

# FARRO BLOSSOM SALAD

## *Equipment*

Chef's knife and cutting board

Salad bowl

Whisk

Small pot (for preparing farro)

## *Mise en Place*

- 1 bunch green or purple kale, stems removed and leaves finely shredded
- 1 cup purple cabbage, finely shredded
- ½ cup fennel fronds, roughly chopped
- ½ cup fresh mint leaves, torn
- 1 cup cooked farro (about ⅓ cup dry)
- 1 small handful of edible flower petals (e.g. pansies, nasturtium, calendula, borage) for garnish

Serves 2

## *Procedure*

Cook the farro according to package instructions. Drain, rinse under cool water, and set aside. Massage the kale. Place shredded kale in a bowl with a pinch of salt and massage with your hands for about 1-2 minutes until softened and slightly darkened. Mix the salad. Add purple cabbage, fennel fronds, mint, and cooked farro to the bowl with kale. Toss to combine.

*This recipe is from the Florabelle kitchen*

# POMEGRANATE TAHINI DRESSING

## *Equipment*

Small bowl or jar

Whisk

Measuring cups

## *Mise en Place*

- 3 tablespoons tahini
- 1 tablespoon pomegranate molasses
- 2 tablespoons olive oil
- 2 tablespoons ice water (add more as needed to thin)
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh lemon juice
- ½ teaspoon sea salt (or to taste)

## *Procedure*

In a small bowl or jar, whisk all of the ingredients and add ice water one tablespoon at a time until the dressing is creamy and pourable. Pour the dressing over the salad and toss well to coat. Top with edible flower petals just before serving.

## *Tips*

- Add pistachios or pomegranate seeds for extra crunch and color.
- The salad holds well in the fridge and makes a great make-ahead dish.

*This recipe is from a Florabelle Food & Festivities Cooking Class*

# AMARANTH-SORGHUM FLATBREAD

## *Equipment*

2 large sheets pans

Small bowl or jar

Whisk

Measuring cups

## *Mise en Place*

- 1 cup amaranth
- 4 cups sorghum
- Water, for soaking
- Optional: 2–3 tsp total of dried spices (e.g., garlic powder, thyme, basil, oregano)
- Olive oil, for drizzling
- Sea salt, to taste
- Additional toppings (optional): aioli, pesto, cooked meats, sautéed vegetables, fresh herbs

## *Procedure*

### Day Before Baking

- Soak the Grains - In a large bowl, soak 1 cup amaranth and 4 cups sorghum in plenty of water overnight (you should have about 5 cups total grain).
- Blend the Batter - Drain and rinse the soaked grains. Add to a blender with just enough water to blend into a pourable batter (similar to pancake batter).
- Add Spices - Blend in dried spices at this stage if desired. A suggested blend: garlic, thyme, basil, and oregano.

*This recipe is from Florabelle Food & Festivities*

# AMARANTH-SORGHUM FLATBREAD

## *Procedure*

### Day Before Baking (cont.)

- Ferment the Batter - Transfer the batter to a large jar or container. Cover loosely and allow to ferment overnight at room temperature (do not seal tightly; the batter may expand slightly).

### Day of Baking

- Set oven to 375°F (190°C). Oil two large sheet pans generously.
- Pour the fermented batter onto the oiled pans and spread it thinly using a spatula.
- Lightly drizzle the surface of the batter with olive oil and sprinkle with sea salt.
- Add More Spices - If you didn't blend spices into the batter, sprinkle them on top now.

### Baking Instructions

- Bake for 30–35 minutes, or until edges are golden and starting to pull away from the pan.
- If adding fresh toppings: Bake the flatbread for 10 minutes first. Remove from oven and top with aioli, pesto, cooked meat, or vegetables. Return to oven and bake for 20–25 more minutes.
- If using fresh herbs, bake flatbread for 20–25 minutes, then add herbs for the final 10 minutes. Cool the Flatbread
- Remove from oven and let cool completely on the pan. Once cooled, slice flatbread into desired portions. Keep in an airtight container for freshness. Best enjoyed within 3–4 days.

*This recipe is from Florabelle Food & Festivities*

# INFUSED HOMEMADE BUTTER

## *Equipment*

- Stand mixer with whisk attachment or food processor
- Large and small mixing bowl (if using a hand mixer)
- Fine mesh strainer or cheesecloth
- Spatula or wooden spoon
- Measuring spoons
- Cutting board + sharp knife
- Microplane or zester
- Parchment paper or wax paper
- Ramekin or small jar

## *Mise en Place*

### *For the Butter:*

- 2 cups heavy cream (ideally local, grass-fed, non-ultra pasteurized)
- Pinch of salt

### *For the Infusion:*

- 3 anchovy fillets, finely minced (oil-packed)
- 1 clove garlic, finely grated or smashed to a paste
- 1 tsp fresh thyme leaves
- 1 tsp finely chopped fresh oregano
- 1 tsp finely chopped fresh basil (optional)
- Freshly ground black pepper, to taste
- Zest of ½ lemon (optional, for brightness)

*This recipe is from the Florabelle kitchen*

# INFUSED HOMEMADE BUTTER

## *Procedure*

- Pour the heavy cream into a stand mixer fitted with a whisk attachment (or use a food processor or hand mixer).
- Whip the cream past the whipped cream stage until the buttermilk separates from the solids and butter forms — this takes 5–10 minutes.
- Pour off the buttermilk (save it for baking or dressings).
- Wash the butter under cold water, kneading gently until the water runs clear. This helps prevent spoilage. Press out all liquid using a cheesecloth or spatula.
- In a small bowl, mix the freshly made butter with minced anchovies, garlic, herbs, lemon zest (if using), salt, and pepper. Taste and adjust seasoning as needed.
- Roll into a log using parchment paper or scoop into a ramekin. Refrigerate for up to 1 week or freeze for up to 3 months.

## *Serving Suggestions*

- Spread on sourdough or focaccia
- Serve with raw radishes or roasted carrots
- Melt over grilled fish or roasted chicken
- Stir into warm grains or pasta for a savory finish

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