

Recipes



Heartsease, *Viola tricolor*

Tips

- Gently rinse flowers with a fine spray of water or place in a bowl of cool water and remove with a strainer and allow to dry on a clean towel.
- Use the flowers whole as a garnish to top sweet dishes like fruit, French toast or desserts like cookies, cakes and other pastries as well as soft cheeses.
- Garnish cocktails, teas and iced beverages with whole flowers.
- Freeze whole in ice cubes to add to beverages.
- The flower petals can be candied.
- Finely chop and add to salads, especially fruit salads for color and texture.
- Once picked, use immediately for best quality or refrigerate for 2-6 days in a sealed container.
- Make tea from the flowers by pouring boiling water over the flowers inside a teapot and steeping for 5-6 minutes. Add sugar and lemon if desired.
- Infuse water with citrus and flowers, cover and refrigerate for 8-12 hours.
- Harvest from areas free of pesticides or purchase organic edible flowers from the grocery

Pink Peppercorn-Viola Shortbread

Flour, sugar and butter are all you need to bake up a classic shortbread recipe. Add color and complementary flavors with crushed pink peppercorns and edible violas.

1 $\frac{3}{4}$ cups all-purpose flour

$\frac{1}{4}$ cup granulated sugar

$\frac{3}{4}$ cup butter

$\frac{1}{3}$ cup violas, chopped

1 tablespoon pink peppercorns, crushed

Milk (optional)

Whole violas (optional)

Preheat oven to 325°F. In a large bowl combine flour and sugar. Use a pastry blender to cut in butter until mixture resembles fine crumbs. Stir in chopped violas and peppercorns. Knead mixture until it forms a smooth ball. (Mixture will be crumbly at first.)

Pat dough to a $\frac{1}{4}$ -inch thickness. Cut with 1- to 2-inch round cutters. Arrange 2 inches apart on an ungreased cookie sheet. If desired, brush shortbread with milk, add whole violas, and brush with milk.

Bake 15 minutes or until bottoms start to brown. Cool on a wire rack. Store in an airtight container in the refrigerator for up to 1 week or freezer up to 3 months.

Better Homes and Gardens
BHG.com

Floral Goat Cheese with Dill and Cracked Pepper.

8 ounces goat cheese
Edible flowers such as heartsease
Dill, to taste
Freshly cracked pepper, to taste

Pulse ingredients in a food processor for a few seconds, just enough to mix everything together. Shape cheese into a log. Press extra petals onto the outside of the cheese log if desired. Wrap in a plastic wrap and chill for a few hours. (Best if it sits for a day or two, the flower colors will bleed slightly though). Serve with crackers or baguette slices. Garnish with additional edible flowers if desired.

The merry thought.com
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Candied Violas

Use to top cupcakes, cookies, and pastries, as well as to garnish beverages and other desserts

Pasteurized egg whites
Superfine sugar
Viola flowers, cleaned and dried

Line a tray with wax or parchment paper. Beat egg whites until frothy. Using a pastry or artist's paintbrush, gently paint each viola flower or bud with the egg white. Dust with sugar until it is completely coated. Let dry on the paper for 8 hours to 36 hours or until completely dry. Flowers will be crisp. Store in an airtight container until ready to use. Use this method on violets, pansies and other edible flowers. Note: tweezers are useful when handling the delicate flowers.

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Do you have any recipes featuring heartsease to share?

Contact educator@herbsociety.org