

DESHI MIX

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Edible flowers!

Yes, flowers can be eaten! They can also be candied, frozen into ice, made into rings, jams and jellies.

Flowers are part of many regional cuisines, including Asia, Europe, and the Middle East.

The culinary use of flowers dates back thousands of years with the first recorded mention being in 140 B.C. Many different cultures have incorporated flowers into their traditional food. Oriental dishes make use of daylily buds and the Romans used mallow, rose and violets. Italian and Hispanic cultures gave us stuffed squash blossoms and Asian Indians use rose petals in many recipes.

With their powerful and unique flavours, textures and colours, edible flowers have gained popularity as a creative and innovative ingredient for the culinary world. Flowers are added to food to provide taste, aroma, and colour. They can be part of a main dish, a salad, or a dessert.

ingredients to your simple omelette and make lots of lovely combinations.

Ingredients

½ cup mustard flower
3 large eggs
1 tbsp chopped onion
¼ tsp chopped garlic
1 tsp chopped green chilli
1 tbsp butter
Salt to taste

Method

Crack the eggs into a mixing bowl. Mix all the ingredients. Beat well with a fork. Put a frying pan on low heat and add one tbsp butter. When the butter is melted, add eggs and move the pan around to spread them out evenly. When the omelette

Juice of 2 lemons, pips or seeds remove

Method:

Select rose petals of any colour. The shade of the petals will be the colour of the jam. Wash them and then cut off the white bottom of each petal. Before eating them or using them in cooking, they should be washed well to avoid any chemicals that they might have been sprayed with.

Soak the petals in water for half an hour. Place the rose petals into a bowl and sprinkle the sugar over them to make sure that each petal is coated. Bruise them well with your fingers and cover the bowl with a plastic film. Allow it to remain overnight in a cool spot that is not too dry and not too humid.



Flowers can also be incorporated into beverage as flavourings, or used to make tea. Some are dried and used as medicinal or culinary herbs.

MUSTARD FLOWER OMELETTE

The fluffy omelette is a refined version of an ancient food. The French word omelette came into use during the mid- sixteenth century. In cuisine, an omelette is a dish made from beaten eggs, quickly cooked with butter or oil in a frying pan.

Omelette are tasty and super-quick to knock together. A simple omelette is delicious and brilliant for breakfast, lunch or dinner. Once you have perfected this method, you can go on to add different

ingredients to your simple omelette and make lots of lovely combinations. begins to cook and firm up but still has a little raw egg on top, ease around the edge of the omelette with a spatula, then fold it in half. When it turns golden brown remove the pan from the heat and slide the omelette on to a plate.

ROSE PETAL JAM

Most roses are edible. They can be used to add a delicious and exotic taste to all types of dishes. The flavour of roses is distinct and immediately recognisable, and it looks as wonderful as it taste.

Ingredients:

1 cup red or pink or white rose petals
2 cup sugar
4½ cups water

Get a saucepan and pour in remaining sugar, water and lemon juice. Dissolve contents over a low heat. Stir the rose petals into the mixture and allow to simmer, 20 minutes. Bring to a boil and continue to boil for 5 minutes until the mixture thickens, or until a spoonful dropped onto cold plate jells and hold its shape. Pour it into a clean, warmed jar and add the cover and a label. Store it in a cool place.

PUMPKIN FLOWERS STUFFED WITH PRAWN

Ingredients:

12 pumpkin flowers, stems intact with stamen removed

