

MARYLAND FARM & HARVEST

"The Local Buy" Recipes, Episode 808

Tempura Edible Flowers & Herbs

Courtesy of Little Wild Things Farm

Ingredients

- A few handfuls of edible flowers washed or inspected and trimmed of any debris
- 3 cups vegetable, peanut, or olive oil
- 1 cup flour
- 1 tablespoon cornstarch
- 1 1/2 cups of seltzer water (I used grapefruit La Croix here)
- 2 tablespoons soy sauce
- 1/4 cup water
- 1/2 teaspoon honey
- 1 tablespoon sweet rice wine
- Sea salt



Directions

First, prepare your flowers, and please, please make sure all of your flowers are edible. We used a variety of flowers and herbs including dianthus, calendula, mint flowers, oregano flowers, rose petals, gem marigolds, and sage leaves.

Heat oil in a small, deep pot to 375 degrees. You can also test oil temperature by placing a bamboo chopstick or a small flower or sage leaf into the oil. If bubbles start sizzling around the chopstick or test flower, the oil is ready.

While you're waiting for the oil to heat, whisk together the flour, cornstarch, and seltzer water in a medium bowl. Prepare the dipping sauce by combining the soy sauce, water, sugar, and rice wine.

Coat the flowers lightly in your batter – I used a fork to gently tap off excess batter. You can fry about 5 flowers at a time depending on their size. When they get just golden, transfer to a plate lined with a paper towel. Sprinkle the hot tempura with a bit of sea salt as you fry, and serve immediately.

Edible Flower Ice Cubes

Courtesy of Little Wild Things Farm

Ingredients

- Water
- Edible Flowers (e.g. violas, pansies, nasturtium, mustard flowers, herb flowers, calendula petals, rose petals)

Directions

Freeze your ice cubes in layers to make sure your flowers show through the ice. Start with a very thin layer of water on the bottom of the ice cube tray. We used silicone trays to make it easier to remove the cubes once frozen. Place your flowers face down (so they will be face up once the cubes are popped out) and then freeze for several hours until well frozen. Add another layer of water to fill the cubes about halfway and freeze again. Finally, fill up the rest of the tray and freeze one last time. Remove and enjoy with sparkling water or your favorite cocktail!

Hibiscus Lemon Curd Tart with Cocoa Crust and Edible Flowers

Adapted from Food52 by Little Wild Things Farm

Ingredients

For the crust:

- 1 cup all-purpose flour
- 1/4 cup cocoa powder
- 1 Tablespoon granulated sugar
- 1/2 teaspoon salt
- 1 cup cold unsalted butter

For the filling:

- 1/2 cup lemon juice
- 1/4 cup dried hibiscus
- 2/3 cup granulated sugar
- Dash of salt
- 3 large eggs
- 1 large egg yolk
- 1 cup unsalted butter, cut into 1 tbsp pieces

For the garnish, optional:

- Whipped cream
- Edible flowers
- Coarse sugar

Directions

For the crust:

1. Pulse the flour, cocoa powder, sugar, and salt in a food processor until blended.
2. Next, add the butter and pulse until a coarse meal has formed.
3. With the food processor still running, slowly add in the ice water (a teaspoon at a time) until the dough has turned into a ball.
4. Wrap the dough in plastic wrap and let it chill in the fridge for at least 30 minutes.
5. Once chilled, remove the dough from the fridge, grease a 9-inch tart pan, and preheat your oven to 350 degrees.
6. Roll the dough out on a floured surface until it fits snugly in the tart pan. Press the dough evenly around the 9-inch tart pan and use a fork to poke holes all over. Bake for 10 minutes and then set aside to cool.

For the custard:

1. Using a double boiler, pour some water in the bottom bowl of the double boiler and bring to a simmer. In the top bowl, whisk together the lemon juice, hibiscus, sugar, and salt.
2. Once the water is simmering, place the top bowl with the sugar mixture over it and add in the eggs and yolks. Whisk constantly until the mixture has reached 180 degrees (which should take about 10 minutes). Once at 180, remove from the simmering water and let cool to 140 degrees.

3. Once cooled, use an immersion blender to blend the butter, a tablespoon at a time, into the curd mixture until a thick and smooth curd has formed. (if you don't have an immersion blender then this can also be done in a standard blender).
4. Pour the curd into your prepared chocolate crust and transfer to the fridge to cool for at least 30 minutes.
5. Top with whipped cream, edible flowers, and coarse sugar.

Green Smoothie Bowl with Pea Shoots and Edible Flowers ***Courtesy of Little Wild Things Farm***

Ingredients

- 1 banana (sliced, frozen)
- 1 cup baby spinach
- 1/2 cup pea shoots, chopped (may substitute sunflower shoots)
- 1/4 avocado
- 1/4 cup nonfat Greek yogurt
- Dash cinnamon
- 1 Tablespoon lemon juice (or any citrus juice)
- 1/2-3/4 cup water

Optional toppings (get creative!):

- Shredded, unsweetened coconut
- Amaranth microgreens
- Chia seeds
- Sliced almonds
- Edible viola petals (or any edible flowers)

Directions

Combine all smoothie ingredients into a high-speed blender and blend until smooth and creamy. Pour into a bowl and add toppings as desired.

Feel free to experiment with this recipe! For example, try adding 1/2 scoop of your favorite protein powder and increasing the liquid for a higher protein smoothie; use milk or nut milk instead of water for a creamier smoothie; or substitute different types of greens for the spinach and pea shoots.