

Delicious Dandelion Delights

Recipes gathered by Elkhart County Parks



All dandelion parts are bitter unless collected prior to flowering or after a frost in fall! Boiling usually removes much of the bitter taste. Dandelion leaves can be picked before plants flower and used in salads or cooked like broccoli or spinach and eaten with butter, pepper and salt. Leaves may also be dried and used as a tea! All parts of the dandelion are edible including the stalks!

Dandelion Coffee

Wash dandelion roots by soaking them in water for a couple of hours and then rinse thoroughly. Repeat if necessary. Cut dandelion roots into ½" pieces and place on a cookie sheet in an oven for around two hours at 250 degrees. Stir them about every hour and rotate the pans if they are stacked in the oven. You can also dry them in a dehydrator but the oven method will roast and dry them at the same time. They should change from a blonde to a dark coffee color when done. Leave the oven door open slightly to allow moisture to escape. This mixture can be used as a coffee substitute or drank as a tea. It may also be mixed with your existing coffee; half coffee and half dandelion root. Strain through coffee filter!

Chai Dandelion Chocolate

2 cups of roasted dandelion root ½ cup cinnamon bark
½ cup ginger root ½ cup Cardamom seeds
½ cup star anise

Mix ingredients and use 3 Tbsp/2 cups water. Simmer for 10 minutes then add 1 cup of milk and 1 Tbsp honey then heat but don't boil. (Steep) Serve iced or hot

Fried Dandelion Leaves

1 Tbsp Margarine 1/4 cup chopped onions
4 cups dandelion chopped greens 1/4 cup fried/chopped bacon
2 Tbsp beef broth 2 Tbsp. Heavy cream
Dash of Soy sauce

Melt margarine/butter in a skillet and stir in dandelion greens, onions and beef broth. Cover and cook over medium heat for 10 or 12 minutes, stirring occasionally. Stir in heavy cream and bacon. Simmer and season with salt and pepper to taste and add soy sauce.

Dandelions Fritters

Pick the yellow flowers and soak in salt water overnight! You may steep them in boiling water to help eliminate the bitterness or pick off the green bract from the flower. Dip these flowers in your favorite biscuit or pancake batter seasoned with salt and pepper. Fry until golden brown! Dandelion fritters have a slight morel mushroom taste. Best when eaten hot!

Dandelion Cookies

by Stephanie Merkley

½ cup Shortening 1/4 cup + 2 Tbsp white sugar
1/4 cup + 2 Tbsp brown sugar ½ Tsp. Vanilla
½ Tsp Baking soda 1/4 Tsp salt
1/4 cup yellow dandelion petals 1 1/2 cups all purpose flour

Chocolate chips or M&Ms may also be added to recipe

Mix together the sugars and shortening until creamy. Add the vanilla and egg and beat well! Mix all the dry ingredients including the dandelion petals and any chocolate chips or M&Ms. Drop spoonfuls or roll into balls about ½ inch diameter on ungreased cookie sheet. Bake at 375 degrees for about 7 minutes or until golden brown.