

# Recipes from the Enchanted Garden Mysteries

By Bailey Cattrell



## From *Daisies for Innocence*

### Astrid's Chewy Double Chocolate Chunk Hazelnut Cookies

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|-----------------------------|--|
| 1 ¼ cups butter             | 1 Tablespoon espresso powder or instant coffee |
| 2 cups sugar                | 1 teaspoon baking soda                         |
| 2 large eggs                | ½ teaspoon salt                                |
| 2 teaspoons vanilla extract | 1 cup dark chocolate chunks (or large chips)   |
| 2 cups flour                | 1 cup hazelnut pieces                          |
| ¾ cup cocoa powder          |  |

Preheat oven to 350 degrees F.

In a large mixing bowl cream together butter and sugar. Add eggs and blend until smooth and fluffy. Thoroughly mix in vanilla extract. In another bowl, sift together the flour, cocoa powder, baking soda, salt, and espresso powder. Add flour mixture to the creamed mixture and blend well. Fold in chocolate chunks/chips and macadamia nuts.

Mound cookies on parchment-lined baking sheets two inches apart, using about two tablespoons of dough for each cookie. Bake for 10–13 minutes. Remove and allow to cool on baking sheet for three to four minutes before moving to a rack to cool further. The cookies will be very pliable at first (so chewy later!). Delicious served slightly warm with coffee or milk.

Makes approximately 4 dozen cookies.

## Aromatherapy Tips

In order to achieve the most benefit from aromatherapy blends, it is important to use real, high quality essential oils. Unlike Elliana, you don't have to distill them yourself! Many common oils are available in natural food stores and even some grocery chains. However, buying them online can be more cost-efficient, especially for larger quantities. Two reputable online sources are From Nature with Love and Camden Grey Essential Oils.

To check the quality of an essential oil, put a single drop on a piece of brown paper. After twenty-four hours there should hardly be any sign of the oil. If the spot still looks oily, then it is likely that another oil has been added to extend the essential oil. Pure essential oils are extremely volatile, meaning they evaporate very quickly (which is why their scent can fill a room so fast).

If you plan to apply an essential oil or essential blend to your skin, it is imperative that you use a carrier oil to dilute the oil. Using undiluted oils directly on skin can be harmful, causing reddening and even burning the skin. A good rule of thumb is to use twelve drops of essential oil to each ounce of carrier oil. A carrier oil can be any unscented oil, but jojoba oil is best because it most closely resembles the oils in human skin. Close seconds are almond and avocado oils.

## Aromatherapy Blends

[These are for use in a diffuser, *not* to apply directly to the skin]

**Relaxation:** 5 drops lemon, 5 drops lavender, 10 drops clary sage]

**Muscle Fatigue:** 5 drops thyme, 10 drops rosemary, 5 drops cypress, 10 drops grapefruit

**Creativity:** 3 drops rosemary, 2 drops coriander, 3 drops cypress, 5 drops lemon

**Sleep:** 2 drops lavender, 2 drops lemon, 2 drops chamomile

**Confidence:** 6 drops lemon, 2 drops basil, 3 drops bergamot, 1 drop lavender

## From *Nightshade for Warning*

### Astrid's Lavender Shortbread Cookies

Sweet but not too sweet, these cookies are pretty and delicate enough for a shower or wedding. They also pair well with a sharp cheddar for a snack or dessert course. Dried lavender buds can be found in many tea shops and are readily available online. If you use fresh from your garden, throw in an extra tablespoon. Other options are savory flowers from sage or thyme, or tiny pansies. You can substitute another ¼ cup of all-purpose flour for the ground nut flour, but the texture won't be quite as nice and crumbly.

2 cups flour	1 cup unsalted butter (room temperature)
¼ cup almond, walnut or coconut flour	½ cup sugar
¼ teaspoon salt	½ teaspoon vanilla extract
1 Tablespoon dried lavender buds OR 2 Tablespoons fresh	

Combine flours, lavender buds, and salt in a food processor, pulsing a few times to combine. Don't over mix. Add butter, sugar and vanilla and process until a ball forms. Transfer dough to a 14-by-20-inch sheet of parchment paper that has been lightly floured. The dough will be a bit sticky. Form it into a log about eighteen inches long and two inches in diameter. Roll the parchment to encase the log and refrigerate for 2 hours or more. At this stage, you can also wrap it in plastic and freeze it for up to a month.

Preheat the oven to 375 F and line a baking sheet with more parchment paper. Slice the shortbread roll into ¼ inch slices and place them on the baking sheet about an inch apart. Bake for 20 minutes or until golden around the edges. Cool thoroughly on a wire rack and store in an airtight container for up to a week.

Makes 24 cookies

### Maria's Favorite Peppermint Foot Polish

The menthol in peppermint oil creates a cooling sensation when you use this refreshing scrub to exfoliate dry feet. Peppermint is also known to improve blood circulation and has anti-fungal properties. Epsom salt has a lot of magnesium, a mineral that promotes relaxation. Sugar contains glycolic acid, an alpha hydroxy acid that assists in exfoliation. The suggested oils are low fragrance, so won't interfere with the heady scent of the peppermint.

½ cup Epsom salt	½ cup almond or avocado oil
½ white sugar	20 drops peppermint essential oil

Combine all ingredients in a mixing bowl and transfer to a glass jar with a lid for storage. To use, soak feet in a basin of water or the bath for five to ten minutes to soften skin. Scoop out some of the scrub with your hand and apply to feet, rubbing it in with your fingers (or a nail brush). Rinse thoroughly.

## From *Marigolds for Malice*

### Astrid's Chocolate Crinkle Cookies

These fudgy gems are dense, rich, and not overly sweet. No need for an electric mixer – using a hand whisk easily does the job. The perfect cookie to have with a glass of cold milk or a cup of strong black tea.

1 cup all-purpose flour	3 large eggs
½ cup unsweetened cocoa powder	1 teaspoon vanilla extract
1 teaspoon baking powder	4 ounces unsweetened chocolate, chopped
¼ teaspoon baking soda	4 Tablespoons unsalted butter
½ teaspoon salt	½ cup granulated sugar
1 ½ cups brown sugar	½ cup powdered sugar

Preheat oven to 325 degrees F and cover 2 baking sheets with parchment paper.

In a medium bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt. In a large bowl, beat eggs then mix in brown sugar and vanilla just until blended. In a small, glass bowl combine the unsweetened chocolate and butter, and microwave at 50 percent power 2-3 minutes until melted, stirring occasionally.

Slowly whisk the chocolate mixture into the egg mixture until combined. Fold in the flour mixture until there are no dry streaks. Allow dough to sit for ten minutes.

Put the granulated sugar in one bowl and the powdered sugar in a second. Scooping out dough two tablespoons at a time, roll into balls. Drop each ball into the granulated sugar and roll to coat, then transfer to the powdered sugar and roll to coat again. Arrange cookies 2-3 inches apart on the parchment baking sheets.

Bake, one sheet at a time, until puffy and cracked, about 12 minutes. Rotate the baking sheet halfway through cooking. When the crinkles are ready, the edges will be done, but the interior of the cracks will appear underdone. Let them cool completely on the baking sheet. They can be stored in an airtight container at room temperature for up to 5 days.

Makes 2 dozen cookies.

## Oatmeal Milk Bath Salts

This recipe welcomes substitutions. Colloidal oatmeal – finely ground to the point it will suspend in water – is approved by the FDA as a beneficial ingredient to treat skin ailments, but you can also grind quick oats or use baby oatmeal if you're willing to rinse out the tub after bathing. Full-fat milk powder is included here, but there are other lovely milk powders also available online – switch in coconut milk or goat's milk, for example. Nonfat dry milk from the grocery store will also work in a pinch. Epsom salts contain magnesium, which calms nerves and can help with insomnia, but you can use sea salt or even kosher salt if that's what's handy. Also, feel free to play with scent combinations!

1 cup colloidal oatmeal

¼ teaspoon lavender essential oil

1 cup full-fat milk powder

¼ teaspoon basil essential oil

½ cup Epsom salt

In a large bowl, combine the salt and the essential oils. Stir together with a metal whisk until the oils are evenly dispersed in the salt. Add the oatmeal and the milk powder and stir again with the whisk until thoroughly combined. Store in a glass jar with a tight lid.

Makes enough for 3 baths.