



# Savory Herb & Mushroom Galette

*Prep Time: 20 min*  
*Chill Time: 30*

*Cook Time: 30 min*

*Total Time: 1 hour 30 min*

*Serves: 4*

## Ingredients

1 ½ cups all-purpose flour  
½ cup cold butter, cubed  
3–4 tbsp cold water  
1 tsp dried thyme  
1 egg (for egg wash)

### Filling:

1 tbsp olive oil  
2 cups mixed mushrooms (shiitake, cremini, oyster)  
1 garlic clove, minced  
½ red onion, thinly sliced  
¼ cup goat cheese or feta  
1 tbsp chopped fresh parsley  
Salt & pepper to taste



## Instructions

- Make the crust: In a bowl, mix flour, thyme, and butter with fingertips until crumbly. Add cold water until a dough forms. Chill for 30 minutes.
- Filling: Sauté mushrooms, onion, and garlic in olive oil until golden. Season with salt, pepper, and fresh parsley.
- Assemble: Roll dough into a rustic circle. Spread the filling in the center, leaving a 1.5-inch border. Dot with goat cheese. Fold edges in.
- Bake: Brush crust with beaten egg. Bake at 190°C (375°F) for 30–35 minutes until golden.
- Serve warm with a leafy salad and herbal tea.



# Honey-Lavender & Blackberry Pudding Cakes

*Prep Time: 20 min*  
*Infusion Time: 10 min*

*Cook Time: 25 min*

*Total Time: 55 min*

*Serves: 4*

## Ingredients

1 cup flour  
½ tsp baking powder  
¼ tsp salt  
¼ cup butter, softened  
¼ cup honey  
¼ cup sugar  
2 eggs  
2 tbsp dried culinary lavender  
½ tsp vanilla extract  
¼ cup milk  
½ cup blackberries (fresh or frozen)



## Instructions

- Infuse milk: Heat milk gently with lavender. Let steep for 10 mins, strain, and cool.
- Mix batter: Cream butter, honey, and sugar. Add eggs one at a time. Mix in vanilla and lavender-infused milk. Gently fold in flour, baking powder, and salt.
- Assemble: Grease 4 small ramekins. Place a few blackberries at the bottom of each. Spoon batter on top.
- Bake: At 180°C (350°F) for 20–25 minutes, until golden and a toothpick comes out clean.
- Let cool slightly. Dust with powdered sugar and serve with a drizzle of cream or wildflower honey.



# Wildflower Lemonade with Elderflower & Mint

*Prep Time: 10 min*

*Steep Time: 10 min*

*Total Time: 20 min*

*Serves: 4-6 cups*

## Ingredients

½ cup fresh lemon juice (about 3-4 lemons)  
2 tbsp dried elderflowers (or 1 elderflower tea bag)  
1 tbsp dried chamomile (optional)  
2-3 tbsp honey or maple syrup  
3 cups cold water  
Fresh mint leaves  
Lemon slices and edible flowers (like pansies or violets) for garnish



## Instructions

- Steep floral tea: Pour 1 cup boiling water over elderflowers (and chamomile, if using). Let steep for 10 minutes. Strain and cool.
- Mix: In a jug, stir in lemon juice and honey/maple syrup. Add floral infusion and cold water. Mix well.
- Chill: Add ice, a handful of mint leaves, and lemon slices.
- Serve: Garnish each glass with an edible flower and a mint sprig.

