

Appetizingly Simple Edible Flower Recipes

Edible Flower/Herb Spread

In small mixing bowl, combine:

8 oz softened cream cheese

¼ cup sour cream OR mayonnaise

1 tsp lemon juice

Mix well until smooth. Add:

¼ to ½ cup prepared fresh flower petals (see attached instructions on gathering and preparing)

¼ cup fresh snipped herbs

Stir gently, top with additional fresh herbs or snipped flowers.

Serve with crackers or fresh vegetable sticks.

Yields: 12 servings

Confetti Cheese Squares

Melt ½ cup butter in jelly roll pan.

Preheat oven to 350 degrees.

Beat together:

3 eggs 1 cup milk 1 cup flour

1 tsp salt 1 tsp baking powder

3 cups roughly chopped fresh spinach OR sorrel leaves

1 to 2 cups freshly snipped herbs and edible flowers

1 pound shredded cheese

Spread mixture over melted butter in pan.

Bake for 35 minutes. Cool slightly, cut into 1 ½ inch squares.

Makes about 60. Freezes nicely.

Sausage Balls

In bowl, mix together:

2 c biscuit mix

1# uncooked pork OR Italian sausage

2 c shredded cheese

2-3 tsp powdered edible flower leaves* (I used bergamot and licorice mint)

1 chive head, split into individual flowers

Mix with hands until well-blended.

On parchment-covered cookie sheet, place inch-sized balls.

Bake at 400 for 15 minutes. Don't overcook.

Makes about 48.

*see accompanying tip sheet on how-to-make

Spicy Garden-Flower Roll-Ups

Lay out two large fresh tortillas, any type.

In small mixing bowl, stir together:

8 ounces softened cream cheese

1 cup shredded cooked chicken or ham (optional)

½ cup ground pistachios OR walnuts

¼ cup shredded cheese.

Set aside.

Wash and dry 2 cups fresh greens (I used a combination of sorrel, nasturtium leaves and spinach).

Gather ½ cup fresh flower petals removing any sepals or tough basal parts (I used nasturtium & rose).

Gather ½ cup fresh green nasturtium pods.

To assemble:

Spread the cream cheese mixture on the two tortillas.

Gently press 1/2 of the flowers and the greens into each cream cheese portion.

Lay 1/2 of the nasturtium pods in a row across each tortilla and roll up so that the pods are running across the long side.

With sharp knife, cut each roll-up into 6-8 slices, one inch thick. Lay cut side down on plate and garnish with extra flower petals, if desired.

Dried Flower-Dredged Doughnut Hole Muffins

Preheat oven to 375 degrees. Grease a 24-cup mini-muffin pan.

In medium bowl, mix together:

¼ cup melted butter mixed with 1 tsp of rosewater**

½ cup sugar

½ tsp ground nutmeg

Stir in ½ cup milk, and add:

1 cup flour, ¼ cup dried edible flower petals and 1 tsp baking powder

Stir just until combined

Fill the greased muffin cups about half full; bake about 17-18 minutes.

As soon as removed from the oven, roll each in ¼ cup melted butter, (1 tsp cinnamon, optional) and ½ cup edible flower sugar*

THESE ARE BEST EATEN WHILE WARM, RIGHT FROM THE OVEN!

Makes about 24.

*see accompanying tip sheet for how-to-make

**available online from Mediterranean or middle eastern food websites

Herb and Flower Crackers

In food processor, pulse together:

2 cups flour

1 ½ tsp herb salt*

1 T. fresh snipped edible flower petals

2 T dried mixed flower petals

1 T dried snipped mixed herbs

½ tsp baking powder

Then add, and pulse together:

3 T. small-cubed cold butter

1 cup heavy cream

When it comes together, remove onto floured board.

Form two small rectangles

Chill, wrapped in plastic, about an hour.

Then, roll out each rectangle on baking-sheet sized parchment paper about 1/8 inch thick.

Brush off any excess flour.

Cut into long thin triangles with a pizza cutter.

Brush with 1 beaten egg white and sprinkle with more herb salt.

Bake on the parchment paper about 20 minutes, preheated 375 degree oven.

Store airtight.

Serves: 8-12

Flower Meringues

Preheat oven to 275 degrees. Spray baking pan with nonstick spray. In mixing bowl:

Beat 3 egg whites until very stiff with mixer and continue beating, while adding ¾ cup dried flower sugar* a little at a time. Stop beating when mixture is stiff and glossy and forms stiff peaks. By hand, fold in: 1 tsp rosewater, a ¼ c dried flowers and ½ tsp cream of tartar.

Drop small mounds of meringue on sprayed cookie sheet. Bake 40-60 minutes, until browned. Yield depends on size.

Other sweet ideas:

Sprinkle edible flowers on top of Belgian waffles, or add a layer of petals to a 7-layer salad.

For a burst of color, add fresh edible flowers to a green salad.

For minted whipped cream, snip fresh mint leaves into the cream as you are whipping.

For delectably-different pound cake, line the greased baking pan with fresh, scented geranium leaves before adding the batter. When cooked and cooled, peel away the leaves before serving.

Freeze individual small edible flowers (like pansies) in ice cubes to grace a summer drink.

And finally...

For a simply different appetizer, lay fresh, cleaned sunflower or daylily petals (cut off any stiff basal parts) on a cutting board. Spread each petal with a mixture of softened cream cheese and...

ground nuts and honey

or bacon crumbles and minced green onion

or minced water chestnut and fresh peas.

Roll up, spear with a toothpick if necessary. Voila!

*see accompanying tip sheet on how-to-make