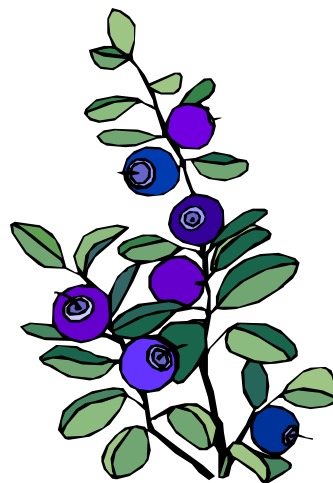


2008 Edible Flowers Recipes

Lavender Blueberry Soup

2 quarts fresh or frozen blueberries
Juice and grated zest of 1 large lemon
1 cup dry robust red wine
1½ cup water
¼ cup honey (or to taste)
½ cup frozen orange juice concentrate
1½ T. dried Lavender in a tea ball or tied in cheesecloth OR 3 stems (6" long) fresh lavender with or without flowers (washed)
4" piece of cinnamon stick
½ tsp. ground pepper
½ tsp. ground cloves

Garnish: creme fraiche, whole blueberries, and fresh mint leaves



In a large saucepan, combine all ingredients. Bring to a boil. Reduce the heat and simmer for 8 minutes. Remove the cinnamon stick and fresh lavender or tea ball of lavender. The soup- may be served hot or cold.

Garnish with a dollop of creme fraiche or yogurt and a sprinkling of blueberries.

Edible Flower Cream Cheese Spread

1 8 oz. package of cream cheese softened
1 stick of butter softened (optional)*
1 T. of Edible Flower mixture**
Fresh Flowers

In a mixing bowl combine cream cheese, butter and flower mixture with a mixer. Line a mold with plastic wrap then line with edible fresh flowers and add cheese spread. Wrap tightly and refrigerate for 6 hours or overnight to let flavor fully develop. Unmold and peel off plastic wrap. Serve with plain butter crackers or cookies.

* You don't have to include butter but it gives it smoother taste.

**Available from the www.VillageHerbShop.co

Chicken with Lavender and Honey

3 sprigs of fresh lavender OR 2 T. dried lavender flowers/buds
1 cup of mild honey like clover honey
Washed and dried chicken pieces with skin

Place lavender in honey and heat thoroughly then cool completely. Strain.

Preheat oven to 350.

Place 1 tsp. of honey/lavender mix under skin. Bake chicken on a rack turning the pieces over halfway through cooking. Baste with the rest of the mixture until juices run clear, about 20 minutes or so depending on size of poultry.

Serve with caramelized chopped sweet onion...

Caramelized onion

Chop into wedges, 1 sweet or red onion. Break apart while cooking. Sauté in 3 T. of butter until soft and caramelized.

Toss with chicken.



Rose Petal Ice Cream

1½ gallon of French vanilla ice cream (softened slightly)
2-3 T. of rose syrup
1 tsp. 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

Violet Lemonade

½ cup of Monin or other brand of violet syrup
1 recipe of lemonade

Combine violet syrup with lemonade. Chill and serve over ice with a pansy garnish.

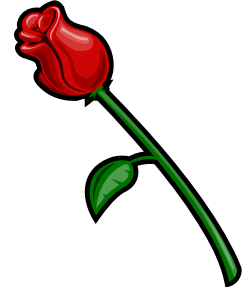


Beef with Rose et Poivre

Marinate beef in your favorite marinade, mine happens to be either red wine or bourbon. Roast until temperature on a thermometer reaches desired doneness. DO NOT cut open or poke holes in meat. Allow to rest after coming out of oven for at least 15-20 minutes to allow the juices to be reabsorbed into the meat.

Slice to desired thickness.

Sprinkle with Rose et Poivre and enjoy!



Roses et Poivre

3 small cinnamon sticks, crushed

1/3 cup whole black peppercorns

1/3 cup whole white peppercorns

1/2 cup whole pink peppercorns

1/2 cup dried baby rosebuds OR 3/4 cup dried rose petals

1/4 - 1/2 cup of freeze dried chives

Combine ingredients in a jar. When ready to use, place in a pepper grinder. Use on poultry, beef or pork dishes or over a tossed green salad.

Bundles

Freshly washed and dried nasturtium leaves

1/4 cup of chopped sun dried tomatoes in oil

1/2 lb. of chevre (mild goat's cheese) or mascarpone cheese

1/2 cup of chopped pine nuts

3 T. of chopped lime basil

Chive stems

Salt and pepper

You need one leaf and chive stem per person.

Chop approximately 1 cup of flowers and leaves.

In a bowl, combine cheese, nuts, basil and tomatoes.

Salt and pepper to taste.

Place 1 tsp. onto back of dried leaf. Roll up and secure with chive stem.



Strawberry Rose Bellini

1 pint of fresh or frozen strawberries

3 T. of Rose Syrup

Chilled champagne or seltzer water

Fresh strawberries, partially sliced

Puree strawberries. Combine with rose syrup and place 1-2 tablespoons in a champagne glass.

Add champagne or seltzer water **slowly**, making sure it doesn't overflow.

Garnish with sliced strawberry on rim.

Mixed Melons with Monarda syrup*

1 cup granulated sugar
1 cup water
2 T. of washed fresh Monarda **petals OR 4 T. of dried but not crushed petals
1 drop of red food coloring
Fresh Mint leaves
Powdered sugar

1 Cantaloupe, rind removed and cut into chunks
1 Honeydew, rind removed and cut into chunks
1 Sugar Baby watermelon, rind removed and cut into chunks



Boil sugar, water and Monarda petals together until reduced by half.
Add food coloring and stir. Strain into small bowl and cool.
Toss the melons together lightly. Place into serving bowls. Drizzle syrup over melons. Place fresh mint leaves in bowls and sprinkle with powdered sugar

*This recipe won the 2008 Park Seed recipe contest *Success with Seed* for desserts for me
**Monarda is also known as bee balm.

Kedrin's Golden Corn Muffins with Calendula Petals

1 cup stone-ground cornmeal
 $\frac{3}{4}$ cup unbleached flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 extra-large eggs
1 cup milk
3 T. oil
 $\frac{3}{4}$ cup grated cheddar
1 cup corn kernels
 $\frac{1}{4}$ cup calendula petals

Butter a muffin tin and preheat oven to 375°F.
In a mixing bowl combine the cornmeal, flour, baking powder, and salt.
In another bowl, beat the eggs and add the milk and oil, blending well.
Stir the cheese and corn into the wet ingredients.
Pour the wet ingredients into the dry and blend.
Stir the calendula petals into the batter.
Fill the muffin tins almost full, dividing the batter evenly.
Bake for 20 minutes or until golden brown.
Let stand for 5 minutes, remove the muffins from the tin, and serve warm with or without butter or molasses. Makes one dozen large muffins.

Reprinted from "the Cornbread Chapter"

Anise Hyssop Pound cake with Anise Hyssop Cream

CAKE:

1 cup granulated sugar
5 tablespoons butter
½ teaspoon vanilla extract
1 large egg
1 large egg white
1 ¾ cup all purpose flour
¼ tsp. baking soda
1 tsp. baking powder
¼ tsp. salt
1 T. of dried anise hyssop leaves crumbled
1 cup plain yogurt (low fat or no fat is fine)
Cooking spray



Preheat oven to 350°. Beat granulated sugar, butter and ½ teaspoon of vanilla at medium speed of a mixer until well blended, about 5 minutes.

Add egg and egg white, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, baking soda and salt, stir well. Add flour mixture to sugar mixture alternating with yogurt, beginning and ending with flour mixture. DO NOT OVERBEAT.

Pour batter into an 8-inch loaf pan coated with cooking spray. Bake for approximately 1 hour. (I would check at about 45 minutes) Test center with a toothpick or cake tester. Cool in pan for 20 minutes on a wire rack. Finish cooling the cake on a wire rack. Spread the glaze on hot cake. Yields approximately 10-12 slices depending on cut.

NOTE: If you wish to freeze the bread, wrap in a double thickness of plastic wrap and place in a freezer bag or airtight container. Unwrap and thaw at room temperature 2 hours before serving.

CREAM:

2 cups heavy whipping cream
3 T. granulated sugar
5 leaves/with flowers of anise hyssop OR 1 T. dried anise hyssop crumbled

Steep leaves in whipping cream for 4 hours or if you like it stronger, overnight. Strain.

Combine whipping cream and sugar in a bowl and mix on high until soft peaks form. Spoon over cake and serve.

"You put de lime in da coconut" Shrimp

2 lbs large or jumbo fresh shrimp, peeled and deveined
1 coconut, cracked, meat shredded and milk reserved*
¼ cup lime juice
10 lemon verbena leaves, washed and lightly torn
Butter



A day ahead or at least 8 hours before:

Place lemon verbena leaves in coconut milk/juice. Strain before using.

Day of serving:

Lightly toast shredded coconut and set aside. Do not burn.

In a large fry pan over low heat, melt enough butter to lightly coat bottom of pan.

Add lime juice, cook for a minute then add shrimp. Cook until done, about a minute or so.

Remove shrimp to a platter. Add coconut milk/juice/lemon verbena mixture to pan and reduce by 1/3.

Pour over shrimp and toss with shredded coconut. Serve hot or cold. If serving cold add shredded coconut just before serving.

*If you are unable to find fresh coconut, you can purchase coconut milk/juice and shredded coconut at your grocery store in the international food section. You can also check health food stores. Do not use the sweetened coconut found in the baking aisle. Coconut milk is actually juice not creamy but is referred to as milk.
