

Recipes



Chamomile, *Matricaria chamomilla*

Tips:

- 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

Chamomile flowers, fresh or dried
Honey, optional

Steep 1 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 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 and steep in 1 cup of just boiled water for 5 to 10 minutes.

Chamomile French Toast

1 ½ cups heavy cream
4 chamomile tea bags
1 teaspoon lemon zest plus 1 tablespoon lemon juice
1/3 cup plus 1 tablespoon honey
1 ½ cups milk
2 teaspoons vanilla extract

8 large eggs
Kosher salt
8 thick (1-inch) slices brioche
4 tablespoons butter
½ cup mascarpone cheese
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.

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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 blend to fabric bags or “sleep pillows”.

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, place 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 Email_educator@herbsociety.org**