



A selection of Scented Geranium Recipes

As the Victorians discovered way back in the 1800's, Scented Geraniums, classified as a herb, have many other uses other than just being ornamental and admired for their beauty and wonderful smelling leaf.



Pennard
Growing the Dream

www.pennardplants.com



Rose Scented Geranium Lemonade

- 1 cup water
- 1 cup sugar
- 10 rose-scented geranium leaves (clean!)
- 1 cup fresh lemon juice (lime juice is nice too!)
- Chilled water, to serve.

In a small pot boil water with sugar.

Remove from heat, add leaves and let infuse until cold (if possible let stand overnight).

Squeeze out leaves well (you can repeat this step for more flavour).

Add lemon or lime juice.

Pour it into bottle and refrigerate.

To serve, add 1 tablespoon of this concentrate to each cup of chilled water and mix well.

Serve over ice in a goblet garnished with a small scented geranium leaf or rose petals. Store refrigerated for up to two weeks.



Geranium and Lemon Cream Cheese

This fresh and light Geranium and Lemon Cream Cheese is especially good spread over your best homemade carrot cake!

- 2-3 scented geranium leaves (preferably with a lemon scent)
- 2 cups sifted icing sugar
- a generous $\frac{1}{4}$ cup of softened cream cheese
- 2 tsp softened butter
- 1 tsp grated lemon rind

Tear the geranium leaves into small to medium sized pieces. Place the torn leaves in a small bowl, mixing them with the icing sugar.

Leave the bowl in a warm place overnight so that the icing sugar will soak up the scent of the leaves.

Carefully remove the torn bits and pieces of geranium leaves from the icing sugar, discarding them. Set aside.

Place the cream cheese, butter and lemon rind into a separate bowl. Using an electric beater or a wire whisk, gradually add the flavoured icing sugar, beating well until the icing is smooth and fragrant.

Once your favourite homemade carrot cake has cooled, cover the top with Geranium and Lemon Cream Cheese.

Decorate your iced cake with fresh lemon balm leaves, or candied lemon peel. (optional)

Article taken from Between Close Friends



CANDIED FLOWERS

- 1 egg white
- 100 proof vodka
- superfine granulated sugar
- thin artist's paintbrush
- violets, pansies, Johnny-jump-ups,
rose petals, lilac, borage, pea, pinks,
scented geraniums
- wire rack

Beat egg whites until frothy. Add a couple of drops of vodka to help the flowers dry quicker.

Using fresh picked flowers, paint each flower individually with beaten egg white using the artist's paintbrush.

When thoroughly coated, sprinkle with fine sugar and place on the wire rack to dry. Flowers are completely dry when stiff and brittle to the touch.

They can be stored in an airtight container and put in the freezer for up to a year. A simple bakery cake can be turned into a work of art by garnishing with candied flowers. Will last approximately 6 months!

Idea:

Try a chocolate cake decorated with fresh raspberries
and candied rose petals.



Berries in Geranium Cream

Ingredients

- 1 cup heavy cream
- 2 tablespoons finely chopped rose-scented (pelargonium) leaves
- 1/4 cup sugar
- 4 oz cream cheese, softened
- 3 cups blackberries (13 oz)
- 1 1/2 cups blueberries (8 oz)

Preparation

Heat cream, geranium leaves, and sugar in a metal bowl set over a pot of simmering water, stirring until sugar is dissolved and cream is hot but not boiling, about 5 minutes.

Remove from heat and cool slightly, then chill until cold, about 45 minutes.

Pour cream through a sieve set into a bowl and discard solids.

Beat together cream cheese and cream in a bowl with an electric mixer until thickened (cream should not hold peaks), about 2 minutes.

Divide blackberries and blueberries among 6 bowls or parfait glasses and top with cream.

Cooks' note: Cream can be beaten up to 4 hours ahead and chilled, covered.

from Gourmet July 2005



HOT MUFFIN BASIC RECIPE

- 2 cups flour
- 3 tsp. baking powder
- 1/2 tsp. Salt
- 2 tbsp. Sugar
- 1 egg, well beaten
- 1 cup milk
- 4 tbsp. Oil
- Geranium leaves

Sift together flour, baking powder, salt & sugar. Combine egg, milk and oil.

Add to dry ingredients. Stir just until mixed; batter will still be lumpy.

Place geranium leaf in the bottom of 14 greased muffin tins & fill 2/3 full with batter.

Bake 25 minutes at 425 degrees.

from www.cooks.com



Lemon-Scented Geranium Cake

Ingredients

- Cooking spray
- 9 lemon geranium leaves
- 1 cup unsalted butter, softened
- 1 3/4 cups sugar
- 4 large eggs, separated
- 1 tablespoon fresh lemon juice
- 1 cup milk
- 3 cups unbleached all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon freshly grated lemon zest
- Powdered sugar

Preparation

Coat a 9-inch round cake pan with cooking spray. Place 6 or 7 geranium leaves, dull side up, in bottom of pan; set aside.

Mince remaining 2 or 3 leaves, and set them aside.

Beat butter and sugar at medium speed with an electric mixer until fluffy. Add egg yolks, 1 at a time, beating until blended after each addition. Stir in lemon juice. Add milk, and beat at low speed until blended. (Batter will look curdled.)

Combine flour and baking powder. Gradually add flour mixture to butter mixture, beating at low speed until blended. Stir in lemon zest and minced leaves.

Beat egg whites until soft peaks form; gently fold into batter. Pour batter into prepared pan.

Bake at 350° for 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 30 minutes. Invert to remove cake; cool completely on wire rack. Dust with powdered sugar.

Mary Ann Esposito, Durham, New Hampshire,
The Coastal Living Cookbook



Rose Scented Geranium Shortbread

These are rich & buttery, with the delicate floral scent of roses.

(makes 8 wedges)

- 12 T. (1 1/2 sticks) unsalted butter, at room temp.
- 1/2 cup confectioner's sugar
- 1 1/2 cups unbleached all purpose flour
- 1/4 tsp. salt
- 1 tsp. rose water
- 2 Tbs sugar or scented sugar
- 8 large rose scented geranium leaves, washed and dried

Cream the butter and confectioner's sugar until light and fluffy. In another bowl, mix the flour and salt. Add this to the butter mixture.

Add the rose water and mix well. Gather the dough into a ball, wrap in plastic wrap and refrigerate for 4 to 6 hours. Remove the dough from the refrigerator and allow it to soften a bit. Butter and flour the bottom of an 8" round baking pan. On waxed paper, pat the dough out to the size and shape of the pan.

Take the geraniums and place them in a circle on the dough, about 1" in from the edge. Press them into the dough. Lay the dough in the pan and pat it out all the way to the edges. Score the dough lightly, dividing it into 8 pie shaped pieces. Sprinkle with the sugar.

Refrigerate the dough for another 45 minutes. Preheat the oven to 325°F. Bake the shortbread for about 20 minutes or until it just starts to change color. Allow it to cool in the pan. Remove the shortbread from the pan, take the baked leaves off the bottom. Cut into wedges along the marks and serve, garnished with additional rose scented geranium leaves.