



# 100+ WAYS TO EAT EDIBLE FLOWERS



# Cooking With Flowers

**Jenny Leggatt**



## Cooking With Flowers:

*Cooking with Flowers* Miche Bacher, 2013-04-02 Here are more than 100 recipes that will bring beautiful flower filled dishes to your kitchen table This easy to use cookbook is brimming with scrumptious botanical treats from sweet violet cupcakes pansy petal pancakes daylily cheesecake and rosemary flower margaritas to savory sunflower chickpea salad chive blossom vinaigrette herb flower pesto and mango orchid sticky rice Alongside every recipe are tips and tricks for finding cleaning and preparing edible blossoms You ll also learn how to infuse vinegars vodkas sugars frostings jellies and jams ice creams and more with the color and flavor of your favorite flowers Fresh from the farmers market or plucked from your very own garden a world of delectable flowers awaits

**The Edible Flower Garden** Kathy Brown, 2014 Flowers have been used in a culinary context since earliest times As ingredients for cookery they can provide a range of flavours from sweet to bitter and all in between Kathy Brown shows how to choose cultivate and use flowers in this way

The Flower Recipe Book Martha Stone, 2014-09-04 This book will take you through the different ways to use flowers for your cooking From appetizers to salads and dinners to desserts you will be able to find something to make that appeals to you and your family Cooking with flowers is fun and they add a nice touch to your finished plates All of the flowers used in these recipes are edible and you will be a cooking pro in no time

*Cooking with Flowers* Jekka McVicar, 2003 A guide to edible flowers with recipes growing tips and hitorical information

Cooking with Edible Flowers Miriam Jacobs, 1999-01-01 Since 1973 Storey s Country Wisdom Bulletins have offered practical hands on instructions designed to help readers master dozens of country living skills quickly and easily There are now more than 170 titles in this series and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life

Taste Buds Nikki Fotheringham, 2024-05-07 An inviting beautiful cookbook for everyone who loves flowers Inside these pages you ll find recipes for meals and drinks of all kinds using edible flowers in surprising and delightful ways Cooking with flowers is something we ve heard about before but this book takes the concept to new levels Local Gardener Canada Many garden variety flowers are not only lovely to look at they re also unique additions to any meal Curious to learn how Just ask Nikki Fotheringham gardener home cook and forager who grows flowers in the meadow behind her house and turns them into edible products that she sells in her farm store In Taste Buds Nikki shares her recipes for baked goods like the Lemon Elderflower Cake preserves like the Rose Jam perfect on scones or alongside a charcuterie board savory dishes like the Flower Pasta with Marigold Pesto and wildflower drinks like the Lavender Love Martini Inside you ll find Over 90 Recipes Featuring Flowers Each recipe highlights the natural flavors of flowers all organized in stunning color coded chapters A Guide to 15 Flower Varieties Learn to identify and forage different flowers from well known favorites like hibiscus lavender peonies and roses to unexpected novelties like sumac cornflowers cattails and more Tips and Tricks for Growing Flowers Make sure your garden sets you up for success in the kitchen with plenty of info on how to grow and care for your plants

Whether you're an avid gardener, a foodie, or someone who simply adores flowers, you're sure to delight in *Taste Buds: The Edible Flower Garden* by Kathleen Brown, 2021. Flowers have been used for culinary purposes since earliest times; rose petals have been used to perfume sweet meats, jellies, and cakes for centuries, and the richly scented Parma violet was a popular ingredient during the Victorian era. This unique gardening guide and recipe collection offers over 25 planting schemes with accompanying recipes showing how to use the flowers in the kitchen. You can create a spring planter of violets and primroses, a scented lavender basket, or a striking pairing of sunflowers and nasturtiums, then create tasty dishes and drinks.

*Cooking with Flowers* by Susan Belsinger, Joe Coca, 1991. *The Scented Kitchen* by Frances Bissell, 2012. Using flowers in the kitchen is growing fast in popularity, and Frances Bissell's gloriously inventive recipes allow readers to move beyond mixing a few nasturtium petals into a salad to enjoy the scents and flavours of a wide variety of wild and garden flowers, including lavender, elderflower, fennel, roses, marigolds, violets, and jasmine. By flavouring basic ingredients, she helps the cook to transform other dishes: elderflower vinegar, for example, lifts an ordinary green salad to the level of a subtly perfumed treat, while lavender-flavoured honey is as delicious on toast as it is when used to flavour roast duck. Amongst the succulent recipes offered here are Mussels in Cider and Saffron, Nasturtium Carrot and Celery Risotto, Stuffed Chicken Breasts with Roses, and Cucumber Warm Chocolate Lavender Cake and Orange and Fennel Flower Sorbet. And just in case toiling in a flower-scented kitchen is thirsty work, Frances Bissell helps the reader to concoct Frozen Elderflower Margarita, Lavender Julep, and other seductive floral cocktails. Book jacket.

*Feasting on Flowers* by Lauren Lulu Taylor, 2022-10-08. Let your cooking bloom! Explore how to use edible flowers to brighten up everyday cooking. With over 80 easy recipes from savory to sweet, this delightful cookbook will guide you on how to use edible flowers both fresh and dried in everything from fragrant soups to colorful salads, mains, desserts, cocktails, and more. Included are tips for cleaning and preparing edible blossoms and setting up an edible flower larder with floral-infused vinegar, oil, salt, honey, and simple syrups, so you can enjoy using edible flowers in cooking year-round. Bursting with color and delicious flavor combinations, you will be whipping up visually stunning dishes in no time. Botanical recipes include Rose-Infused Labneh, Butterfly Pea Flower Glass Noodles, Tulip Canapés, Flower-Pressed Nori Rolls, Summer Flower Garden Focaccia, Salmon with Ginger-Hibiscus Glaze, Pasta with Rose Harissa Parsley Blossoms, Lilac Cake with Blackberries, Viola Lollipops, Hibiscus Strawberry Tiramisu, Rose Petal Margarita, Lavender and Butterfly Pea Flower Sangria, Elderflower Lemon Cocktail. A perfect gift for gardeners, home cooks, and people who love to entertain at home.

**Edible Flower Garden** by Rosalind Creasy, 2012-11-27. Learn how to grow lovely and fragrant flowers, then use them to create delicious meals with this beautifully illustrated flower gardening and cooking book. Anyone who picks up *The Edible Flower Garden* will be tempted to grow, harvest, and sample at least a few of the more than forty varieties of edible flowers. Among them, you'll find more familiar food plants like dill and mustard, for example, in addition to common flowers such as tulips or roses. Author Rosalind Creasy's stunning photography and detailed plans for an edible flower garden make this a must.

have book for any flower gardener or home chef Come along with Creasy on a tour in colorful pictures and careful diagrams and descriptions of her own flower gardens Included is a tour of the edible flower gardens of Alice Waters famed Chez Panisse restaurant Creasy catalogues each variety of flower and how to grow it plus gives a myriad of delectable ideas on how to use the flower from candied violets and roses to decorate appetizers and cakes to nasturtiums for a colorful shrimp salad to day lily buds pink clover and wild mustard flowers that are tossed together in a spectacular stir fry Favorite Recipes Include Flower Butters Candied Flowers Tulip and Endive Appetizer Pineapple Sage Salsa Rose Petal Syrup Lavender Ice Cream And many more      *The Art of Edible Flowers* Rebecca Sullivan,2018-09-04 This gorgeous little book is a joyful exploration of the many ways in which flowers can be used in a range of delicious recipes From Rose and Lavender Cocktail Syrup to Jasmine and Green Tea Ice Cream the ideas and flavors are subtly deliciously floral Savory options include Pumpkin Carpaccio with Mustard Flower Sauce and Artichoke Flower with Borage Butter while the drinks range from Fermented Elderflower Fizz to soothing Poppy Milk Rebecca s creative ideas and thoughtful approach make the entire process of cooking a mindful experience from picking the flowers through to the very last bite Bursting with beautiful creations and infused with natural flavors this volume offers recipes suitable for all abilities      **The Edible Flower** Erin Bunting,Jo Facer,2023-03-09 On a seven acre small holding in rural Northern Ireland organic gardener Jo Facer and head chef Erin Bunting run fork to fork supper club organic small holding and fledgling cooking and growing school The Edible Flower In their first cookbook learn to grow and cook edible flowers with Jo and Erin s delicious recipes inspired by the seasonal produce they grow in their kitchen garden and the wild food they forage from their local shores and hedgerows Feast celebrate and bring people together with over 50 recipes for small plates mains desserts baking snacks and drinks at once fresh and flavourful and absolutely stunning to serve Recipes include Ribboned Courgette Avocado Salad with Poppy Seeds Calendula Pot Marigold Soda Bread Lilac Panna Cotta with Strawberries Rice with Lemon Verbena Cardamom Edible Flower Petals Marigold Petal Pasta Courgette Flower Tacos Carnation and Blackberry Cooler Slow Roast Lamb with Lavender Lemon Apricots Blackberry Sweet Geranium Tart Vietnamese Summer Rolls with Violas Aubergine Katsu Curry with Pickled Magnolia and many more      **Eat Your Flowers** Loria Stern,2023-04-25 Cook with botanical ingredients for stunning visuals and delicious flavors and let your creativity blossom For most of us eat your flowers might mean enjoying an edible blossom decorating a restaurant dessert on a night out For Loria Stern it s a way to bring nature into the kitchen to play with colors and flavors and to make every dish beautiful She incorporates natural plant dusts pressed and fresh blooms and vibrant herbs and veggies into her cooking for whimsical gorgeous and nourishing meals In this endlessly creative book she invites you to take advantage of this edible bounty to create your own providing both her own recipes and her favorite variations and the foundational knowledge on how to incorporate botanicals into any dish Loria shares how to get brilliantly colorful results from all natural ingredients such as a gorgeous amethyst spread made from wilted purple cabbage and blended with nuts

which turns bright pink with the squeeze of a lemon But Loria s use of botanicals brings value far beyond just the visual she is skilled at incorporating them in ways that make the most of their true flavors enhancing each dish in taste as well as aesthetics Blending freeze dried raspberries into flour makes her cookie dough a sultry red and gives it a perfect tartness Breakfasts appetizers soups and salads breads vegetables pasta and grains meat poultry and seafood desserts and beverages all get floral enhancements with recipes including Rainbow Coconut Granola Floral Summer Rolls Gardenscape Focaccia Botanical Steamed Tamales Filled with Hibiscus Jackfruit Basil Flower Eggplant in Hoisin Sauce Rose Pistachio Verdant Bars Flower Pressed Shortbread Cookies Prickly Pear Cocktail Eat Your Flowers shows you how to transform botanical ingredients root to stem into recipes that are a pleasure to make eat and share      **Flower Cookery** Mary MacNicol,1972      **Cooking with Flowers** Jenny Leggatt,1988-09      **Flower Power** Kathleen Brown,2000 Over 40 exquisite recipes flavored scented and decorated with flowers gives help using edible seasonal garden flora to transform favorite foods      **Blossoming in the Kitchen** K Harper Hawk,2023-05-24 Blossoming in the Kitchen is a beginner s guide to cooking with flowers offering readers an introduction to the world of floral cuisine The book covers a wide range of topics including how to select prepare and cook with edible flowers as well as how to incorporate them into various dishes and drinks With helpful tips tricks and recipes this book is perfect for anyone who wants to add a unique and delicious twist to their culinary creations      Fresh as a Daisy Angel Burns,2019-08-11 Flowers are long revered as beautiful and aromatic additions to gardens and vases but they re more versatile than you might think Have you ever considered cooking with flowers The same essential oils that make flowers smell so sweet can also transform your favorite recipes Learn to make a vodka soda infused with violets or honeyed ice cream with rose Rub a steak with lavender and discover banana blossom Indian curry Learn to safely incorporate flowers into 40 recipes Let s get cooking It s time to bring back Flower Power      *Cooking with Flowers* Zack Hanle,1971

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