

DANDELION BREAD

Gathering the ingredients

To make dandelion bread, you will need the following: One cup of freshly-picked dandelions.

- Half a cup of honey.
- Three tablespoons of veggie oil.
- One egg.
- Half a teaspoon of salt.
- One and quarter cup of cow's milk.
- Two cups of regular flour.
- Two teaspoons of baking powder.

How to make dandelion bread



Step 1. Go out the back and pick up some dandelions (just enough to fill a cup). Discard the roots because you'll only need the flowers and the stems. Head to the kitchen, toss them in a strainer, and give them a good wash. Make sure that there's no dirt left on them.

Step 2. Place your dandelions in a bowl and grab a cutting board and a sharp knife.

Step 3. Use your knife to separate the flowers from the stem. You can toss the stems into the garbage or add them to the compost pile. Your choice.

Step 4. Mince the dandelion petals. Don't worry about getting a couple of stems in the mix.

Step 5. Pre-heat your oven. Aim for 400 degrees Fahrenheit.

Step 6. Grab a large bowl from your pantry. Add the flour and your minced dandelion flowers. Give it a good stir and add a pinch of salt. Last, add the baking soda and continue mixing.

Step 7. Get a deep plate. Add your milk, honey, oil, and egg. Use a whisk or a fork to combine the ingredients. You can add a little more honey if you like your bread sweet.

Step 8. Pour the milk, egg, honey and oil mixture over the dandelions and flour. Use a fork or your hand to incorporate all of the ingredients. If the mix feels too goeey, add a quarter cup of flour and keep mixing.

Step 9. Grab a bread pan from your pantry and put some baking parchment inside. To prevent the parchment from sticking to the pan, brush the inner part with sunflower oil before arranging the paper.

Step 10. Transfer the mix to the baking pan and use a spoon or spatula to spread the mix.

Step 11. If you like all-cereal bread, you grab a handful of sunflower seeds or your favorite mix and sprinkle some on top of the bread.

Step 12. Stick the pan inside the oven and set your timer to 15 minutes. Bear in mind that, in some cases, it may take a while longer. The bread loaf should have a golden-brown color.

Step 13. After the surface begins to change color, lower the oven's temp to 350 degrees Fahrenheit. Close the hatch and leave it in for another 20 minutes. There's a quick and easy way to find out if your dandelion loaf's done. Works for any kind of pastry, by the way.

Grab a toothpick or a clean piece of wood and stick it in the thickest part of the dough. Take out the stick and look at it. If there's dough on it, leave the loaf for another 10 to 15 minutes in the oven. Don't forget to lower the temperature to 300 degrees Fahrenheit. If the toothpick comes out clean, it means that it's ready.

Step 14. Take the loaf out of the oven and allow it to cool for a bit before cutting it.

Congrats! You've just made your first dandelion bread loaf. What I like about this recipe is how easy it is to make it. With regular bread, you would need to use yeast in order to make the dough grow. More than that, it takes a bit longer to prepare, since you need to allow the yeast to act before placing it in the oven.

Word of caution before preparing this recipe — take care when choosing your dandelions. Unripe dandelions aka those that kids pick up and blow on it to make the flowers fly are very toxic.

Only use mature flower — you can easily recognize them by their yellow tint. Giving them flowers a quick wash will get rid of most dirt and earth. However, I would recommend submerging them in cold water and leaving them to soak overnight. Give them a rinse before adding them to the flour and baking soda mix.

Dandelion bread's very tasty and pairs off nicely with smoked salmon and Velveeta cheese. It makes for an excellent breakfast with a thin layer of butter or margarine, of course.

As for storage, I placed a couple of leftovers in a vacuum-sealed bag (be sure to check out my piece on vacuum sealers) and tossed them in the pantry. Two weeks later, the bread's still crunchy and highly edible.

How to Make Dandelion Bread (With Pictures)



Nearly every part of the common dandelion, from its brilliant yellow petals, to its roots have been foraged throughout history for food, drink and medicine.

A rich source of beta-carotene, dandelions are also packed with vitamins and minerals including calcium, iron, potassium and zinc. Young dandelion leaves are fantastic to eat raw and the roots can be roasted, ground and used in place of coffee. Dandelion extract and tincture are used all over the world to treat ailments from high blood pressure and diabetes to liver complaints.

Pick them somewhere that hasn't been sprayed with herbicides and is not too close to busy roads.

Give them a quick wash and shake before using to be on the safe side. This recipe is easy for the kids to help with and tastes great. Although it's called Dandelion Bread, in truth it's closer to a loaf cake. Not too sweet, it's delicious spread with honey and maybe topped with a thin slice of cheese.

You'll need:

- A good handful of clean dandelions to make up around 1 cup
- 2 cups of flour
- 2 tsp of baking powder
- 1 egg
- Pinch of salt
- 1 1/4 cup of milk
- 3 tbsp vegetable oil
- 1/2 cup honey



#1. Cut the yellow part of the flower away from the stem. It's easiest to simply slice across the flower head where the petals meet the green part. It

doesn't matter if you have a little green in there as well.



#2. Pre-heat the oven to 400 F. Place the flour, baking powder and dandelions into a large mixing

bowl, together with a pinch of salt and stir lightly.



#3. Next, whisk

the oil, egg, milk and honey together until combined.



#4. Pour the milk mixture into the dry ingredients and stir roughly



until incorporated but not over-mixed.



#5. Line a loaf pan with baking parchment and pour the batter into the pan, then bake for 15 minutes before lowering the

temperature to 350 F and baking for a further 20 minutes.



#6.

Leave the loaf to cool a little in the pan before removing and serving in slices while still



just slightly warm.

The loaf is tastiest served immediately but can be stored in an airtight container for up to 5 days. It's possible to freeze the loaf, but it's best to do so while still whole. You can improve the taste and texture of frozen dandelion bread by rewarming it in the oven before serving.

Dandelion Leaf Swirl Bread by Shanda

"A cheesy, garlicky, dandelion bread! Warm deliciousness." 12 servings 410 cal

Bread Ingredients

1/4 cup olive oil

1/2 cup minced garlic

1 pound dandelion leaves, chopped
salt and ground black pepper to taste
8 ounces freshly grated mozzarella
cheese

5 ounces freshly grated Parmesan
cheese

Topping Ingredients

3 cloves garlic, finely minced

3 tablespoons butter, melted

3 cups lukewarm water

4 tablespoons honey

3 tablespoons active dry yeast

5 cups all-purpose flour

1 1/2 teaspoons salt

Directions

- Prep 40 m Cook 25 m Ready In 1 h 25 m
1. Heat olive oil in a skillet over medium heat. Stir in garlic and cook until fragrant, about 1 minute. Add dandelion leaves and season with salt and pepper. Cover and cook until dandelion is wilted, stirring occasionally, 3 to 4 minutes. Stir in mozzarella cheese and Parmesan cheese until melted. Remove from heat and set aside.
 2. Combine water, honey, and yeast in a large bowl. Allow yeast to proof until a creamy foam forms on top. Add flour and salt. Knead mixture until a dough forms, adding flour as needed if dough seems too wet.
 3. Roll out dough on a lightly floured surface with a lightly floured rolling pin until it is about 1/4-inch thick. Spoon dandelion mixture on top. Roll dough starting from one side into a log shape; make slits on top using a sharp knife. Cover with a damp towel and set in a warm location to rise, about 20 minutes.
 4. Preheat the oven to 350 degrees F (175 degrees C).
 5. Combine garlic and melted butter in a small bowl and brush mixture on top of the loaf.
 6. Bake in the preheated oven until golden brown and a toothpick inserted into the center comes out clean, about 25 minutes.

Nutrition Facts

Per Serving: 410 calories; 14.7 g fat; 53.3 g carbohydrates; 17.1 g protein; 30 mg cholesterol; 656 mg sodium. [Full nutrition](#)