

Recipes



Violet species, Viola spp.

Tips

- Place flowers in bowl of cool water, swish around and remove with a strainer, let dry on a clean towel to remove dust etc. before use.
- Sweet violets are used in salads, sweets, jellies and syrups.
- Candy *Viola* spp. flowers by dipping in whipped egg whites followed by sugar. Arrange petals with a toothpick and dry in a 200° oven for 30-40 minutes.
- Use flowers fresh to garnish cakes, salads, and beverages.
- Freeze fresh flowers in ice cube trays to add to beverages.

Lorraine's Chicken Soup with Dandelion and Violets

1 chicken, cut into pieces	¾ cup chopped parsley
8 cups fresh spring water	3 cups dandelion leaves
2 onions, sliced	2 cups violet leaves (young new growth)
6 stalks celery	1 teaspoon sea salt
2 cups barley	½ teaspoon freshly cracked black pepper
6 carrots, sliced	½ teaspoon freshly grated cheddar cheese

Place chicken pieces in a stock pot. Add water, onion, and the chopped tops of the celery stalks (reserve remaining celery for later in the cooking process). Simmer for 2 hours.

Remove the chicken from the stock and take the meat from the bones. Return the meat to the stock, then add the remaining celery, which has been sliced. Add barley, carrots, and 1/2 cup parsley. Simmer for 30 minutes, adding more water if soup thickens too much.

While soup is simmering, carefully wash and chop 3 cups dandelion leaves and 2 cups violet leaves. Add the leaves to the soup about 10 minutes before serving. Add salt and black pepper, using more or less to taste.

Serve in bowls garnished with the remaining parsley and a spoonful of grated cheese.

Lorraine Kieffer, South Jersey Unit,
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs
Edited by Kathy K. Schlosser

Early Spring Salad

2 green onions (scallions)
2 ripe avocados
2 tablespoons lemon juice

5 ounces mild goat cheese
Small handful of violets

Dressing:

6 tablespoon light olive oil
2 tablespoon white wine vinegar or violet
vinegar

1 teaspoon dry mustard
1 teaspoon super fine sugar
Salt and freshly ground black pepper to taste

Cut onions lengthwise into thin shreds, then across into 2 inch lengths. Place in a bowl of cold water for one hour so that the shreds curl. Halve and pit the avocados. Skin and slice thinly. Toss the avocados in a bowl with lemon juice to prevent discoloration. Cut the cheese into small pieces. Remove all of the green parts from the flowers.

Whisk all dressing ingredients together in a small bowl.

To serve, place the avocado and cheese on a salad plates. Top with drained onions and violet flowers. Spoon dressing over the salad.

Adapted from: *Edible Flowers: 25 recipes and an A-Z pictorial directory of culinary flora*, Kathy Brown, Anness Publishing Limited, 2008.

Violet Vinegar

Fill a jar $\frac{3}{4}$ full with violet flowers, green parts removed. Add white wine vinegar, covering the violets, to within an inch of the top of the jar. Place plastic wrap over the jar if the lid is metal. Add lid. Let sit for 3-4 weeks, shaking occasionally.

Strain vinegar and use to make salad dressing, on spring vegetables or on fish.

Violet Syrup

1 cup violet flowers
1 cup water
1 cup white sugar

Separate the violet flowers from the stems and calyxes (green part at the base of the flower) and place flowers in a heatproof, non-reactive container such as a glass canning jar. Set aside. Compost the greens.

In a small saucepan, bring 1 cup of boiling water to a boil. Turn off the heat and pour water over the flower petals. Cover and let sit at room temperature for 24 hours. The liquid will turn a gorgeous clear blue with a slight lavender hue.

Pour liquid and petals into the top of a bain-marie. Or, put an inch or two of water in a pot over medium-high heat and set a large stainless steel or other heatproof bowl on the pot. Place violets and their infusion liquid in it.

Add sugar and cook syrup over steam created by the bain-marie. Stir often, until sugar is completely dissolved.

Strain syrup through a finely meshed sieve to remove flower petals. Let syrup cool to room temperature. Transfer to glass jars, label them, and store in refrigerator for up to six months. Note: Use distilled water for “hard” (alkaline) water. A few drops of lemon juice will restore the blue color, but you will lose the violet flavor.

Use syrup to flavor cocktails, add to vanilla ice cream recipe, make sorbet or granita, add to cake frosting or drizzle over fruit salad.

Adapted from Leda Meredith
Spruce Eats

Cocktails made with Violette Liqueur

Violette Spritz:

3 ounces prosecco
2 ounces crème de Violette liqueur
Top with club soda

Pour into rocks glass, add ice. Top with soda.

Bramlette:

2 ounces gin
1 ounce crème de Violette liqueur
¾ ounce lemon juice
¼ ounce simple syrup

Shake all ingredients with ice and strain into martini glass.

The Aviation

2 ounces gin
¼ ounce maraschino liqueur
¼ ounce crème de Violette liqueur
¼ ounce lemon juice

Shake all ingredients with ice and strain into martini glass.

Do you have any recipes featuring the *Viola* spp. to share?

Contact educator@herbsociety.org