



EDIBLE FLOWERS

for the

Garden Salad

For the GARDEN SALAD, use whatever is best in the garden at the time. Herbs, field greens and even flowers have different flavors that will take a salad of simple lettuce from a monochromatic experience to the level of a rich tapestry of flavors. Arugula adds a peppery flavor, citrus marigolds taste as if oranges had been sprinkled into the salad and tarragon leaves really wake up the palette!

Here are some suggestions for healthy recipes:

Ingredients:

Leaves from approximately six different types of lettuce, washed and dried

* Two handfuls of various field greens, washed and dried

- * 1/4 cup champagne vinegar
- * 1/4 cup extra virgin olive oil
- * 1/4 cup olive oil
- * 1/4 teaspoon freshly cracked pepper
- * 1/4 teaspoon kosher salt

Method:

1. In a steel bowl, whisk together the salt, pepper, vinegar, and oils.
2. Place the lettuce and field greens in a bowl and gently toss with the vinaigrette and arrange on a plate.

SALAD:
LETTUCE HEART WITH FLOWER PETALS

Ingredients:

4 small blond lettuces

- 4 pansy flowers
- 6 nasturtium flowers
- 1 coffee spoon of parsley
- 1 coffee spoon of chervil
- 8 big stems of chive

Preparation:

Delicately clean each salad by opening the leaves without separating them. Strain upside down on a cloth. Remove the lettuce core as well as the first leaves.

Prepare the vinaigrette.

Place each lettuce on a plate, spray the vinaigrette on the leaves, decorate with the flower petals, parsley and chervil, and plant the chive stems in the lettuce heart.

Serve the left over vinaigrette in a sauceboat.

Vinaigrette:

- 6 tablespoons of peanut oil
- 2 tablespoons of walnut oil
- 3 tablespoons of old wine vinaigrette
- 2 pinches of salt
- 6 turns of white peppermill

Tip: One can add grilled hazelnuts or almonds around the salad, but it is then necessary to replace the walnut oil with hazelnut or almond oil.

HERBS	LETTUCES	FLOWERS	FIELD GREENS
Tarragon	Lollo Rosso	Nasturtiums	Arugula
Basils	Oak Leaf	Roses	Tatsoi
Mints	Red Oak	Leaf Johnny jump-ups	Mizuna
Parsleys	Romaine	Citrus marigolds	Red mustard
Cilantro	Radicchio	Sage flowers	Mustard
Sorrel	Butterhead	Cilantro flowers	
Thyme leaves	Frisee	Thyme flowers	
		Chicory	

APPETIZERS:

APPLE BLOSSOM - INFUSED HONEY

Ingredients:

1 cup clover honey
1 cup loosely packed apple blossoms (washed and spun dry)

Method:

- 1) Warm honey over a double boiler until it reaches 100 degrees F.
- 2) Pour over the apple blossoms.
- 3) Serve when cooled.

*Serve with a good blue cheese, such as Roquefort or Stilton.

MAIN COURSE:

SAUTÉED MAINE HALIBUT WITH A CITRUS MARIGOLD SAUCE AND LEMON CANDY

Citrus marigolds are some of our favorite flowers to work with because of their intense lemony-spicy flavor that is quite easy to impart into sauces and other applications. For this sauce we infuse the flowers into a simple beurre blanc.

Ingredients:

6 6-7 ounce halibut filets
3 tablespoons clarified butter

For Sauce:

10 peppercorns
6 shallots, finely chopped
1/2 cup lemon juice
1 cup white wine
6 tarragon stems
1/2 pound butter
1/2 cup picked citrus marigolds
salt and pepper

For Citrus Candy:

Julienned strips of six lemons
3 1/4 cups sugar
2 cups water

Method:

1) Combine the peppercorns, lemon juice, white wine, and tarragon stems and simmer until reduced by two thirds. Reduce heat and whisk in the butter. Pour sauce through a fine sieve. Adjust seasonings.

2) Heat three cups sugar and two cups water to a boil. Blanch the zest in the sugar water for three minutes. Strain out the zest and immediately toss in the remaining sugar and set aside.

3) Sauté the halibut filets in the clarified butter until golden brown. Place a pool of the beurre blanc on each plate and place filet in the pool. Sprinkle the sauce with the citrus marigolds and place a portion of the lemon candy on each filet.