



Dandelion Fritters

Celebrating the familiar and common dandelion! Here we go through gathering dandelion flowers, making a batter and frying up yummy fritters or little sunshine pancakes to enjoy. Dandelions are known to work wonders for aspects of the digestive tract including the urinary tract.

A few tips to identifying dandelions

Although dandelions are common, there are others in their family that can be confused. Whilst none are poisonous, it's still important to be positive in identification when teaching foraging.

- Dandelions are the only one in their family with a hollow stem
- Dandelions do not have hairs on their leaves
- There is always only one flower head on each stalk

Ages

All

Duration

30 minutes minimum

How To

- Gather enough dandelion flowers for the group with at least an inch of stalk left on. At least two each is a good number to start with.
- Light a fire or tend your existing fire. If lighting from scratch, it could be worth lighting an upside down fire so it creates a good ember base for cooking on without requiring much, if any, tending.
- Mix the pancake or fritter batter. Here we use a gluten free, dairy free and vegan mix which is very simple and effective - just buckwheat flour and water. For a richer batter where there are fewer dietary requirements, of course make your favourite mix with eggs, milk etc.
- When you're happy with the consistency of the batter, start heating the pan or griddle. Alert the group that the pan will get very hot on the fire. Once it's had a chance to heat up, add some oil and then dip the flower heads into the batter so all of the petals are coated and place them onto the hot, oily pan.
- Wait and watch the dandelion fritters crisp up.
- It's really nice to have a bowl of sugar and lemon juice to dip them in before eating, or even just a dab of honey from a squeeze bottle is easy and tasty too.

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- The intention is just to eat the flower head, not the stalk. The stalk is not toxic, but is extremely bitter so best to avoid. You can hold the stalk and nibble the flower fritter off.

Equipment Needed

Ingredients:

- Vegetable oil
- Pancake batter (here we use buckwheat flour and water to cater for wide dietary needs),
- Dandelion flowers.
- Optional toppings: sugar, lemon juice, honey
- Gathering bowl
- Mixing bowl for batter
- Spoon or fork for mixing
- Frying pan or griddle
- Spatula
- Fire gloves
- Water on hand in case of any burns

Variations

- You can make a thicker mix and add baking powder or use self raising flour to create dandelion pancakes or dandelion drop scones.
- Here we pluck the petals from the flowers and add straight into the batter.
- These are really tasty either as savoury snacks with cheese added or with sweet toppings too.

Teacher Tricks and Tips

- When frying pancakes have the pan hot enough that the bottom of it will seal when the batter goes into the pan, it makes it much easier to get your spatula under and flip them.
- We recommend doing small pancakes or drop scones (around 10cm diameter) so you can get multiple in a pan and more to go around. Aiming to do one big pancake each is ambitious!
- Have plenty of fuel at the ready to keep your fire stoked. It can be annoying to have prepped the fire, made the mix and started cooking just to find the fire is starting to dwindle and you need more heat.

Invisible Learning

- Foraging, plant identification, plant properties
- Fire tending for a cooking fire
- Wild cooking

Hazards to Highlight

- Burns from hot pan or hot oil spitting
- Misidentification of plant

Risk Assessment Considerations

These are the risk assessment consideration documents to be referred to for this activity.

- Plant Based Activities
- Fire Activities

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- Site risk assessment (specific to your site)

Links

- Safe Foraging Practice
- Respectful Harvest
- Elderflower fritters
- Cinnamon Sugar Roast Apples
- Roasting Chestnuts

Tags

- Wild cooking, foraging, plant activities, dandelions, pancakes, fritters