

Recipes



Chamomile, *Matricaria chamomilla*

Tips for Using Chamomile:

- Use fresh or dried chamomile flowers in recipes.
- Infuse chamomile's green apple flavor into beverages or other foods by steeping the flowers in a hot liquid before proceeding with the recipe.
- Harvest and dry flowers for storage by cutting just the fully opened flower heads, spreading them on a screen in a well-ventilated location away from direct sunlight.
- Store dried flowers in an air-tight, dark colored container away from direct sunlight.
- Dried chamomile flowers retain their flavor for up to 1 year.

Chamomile Tea

1 tablespoon chamomile flowers, fresh or dried
Honey, to taste

Add tablespoon of chamomile flowers in 1 cup of just boiled water for 5 to 10 minutes. Strain, add honey if desired.

Chamomile Lemon Tea

1 teaspoon chamomile flowers
1 teaspoon lemon verbena
½ teaspoon fennel

Blend herbs, place them in a tea infuser, and steep in 1 cup of just boiled water for 5 to 10 minutes.

Tummy Tea

2 teaspoons chamomile
1 teaspoon lemon balm or lemon verbena
¼ teaspoon ginger

Combine all ingredients in a tea infuser and steep in 1 cup of just boiled water for 5 to 10 minutes.

Strawberry Chamomile Paloma

Chamomile Honey Syrup

¾ cup water
1/3 cup honey
1-2 chamomile tea bags (or 1-2 tablespoons chamomile flowers)

For the Drinks

3 ounces fresh grapefruit juice (about ½ of 1 grapefruit)
2-4 tablespoons chamomile honey syrup (depending on your taste)
2 ounces tequila (omit for a mocktail)
4 fresh strawberries, sliced
Sparkling water for topping off
Crushed ice

Chamomile Honey Syrup

Combine water and honey in a small saucepan and bring to a low boil, simmer 1 minute and remove from the heat. Add the tea bag(s), cover and steep for 5 to 10 minutes. Remove the tea bag(s) and allow the syrup to cool completely. Store in the fridge.

For the Drinks

Add the grapefruit juice, chamomile syrup, tequila and strawberries to a glass. Use a muddler (or even the end of a rolling pin), gently push the strawberries down until they release their juices and are lightly smashed. Add a handful of ice and then add sparkling water to top off. Give the drink a gentle stir. Taste and add more chamomile syrup if desired. Garnish with fresh chamomile flowers and strawberries if desired. Makes 1 drink.

Tieghan Gerard
Halfbakedharvest.com

Chamomile French Toast

1 ½ cups heavy cream	8 large eggs
4 chamomile tea bags	Kosher salt
1 teaspoon lemon zest plus 1 tablespoon lemon juice	8 thick (1-inch) slices brioche
1/3 cup plus 1 tablespoon honey	4 tablespoons butter
1 ½ cups milk	½ cup mascarpone cheese
2 teaspoons vanilla extract	2 cups fresh berries (any in season)

Preheat the oven to 300 degrees. In a small pot, combine the heavy cream and tea bags. Bring to a simmer, then take off the heat immediately. Let sit and cool, then remove the tea bags.

In a small bowl, combine the lemon zest and juice and 1/3 cup of the honey and whisk. Set aside.

In a medium bowl, combine the chamomile cream, milk, vanilla, eggs, remaining 1 tablespoon honey, and a pinch of salt. Whisk until completely combined.

Heat a nonstick pan over medium heat. Add 1 tablespoon of the butter and let melt. Put 2 slices of bread into the cream mixture and let it soak through. Put the soaked bread in the pan and cook until golden brown on both sides, 2 to 3 minutes on each side. Transfer to a baking sheet and hold in the oven. Add another tablespoon of butter to the pan, soak 2 more slices of bread in the cream mixture and cook. Repeat with the remaining butter, bread and cream mixture.

Top the French toast with a dollop of mascarpone, some fresh berries and a drizzle of the lemon honey.

Geoffrey Zakarian
Food Network.com

Sleep Pillow

Chamomile flowers, dried
Lavender flowers, dried
Hops flowers, dried, optional

Blend one part chamomile flowers to half part lavender flowers. Add herb blend to fabric bags or “sleep pillows”. Seal or close bag for use in a pillowcase or under a pillow.

Relaxing Chamomile Bath Tea

Chamomile flowers, dried
Lemon verbena leaves, dried
Lavender buds, dried
Epsom or sea salt

Blend equal parts of the listed ingredients in a bowl. Store in an air-tight dark container, away from heat and sunlight.

To use add 3 to 4 tablespoons of the mixture in a muslin bag or large tea strainer and steep in bath water.

**Do you have a recipe using chamomile to share?
Please send it to educator@herbsociety.org**