

Dandelion Honey

Have a go at being the Bee, converting the dandelion flowers into sweet goodness. Thinner consistency, but surprisingly similar in flavour to honey.

Dandelions are commonly found in gardens and parks. Make sure they haven't been sprayed with weed killer first before you pick your ingredient. They have been used as food by humans for centuries and every part of the dandelion is edible. The young leaves can be used in salads or dried for tea. Dried tap root can be roasted.

Be careful, some people can have an allergic reaction to dandelion pollen.

Steps to making Dandelion Honey

1. Collect some dandelions, ideally when it's sunny so they are in full bloom! They close up overnight. The more the merrier.
2. Pick the petals from the flowers.
3. Place the petals in a pan with water (a cup of water for every cup of petals).
4. Add the lemon slices (1 slice for every cup of petals) and boil for 30 mins.
5. Take off the heat and leave to stew for 6 hours.
6. Drain the liquid through a cheesecloth (or any cloth) in another pan.
7. Bring to boil and slower simmer while adding the sugar (half a cup for every cup of petals).
Don't overheat as the sugar will caramelise!
8. Once it starts to thicken slightly, decant into jars.

Understanding Nature

Time:

30 min prep, 4 hr cook

Space:

Garden, Park

Equipment:

Dandelions, Sugar, Lemon, Water



Notes:

Store in the fridge.

Leaving any green parts can add a bitter note.

The boiling water will clean any lingering bacteria.

Referenced from thespruceeats.com