

Daylily Recipes

A few pointers on picking day lilies. Pick them from your own garden, not from along the roadside, to assure that they're chemical-free. It's best to pick them in the morning, and keep in the refrigerator to use in the evening. Pull the stamens, rinse them to make sure there aren't any bugs hiding in them, and shake them dry. Then put them in a plastic bag or container and keep them in the fridge until they're needed. From article "Gilding the Lily" in South Coast Today newspaper, New Bedford, MA. <http://www.s-t.com/daily/07-96/07-24-96/c01li075.htm>.

Daylilies are used for more than their beauty. The foliage is very tasty when young and can be simmered or stir-fried in oil or butter and is said to taste like creamed onions.

Their blossoms are the most delicious of all edible flowers. Scattering a few petals or buds of yellow, white, red, purple or pink in a bowl of green salad definitely adds a gourmet touch and taste.

STUFFED DAYLILIES

Stuffed daylilies are beautiful as a centerpiece or hors d'oeuvres. Select the colors you wish to work with first thing in the morning. Trim and wash the bloom and place in the refrigerator until ready to use. Mix the following recipe. Fill each blossom and set them upright in a beautiful serving dish. Very delicious:

1 cup diced cooked chicken*
1/4 cup mayonnaise
1 -3 oz pkg. cream cheese (softened)
1/4 cup diced celery
1/2 teaspoon lemon zest
2 teaspoons Hidden Valley Ranch Dressing

Mix well. Fills approximately 8 large or 12 small daylily blossoms.

Or use your favorite chicken salad-chopping all ingredients small.

*See www.foodfightgrocery.com for some possible chicken substitutes.

ORIENTAL DAYLILY BUDS

2 cups daylily buds
1 tablespoon peanut oil
1/3 cup almond slivers
1 tsp. freshly grated ginger
1 Tbs. Rice wine vinegar
1 Tbs. Tamari or soy sauce
1 Tbs. Water
2 cups cooked brown rice

Steam daylily buds for 10-15 minutes, until tender. In a wok or heavy skillet, heat the oil over a high heat until very hot. Add the almond slivers, sauté until browned. Quickly remove the almonds from the pan, set aside. Turn heat down to medium. Add grated ginger and cook 1 to 2 minutes. Add vinegar, tamari, and water. Stir to mix. Toss in daylily buds. Serve over hot rice, topped with sautéed almonds. Serves 4.

From **LOWDER FARM & NURSERY**
<http://www.lowderfarm.com/DayRecipes.html>

DAYLILIES STUFFED WITH ORIENTAL CRAB SALAD

1 cup fresh bean sprouts
2 medium cucumbers, peeled, seeded and sliced into matchstick-sized pieces
1/2 pound crab meat or crab substitute*
1 tablespoon sesame oil
2 tablespoon light soy sauce
1/2 teaspoon sugar

* Blanche the bean sprouts by dropping them in boiling water for about a minute. Then cool

under cold running water. They should still have a crunch.

* Combine all ingredients thoroughly and refrigerate. You can even make the crab salad a day in advance. *When you are ready to serve, spoon several tablespoons of the salad into the center of each daylily flower. You may also top each filled daylily with a scattering of toasted sesame seeds or finely chopped scallions for a more colorful presentation.

* Smaller daylily flowers require less crab salad, so this recipe makes enough to stuff two dozen large daylily flowers or 30 smaller flowers (such as Stella D'Oro).

Source: Kristen Kearney, Tranquil Lake Nursery.

A SALAD OF FLOWERS AND HERBS

One head red leaf lettuce, cleaned and torn
1 cup mixed herbs, picked over and cleaned
1 cup petals, daylilies, roses and nasturtiums
Dressing:

1/2 cup verjus (tart juice from an early pressing of grapes)

1/4 teaspoon salt

5 turns freshly ground black pepper

Grated zest of one orange

1/2 cup canola oil

* Toss together in a large bowl the lettuce, herbs and flowers.

* Combine all the dressing ingredients but the oil in a 12-ounce jar with a lid. Cover and shake. Allow to sit for about 15 minutes then pour in the oil. Shake well again. Store chilled.

* Stream 1/4 cup dressing around the edge of the bowl and toss to coat.

* Source: Kerry Downey Romaniello, executive chef, Westport Rivers Vineyard and Winery.

DAYLILY FRITTERS WITH STRAWBERRIES

* Batter:

1 cup all-purpose flour

1/2 teaspoon baking powder

1 tablespoon cornstarch

1 teaspoons salt

1/4 teaspoon turmeric

White pepper to taste

18 ounces water

4 ounces oil

12 daylily flowers

* Sauce:

8 ounces demi-glace

4 ounces strawberry jam

8 strawberries, quartered

* Prepare the batter: Combine all dry ingredients, then whisk in water.

* In a sauté pan, add oil and heat until it just starts to simmer.

* Dip the flowers into the batter and quickly fry on both sides, no more than 20 seconds. Place flowers on a towel to drain.

* Prepare the sauce: Heat demi-glace, add jam and simmer until jam is incorporated into the sauce. Add strawberries, toss and remove from heat.

* Place sauce on plate and decorate. Arrange flowers on top. Garnish with strawberries.

* Serves four.

* Source: Anthony Marsella, executive chef, Johnson & Wales Inn.

from article "Gilding the Lily" in South Coast Today newspaper, New Bedford, MA
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DAYLILY CHEESECAKE

Ingredients:

1 lb. cream cheese, softened

3/4 cup granulated sugar

4 eggs, room temperature

1 cup half and half

2 cups daylily petals, thinly sliced

Preheat oven to 325 degrees.

*Coat a nine-inch cake pan with non-stick spray. *Beat the cream cheese with an electric mixer on high speed until fluffy.

*Stream in the sugar and beat until dissolved.

*Beat the eggs in one at a time on medium speed.

Reduce the speed to low and stream in the half and half until completely incorporated.

*Fold the daylily petals in by hand.

*Pour the batter into the prepared pan.

*Set into a shallow roasting pan and fill with warm water at least halfway up the outside of the cake pan.

*Bake for one hour or until the center is just set.

Chill until completely cooled.

*Remove by setting the pan in a shallow bowl of warm water for about ten seconds and turning out

onto a plate.

*Serve with fresh berries in a daylily.

-Kerry Downey Romaniello--Westport Rivers Vineyard-

DAYLILY DESSERT

For an elegant dessert, try filling a daylily flower with fresh fruit, ice cream or sherbet. Pick several medium-sized daylily flowers in the morning, wash them, remove the stamen and put them in a covered bowl in the refrigerator.

When you are ready for dessert, place each daylily flower in a goblet. Fill the flowers with raspberries and cream, orange or lemon sherbet or your favorite ice cream. Top with a sprig of mint or a few Johnny-jump-up flowers.

FRIED RICE WITH GOLDEN NEEDLES

"Golden Needles," a traditional ingredient in Chinese dishes, such as Hot and Sour Soup and Moo Shu, are actually sun-dried daylilies! Vast fields of daylilies, probably a species, are grown for harvest in Asian countries including China and Thailand. The buds are picked when colored, but unopened, and dried in the sun for about a week. You can harvest your own (use the milder yellow varieties) and either sun-dry them or use a dehydrator. They may also be found in oriental markets. To use them, soak the dried flowers in hot water about ten minutes. Then pinch off the stem end, and cut

in half if large. They add a chewy texture and are rich in carotene.

Ingredients:

4 eggs

4 scallions, sliced

20 golden needles

1 small can bamboo shoots

1/2 pound snow pea pods, cut in half the long way

1 medium carrot, cut into match-stick (julienne) pieces

Substitutes: water chestnuts, bell peppers or broccoli, all cut in comparable sized pieces, can be used in place of any of the vegetables.

2 cloves minced garlic

2 Tablespoons grated or minced garlic

4 cups cooked rice

2-4 Tablespoons soy sauce

2 Tablespoons canola oil

1 Tablespoon sesame oil

Heat the sesame oil in a 10-12 inch non-stick skillet or wok. Add eggs, spread over pan as thinly as possible. When done, but not brown, remove and slice into thin strips. Set aside.

Heat canola oil until smoking. Add ginger and stir. After one minute add garlic, the vegetables, scallions and golden needles. Mix and stir-fry rice about three minutes. Lower heat and cook until vegetables are done but crisp. Add rice, egg and soy sauce to taste, and mix until heated through. Serves 4 as a side dish or 2 as an entree.

-Kristin Kearney-

From Tranquil Lake Nursery

<http://www.tranquil-lake.com/cooking/>



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**6995 NW Cornelius Pass Rd
Hillsboro, Oregon
(503) 626-4070 ext 3#
www.POPPAinc.org**