

Butterfly Pea Flower, *Clitoria ternatea*

Tips for Using Butterfly Pea Flower:

- Fresh or dried flowers can be infused in liquid to yield a deep blue color. The pH will cause color change—acid like lemon or lime juice will turn it purple to pink. Raising the pH with an alkaline such as saffron will turn it green.
- The flavor of butterfly pea flower tea is very mild. It pairs well with lemon herbs, mint, chamomile, fruit and many other flavors.
- Make ice cubes of lemon or lime juice or prepared lemonade to add to initiate color change in butterfly pea flower infusions.
- Freeze the deep blue infusion in ice cubes to add to beverages and smoothies.
- Harvest flowers, dry them on screens and store in an airtight container.
- Butterfly Pea Flower powder is sold commercially.
- A simple tea is butterfly pea flower, lemon and honey.

Blue Butterfly Flower Herbal Mocktail

It is all beauty and no booze.

Infusion:

2 cups filtered water

10 dried butterfly pea flowers (or 1 teaspoon butterfly pea flower powder for a stronger flavor)

2 juniper berries

1 sprig fresh lavender (or substitute rosemary or mint if preferred)

Drink:

½ cup tonic water, chilled

4 lemon slices

2 sprigs fresh lavender (or substitute rosemary or mint)

Citrus Sugar Rim:

Freshly zested orange, lemon and lime mixed with ½ cup granulated sugar

Bring two cups of water to a boil. Turn off the heat and add the butterfly pea flowers (or powder), juniper berries, and one sprig of fresh lavender. Allow the flavors to infuse for 30 minutes and strain the ingredients. Chill it until needed.

Dip the edge of the glass in citrus sugar. Fill each glass with ice, two lemon slices, and one sprig of fresh lavender.

Fill the glass halfway to two-thirds with the chilled butterfly infusion. Top it with chilled tonic water to see the color change. Yield: 2 drinks

Thai Blue Sticky Rice with Mango

Use a long-grain known as khao niao in Thai which turns sticky when cooked due to its high starch content.

Blue Sticky Rice:

2 tablespoons butterfly pea flowers

13.4 ounces hot water

6.7 ounces sweet sticky rice

Sweet Coconut Milk:

8.8 ounces canned coconut milk

1.4 ounces sugar

2 pinches salt

To Serve:

2 fresh mangos

Add the dried butterfly pea flowers to a bowl of jug and pour in the given amount of water.

Give a quick stir and let the flowers steep for 5 minutes to release their blue pigments. When the water is dark blue, strain out the flowers and cool to lukewarm.

Meanwhile, add coconut milk, sugar, and salt to a pot. Heat the milk and stir it until the sugar has dissolved. Turn off the heat and set aside.

Rinse the white rice (also called sweet sticky rice) with cold water until the water runs perfectly clear – 4-5 times. If you can't find it, you can swap it with the long-grain Thai jasmine rice or use short-grain sushi rice instead.

Drain the rice and add it to the rice cooker or pot.

Pour in the prepared butterfly pea flower blue water, give a quick stir and cover with a lid.

Turn on the rice cooker (or set the heat to medium-low heat), and cook the rice until all the water has evaporated. Don't open the lid or stir while the rice cooks. It usually takes 5-7 minutes, depending on type of rice.

Pour the sweetened coconut milk over the cooked blue sticky rice. Stir delicately to break up any lumps and distribute the milk evenly. Cover the Thai blue rice with a lid or plate and let it sit for 10 minutes to absorb the coconut milk.

Spoon the blue coconut rice into serving dishes and enjoy it warm or cold with fresh mango slices. You can drizzle more coconut milk if you like. If you want to make a cute blue rice dome, compact the rice into small bowls and let it sit for a few minutes. Then loosen the rice dome with a spatula and flip over a plate.

Marta
foodaciously.com

Butterfly Pea Flower Syrup

Use this syrup to make cocktails, mocktails, lemon or limeades, and anywhere a simple syrup is called for. For example of a simple beverage, use 1-2 teaspoons to 8-10 ounces of sparkling water. Leave it mild flavored as is or add other herbs to achieve special flavors.

1 cup water

1 cup granulated sugar

2 tablespoons dried butterfly pea flowers (or fresh equivalent)

Other herbs for flavor such as lemon verbena, lemon balm, lemon grass, mint, or lavender, optional

Add water and sugar to a saucepan. Heat to a boil, stirring often. When sugar is dissolved, remove from the heat and add the butterfly pea flowers and other herbs if using. Cover and steep 10-15 minutes. Strain out the herbs and transfer to an airtight container or jar. Refrigerate for two weeks.

Karen Kennedy
Herb Society of America staff

Mint Sugar and Salt Rim

3 tablespoons raw cane sugar, salt or monkfruit granulated sweetener
3 tablespoons fresh mint leaves

Blend sugar and fresh mint leaves in a coffee grinder or spice grinder. Scoop the mixture out onto a small plate.

To make a rimmed glass, add a small amount, about ½ teaspoon of butterfly pea flower syrup to a separate small plate, and dip the rim of the glass in the liquid, making sure it is entirely coated.

Then take the glass and place it rim side down into the fresh mint sugar, coating the glass.

Let the remaining sugar dry completely on a plate and scoop into a jar to save for next time.

Tara Lanich-LaBrie
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Blue Butterfly Finishing Salt

This finishing salt recipe is versatile and can be used on sweet and savory dishes alike. Butterfly pea has a subtle flavor and can be used for stir-fried veggies, baked root veggies, vanilla ice cream, and cookies. Note that a little goes a long way, you usually only need a pinch to add a pop of flavor and color.

2 parts French grey salt
2 parts organic butterfly pea flower powder

Blend ingredients together and store in an air tight container.

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**Do you have a recipe using Butterfly Pea Flowers or leaves to share?
Please send it to educator@herbsociety.org**