

“Appetizing” Edible Flowers  
Herb Fest 2016/D. Burns

Stuffed Hot or Sweet Peppers with Bacon

6 jalapenos or sweet mini-peppers, sliced in half lengthwise, cored and deseeded  
to make 12 halves

4 oz softened cream cheese  
¼ c mixed fresh snipped herbs and edible flowers\* in season  
1 tsp fresh lemon juice  
2 T shredded or grated cheese  
4 strips good bacon, cut into thirds lengthwise  
12 toothpicks

Preheat oven to 425 degrees. Line a rimmed baking sheet with parchment paper and lay a greased wire rack onto it. Set aside.

In small bowl, mix the softened cream cheese with the herb and flower mix, lemon juice and cheese. Mix well.

Lay about a tablespoon of the mix into each pepper half, shaping it to fit.

Spiral one strip of cut bacon around the filled pepper half and secure with toothpick.

Arrange the finished peppers on the greased baking rack.

Bake about 20 minutes, until the bacon is crispy.

Makes 12 appetizers

\*see list of edible flowers elsewhere on this website

As-You-Like-It Gazpacho Soup

In food processor or blender, put:

2 to 3 medium tomatoes, peeled and quartered

½ peeled, seeded cucumber, chunked

½ stalk celery, chopped

2 green onions, chopped

½ green pepper, diced

3 cups tomato juice

handful of Swiss chard or spinach

handful of fresh parsley

3 cloves peeled garlic

1 tsp. Worcestershire sauce

1 tsp salt, ¼ tsp pepper

up to ½ cup edible flowers/herbs

Blend until smooth, adjust seasonings and herbs to your taste.

Serve cold (in non-aluminum pitcher)

Keeps well in fridge for two days, shake before serving

Makes 4 to 8 servings

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### Wild Rice Bread with Herbs and Flowers

1 ½ cups of cooked wild rice is needed in this recipe. Make it ahead by simmering ½ cup raw wild rice in 1 ½ c water until tender, takes about 45 minutes or more, depending on the rice. Drain and cool. (Or you can buy a can of already cooked wild rice, drain it and measure 1 ½ cups).

Preheat oven to 375 degrees. Grease a bread pan and set aside.

In a small bowl, mix together:

2 tsp dry active yeast    1 tsp sugar    ½ cup warm (not hot) water    Set aside.

In large bowl, stir together:

cooled wild rice    2 T vegetable oil    2 T molasses    2 T honey    ½ warm water

Then add the yeast mixture and stir again.

Stir in:

1 tsp salt    ½ c cornmeal    3 to 3 ½ cups bread flour    ½ c mixed snipped, fresh edible  
flower petals and herbs in season

Make a soft dough. (Add more flour if needed). Knead for 6 to 8 minutes. Cover and let rest for 10 minutes. Then shape into loaf and place in greased bread pan. Cover and let rise until doubled, about 40 minutes. Bake until browned and hollow-sounding when tapped (about 40 minutes). Cool 20 minutes on wire rack before cutting.

Makes 1 loaf