

Selected Recipes with Sweet Violet Flowers and Leaves

VIOLA ODORATA AND OTHER *VIOLA* SPECIES SUCH AS *V. TRICOLOR* OR HEARTSEASE

LORRAINE'S CHICKEN SOUP WITH DANDELION AND VIOLETS

1 chicken, cut into pieces

8 cups fresh spring water

2 onions, sliced

6 stalks celery

2 cups barley

6 carrots, sliced

¾ cup chopped parsley

3 cups dandelion leaves

2 cups violet leaves (young new growth)

1 teaspoon sea salt

½ teaspoon freshly cracked black pepper

½ teaspoon freshly grated cheddar cheese

Place chicken pieces in a stock pot. Add water, onion, and the chopped tops of the celery stalks (reserve remaining celery for later in the cooking process). Simmer for 2 hours.

Remove the chicken from the stock and take the meat from the bones. Return the meat to the stock, then add the remaining celery, which has been sliced. Add barley, carrots, and ½ cup parsley. Simmer for 30 minutes, adding more water if soup thickens too much.

While soup is simmering, carefully wash and chop 3 cups dandelion leaves and 2 cups violet leaves. Add the leaves to the soup about 10 minutes before serving. Add salt and black pepper, using more or less to taste.

Serve in bowls garnished with the remaining parsley and a spoonful of grated cheese.

Lorraine Kieffer, South Jersey Unit,

Herb Society of America's Essential Guide to Growing and Cooking With Herbs

EARLY SPRING SALAD

2 green onions (scallions)

2 ripe avocados

2 tablespoons lemon juice

5 ounces mild goat cheese

Small handful of violets

Dressing:

6 tablespoon light olive oil

2 tablespoon white wine vinegar or violet vinegar

1 teaspoon dry mustard

1 teaspoon super fine sugar

Salt and freshly ground black pepper to taste

Cut onions lengthwise into thin shreds, then across into 2 inch lengths. Place in a bowl of cold water for one hour so that the shreds curl. Halve and pit the avocados. Skin and slice thinly. Toss the avocados in a bowl with lemon juice to prevent discoloration. Cut the cheese into small pieces. Remove all of the green parts from the flowers.

Whisk all dressing ingredients together in a small bowl.

To serve, place the avocado and cheese on a salad plates. Top with drained onions and violet flowers. Spoon dressing over the salad.

Adapted from: *Edible Flowers: 25 recipes and an A-Z pictorial directory of culinary flora*, Kathy Brown, Anness Publishing Limited, 2008.

VIOLET VINEGAR

Fill a jar $\frac{3}{4}$ full with violet flowers, green parts removed. Add white wine vinegar, covering the violets, to within an inch of the top of the jar. Place plastic wrap over the jar if the lid is metal. Add lid. Let sit for 3-4 weeks, shaking occasionally.

Strain vinegar and use to make salad dressing, on spring vegetables or on fish.

The Herb Society of America's Essential Guide to Growing and Cooking With Herbs, edited by Katherine K. Schlosser, can be obtained [here](#).