

ENTERTAINING / AUGUST 8, 2014

A FLORAL LUNCHEON



Copy: **Kelli Ryder**

Stylist: **Tehra Thorp**

Photography: **Sarah Renard**

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THUMBNAIL VIEW



In **#EscapeWithRue**, we touched on the importance of **taking on a challenge in the kitchen**. Today, we're revisiting the concept with four unique recipes created using edible flowers. Yep... you read that correctly, deliciously beautiful flowers that are safe to eat! This culinary trend is something we're totally on board with... thanks to chef **Tehra Thorp** & photographer **Sarah Renard**, of course! The talented duo prepared this lovely meal for Rue Daily today, and we can't stop swooning. *(Spoiler alert- **Sarah's** images may or may not be the new official desktop wallpaper on the laptops of Rue HQ, leaving us hungry and inspired all at once.)*

Tehra is no stranger to fabulous & unexpected cuisine, and she seamlessly incorporated edible botanicals into the four global-inspired recipes we're sharing today. Borscht (beet soup that is bursting with antioxidants), lavash style flatbread with

lavender goat cheese and radishes, rose kulfti (a traditional Indian Subcontinent ice cream), and a floral-champagne cocktail that is as beautiful as it is tasty. When serve together, you've got a fabulous lunch menu that should be shared with friends! Enjoy

ROSE KULFTI INGREDIENTS:

12 cups milk
1 1/2 cup sugar
1/3 cup rose petals
6 green cardamom pods
1 cup rosewater
1 cup pistachios, roughly chopped
2 cups strawberry puree

DIRECTIONS:

Bring milk to a low, rolling boil.

Remove skin that will form on top, and add in sugar, rose petals, and cardamom pods.

Reduce by 2/3 (takes around an hour), stirring consistently.

Strain through a fine mesh strainer lined with cheesecloth. Set tools aside, you'll need to strain once more.

Let cool completely.

Add in strawberry puree, pistachios, and rosewater. Pass through the mesh strainer one more time.

Pour into molds. Chill in fridge, and then place in freezer. After 30 minutes in the freezer, add popsicle sticks in the middle of each mold and let freeze completely.

LAVASH INGREDIENTS:

4 lavash, cut in half
11 oz. goat cheese
4 oz. cream cheese
2 tablespoons dried lavender
2 tablespoons lemon zest
Edible flowers, as desired
Nasturtium leaves, as desired
6 radishes, sliced into rounds
Olive oil
Maldon sea salt, to taste

DIRECTIONS:

Brush lavash with olive oil and place in oven or on hot grill, turning often.

Once grilled, add goat cheese spread. To make, soften goat cheese and cream cheese and place in a mixing bowl. Add in lavender and lemon zest. Using a mixer, pulse. (Can also mix by hand!)

Spread onto cool lavash and top with nasturtium leaves, edible flowers, radish rounds, olive oil, and sea salt.

CHAREAU & KUMQUAT SPRITZER INGREDIENTS:

1-2 kumquats

Basil flowers (about 2")

1 oz. chateau

6 oz. prosecco

Flower ice cubes

DIRECTIONS:

Muddle kumquats and basil flowers.

Pour in chateau and add flower ice cube.

Pour prosecco and stir with a spoon.

TIP: Can also be made in a larger batch as a punch!

BORSCHT INGREDIENTS:

6 large beets

1 packet hibiscus tea

6 cups water

3 tablespoons sherry vinegar

2 cups Greek yogurt

Edible flowers as desired

1/4 cup hazelnuts, chopped & toasted

Salt, to taste

DIRECTIONS:

Peel and chop beets to 1" pieces and place in a large soup pot. Cover with water and place hibiscus tea packet into water. Bring to a simmer, and cook until beets are fork tender- around 20 minutes.

Once cooked, let cool. Then, blend beets and liquid together.

Pass through a fine mesh strainer and season with sherry vinegar and salt.

Cool in fridge for at least 2 hours. TIP: Make it one day ahead of time!

To plate, distribute evenly between bowls. Swirl in Greek yogurt and top with flowers & hazelnuts.

CREDITS:

Kulfti: Pottery- **Victoria Morris Pottery**, Los Angeles // Spoons- **Timothy Roberts**, Joshua Tree

Borscht: Napkin- Design Man, Los Angeles // Pottery- **Victoria Morris Pottery**, Los Angeles

Lavash: Pottery- **Humble Ceramics by Delphine Lippens**, Los Angeles

All Edible Flowers & Botanicals: **Gourmet Sweet Botanicals**, Central Valley

Liqueur: **Chateau**, Los Angeles

For more information on Tehra Thorp- chef and food stylist, [click here](#).
For more information on Sarah Renard- photographer extraordinaire, [click here](#).

THUMBNAIL VIEW



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admit- we instantly loved her. Kris, the blogge...



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PEAR & FIG GALETTE WITH GOAT CHEESE, HONEY & BLACK PEPPER

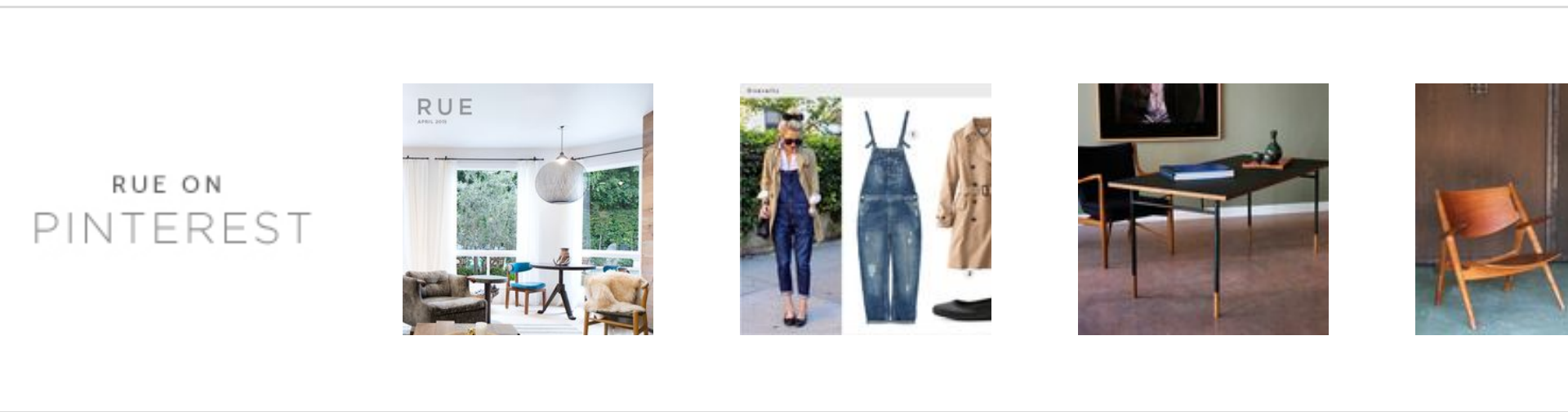
Food blogger Ragan Brooks is originally from Minnesota, but has spent the last 15 years on the



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KALE PESTO LINGUINE

Today, we're excited to welcome back Australian food stylist Lyndel Miller and photographer Mindi



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