

# Bohemian Creamery 'Flower Power' & Parsnip Caramelle

with nasturtium butter,  
pistachio & pink  
peppercorn honey

## Ingredients:

- Caramelle (cook from frozen)
- Parsnip puree
- Nasturtium flowers
- Butter
- Lemon
- Chopped pistachio (optional)
- Pink peppercorn honey
- Edible flowers

Bring a large pot of seasoned water to a boil (at least 5 quarts).

In a large saute pan, bring the parsnip puree & nasturtium flower butter to a simmer (until the butter melts). Remove from the heat and reserve.

Drop caramelle (from frozen) into the boiling water and cook for exactly 2 minutes (it's important that the water stays at a boil the entire time and that the caramelle do not overcook, as they will break and lose their filling). Using a slotted spoon, carefully remove pasta and add to the sauce pan along with 3 ounces of the pasta cooking water.

Return to medium high heat, season to taste with lemon juice and glaze the pasta in the sauce for 1 additional minute. Adjust seasoning to taste with salt.

Plate up and garnish with crushed pistachio, a drizzle of the honey and lastly, the edible flowers. Happy Valentine's Day!

Give your loved one (or yourself) flowers in a unique way this Valentine's Day...with Flower Power cheese & nasturtium butter! Flower Power is a complex cow's milk cheese from Bohemian Creamery in Sebastopol. The cheese is aged with bee pollen inside and out, giving it a pleasant floral quality. We've paired the cheese with earthy parsnips and a drizzle of sweet pink peppercorn honey. Nasturtium butter adds a slightly peppery counterpoint while accentuating the floral aroma of the finished pasta.

**- Chef Ryan Pollnow:  
Flour+Water Pasta Shop**



\*Please store pasta in freezer  
until time to cook.