

Transition Chesterfield – Cooking with Weeds recipes

Lime Flower Tea

Dry the lime flowers laid on trays in the warm for 2 -3 weeks and make tea from them by infusing in hot water



Yarrow Tea

3-4 long leaves infused in boiling water for 3-4 minutes, sweetened with honey if necessary.



DO NOT CONFUSE YARROW WITH RAGWORT (LEFT) WHICH IS POISONOUS

A Tansy

2 eggs

5fld oz double cream

1 slice of bread – breadcrumbs

2 tsp tansy chopped

½ tsp nutmeg

¼ tsp lemon rind

3 eating apples

1oz butter

Mix eggs, cream, breadcrumbs, tansy, nutmeg and lemon. Allow to stand for 10 mins. Peel, core and slice apples. Melt butter, add apples and gently cook for 5 mins. Pour over egg mixture and cook for 10 mins until firm. Turn out of pan and put under grill to brown. Cut into cake slices and sprinkle with sugar if needed.

Wild Rose Ras al Hanout

Add 1 – 2 tsp of spice mix to slow cooked lamb or stewed plums; or sprinkle 1 – 2 tblsp over a mix of roasted root vegetables – carrot, parsnip, celeriac, sweet potato, onion.



Wild rose petals
2 cinnamon sticks
1 tsp cloves
1 tblsp coriander seeds
1 tblsp cumin seeds
1 tblsp fennel seeds
1 tblsp mustard seeds
12 cardamon pods
3 star anise
1 tsp ground allspice
1tsp black peppercorns

Dry rose petals gently. Place all spice in deep frying pan and heat gently, keeping the spices moving. When the seeds start to pop, the spices are heated through, watch that they do not over heat for a few more minutes. Grind the spices and mix with the rose petals. Store in an airtight container.

Ground Elder Rice Cakes

½ Colander ground elder leaves (low growing herb right and not leaves from the elder tree)
3oz long grain rice
3 rashers bacon (optional)
1 onion
2oz plain flour
½ tsp baking powder
1 egg



Cook rice until done and drain. Chop bacon and onion and fry in a little oil. Remove stalks from leaves and chop. Mix with cooked bacon, oil and cooled rice. Add flour and baking powder and mix well with egg until the rice cakes can be shaped. Roll in a little flour and fry in butter.

Pesto

Handful of pinenuts (or other seeds or nuts - eg sunflower seeds, pumpkin seeds, walnuts)

Large garlic clove

Large bunch of herbs/leaves – (traditionally basil but can use any herb – parsley, rocket, lemon balm, oregano etc or young leaves from plants such as nettles, beech leaves, ground elder)

Olive oil

1 lemon

Toast the pine nuts for 5 mins until lightly brown. In a pestle and mortar pound the garlic with a pinch of salt and then add the leaves and pound to a rough paste. Add the pinenuts and pound again. Stir in the juice from the lemon and enough olive oil to make a nice sauce.

Elderflower cordial (from River Cottage)

Makes about 2 litres

About 25 elderflower heads

Finely grated zest of 3 unwaxed lemons and 1 orange, plus their juice (about 150ml in total)

1kg sugar

1 heaped tsp citric acid (optional)



- Inspect the elderflower heads carefully and remove any insects. Place the flower heads in a large bowl together with the orange and lemon zest.
- Bring 1.5 litres water to the boil and pour over the elderflowers and citrus zest. Cover and leave overnight to infuse.
- Strain the liquid through a scalded jelly bag or piece of muslin and pour into a saucepan. Add the sugar, the lemon and orange juice and the citric acid (if using).
- Heat gently to dissolve the sugar, then bring to a simmer and cook for a couple of minutes.
- Use a funnel to pour the hot syrup into sterilised bottles. Seal the bottles with swing-top lids, sterilised screw-tops or corks.