

DANDELION JELLY

Ingredients:

- 4 cups yellow parts of dandelion blossoms
- 3 cups boiling water
- 4 1/2 cups sugar
- 2 Tbsp Freshly squeezed lemon juice
- 1 pkg powdered pectin



Gather lots of blossoms. Separate the yellow blossoms from the green parts which have a bitter flavor. You can freeze blossoms if you need extra time to collect more. Pack the blossoms into a 4 cup measure. More blossoms mean more flavor for the jelly. Bring the water to a boil and fill the water with dandelion blossom shreds. Simmer over very gentle heat about 10 minutes. Pour the water and blossoms through a strainer. Squeeze the blossoms as dry as possible to extract the maximum amount of water. Add more blossoms to the strained water and simmer for about 10 minutes. Continue simmering and straining until all the blossoms are used up. Add more water to make up 3 cups because you lose some water as it is absorbed by the blossoms. Strain the water very well. A coffee filter is one good method. Combine water with lemon juice, sugar and pectin. Bring to roiling boil and stir until sugar is dissolved. Boil hard for one minute. Skim. Pour into hot jars and seal.

DANDELION WINE

Making dandelion wine requires no special equipment. All you need are dandelions, some sugar and yeast, oranges and lemons, and pots to boil water in. This recipe adds clove And gingers which give it a nice flavor. If you have dandelions around, give it a try!

- 1 package dried yeast
- 1/4 cup warm water
- 2 quarts dandelion blossoms
- 4 quarts water
- 1 cup orange juice
- 3 tablespoons fresh lemon juice
- 3 tablespoons fresh lime juice
- 8 whole cloves
- 1/2 teaspoon powdered ginger
- 3 tablespoons coarsely chopped orange peel
- 1 tablespoon coarsely chopped lemon peel
- 6 cups sugar



Dissolve the yeast in the warm water. Set aside.

Wash the dandelion blossoms well. Put them in the water with the orange, lemon and lime juices. Add the cloves, ginger, orange and lemon peel, and sugar. Bring to a boil and simmer for an hour. Strain through filter paper (coffee filters work great). Cool. While still warm (but not hot), stir in the yeast. Let stand overnight and pour into bottles. Allow uncorked bottles to set in a darkened place for three weeks. Then cork and store bottles in a cool place. It Makes about 4 quarts.

DANDELION FRITTERS

You will need:

Fresh dandelion blossoms.

1 cup milk

½ tsp salt

Pinch of pepper



1 cup flour (try mixing white flower, whole wheat, or corn flower for variety)

1 egg

Hot cooking oil

Gather approximately three cups of dandelion flowers. Separating them from their stems. Keep just enough of the green sepal at the base of the flower to hold it together.

1. Rinse the blossoms and drain on a towel.

2. Mix dry ingredients.

3. Mix wet ingredients: Beat egg together with one cup of milk (or soy milk). Add more liquid if the batter is too stiff.

4. Blend in the dried ingredients.

5. Dip blossoms into batter: If you have the time and patience, dip each blossom into the batter. If not, mix the blossoms into the batter, just like your were mixing berries into pancake batter.

6. To cook: Warm a cast iron skillet on medium heat, add about an inch of olive oil, and scoop a serving-spoon of batter with blossom(s) into the oil. Add as many spoonful of batter as fit in the skillet. When they bubble at the edges, check to see if they've turned brown, and flip them over. It takes just a few minutes for these fritters to puff up and turn golden.

7. Drain the browned fritters on a paper towel.

Options: 1. Eat them plain. 2. Mix different spices and flavors in the dry ingredients. Some people like mustard or other savory flavors. 3. Top the cooked fritters with powdered sugar, maple syrup or honey, if you have a sweet tooth. The blossoms do not taste anything like the greens, so be prepared for a delicate, slightly sweet tasting flower.



DANDELION COFFEE

If you would like to taste a satisfying herbal beverage try making dandelion coffee. Dandelion coffee is made from the root of the plant. Gather your roots in the fall or in the early spring before the plant blooms. Make sure to get them from an area safe from pesticides and other pollutants. Scrub the unpeeled roots with a stiff brush. Dice the large part of the root. Dry the diced roots on a screen or in an oven (150 degrees) until they are brittle and snap easily. Then roast them at about 375 degrees for 15-20 minutes or until they are dark brown inside. Now grind them in the blender until they look like coffee grounds. For a steaming cup of dandelion coffee use about one teaspoon of ground root to a cup of boiling water. This brew will have a flavor all its own, vaguely chocolaty and pleasing. You may wish to add the roasted root to regular coffee for a cup quite similar to the famous New Orleans style chicory coffee.

DANDELION VINEGAR

Dig up several dandelion roots from a clean area where no pesticides have been used. Separate them from any leaves, stems and flowers. Save the leaves and flowers for use in other recipes. Scrub roots clean with a brush, chop into pieces and toss in a blender with a little Apple Cider Vinegar (ACV). Blend to the consistency of apple sauce, adding more ACV if needed. Pour into a jar with a tight fitting lid. You will need to place some plastic wrap between the lid and the jar, as the acid of the vinegar may react with a metal lid. Store the dandelion vinegar in a cool, dry, dark place. Shake the jar gently once a day. After a week or two, strain the mixture through some cheese cloth into a clean bottle.

You can use the vinegar in oil & vinegar dressing when making your spring greens salad. It will add a pleasant earthy flavor, and enhance the liver cleansing action of your spring greens.

