

## DANDELION RECIPES

These recipes have been gleaned from many places. Credit is given to the person/site. No part of the stem and none of the milky sap goes into the recipes. The flower petals have a pleasant lemony flavor and they're pretty.

### Green Deane's "Itemized" Plant Profile:

IDENTIFICATION: In the aster family, leaves are up to a foot long, always growing rosette at the base. Deeply indented leaves, like large saw teeth, the familiar flower is made of hundreds of little rays and turns into the well-known power puff. There are no poisonous look-alikes, but some similar ones can be bitter and not tasty.

TIME OF YEAR: February and March in Florida, later in the spring and summer in northern climes

ENVIRONMENT: Lawns, meadows, fields, disturbed areas.

METHOD OF PREPARATION: Bitter young greens in salads, slightly older leaves as a potherb, root boiled or roasted, blossoms — yellow parts only — as a flavoring for wine. Flowers dipped in batter fried (no green parts.) When you cook the leaves drop them into boiling water. They will taste better than if you warm them up in cold water. Best salad use is with cooked, cooled greens. Incidentally, the root can be roasted or boiled like a vegetable and eaten that way. It is bitter but edible. Dandelion roots were eaten by man as long as 25,000 years ago.

- \* Blanching the dandelion greens removes some of their natural bitterness.
- \* Younger and more delicate dandelion greens will be more delicate in flavor than tougher, thicker greens

## BEVERAGES

### Dandelion Chai

Chai is a Middle Eastern word that means "tea" but here in America we've adapted the term to mean a very spicy tea made with milk and sweetener.

1 cup roasted Dandelion root	6 Tbsp Fennel or Anise seed
36 green Cardamom pods	72 Cloves
6 Cinnamon sticks	2 Tbsp dried Ginger root
1½ tsp black peppercorns	12 Bay leaves

Add 1 Tbsp tea mixture for each cup of water. Simmer 5 minutes, then let steep for 10 minutes. Add 1 Tbsp honey or brown sugar (or dandelion syrup) per cup. Add 2 Tbsp milk or cream per cup. Gently reheat and serve.

### Dandelion Chai 2

This chai is not as spicy as the first recipe but actually has a more 'chocolatey' flavor, kind of like an herbal hot chocolate.

2 cups roasted Dandelion root	½ cup Cinnamon bark
½ cup Ginger root	½ cup Cardamom seeds
½ cup Star Anise	Honey
Milk	

Use 3 Tbsp per 2 cups water. Simmer gently 10 minutes. Add 1 cup milk and 1 Tbsp honey and heat through but don't boil. Serve hot or iced.

### **Iced Dandelion Mocha** [elanaspantry.com](http://elanaspantry.com)

1 ½ cups water  
1 tablespoon ground roasted dandelion root  
1 tablespoon ground roasted chicory root  
1 tablespoon cacao nibs  
¼ cup full fat coconut milk

Place water, dandelion, chicory, and cacao in a saucepan. Bring to a boil, then reduce and simmer for 5 minutes. Pour coffee through a fine mesh strainer into a one quart mason jar. Fill two glasses (2 cup capacity each) with ice. Pour coffee over ice. Add 2 tablespoons coconut milk to each glass. Serve

Dandelion root coffee is fairly bitter like regular coffee. Back in the 1990's my Ayurvedic teachers used to tell us, "bitter is better for pitta (the fiery constitution)." This is because according to Ayurveda the bitter flavor is considered cooling. So summer (the pitta season) is a great time to drink dandelion coffee. Now here's a healthy coffee you can feel good about drinking!

### **Vanilla Chai Latte (Caffeine + Caffeine-Free Options)** by Tracey from [dontmesswithmama.com](http://dontmesswithmama.com)

Make your own Vanilla Chai Latte at home with this easy recipe. Just add your milk of choice (full fat, coconut, cashew or almond) and dry spices to make a delicious chai latte you can enjoy anytime. Drink it hot or cold, and with or without the caffeine.

3 tsp cardamom	1 tsp vanilla extract
2 tsp allspice	2 tbsp raw honey or maple syrup
1 tsp ground nutmeg	3 cups milk of your choice
1 tsp ground clove	2 black or green tea bags (Optional)
1 tsp ground cinnamon	

1. Mix all dry ingredients together and set aside. Add milk to a small saucepan. On a medium-low setting, heat up to desired temperature. Be careful not to boil to avoid burning the milk.
2. Turn off the heat to saucepan. Add vanilla extract and dry ingredients. Use an immersion blender to mix well. [I use a whisk]
3. Pour chai latte into 2 large mugs and enjoy.

Optional

Brew 2 black tea bags with ¾ cup hot water for 3-5 minutes. Add to saucepan with milk in step 2 and heat to desired temperature. Follow step 3 to finish.

### **Best Way to Make Dandelion Root Tea/Coffee** [homesteading.com](http://homesteading.com)

dried dandelion roots  
cutting board  
knife  
food processor  
small basin/container  
oven pan  
baking sheet  
food container/jar

Step 1. Prepare Your Dandelion Root: Wash away all excess dirt from your dandelion root, and chop it into smaller pieces.

Step 2. Process Dandelion Roots: Now use your food processor to finely chop the roots to size, very coarse coffee ground size.

Step 3. Dry up the Dandelion Roots: Set your oven to 250° and insert the baking pan with the chopped dandelions for 2 to 3 hours until they are totally dry. If you have more time or the means, you can also use a dehydrator, or set them outside under the hot sun until they are all dried out. You will notice a sweet earthy smell emitting.

Step 4. Store Your Roots: Once your dandelions are all dried up, store them in a dry place until use. (By the way – if you want your root even finer, you can always grind it down more.)

Step 5. Make the Dandelion Tea: To make the tea, treat it like any other loose leaf, and make it in your tea press, or with a tea infuser. Or create your own tea bag. Add some fresh dandelion as garnishing... And hey, don't forget after creating your dandelion tea... sit, sip, and enjoy.

### **Warm Winter Spice Tea**

1 cup roasted Dandelion root

½ cup dried Orange Peel

½ cup Cinnamon bark

¼ cup dried Ginger root

Use 1 Tbsp per cup water. Simmer gently 10-15 minutes. Sweeten with honey, if desired.

**Tropical Dandelion Smoothie** by Crystal Bonnet [crystaldawnculinary.com](http://crystaldawnculinary.com)

1/2 cup frozen pineapple

1 frozen banana

1 d'anjou pear

1 small handful of dandelion greens

1 cup of almond milk

shredded coconut

Blend all ingredients except the shredded coconut in the blender until smooth.

Garnish with shredded coconut.

### **Dandelion-Lime Cooler** [thebittenword.com](http://thebittenword.com)

Adapted from Martha Stewart Living (April 2013)

Note from Zach and Clay:

The original recipe uses sorrel. We opted to substitute dandelion greens after not being able to find sorrel. Martha suggests substituting other herbs, such as basil or tarragon.

Ingredients

1/4 cup agave nectar

1/2 cup water

3/4 cup thinly sliced dandelion green leaves

4 limes, quartered, plus 4 thin rounds, for garnish

40 ounces seltzer, chilled

Directions

Combine agave nectar and water in a small saucepan. Bring to a simmer over medium heat, stirring. Let syrup cool completely, then transfer to a blender and puree with dandelion greens until smooth. Pour syrup through a fine sieve into a bowl and discard solids.

Squeeze lime quarters into a large pitcher. Add quarters to pitcher and gently smash with the back of a wooden spoon to release the oils in the rind. Add sorrel syrup and seltzer. Serve over ice, garnished with lime rounds.

### **Dandelion and burdock beer**

1 lb Young nettles  
4 oz. Dandelion leaves  
4 oz. Burdock root, fresh, sliced

-OR-

2 oz. Dried burdock root, sliced  
1/2 oz. Ginger root, bruised  
2 each Lemons  
1 g water  
1 lb +4 t. soft brown sugar  
1 oz. Cream of tartar  
Brewing yeast ( see the manufacturer's instructions for amount)

Dandelion and burdock beer preparation:

1. Put the nettles, dandelion leaves, burdock, ginger and thinly pared rinds of the lemons into a large pan. Add the water.
2. Bring to a boil and simmer for 30 mins.
3. Put the lemon juice from the lemons, 1 lb. sugar and cream of tartar into a large container and pour in the liquid thru a strainer, pressing down well on the nettles and other ingredients.
4. Stir to dissolve the sugar.
5. Cool to room temperature.
6. Sprinkle in the yeast.
7. Cover the beer and leave it to ferment in a warm place for 3 days.
8. Pour off the beer and bottle it, adding t. sugar per pint.
9. Leave the bottles undisturbed until the beer is clear-about 1 week.

### **Dandelion Soft Drink**

This recipe will make a strong syrup which will then need to be watered down with soda 1:4. Heat 1.5 litres of water in a pan, when boiling add:

- \* 2 teaspoons fine ground dandelion root (Might need a mortar & pestle)
- \* 1.5 teaspoons fine ground burdock root (Might need a mortar & pestle)
- \* 5x 50p sized slices of root ginger ( 5— 25cent size pieces of sliced ginger)
- \* 1 1/2 star anise
- \* 1 teaspoon of citric acid
- \* Zest of an orange

Leave that little lot to simmer for 15-20 minutes, it will smell a lot like a health food shop, then strain through a tea towel, muslin isn't really fine enough. Whilst the liquid is still hot you need to dissolve about 750g sugar. If you prefer is sweeter or 'not-sweeter' adjust the sugar. If you're finding the drink a bit flavourless simply add more sugar, it accentuates the flavours of the roots and anise.

In the summer I mix it with plenty of ice and stir through borage flowers for the ultimate English soft drink! Enjoy.

## BREADS

### Dandelion Banana Bread [www.ediblewildfood.com](http://www.ediblewildfood.com)

1 large ripe banana	1 1/4 cup unbleached flour
1/2 cup olive oil	1/3 cup fresh picked dandelion flower petals
1 egg	1 tsp baking powder
1/3 cup brown sugar	1/2 tsp baking soda

Mash the banana; then add the oil, egg and sugar, mix well. Stir in flour, dandelion flowers, baking powder and baking soda and mix by hand until everything is perfectly blended. (If desired, add in a few chopped walnuts or chocolate chips.)

Using a rubber spatula, scoop into greased loaf (bread) baking dish.

Bake at 350° F for 20-25 minutes.

Check at the 20 minute mark by inserting a knife – if it comes out clean then it is done.

### Dandelion Blossom Bread from Forage Ahead

2 cups flour	1/4 cup oil
2 tsp baking powder	4 Tablespoons honey
1/2 Teaspoon salt	1 egg
1 cup dandelion blossoms, all green sepals and leaves removed	1 1/2 cups milk

Combine dry ingredients in large bowl, including petals making sure to separate clumps of petals. In separate bowl mix together milk, honey, oil beaten egg. Add liquid to dry mix. Batter should be fairly wet and lumpy. Pour into buttered bread tin or muffin tin. Bake 400F. For muffins 20-25 min, bread for bread up to twice as long. Test for doneness.

### Dandelion Cornbread

1 cup cornmeal	1 cup white flour
2 tsp baking powder	3/4 tsp baking soda
1 tsp salt	2 large eggs
1/2 cup Dandelion Blossom syrup (or honey)	1/4 cup oil or butter
1 cup milk (buttermilk is best!)	1 cup Dandelion blossom petals

Mix dry ingredients together. Add all the rest of the ingredients and blend until smooth. Pour batter into a 9x9 pan, or 10-inch cast iron frying pan. Bake at 375° for 25 minutes. Serve hot with butter and Dandelion Blossom syrup.

## BREAKFAST

### Dandelion Blossom Pancakes

1 cup white flour	1 cup cornmeal
1 tsp salt	2 tsp baking powder
2 eggs	1/4 cup oil
1/2 cup Dandelion Blossom syrup or honey	2 cups milk
1 cup Dandelion blossom petals	

Mix dry ingredients first. Add wet ingredients and mix together thoroughly (Note: the secret of keeping pancake batter from getting lumpy is to be sure to add all the wet ingredients before mixing.) Adjust consistency by adding a little more milk or a little more flour if it's too thick or thin. Pancake batter should be thin enough to pour, but not runny. Cook on oiled grill. Top with butter and Dandelion Blossom syrup.

## CAKES AND COOKIES

### Dandelion Blossom Cake

2 cups flour	2 tsp baking powder
1½ tsp baking soda	1 tsp cinnamon
1 tsp salt	1 cup sugar
1 cup Dandelion Blossom Syrup	1½ cups oil
4 eggs	2 cups Dandelion blossom petals
1 can crushed pineapple	½ cup walnuts
½ cup coconut	

Sift together dry ingredients. In separate bowl, beat sugar, dandelion syrup, oil and eggs together until creamy. Add pineapple, walnuts, and coconut, and mix well. Stir dry ingredients into the mixture until well blended. Pour batter into a greased, 9x13 cake pan and bake at 350° for about 40 minutes.

### Frosting

- 1 8-oz package cream cheese, room temperature
- 1 cup powdered sugar
- 1 or 2 Tbsp milk

### Dandelion Cookies: [ramblingdesign.wordpress.com /2012/05/02/weedy-wednesdays-dandelions](http://ramblingdesign.wordpress.com/2012/05/02/weedy-wednesdays-dandelions)

- 1/2 cup of vegetable oil (I used olive oil)
  - 1/2 cup of honey (local is best)
  - 2 eggs
  - 1 cup of flour
  - 1 cup of dry oats
  - 1/2 cup of dandelion flower petals (ONLY the yellow ones! don't put any of the green in, or any stems, they are bitter and nobody likes a bitter cookie! )
  - 1 teaspoon of lemon extract (or a bit of juice from a fresh squeezed lemon and you can even put in a bit of the lemon peel chopped finely)
  - optional: 1/2 cup nuts, chopped
- Pre-heat oven to 375 F, mix ingredients until well blended. Place on a lined, or greased cookie sheet and bake for 10-15 minutes.

### Dandelion Peanut Butter Cookies [homespunseasonalliving.com](http://homespunseasonalliving.com)

- |   |                            |
|---|----------------------------|
| ½ Cup Butter, softened  | 1 teaspoon Vanilla Extract |
| ½ Cup Peanut Butter   | 1 teaspoon Baking Soda     |
| ½ Cup Honey   | 1 Cup All Purpose Flour    |
| 1 Egg   | 1 Cup Whole Wheat Flour    |
| ½ Cup Dandelion Petals (just the petals) loosely packed - 3/8 ounce by weight |                            |

Preheat oven to 400 degrees. Line cookie sheets with parchment paper or silicone baking mats. Sift together the flours and baking soda. Set aside.

Cream together the butter, peanut butter, and honey until light and fluffy. Beat in the egg and vanilla extract until thoroughly incorporated. Add the sifted dry ingredients to the butter mixture and mix until a soft dough forms. Fold in the dandelion petals. Drop by Tablespoons full onto prepared baking sheet.

Bake in preheated oven for 13 to 15 minutes or until edges are golden.

Cool on wire racks. Makes 2 dozen when using a #40 cookie scoop [2 tablespoons] - admittedly that's a large cookie.

### **Dandelion Petal and Lemon Cookies with Kale Lemon Drizzle** Kate Hackworthy

¼ cup dandelion petals washed	½ teaspoon lemon zest
2/3 cup (150ml) vegetable oil	1 cup (80g) oats
1/3 cup (75g) caster sugar	1 cup (115g) all purpose (plain) flour
1 teaspoon vanilla extract	1 teaspoon baking powder
1 tablespoon lemon juice	¼ teaspoon salt

Preheat oven to 425F / 220C. Line baking sheets with baking paper.

Whisk the oil, sugar, vanilla, lemon juice and zest together until smooth. In a separate bowl, whisk together the oats, flour, baking powder, salt and dandelion petals. Add the wet ingredients to the dry and stir to combine.

Drop teaspoons of the mixture onto the lined baking sheets. Gently press down with the back of a fork. Cook 7-10 minutes or until beginning to turn golden.

Cool on the sheet for 10 minutes, then transfer to a wire rack to cool completely.

For the kale and lemon drizzle:

Mix all ingredients until smooth. Drizzle over the cooled cookies.

½ tablespoon freshly juiced kale
1/2 cup (65g) powdered icing sugar
1 tablespoons lemon juice

### **Dandelion Shortbread Cookies** by Ashley Adamant [adamantkitchen.com](http://adamantkitchen.com)

1 cup butter, softened	2 1/2 cups flour
1/2 cup sugar	1 pinch salt
1/2 to 1 cup dandelion petals (yellow parts only)	

Preheat oven to 325 degrees. Butter and sugar together with a mixer until light and fluffy, about 3 minutes. Add dandelion petals and beat to incorporate. Gradually add flour and salt, beating to incorporate fully. Dough will be crumbly at first, but it will start to come together. Once all the flour is added, beat on low another minute or so. Then knead gently with your hands until the dough comes together. Roll cookies out and cut out with your favorite cookie cutters. Bake cookies at 325 for about 20 to 25 minutes, until they begin to brown on the bottoms and are fully cooked on the top. Remove to a cooling rack and allow them to cool completely. Enjoy!

### **Dandelion Lemon Bars** [www.bakersbrigade.com](http://www.bakersbrigade.com)

Shortbread crust:

2 cups flour	1/2 teaspoon salt
1/2 cup sugar	1 cup unsalted butter very cold, cut into small cubes

Preheat oven to 350 degrees F. Grease a 9" x 13" pan with butter or cooking spray.

Stir together the flour, sugar and salt. With a pastry cutter, cut in the butter until it mixture resembles a coarse meal. Press into the pan evenly, using the bottom of a drinking glass or measuring cup sprayed with cooking spray. Bake for 20 minutes, until just starting to brown at the edges. Let cool until easily handled, about 15 minutes.

1 1/2 cups sugar	3/4 cup lemon juice - about 4 lemons
1/4 cup flour	1 teaspoon vanilla extract
4 eggs	2 cups fresh-picked dandelion blossoms petals snipped off to yield about 1 cup petals
zest of four lemons	
powdered sugar for dusting	

Stir together the sugar and flour. Then add the eggs, zest and juice and stir until combined. Pour over the crust and bake for 20-25 minutes, until the filling is mostly set. A tiny bit of wobbly in the middle is okay.

Cool in the fridge for a few hours, then top with powdered sugar and dandelion petals. Cut into squares with a sharp knife sprayed with cooking spray.

### **Dandelion Blossom Syrup** Green Deane

This is a traditional recipe passed down from the old world Europeans. I use it as a substitute for honey in any recipe that I'm trying to make wild.

1 quart dandelion flowers  
1 quart (4 cups) water  
4 cups sugar  
½ lemon or orange (organic if possible) chopped, peel and all

Note: The citrus is optional, it will give the syrup an orangey or lemony flavor. If you want the pure dandelion flavor, you can skip the citrus. I make it both ways each year.

Put blossoms and water in a pot. Bring just to a boil, turn off heat, cover, and let sit overnight. The next day, strain and press liquid out of spent flowers. Add sugar and sliced citrus and heat slowly, stirring now and again, for several hours or until reduced to a thick, honey-like syrup. Can in half-pint or 1 pint jars.

This recipe makes a little more than 1 pint. I usually triple or quadruple this, and I make more than one batch when the blossoms are in season to have enough for the year. The syrup makes great Christmas presents, so make plenty!

### **Dandelion Baklava** Green Deane [www.eattheweeds.com](http://www.eattheweeds.com)

(as a Greek purist I must object, but try the delicious recipe anyway.)

This recipe involves using fillo leaves, which are extremely thin sheets of pastry dough, usually sold frozen in long thin boxes. Fillo can be fussy to work with but the results are so worth it! It's actually a lot more forgiving than it seems, so don't be afraid to try it!

1/2 box fillo leaves  
1 stick butter  
2 cups finely chopped hickory nuts (try walnuts or pecans)  
1 tsp sugar  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
3/4 cup Dandelion Blossom syrup

Combine nuts with sugar and spices. Melt butter. Layer 8 sheets fillo into a buttered 9x13 pan, brushing every other sheet with butter using a pastry brush. Sprinkle evenly with 1/2 of the nut mixture. Layer 8 more sheets. Sprinkle the rest of the nut mixture. Layer the rest of the fillo sheets, brush the top layer generously with butter.

Cut carefully into 30 squares (6x5) with a sharp knife before baking. Bake at 375 for about one-half hour. when slightly browned, remove from oven.

Pour room temperature Dandelion Blossom syrup over the hot baklava, while it is still piping hot.

Note: Fillo leaves used to come with two packages per box, sized for 9x13 pans. Lately it's been all in one package and sized much bigger, so it is necessary to cut the stack of leaves in half before beginning. Half-sheets fit the 9x13 pans nicely.

## SOUPS, SALADS, etc

### **Dandelion Burgers** from Forage Ahead

1 cup packed dandelion petals (no greens)	1 cup flour
1 egg	1/4 cup milk
1/2 cup chopped onions	1/4 tsp salt
1/2 tsp garlic powder	1/4 tsp each basil and oregano
1/8 tsp pepper	

Mix all ingredients together. The batter will be goopy. Form into patties and pan fry in oil or butter, turning until crisp on both sides. Makes 4-5 very nutritious vegetable burgers. No, they don't taste like hamburger, but they ain't bad.

### **Dandelion Pasta Salad** Rose Barlow [rosebarlowsprodigalarden.wordpress.com](http://rosebarlowsprodigalarden.wordpress.com)

3 cups cooked pasta	2 Tbsp vinegar
1½ cups diced tomatoes, drained	1 Tbsp olive oil
1 cup dandelion greens, pre-cooked	8 olives, sliced
2 wild leeks, minced, greens and all or 2 Tbsp minced onions	½ tsp salt

Combine and enjoy!

### **Dandelion Egg Salad** Rose Barlow [rosebarlowsprodigalarden.wordpress.com](http://rosebarlowsprodigalarden.wordpress.com)

4 hard-boiled eggs	2/3 cup dandelion greens, chopped and cooked
1 tsp horseradish	1 Tbsp fresh chives
½ cup mayonnaise	

1. Chop eggs coarsely.
2. Add Dandelion greens, chives, and horseradish. Mix gently.
3. Add mayonnaise and mix just enough to coat ingredients.

### **Cream of Dandelion Soup** Rose Barlow [rosebarlowsprodigalarden.wordpress.com](http://rosebarlowsprodigalarden.wordpress.com)

4 cups chopped dandelion leaves	2 cups dandelion flower petals
2 cups dandelion buds	1 Tbsp butter or olive oil
1 cup chopped wild leeks (or onions)	6 cloves garlic, minced
4 cups water	2 cups half-n-half or heavy cream
2 tsp salt	

Gently boil dandelion leaves in 6 cups water. Pour off bitter water. Boil gently a second time, pour off bitter water. In a heavy-bottom soup pot, sauté wild leeks and garlic in butter or olive oil until tender. Add 4 cups water. Add dandelion leaves, flower petals, buds, and salt. Simmer gently 45 minutes or so. Add cream and simmer a few minutes more.

Garnish with flower petals.

### **Split Pea-Dandelion Bud Soup**

1 cup split peas	1 tsp salt
6 cups water	

Simmer split peas for 1½ to 2 hours until done.

Sauté in 2 Tbsp butter:

½ cup onions, chopped	4-5 cloves garlic, minced
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½ cup celery, sliced thin  
½ tsp basil  
½ tsp savory

2 cups dandelion buds  
½ tsp sage

Add the sauté to split pea broth. Simmer slowly ½ hour or so. Just before serving add:  
1 cup milk  
1-2 cups cubed cheese

Garnish with dandelion blossom petals and this hearty soup is fit for the finest table!

**Pumpkin-Dandelion Soup** Rose Barlow [rosebarlowsprodigalarden.wordpress.com](http://rosebarlowsprodigalarden.wordpress.com)

Prepare in advance:

1 large handful Dandelion greens:

Chop leaves into bite-sized pieces. Cook in boiling water until tender. Pour off water and taste. If they seem too bitter for your taste, boil again and strain.

1 small pumpkin:

Bake whole pumpkin on baking sheet at 350° for 1 hour or until completely soft, so that you can put a fork or knife easily through it. Let cool. Cut in half and discard seeds. Rind will peel easily.

1 medium to large onion, chopped	1½ tsp salt
2 Tbsp. butter or olive oil	6 cloves garlic, minced
4 cups mashed pumpkin, prepared as above	6 cups water
½ tsp nutmeg	1 cup heavy cream

Sauté onion and garlic in oil or butter in a heavy-bottomed soup pot. Add 6 cups water Add dandelion greens and pureed pumpkin to soup. Stir well. Add salt. Cook at a gentle simmer for 30 minutes. Just before serving add 1 cup heavy cream and ½ tsp nutmeg.

**Dandelion Fritters** Robin J. Kennedy

Dandelion blossoms

1/2 cup flour	1/2 teaspoon salt
1 egg	1/2 teaspoon granulated garlic
milk	

Gather 2-3 dozen dandelion blossoms - no stems! Rinse and pat them dry on toweling. Make batter of 1/2 cup of flour, 1 egg, and enough milk to make a pancake-type batter. Season to taste. Drop blossoms in batter, a few at a time, spoon into heated skillet with a little oil in the bottom. Fry until golden on both sides. Best served warm, but still very good cold.

**Sautéed Spicy Dandelion Greens and Onions** Gina Marie Miraglia Eriquez Epicurious April 2014

4 pounds dandelion greens, tough (lower) parts of stems discarded and leaves cut crosswise into 2-inch pieces

2 tablespoons extra-virgin olive oil, plus additional for drizzling

2 tablespoons unsalted butter

2 large onions, halved and thinly sliced

4 large garlic cloves, coarsely chopped

1 fresh hot Italian cherry pepper, seeded and minced, or 1/2 teaspoon crushed red pepper

Salt and freshly ground black pepper

Cook greens in 2 batches in an 8-quart pot of well-salted boiling water, uncovered, until ribs are tender, about 10 minutes per batch. Scoop out each batch of greens as cooked with a skimmer or slotted spoon into a colander, then rinse under cold water to stop cooking. Drain well, gently pressing out excess water, and transfer to a bowl.

Heat oil and butter in cleaned pot over medium heat until foam subsides, then cook onions with garlic, cherry pepper, 1/2 teaspoon salt, and 1/4 teaspoon pepper, covered, stirring occasionally, until pale golden, about 8 minutes. Add greens and cook, covered, stirring occasionally, until onions are tender, 4 to 6 minutes. Transfer dandelion green mixture with a slotted spoon to a serving bowl and drizzle with additional oil.

Cooks' notes:

Dandelion greens can be washed, dried, and cut 2 days ahead and chilled in sealable bags lined with damp paper towels. Dandelion greens (with onions) can be cooked 2 hours ahead and kept at room temperature. Reheat over low heat or in a microwave.

### **Sautéed Dandelion Greens with Eggs** <https://www.abeautifulplate.com>

4 cups chopped dandelion greens, thick stems removed (about 1-2 large bunches)  
2 tablespoons unsalted butter, clarified butter, or ghee  
1 large leek, white and light green parts only, finely chopped  
4 large eggs  
1/4 cup crumbled feta cheese

Bring a large pot of salted water to a boil. Add the chopped dandelion greens and blanch for 1 to 2 minutes. Drain the greens thoroughly, using a wooden spoon to drain and press out as much liquid as possible.

Melt the butter or ghee in a 10-inch sauté pan set over medium heat. Sauté the leeks until tender, about 5 minutes, stirring occasionally. Add the drained dandelion greens one handful at a time.

Cook each handful until wilted, then add more.

When the greens are wilted, crack the eggs into the pan on top of the greens. Top with feta cheese and cook uncovered until the whites of the eggs are set, about 5 minutes.

### **Stir Fried Dandelions and Potatoes with Cheese** [philosokitchen.com](http://philosokitchen.com)

1 Lb (450 g) dandelion greens  
1 golden potato  
4 shallots  
7 tbsp extra virgin olive oil  
1 tbsp Pecorino Romano  
1/2 tsp black pepper  
to taste table salt

### **Steamed Dandelion Greens**

Wash and rinse the dandelion greens as times as needs to eliminate dirt. Steam or boil the dandelion just 5 minute. If is possible, save the water used to steam or boil the vegetables.

### **Stir Fried Dandelions and Potatoes**

Peel and cut the shallots in quarters. Peel the potato as well, and cut into dices large 1/2 inch. Pour 3 tbsp of olive oil into a pan and place over medium heat. When the oil is very hot, but not smoky, pour the shallots in the pan and stir fry until golden. Now, add the potatoes and continue to stir fry for five minute more. Finally, add the dandelion reduced into pieces 3 inches long. Sauté 5 minutes, then add 1/2 ladle of the water used to cook the dandelion. Cook over medium heat until the potatoes are cooked, but not mashed. If necessary, add a few spoon of water more. Finally, add grated Pecorino Romano cheese, black pepper, and salt to taste. Far from the heat, complete with 1 tbsp of olive oil for the portion and serve very hot.

## **Wilted Dandelion Greens with Bacon and Toasted Mustard Seed** from

Nourished Kitchen <http://nourishedkitchen.com/wilted-dandelion-greens/>

1 tablespoon whole mustard seed  
2 teaspoon clarified butter/ghee  
4 ounces pasture-raised bacon

1 small shallot  
1 pound young dandelion greens  
2 teaspoons red wine vinegar

Place a cast iron or stainless steel skillet over a high flame and toss in mustard seeds, toasting gently until they release their fragrance – about two minutes. Transfer mustard seed to a bowl or dish to cool while you prepare the remaining ingredients.

Reduce the heat to medium and spoon one teaspoon butter into the skillet, allowing it to melt until it begins to froth. Add chopped bacon to the butter and fry it until crisped and its fat rendered.

Transfer the bacon to the dish holding your toasted mustard seed. Toss chopped shallot into the rendered bacon fat and fry until fragrant and softened, about three minutes.

Stir in dandelion greens into the chopped shallot and bacon fat, and immediately turn off the heat as the greens will wilt in the skillet's residual heat. Pour in two teaspoons red wine vinegar and continue stirring the greens until wilted to your liking. Transfer to a serving dish and dress with toasted mustard seed and crisped bacon.

## **MISCELLANEOUS**

### **Dandelion Mustard**

Homemade mustard is incredibly easy to make and endless in variations and possibilities. Making them “wild” involves preparing an herbal vinegar ahead of time, and in the case of Dandelion Mustard, I also use Dandelion Blossom Syrup and fresh greens.

1 cup yellow mustard seeds (whole)  
1/2 cup Dandelion Blossom syrup  
3 cloves garlic, minced

1 1/4 cups Dandelion vinegar  
1 cup pureed fresh Dandelion greens  
3/4 tsp salt

Soak the mustard seeds in the Dandelion vinegar for several hours or overnight. Add the rest of the ingredients. Let it all sit together in a covered container for several days to mellow. Put in small jars (1/4 pints work nicely).

Note: Mustard keeps well in the fridge for many months or you can can it in a boiling water bath for 10 minutes to seal.

### **Dandelion Vinaigrette**

This recipe involves having some pre-made Dandelion products but it is delicious beyond belief and is guaranteed to convict any skeptic about the culinary virtues of Dandelion.

1 1/2 cup olive oil  
4 cloves garlic  
2 Tbsp Dandelion Mustard (or Dijon)  
2 cups fresh, chopped Dandelion greens

3/4 cup Dandelion vinegar  
1/2 tsp salt  
3 Tbsp Dandelion Blossom syrup

Whiz everything together in a blender or food processor.

### **Dandelion Infused Vinegar** [growforagecookferment.com](http://growforagecookferment.com)

1 3/4 cups fresh dandelion flowers  
1 1/2 cups (approx) white wine vinegar or other vinegar

Collect clean and unsprayed dandelion flowers in a pint size jar.

Completely cover the dandelions with vinegar. You may use a bit more or less depending on how many dandelions you collect.

Cover the jar with a lid and let it sit in a cool place for at least a week and up to six weeks. The longer it infuses the more potent it will be.

When you are ready to use the vinegar, strain out the dandelion flowers. Store the infused vinegar in a jar sealed with a lid in a cool pantry.

### **Dandelion Chips:**

“As you might expect, Dandelion Chips are more delicate than the hardy and curly Kale, and the taste can be more bitter (a nice break from the too sweet and processed bagged chips.) I loved these with sea salt sprinkled all over. They melt in your mouth like dandelion air, and I think they'd make a perfect garnish on mashed potatoes, added to salads, or crushed and sprinkled over casseroles.” Chef Cathy Shambley [showfoodchef.com](http://showfoodchef.com)

- 1) Wash, dry and break dandelion greens into large pieces. Discard any thick ribs.
- 2) Drizzle a bit of Olive oil on the greens and toss with your hands to lightly coat all the leaves.
- 3) Place in a single layer onto a baking sheet. Bake at 350F for about 8-12 minutes. Keep an eye on them so not to burn.
- 4) Remove pan from the oven, sprinkle the leaves with seasonings (I used Sea Salt) and allow to cool. That's it - simple~ Let me know if you try Dandelion Chips and if you have ideas for other ways to use them.

**Dandelion Jelly** makes about 5-8 oz. jars

4 c. dandelion flower petals, green bits removed

4 c. water

Place the dandelion flower petals in a pot and add the water, bring to a boil and reduce to a simmer. Simmer 10 minutes, then turn off heat and allow the pot to cool. Use a jelly bag or coffee filter to strain the flowers out of the water, you need 3 c. of dandelion infusion, but may have some extra.

3 c. dandelion infusion

1 T lemon juice

1 box Sure-Jell powdered pectin

4 1/2 c. sugar

Place dandelion infusion, lemon juice, and pectin powder in a large pot. Whisk together and bring this mixture to a rolling boil. Add all of the sugar at once, stirring constantly, and return the mixture to a rolling boil. Boil 1 minute. Remove the jelly from the heat, skim the foam from the top and ladle into sterilized hot jars. Cover, and process in a water bath for 10 minutes.

### **Dandelion Pumpkin Seed Pesto** from [thekitchn.com](http://thekitchn.com)

Makes about 1 cup

3/4 cup unsalted hulled (green) pumpkin seeds

3 garlic cloves, minced

1/4 cup freshly grated parmesan

1 bunch dandelion greens (about 2 cups, loosely packed)

1 tablespoon lemon juice

1/2 cup extra-virgin olive oil

1/2 teaspoon kosher salt

Black pepper, to tasted

Preheat the oven to 350°F. Pour the pumpkin seeds onto a shallow-rimmed baking sheet and roast until just fragrant, about 5 minutes. Remove from the oven and allow to cool.

Pulse the garlic and pumpkin seeds together in the bowl of a food processor until very finely chopped.

Add parmesan cheese, dandelion greens, and lemon juice and process continuously until combined. Stop the processor every now and again to scrape down the sides of the bowl. The pesto will be very thick and difficult to process after awhile — that's ok.

With the blade running, slowly pour in the olive oil and process until the pesto is smooth. Add salt and pepper to taste.

### **Dandelion Egg Noodles** [homespunseasonalliving.com](http://homespunseasonalliving.com)

2 Cups Dandelion Greens, packed (3 ounces by weight) - washed and drained

2 Eggs

½ teaspoon Salt

1 to 1 ¼ Cups Flour

In a blender or food processor, combine the dandelion greens and eggs. Puree until smooth and liquefied.

In a large bowl, whisk together 1 cup of flour and the salt. Pour the egg mixture into the flour mixture and stir well. Add 1 Tablespoon of flour at a time as necessary to form a stiff dough (this will vary based on water content in the dandelion greens).

Turn the dough out onto a floured board and knead until the dough is formed well. Using a rolling pin, roll the dough out into a thin sheet. The fanciest egg noodles are rolled quite thin, roll as long as your patience allows but remember that the noodles will swell when cooked so go thin. Leave the rolled dough sitting on the board to dry for 1 hour.

Cut the dough into noodles, a pizza wheel makes this super easy. Once the noodles are cut, leave them on the board and put a large pot of salted water on to boil. Once the water has reached a rolling boil, add the noodles and stir to prevent sticking.

Boil the noodles for 3 to 5 minutes, or until cooked. Drain and serve as desired.

### **Nettle Seed & Dandelion Blossom Energy Bars** [gathervictoria.com](http://gathervictoria.com)

1 cup dried apricots

½ cup cashews

½ cup almonds

¼ cup sesame seeds

2 tablespoons honey (optional)

1 tablespoon coconut oil

4 -6 tablespoons nettle seeds (how much is up to you!)

4 – 6 tablespoons of dandelion blossoms (or calendula)

4 – 5 cubes of candied ginger

pinch of sea salt

1 teaspoon cardamom

### **INSTRUCTIONS**

Line an 8-inch baking pan with parchment paper. Pulse nuts until crumbly, put aside in a separate bowl. Pulse apricots until finely chopped. Add all other ingredients to the apricot mixture and process until well combined. Add the nuts to the mixture and pulse until well mixed. Once the whole thing starts to stick together and ball up in the food processor you are done. Firmly press mixture into the baking pan using something flat to press it down. Place pan in the freezer for 30 min (or so) then remove and cut into bars. Garnish w/ a few extra nettle & sesame seeds. Place in an airtight container and store in the fridge for a month or so.