Anise Hyssop and Apple Salad

Serves 4

1 cucumber
salt
2 eating apples
½ iceberg lettuce, sliced
½ head bok choy or Napa cabbage, sliced
1 Belgian endive, sliced
1 tablespoon finely chopped anise hyssop leaves
5 anise hyssop flower spikes, individual flowers removed

For the dressing:
3 tablespoons olive oil
1 tablespoon balsamic vinegar

Peel the cucumber. Slice thinly, then sprinkle salt over the cucumber and leave for at least one hour. Wash the salt off under cold water and drain.

Core and slice the apples – there is no need to peel them. Mix together the sliced apples, iceberg lettuce, bok choy, endive, cucumber, and anise hyssop leaves. Toss in the flowers, reserving a few for scattering over the finished salad.

Make the dressing by mixing together the ingredients. Pour over the salad and then toss. Scatter the remaining flowers over the salad and serve.


Anise Hyssop Simple Syrup

1 cup sugar
1 cup water
½ to 1 cup loosely packed anise hyssop flower heads and leaves
(The exact amount depends upon personal taste.)

Combine all ingredients in a small saucepan. Bring to a boil stirring occasionally until all the sugar is dissolved. Remove from the heat and let stand for 30 minutes. Stain out the leaves and flower heads. When the strained simple syrup has cooled, store in refrigerator or freezer.

Use to flavor cocktails, fruit punches, and sodas.