can leave the flowers in the sugar.

Use in recipes, hot or cold tea, sprinkle over cookies or toast or mix a little with butter as a spread.

Roasted Red Pepper Soup with Nasturtiums

6 red peppers, roasted, seeded and cooled
OR
16 oz. jar of roasted red peppers in WATER
1 can of tomato juice
2 1/2 tomato juice cans of water, chicken or vegetable broth or any combination of the three
About 1 cup of flowers and leaves from washed nasturtiums
1 tablespoon of lemon juice
leaves from 2 sprigs of fresh thyme
salt and freshly ground pepper
Sour cream



In a food processor, puree peppers until smooth. Place in saucepan along with broth/water, tomato juice and lemon juice and heat thoroughly. Mince nasturtiums and add to soup with thyme. Add a small amount of salt and freshly ground pepper.

Cook for another 5 minutes to allow flavors to meld together.

Serve hot or cold with a dollop of sour cream.

You can also skip the sour cream and add tablespoon of vodka if serving cold, stirring it in. (My husband's idea.)

Pork on Rosemary Kebabs with Orange Sauce

2 pounds of pork (loin, shoulder, butt) cut into 2 inch cubes
Grilling Rosemary branches (freshly cut)
(If you can't find it, regular rosemary or fresh rosemary leaves.)

Trim excess fat from pork and cut into cubes. Using a regular metal skewer push holes through the pork. Pull a few leaves from the bottom of the rosemary then thread the pork onto the skewer. Grill over medium heat turning frequently until done.

Serve with Orange sauce

Orange Sauce

1 1/2 tablespoons olive oil
3/4 cup orange juice
3/4 cup canned low-salt chicken broth
1/4 cup Dijon mustard
1 tablespoon honey

Heat oil, orange juice and broth until reduced by 1/3.
Add mustard and honey and heat thoroughly. Pour over pork and serve.

Chocolate Mint Cake

Make your favorite recipe for chocolate cake or a mix. Add ¼ cup finely chopped Chocolate mint leaves into the dry ingredients. (Available at garden centers) . Bake as usual. You can use a cream cheese frosting or dust with powdered sugar and serve. You can also serve it with vanilla or chocolate ice cream.

Lavender Sea Salt

To flavor the salt, place several stems of lavender in a container and cover with sea salt. Stir occasionally for about 2 weeks. Salt will seem a little wet but will dry out once you remove lavender. Sprinkle over chicken, vegetables, seafood.

