EDIBLE BLOOMS

Presenting food that not only tastes good but looks good, too, is truly an art. Chefs sometimes garnish dishes with flowers and fruit made from unexpected ingredients. You can add an artistic touch to your meals at home, too.

VEGETABLE & FRUIT GARNISHES

LONG-STEMMED RADISH ROSES

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Red radishes</td>
<td>one per rose</td>
</tr>
<tr>
<td>Scallions</td>
<td>one per rose</td>
</tr>
<tr>
<td>Thin bamboo skewers</td>
<td>one per rose (see Note)</td>
</tr>
<tr>
<td>Green cabbage</td>
<td>one small head</td>
</tr>
<tr>
<td>Bowl</td>
<td></td>
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Note: Look for bamboo skewers in the kitchenware section of department stores and supermarkets. They are usually sold in packages of 50 or 100.

1. Cut the root end off each radish. Make a series of vertical cuts in each all the way around. Be careful not to cut all the way through. Place the radishes in a bowl of cold water. Refrigerate overnight.

2. Cut the root end off each scallion. Insert a skewer in each scallion, pushing it up through one leafy tip (most scallions branch out into two or three leaves). Cut that leaf back just enough to expose the tip of the skewer.

3. Place an opened radish “bloom” on the tip of each scallion “stem.” That completes one flower.

4. Slice the cabbage in half. Place it flat-side down inside a bowl. Stick the “long-stemmed roses” into the cabbage. Shred the remaining half of the cabbage (use a grater or a knife to cut thin slivers). Cover the upturned cabbage base with the shredded cabbage, to look like grass.

Tip: For “roses” without stems, omit the scallions and skewers, and place the radishes directly on the serving platter.

CARROT CARNATIONS

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Carrot</td>
</tr>
<tr>
<td>Vegetable peeler</td>
</tr>
<tr>
<td>Sharp knife</td>
</tr>
<tr>
<td>Toothpicks</td>
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</table>
1. Peel the carrot. Cut it into thin slices. Put all the slices in a bowl of cold water and refrigerate overnight.

2. Notice how the slices have curled and become twisted. Spear 3 to 5 slices on a toothpick to make a flower.

Pull the two halves apart.

2. Cut some leaf shapes out of the green paper. Arrange the citrus "waterlilies" on top of the paper "pads."

Food coloring to each piece of marzipan; leave one section uncolored. Green, yellow, red, and brown are just a few colors that work well for making fruit and flowers.

+ BLUE
+ RED
+ YELLOW
+ BROWN
+ BLUE
+ YELLOW
+ GREEN

Work the food coloring into the marzipan with your fingers. Make sure the color is evenly distributed. If the marzipan seems sticky, knead in a little powdered sugar to firm it up.

2. Use the marzipan like modeling clay to create flowers and miniature fruit. Roll it between your fingers to make round shapes such as the apple, pear, and banana shown here. Use a tiny bit of brown for stems and the ends of the banana.

Flatten some marzipan on your work table (dust the surface with powdered sugar so that the marzipan won't stick to the table). With a small knife cut out shapes such as petals for the flower and leaves.

Note Marzipan is a confection made from ground almonds, egg whites, and sugar. It is available in tube-shaped packages, the smallest weighing 7 ounces. It also comes pre-colored in kit form.

1. Divide the marzipan into sections, one for each color. (A little goes a long way, so use just half the tube for starters, if you like.) Add a few drops of

Marzipan can be used to create more than just fruit and flowers. Model little animals from the paste; roll it out and cut out letters from the alphabet to personalize a cake. Use your imagination to create some delicious decorations of your own.

### CITRUS WATERLILIES

| Orange or grapefruit  
| Sharp knife  
| Green paper  
| Scissors  

**Note** One piece of fruit makes two lilies.

1. Cut a zigzag pattern into the orange or grapefruit with the knife. Be sure to thrust the blade well into the fruit. Work your way around the entire fruit, ending right where you began.

### MARZIPAN FLOWERS & FRUITS

| Uncolored marzipan (look in the gourmet section of your market)  
| Food colors  
| Powdered sugar  

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