

Recipes



Pinks *Dianthus* spp.

Tips for Use:

- Cut off and discard the white base of the flower petals, sepal and style attached to the flowers before use as they are bitter.
- Do not use commercially grown carnation flowers to avoid pesticide residue.
- Shake out and rinse flower petals prior to use. One technique is to place in a colander or strainer and submerge into a bowl of cold water. Drain and let dry on a clean towel.
- Add to salads, top cakes and other desserts; steep in beverages and use in candy making.
- Use in a compound butter with other herbs for muffins and other baked goods.
- Freeze flowers in ice cube trays with water, lemonade or tea to add to beverages.
- Use with other fresh herbs or alone to make tea. 1 cup of boiling water to 1 tablespoon of fresh petals or herb blend. Steep 3-5 minutes.

Dianthus Simple Syrup

1 cup water
1 cup sugar
1 cup of *Dianthus* petals, white base removed

Rinse flower petals in cold water. Lay flowers out on a clean towel to dry.

Combine sugar and water in a small saucepan over medium-low heat. Simmer until sugar is dissolved, 3-5 minutes. Remove from the heat and add flower petals. Cover and let mixture sit for 30 minutes to overnight. Strain into a clean jar. Let cool and store in the refrigerator. Use in cocktails, tea, and other beverages and desserts.

Fettuccine with Mushrooms and Clove Pinks

2 tablespoons (1/4 stick) butter	salt and freshly ground black pepper, to taste
2 tablespoons olive oil	1/4 cup fresh clove pink petals, torn into small pieces, white heels removed
2 shallots, finely minced	1 tablespoon chopped fresh parsley
1 cup sliced mushrooms	1 pound fettuccine
3/4 teaspoon chopped fresh marjoram or 1/4 teaspoon dried marjoram	Parmesan cheese, for topping

In a skillet over medium heat, warm butter and oil. Add shallots and cook for 1 minute. Add mushrooms and marjoram and cook, stirring, for 3 to 4 minutes. Season with salt and pepper, add clove pinks and parsley, and toss. Cover pan, turn heat to low, and keep mixture warm.

Cook fettuccine according to package directions. Drain and immediately add hot pasta to mushroom mixture, and toss well to coat. Add more butter or olive oil, if desired. Top with the Parmesan. Serve hot.

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Flower Petal Butter

½ cup butter, softened

Dianthus petals including carnations (organic) and pinks

In a bowl, blend butter and petals together. Place blended butter on wax paper and form into a log shape. Wrap, twisting the ends to secure and refrigerate for several hours before use so the flavors will blend. Alternatively, place blended butter into a decorative bowl. Cover and refrigerate. Soften slightly before use. Note: additional edible flower petals such as violets, calendulas, roses and lavender can be included.

Do you have a recipe using *Dianthus* flowers to share?

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