

FLOWERS AND SEEDS

Pickled dandelion buds

Dandelion buds pickled with coriander and mustard seeds, to use in place of capers. From Theresa Baumgärtner's book *Frühlingserwachen*.

Recipe author: Theresa Baumgärtner · ORF · *Frühlingserwachen*



TIME

Brief cooking + chilling

MAKES

1 small batch (1 handful of buds)

Method: Vinegar pickling

Season and ingredients: Unopened buds of common dandelion

Storage: Keep in a clean, closed jar in the fridge.

Ingredients

- ☐ 1 handful of common dandelion buds
- ☐ 100 ml water
- ☐ 100 ml white balsamic vinegar
- ☐ 1 tsp sea salt
- ☐ A little freshly ground black pepper
- ☐ 1 tsp coriander seeds
- ☐ 1 tsp mustard seeds
- ☐ 1 bay leaf

Instructions

1. Prepare the buds

Rinse the buds and drain well.

2. Briefly cook

Bring the water, vinegar and seasonings to the boil in a small saucepan. Add the buds and boil for 10-20 seconds.

COMPILED BY / NATALIA HORBACH, PhD

A stylized, handwritten signature of Natalia Horbach in black ink.

Sources and history on the Fermentarnia website
fermentarnia.com



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3. **Fill the jars**

Immediately lift out the buds and put into small screw-top jars. Pour over the hot pickling liquid and close the lids.

4. **Cool and refrigerate**

Allow the jars to cool, then refrigerate.

Notes from Fermentarnia

Pick only positively identified dandelions from an area free of pesticides and pollution.

This recipe uses vinegar for pickling; the buds are not fermented.

How to serve

Serve on buttered crispbread or add to a salad.

Under the microscope

A bud containing many flowers

What looks like one dandelion flower is a head made up of many tiny florets. The “buds” in this recipe are these flower heads while still tightly closed. Once the head opens, it is a different ingredient from the compact green buds chosen for this pickle.

