

LOVE STARTS IN THE KITCHEN!™

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RITA ON THE WEB!

Log onto my new website: www.Abouteating.com

BRETON BUTTER CAKE WITH BERRIES, SWEET HERBS AND EDIBLE FLOWERS

Did you know that many of the flowers you grow in your own garden are edible? As long as they have not been sprayed, you can use nasturtiums, carnations, roses, fuschias, tuberous begonias, calendulas, and many, many other flowers. For a complete list, go to my website www.abouteating.com. So now you can tiptoe through the tulips, and know you can eat the petals!

Turbinado and Demerara sugar are available in **Natural Foods**. If you're just starting to eat organic, you have to stop and see Jill Denton, Manger of Natural Foods, and pick her brain a bit – she's the force behind the movement, so to speak!

2 sticks unsalted butter, room temperature
1 cup sugar
1 tablespoon vanilla
6 large egg yolks, room temperature
2-3/4 cups all purpose flour
1/4 teaspoon salt
1 whole egg, lightly beaten
9" tart or cake pan, buttered well, both bottom and sides
Turbinado or Demerara sugar

Preheat oven to 350.

Cream butter and sugar in bowl until light and fluffy. Beat in vanilla. Beat in yolks, one at a time, beating well after each addition. Add flour and salt and beat just until combined. Don't overmix.

Transfer batter to pan and, with small offset spatula, spread batter and smooth top. If necessary, chill batter 10 minutes before smoothing. Place in refrigerator 15 minutes.

Remove from refrigerator and brush top with egg. Mark a criss-cross pattern with a fork. Brush again with egg. Bake until golden brown and edges pull away from sides of pan, about 50 minutes. Don't overbake. After you remove it from oven, sprinkle with Turbinado sugar.

Transfer to wire rack to cool slightly. Remove from pan, and slice while still warm if desired. Serve with fresh berries, and garnish with sweet herbs, like lavender, mint, rose geranium, lemon balm, lemon verbena, etc. and edible flowers. My choice would be violets, violas, pansies, or rose petals. (See my website www.abouteating.com for a full list of edible flowers).

Why this recipe is good for you:

- Organic ingredients are more fresh.
- Unsalted butter is fresher than salted
- Berries are nutritional powerhouses. Blueberries, ounce for ounce, are the most nutritious fruit on the planet
- Herbs are nutrient dense and not only lend flavor, but beauty to foods.
- Eggs contain B vitamins and the yolks have Omega 3's.

MORE RITA!

Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends. Available in the Natural Foods Section.

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Rita Heikenfeld

RITA'S HERB OF THE WEEK: MARVELOUS MINT!

When each of us nine kids left home, Mom gave us a sprig of her heirloom spearmint. Mint is a popular perennial and can be invasive. There are many kinds of mint, including peppermint (used in toothpastes and medicinally), cinnamon, pineapple, chocolate, and apple (apple is a common mint in teas).

Mint invigorates the senses and help digestion and reduce nausea. Mints contain vitamin C, and are wonderful sugar substitutes. Crush a few leaves in ice tea or lemonade for a boost of flavor. Or brush leaves with beaten egg white, sprinkle all over with sugar, let dry, and now you have candied mint leaves!