Garden Spells
Claire’s Recipes

ROSE PETAL SCONES
rose petal -- encourages love...

2 1/4 cups unbleached all-purpose flour
2 tsp granulated sugar
1/2 tsp ground cinnamon
2 tsp baking powder
1/2 tsp baking soda
3/4 tsp salt
4 Tbs unsalted butter
1/3 cup unsalted coarsely ground pistachio nuts
1 cup heavy cream
1 Tbs rose water
2 Tbs edible rose petals - finely shredded

Preheat oven to 425 degrees. Combine and sift the flour, baking powder, baking soda, sugar, salt and cinnamon. Cut in the butter and mix until crumbly. Stir in the pistachios. In a separate bowl, combine the cream and the rose water. Stir in the shredded rose petals. Add the cream-rose mixture to the dry ingredients, stirring until a soft dough forms. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake for 10-12 minutes or until golden brown.

STUFFED PORK TENDERLOIN
nasturtium -- promotes appetite in men, makes women secretive...

1 pork tenderloin, 1 to 2 pounds
2 ounces goat cheese
1 - 1/2 tablespoons of nasturtium blossoms, chopped
1 - 1/2 tablespoons chive blossoms, chopped
1 sprig rosemary
salt and pepper, fresh ground
olive oil

Split the tenderloin lengthwise down the middle, cutting about 2/3 of the way through. Lay open. Evenly spread a layer of goat cheese down the center of the tenderloin. Evenly sprinkle 1 tablespoon of nasturtium and chive blossoms and a single row of rosemary foliage down the center of the tenderloin. Using kitchen twine, close the tenderloin back up and tie it together. Brush the outside of the meat lightly with olive oil, then roll it in fresh ground salt and pepper and the remaining blossoms and rosemary foliage. Place into an ungreased cooking pan and cook for about 30 to 40 minutes in a 350 degree oven or until a meat thermometer reaches 140 degrees.
LAVENDER BREAD

lavender -- raises spirits and prevents bad decisions resulting from fatigue or depression...

3/4 cup milk
3 tablespoons finely chopped culinary lavender
6 tablespoons butter, softened
1 cup granulated sugar
1/4 teaspoon salt
2 eggs
2 cups all-purpose flour
1 1/2 teaspoons baking powder

Preheat the oven to 325 degrees. Grease and flour a 9x5 inch loaf pan. Combine the milk and lavender in a small saucepan over medium heat. Heat to a simmer, then remove from heat, and allow to cool slightly.

In a medium bowl, cream together the butter and sugar until smooth. Beat in the egg until the mixture is light and fluffy. Combine the flour, baking powder, and salt; stir into the creamed mixture alternately with the milk and lavender until just blended. Pour into the prepared pan.

Bake for 50 minutes in the preheated oven, or until a wooden pick inserted into the crown of the loaf comes out clean. Cool in the pan on a wire rack.

DANDELION QUICHE

dandelion -- a stimulant encouraging faithfulness...

Preheat oven to 350 degrees.

Grease a 9" pie tin or baking dish. Coat with bread crumbs.

Fill with alternating layers of:

- Dandelion greens, precooked until tender
- Cheddar cheese, grated
- Bacon, cooked till crisp and crumbled (optional)
- Onion, diced and sauteed till translucent

Beat together:

3/4 cup milk
3/4 cup cream or half and half
3 large eggs
Pinch of ground nutmeg
Freshly ground black pepper
1 1/2 teaspoons baking powder

Pour over other ingredients. Bake until top is golden, about 30 minutes. Let cool slightly to set.
**MINT JELLY**
mint -- when used with other edible flowers, it confuses the eater, thus concealing the true nature of what you are doing...

1-1/2 cups fresh mint  
2 1/4 cups water  
2 tablespoons lemon juice  
1/2 to 1 cup sugar  
3 oz liquid pectin  
Green food coloring

Rinse the mint (stems and leaves). Place in large pot and crush with a masher. Add water and bring to a boil. Remove from heat, cover and let stand for 10 minutes. Add the lemon juice and a couple drops of food coloring and mix. Add the sugar and mix well. Put pot back on stove and bring to a boil, stirring constantly. Once it comes to a boil, stir in the pectin and mix. Boil for 1 additional minute, stirring constantly. Remove from the heat, skim off foam with a metal spoon and quickly pour into hot sterilized jars. Seal with hot lids.

**CHIVE BLOSSOM VINEGAR**
chive blossom -- ensures you will win an argument...conveniently, also an antidote for hurt feelings...

For every 2 cups packed fresh chive blossoms, you will need 2 cups white vinegar. Bring vinegar just to boil, but do not boil. Pour over chive blossoms. Let stand in rock or large glass bowl or bottle in a cool, dark place for one week. Strain vinegar, discard blossoms. Transfer to bottles and add sprig of fresh chive blossom to each bottle. Flavorful and pretty pink color.

(recipe from cooks.com)