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Nasturtium-Lemon Butter

I love the pop of color that easy-to-grow nasturtiums bring to my edible flower garden. The slightly peppery leaves and flowers are often used by chefs in summertime salads. I like to use the flowers to make nasturtium-lemon butter. With the brightly colored flowers sprinkled like confetti throughout the butter, it's as pretty as it is delicious.

½ cup unsalted butter at room temperature
2 teaspoons lemon zest
1 tablespoon lemon juice
3 tablespoons finely chopped nasturtium blossoms

Place the butter, lemon zest, and lemon juice in a medium sized mixing bowl and, using a fork, blend well until the lemon zest and juice are evenly distributed throughout the butter.

Add the diced nasturtiums and blend gently with a fork to distribute them evenly in the butter.

If you are going to use the butter in a few days, pack it into a ramekin, cover the top with parchment paper and then cover it again with plastic wrap. Refrigerate until ready to use.

If you are going to freeze the butter for future use, roll it into a small log, snugly wrap it with parchment paper (twisting both ends to secure the paper tightly around the log). Place the log in a freezer storage bag before placing it in the freezer. Thaw in the refrigerator prior to using.

Serve the Nasturtium Lemon Butter with corn muffins, biscuits, steamed vegetables, boiled or roasted new potatoes, rice, couscous, salmon, or chicken. It also makes a pretty spread for cold roast chicken or ham sandwiches.

Makes ½ cup.

NOTE: Flowers which have been sprayed with pesticides should NEVER be used for culinary purposes either as an ingredient in a recipe or garnish. NEVER give edible flowers to children or persons with compromised immune systems.

Victoria Wesseler