



WILD COOKING



Foraging for natural ingredients is not only fun but can produce some seriously delicious recipes. The mice of Brambly Hedge love a good forage, preserving their fruit as jams and turning their vegetables into yummy dishes. Here's one we recommend for you to try!

Crystallised violets

Ingredients

Violets
175ml (6 fl oz) water
450g (1lb) sugar
Greaseproof paper
Saucepan
Kitchen paper
Slotted spoon



Directions

- 1) Pick a bunch of violets on a dry day, lay them out on kitchen paper, checking they are undamaged and free from pests
- 2) Pour the sugar and water into a saucepan and boil the mixture for 5 minutes
- 3) Now carefully drop the flowers into the syrup and boil for another minute
- 4) Using a slotted spoon, remove the flowers and slip them on to greaseproof paper
- 5) Leave them until the next day, when they should be dry and hard, ready to be stored

