

The Biscuit Eater Books
SPECIAL EDITION COOKBOOK
In The Garden



How To Use This Cookbook

Thank you for purchasing our seasonal special edition digital cookbook and coming to join us in the garden. In this book you will find recipes inspired by our love of edible flowers, lovingly prepared handmade food, and the brief but beautiful Spring and Summer season on the East Coast.

This digital cookbook was designed to be used on either a device like a phone or tablet but it can also be printed if you prefer a hard copy, simply print the even numbered pages in black and white on your home printer to print a copy without all the full colour photographs.

Many of the recipes in this book are forgiving and can be adapted to use what you have on hand, your specific dietary needs, and what is fresh and growing in your area. Swap out gluten flour for 1:1 gluten free flour mix if you are unable to eat gluten, or switch out dairy for plant based alternatives. Use this book as a foundation for your own culinary experiments and creations!

Please note: If you are foraging wild edible flowers to make the recipes in this book be very careful to identify any flower properly and only consume in small quantities in case of a reaction. Some flowers such as foxgloves can be fatal so it is very important to be cautious. With the rise of AI some plant identification apps contain false or misleading information, check your sources carefully, and be safe out there!





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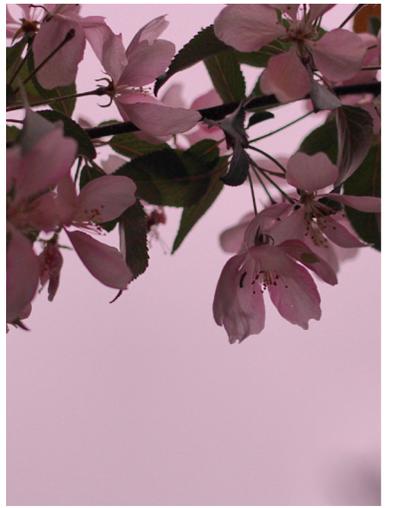


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BISCUIT EATER BUTTERMILK BISCUITS

Eat these fluffy buttermilk biscuits on their own with butter and jam or honey, use them as the base for sweet or savoury sandwiches, Southern biscuits and gravy, fried chicken with honey, or fruit shortcake with whipped cream...basically just eat them with everything. To make vegan biscuits swap the milk and butter for plant based alternatives. For gluten free swap the flour for a 1:1 gluten free flour blend. *Makes 16 large square biscuits.*

Ingredients

- 6 cups all-purpose flour
- 4 cups buttermilk
- 3/4 lb cold unsalted butter
- 4 tablespoons baking powder
- 1/2 teaspoon salt

Preheat oven to 375°F/190°C, if you have a convection oven be sure to use the convection setting.

NOTE

Be careful not to over-mix your dough!

Over-mixing will get you dense or tough biscuits, so be gentle. Biscuits are sensitive to humidity and weather changes so you'll learn to add a little extra milk or flour as needed to get the right dough for perfectly fluffy biscuits.

For the fluffiest biscuits either freeze your butter before grating or be sure to coat your block of butter in the flour mixture before and during grating to keep it from melting in your hands or sticking in the grater.

Instructions

1. Whisk together flour, salt, and baking powder in a large bowl
2. Using a cheese grater on the coarse setting grate cold or frozen butter into dry ingredients.
3. Make a well in the dry ingredients and add all your buttermilk at once. Don't have buttermilk? No problem! Add 2 tablespoons lemon juice or white vinegar to whole or 2% milk and let thicken.
4. Mix lightly with a fork or the wrong end of a wooden spoon (yup, flip that spoon upside down and use the stick!), your dough should be slightly sticky and soft but not fully combined.
5. Scrape dough onto well floured surface and knead lightly with floured hands and form into a square. Pat out into 17x17 square keeping the edges neat with either your hands or a bench scraper.
6. For our classic square biscuit, using a sharp bench scraper or knife divide the dough into four equal sections, then divide each section into four square biscuits. Using a sharp knife or cutter makes a big difference in how tall and fluffy your biscuits are. These biscuits can also be patted out and cut with a sharp cookie cutter for round biscuits, scraps can be rerolled and cut again but the rerolled dough will not be as tender.
7. Place cut biscuits onto a parchment covered high sided cookie sheet. Snuggle them right up against each other, when the biscuits rise they will help lift the others, the same is true for people and communities too.
8. Bake at 375°F/190°C for 8 minutes, rotate pans in oven and bake for another 8 or until golden brown.



SWEET SCONES

This simple sweet scone recipe is the foundation for all the sweet scones featured in this cookbook and the perfect canvas for culinary creativity. This recipe is similar to our buttermilk biscuit recipe but the dough is handled differently so while biscuits are light and pillowy a good scone should be a little crumbly with a crunchy exterior. Whether you pronounce it scown or scawn, scones are simply delicious! *Makes 8 large scones or 16 small scones.*

Ingredients

- 1.4 lbs all-purpose flour
- 2 cups buttermilk
- 1/2 cup cold unsalted butter
- 1 tablespoon pure vanilla extract
- 1/4 cup sugar + 2 tbsp
- 2 tablespoons baking powder
- 1/2 teaspoon salt
- heavy cream or egg yolk for brushing

Preheat oven to 375°F/190°C, if you have a convection oven be sure to use the convection setting.

NOTE

Try swapping 1/4 cup of the milk for tea, espresso, or freshly squeezed fruit juice. Add in any kinds of fruits, flowers, nuts or other mix ins to the dry ingredients and see what kind of flavour combinations you invent!

Instructions

1. To make scones follow instructions for baking biscuits - measure and whisk dry ingredients in a large bowl, add 1/4 cup sugar into the dry ingredients. Grate in cold butter. Add your vanilla to the buttermilk.
2. If you are making flavoured scones you can add in mix-ins now to dry ingredients before adding milk.
3. Dump over 3/4 of milk and mix lightly with a fork or the wrong end of a wooden spoon, your dough should come together nicely and not be too sticky. If it is still dry add the remaining 1/4 of milk. Unlike biscuits where the more wet and sticky your dough is the softer and fluffier your biscuits will be, you want your scone dough to be a bit drier and denser or they won't hold their shape during baking.
4. Scrape dough onto well floured surface and sprinkle the top and sides with a light dusting of flour, use your hands to bring together into a round of dough. Pat out into flat circle but be careful not to over work or you'll get dense scones instead of tender ones!
5. Using a sharp bench scraper or knife divide the circle of dough in half, cut each half into 4 triangles.
6. Place each triangle onto parchment covered baking sheet without touching and leave space for rising, brush with heavy cream, sprinkle with sugar.
7. Bake at 375°F/190°C for 7-8 minutes, rotate pan, bake 7-8 more minutes or until golden brown.





Magnolia Magic

An ancient genus with over 200 varieties magnolias have been found in the fossil record dating back 95 million years. Magnolia flowers developed to be pollinated by beetles and have been on the planet since before bees existed! Many Indigenous people used magnolia for medicinal and culinary purposes. In ancient China magnolias were believed to represent beauty and gentleness with the bark still used today in traditional medicine for anxiety and stress.

All parts of a magnolia are edible but the blossoms have a delicate slightly spicy gingery flavour and many culinary uses from sweet to savoury. Turn them into magnolia sugar for sprinkling on treats or shortbread cookies, sweet magnolia infused simple syrup, candied petals, magnolia buttercream for cakes, or pickled whole for savoury treats like pink pickled magnolia tea eggs and of course, scones.

Like all flowers it is ideal to harvest magnolia blossoms early in the morning while they are tightly furled, blossoms are best and most flavourful at the beginning of budding, or in the early stages of flowering. Snap them off at the base of the stem but be gentle! The petals are soft and easily bruised, just like tender hearts.

While you harvest magnolia blossoms try and hold gentleness for yourself and others, especially if you are grieving or going through a hard time.

*In the deepening spring of May,
I had no choice but to recognize
the trembling of my heart. It
usually happened as the sun
was going down. In the pale
evening gloom, when the soft
fragrance of magnolias
hung in the air, my heart would
swell without warning, and
tremble, and lurch with a stab
of pain. I would try clamping
my eyes shut and gritting my
teeth, and wait for it to pass.
And it would pass – but slowly,
taking its own time, and leaving
a dull ache behind.*

*Haruki Murakami,
Norwegian Wood*



"MANGOLIA" MAGNOLIA SCONES

Every year when the magnolias bloom in early Spring it is time to make all sorts of culinary creations! Magnolia blossoms have a slightly spicy gingery flavour and can be used in baked goods or pickled, turned into sweet syrup, candied, and of course - the sweetest of scones to celebrate Spring. *Makes 8 large scones or 16 small scones.*

Ingredients

For the scones

- 1 batch sweet scones
- Magnolia sugar
- 5-10 freshly picked magnolia blossoms
- 1 cup diced fresh or frozen mango

Preheat oven to 375°F/190°C.

For the glaze

- 1.5 cups Icing sugar
- 2-3 tbsp magnolia syrup (see page 15)

NOTE

Magnolia already has a slightly spicy, gingery, cardamom flavour that also works great with other scone flavours. Try playing around with swapping the mango in this recipe for diced candied ginger and adding some ground cardamom and cinnamon to the flour mix for a spicier scone.

Instructions

1. Follow all instructions and ingredients for sweet scones on page 7 except replace sugar in scone base with magnolia sugar, replace vanilla with 2-4 tablespoons of magnolia syrup, and:
2. Carefully peel magnolia petals off until you reach the stamen at the centre, do not use stamen in scones but they can be saved for more magnolia sugar or syrup. Stack petals on top of each other and finely slice into ribbons (this is also known as chiffonade).

Add to dry ingredients for scones along with diced mango.

3. Before baking brush scones after cutting with heavy cream, sprinkle with magnolia sugar.
4. Bake at 375°F/190°C for 7-8 minutes, spin, bake for another 7-8 minutes or until lightly golden brown.

5. Let cool 10 minutes while you make your magnolia glaze.

6. To make the glaze: Measure icing sugar into measuring cup or small bowl, slowly add magnolia syrup, mix until you have a smooth fluid glaze that easily falls off the spoon.

If your glaze is too thick add more syrup, if it is too thin add icing sugar. You can add a tiny drop of pink food colouring or powdered freeze dried raspberries or strawberries to add colour to the glaze if wanted.

7. Once scones are cool to the touch drizzle with glaze and sprinkle with a little more magnolia sugar.





PINK PICKLED MAGNOLIA TEA EGGS

You can pickle the whole magnolia bud, the outer petals can be used a lot like pickled ginger as a garnish and palate cleanser but the centre stamen is the real treasure, like a pink prehistoric pineapple! These pickled eggs are the perfect way to present them in a savoury dish that is so pretty and pink. To bring out the magnolia flavour even more you can add some whole blossoms to your egg brining tea and decorate with chopped magnolia petals.

Ingredients

For the eggs

- 6-8 hard boiled eggs, carefully peeled
- 1 batch pickled magnolia below
- ⅛ cup dried hibiscus flowers
- 1 cup vinegar
- 3 cups water
- ¼ red beet peeled and diced
- 1 bay leaf
- 1 tbsp red peppercorns
- handful of chives or green herbs
- 2 tbsp sunflower or avocado oil
- 1 tsp dijon mustard
- 1 tsp magnolia vinegar
- pink sea salt to taste

For the pickled magnolia buds

- 10-20 magnolia blossoms
- 1 cup white vinegar
- 1 cup water
- 2 tbsp sugar
- 1 tbsp sea salt
- ¼ tsp whole red peppercorns
- 2 large slices peeled raw ginger
- 4 whole cardamom pods

NOTE

Try playing with flavours by swapping out the chopped chives for other leafy green herbs, adjusting the amounts of vinegar, and replacing the hibiscus with another flavour or tea.

Instructions

1. In a medium saucepan or heavy bottomed pot combine hibiscus, vinegar, water, beet, bay leaf, and peppercorns bring to a boil, strain and allow to cool completely.
2. Place peeled hardboiled eggs into a container deep enough to submerge them in the brining liquid. Refrigerate for 1-4 hours depending on depth of colour and flavour wanted. If you want the eggs to have a slight blush remove them quickly, if you want them to be fully coloured leave 4+ hours before removing.
3. When your eggs are the right colour remove them from the brine and carefully slice in half, scoop out the egg yolk and place in a small bowl, set aside egg whites on a plate or tray.
4. Whisk egg yolks with mustard, magnolia vinegar (from the blossom brine), sea salt to taste, and slowly drizzle in sunflower oil until smooth and pipeable, you may need to add more magnolia vinegar or oil depending on the dryness of the yolks. At this point you can fold in your finely chopped chives or herbs. Scrape your egg yolk filling into a piping bag and divide between your reserved egg whites.
5. Once you have filled them all decorate with pink peppercorns, pickled magnolia blossoms & stamens, chopped herbs and pink salt. Enjoy!

Quick Pickled Magnolia Buds

1. Bring all ingredients to a boil in a small heavy bottomed pot. Fill clean sterilized canning jar with magnolia blossoms.
2. Pour over boiling vinegar mix to cover. Seal tightly, wrap in a clean kitchen towel, and let cool at room temperature.

Use within 7-10 days.



MAGNOLIA SYRUP

Ingredients

- 10-20 magnolia blossoms
- 2 cups white sugar
- 1.5 cups water
- Glass canning jar

Instructions

1. Put water and sugar into small heavy bottomed pot and bring to rolling boil.
2. Carefully snap off the woody base of the magnolia blossom and remove any leaves. Fill the glass canning jar with the buds packing them as tightly as possible without bruising them.
3. Pour over the hot syrup mix. Close tightly and allow to cool at room temperature. To use strain off the syrup and use in recipes like the magnolia scones or buttercream. The candied flowers can be eaten whole, added to drinks, treats, tapas platters or salads.

This syrup will keep in the fridge covered tightly for at least a month as long as all the blooms are completely submerged in the syrup mix.



MAGNOLIA SUGAR

Ingredients

- 2 cups raw or white sugar
- 20-30 magnolia petals

Instructions

1. In the bowl of a food processor add 2 cups raw or white sugar along with 20-30 magnolia petals (be sure not to include the stamen or stems).
2. Process until finely blended. Use to sprinkle on scones, shortbread cookies, or to decorate glasses for fancy magnolia spritzers. If you do not have a pink magnolia you can add a drop of pink food colouring to the processor for extra colour.

Store in airtight container away from direct sunlight for up to a month.



MAGNOLIA BUTTERCREAM

Magnolia blossoms have a delicate ephemeral taste and it fades quickly. Buttercream is a way to preserve florals like magnolia or lilac with a scent preservation technique called enfleurage. By pressing the petals into softened butter and leaving them for 24 hours the butter becomes infused with the scent and flavour. *Makes enough to ice one 9 inch layer cake or 12 large cupcakes*

Ingredients

- 1 lbs/2 cups very soft butter
- 2 cups magnolia blossoms, divided
- 4-8 Tbsps Magnolia syrup (see page 15)
- 6-8 cups icing sugar
- plastic wrap

NOTE

Because of the flower petals folded into the butter you will not be able to use smaller piping tips so this buttercream works great with large open tips or spread on with an offset spatula. For a buttercream that can be piped to make finer details simply omit the extra petals and use the butter as is after unwrapping.

This infused butter can also be used in place of regular butter in the edible flower chevre recipe on page 39.



Instructions

To make the magnolia enfleurage butter:

1. Carefully remove the magnolia blossoms from the stamen, set the stamen aside to be used in syrups or sugars.
2. Lay a large square of plastic wrap on a clean work surface, spread 1 cup of soft butter into a rectangle and gently press 1.5 cups of magnolia blossoms onto the surface covering it completely, spread the remaining cup of butter over the first layer of blossoms and butter and cover with another layer of petals. Wrap tightly and place in a tightly sealed container at room temperature for 24 hours.
3. The next day place the package in the fridge for 10-15 minutes then carefully unwrap and remove the petals, scrape each one of any butter.
4. Finely slice the 1/2 cup of reserved magnolia petals and fold into the magnolia butter. You did it! There is your fancy butter! Use and serve right away for the best results since the flavour fades fast.

To make the magnolia buttercream:

1. Using a stand mixer or hand-held beater beat your magnolia butter on high speed for 1-2 minutes or until light and fluffy.
2. With the mixer on low gradually add 1-2 cups powdered sugar, followed by 1-2 tablespoons of magnolia syrup added at high speed, then another 1-2 cups icing sugar until you reach the right consistency. Buttercream should be billowy, soft, and pipeable.



MAGNOLIA LEMON BLUEBERRY CAKE

Fresh blueberries, homemade lemon curd, and magnolia buttercream decorated with foraged edible summer flowers, this cake is a showstopper! Perfect for a garden party, birthday, or to celebrate a lovely summer day. Cake layers can be made and frozen ahead of time for up to 3 months. *Makes one three layer 9" cake.*

Ingredients

For the cake

- 2.5 cups flour
- 2 ½ tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 4 eggs, room temperature
- 1 ½ cup sugar
- 2 tbsp fresh lemon juice
- 2 tbsp fresh lemon zest
- 1 cup sunflower oil
- 1 cup buttermilk or yogurt
- 1 batch lemon curd
- 1 batch magnolia buttercream (page 17)
- Handful fresh blueberries
- Edible flowers & lemons for decoration

Preheat oven to 350°F/ 176°C.

NOTE

You can also use other edible flowers in the buttercream recipe, prepare your floral buttercream using the same recipe as the magnolia buttercream but swap out the magnolia for any edible flower of your choosing, lavender is lovely here.

If you have no fresh flowers try a pinch of dried rose petals or cornflowers instead often available from loose leaf tea shops.

Instructions

1. In bowl of stand mixer combine sugar, lemon zest, and oil, beat on medium speed for 5 minutes or until sugar is fragrant with lemon oil.
2. Whisk or sift dry ingredients into medium sized bowl.
3. To the bowl of the stand mixer add eggs one at a time. Beat on high for 3-5 minutes or until very light and fluffy.
4. On low speed alternate flour and milk, add lemon juice, mix until just combined, be careful not to over beat.
5. Divide equally between 3 prepared 9" round baking pans that have been lined with parchment paper and either buttered or sprayed with pan spray. Before placing pans in oven bang each one hard on your work surface to break any bubbles in your batter, this will help your cakes rise evenly.
6. Bake for 16-20 minutes at 350°F/ 176°C, rotating halfway, or until a toothpick stuck in the centre of the cake comes out clean. Let cool completely. Carefully level each cake with a large serrated knife.
7. To assemble, place your buttercream into a large piping bag with a large open tip, place one layer of cake cut side up onto a plate or cake stand and pipe a circle of icing around the outside of the cake. Fill with lemon curd. Repeat. Finish by placing the top round of cake cut side down.
8. Decorate by piping small dollops of icing around the outside of the cake as shown, fill with lemon curd, and finish with sliced lemons, lemon zest, blueberries, and edible flowers. Lemon balm flowers and leaves look so pretty! Refrigerate at least one hour before serving.



LUSCIOUS LEMON CURD

Ingredients

- 6 eggs
- 1.5 cups sugar
- 1 cup lemon juice (4-5 large lemons)
- lemon zest of 2 lemons
- 1/2 cup butter cubed

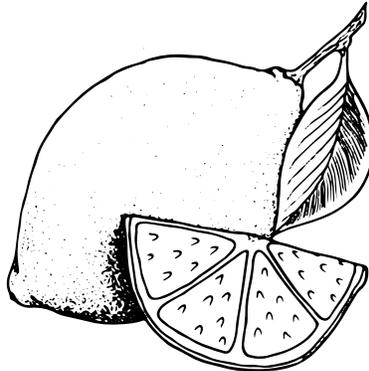
NOTE

This recipe doubles and triples well and can also be made with other citrus like lime or grapefruit. Use for filling cakes, tarts, making short-cakes, and serving with scones (or a spoon, whatever works!).

Instructions

1. Whisk lemon juice, lemon zest, sugar, and eggs in a medium metal bowl.
2. Place bowl over a pot of simmering water on low heat. Whisk constantly until mixture begins to thicken enough to coat the back of a spoon.
3. Whisk cubed butter in a few pieces at a time until fully incorporated.
4. Remove from heat and strain through a fine mesh sieve immediately into a clean container. Cover the surface of the curd with plastic wrap while still hot to prevent a skin from forming.

Lemon curd will keep 1-2 weeks in the fridge or can be frozen up to six months.





CHOCOLATE CAKE WITH CHOCOLATE ICING

This rich and decadent chocolate cake recipe is one that we inherited from the original owners when we bought the cafe in 2016. Often requested as the base for birthday and wedding cakes, the addition of hot coffee makes for a deeper chocolate taste and a light cake but it can be swapped for hot water. A baking scale is recommended for this recipe. *One batch makes 3 x 9" cakes or 24 cupcakes, this recipe can easily be halved.*

Ingredients

For the cake

- 4 ½ cup hot coffee
- 9 oz chocolate
- 2lb 6oz flour
- 1lb 2oz cocoa
- 2 tbsp baking soda
- 2 ½ tsp baking powder
- 1 tbsp salt
- 9 lg eggs
- 4lb 3oz sugar
- 2 ¼ cup sunflower oil
- 1 tbsp vanilla
- 4 ½ cup buttermilk

Preheat oven to 350°F/ 176°C.

For the chocolate icing

- 1 lb icing sugar
- ½ lb cocoa
- ½ cup hot coffee
- ½ cup whipping cream
- 1 tbsp vanilla
- 1 lb soft butter

NOTE

This cake freezes beautifully. Once baked and cooled tightly wrap cake rounds in plastic wrap and freeze for up to 3 months. To use simply defrost at room temperature before filling and decorating.

Instructions

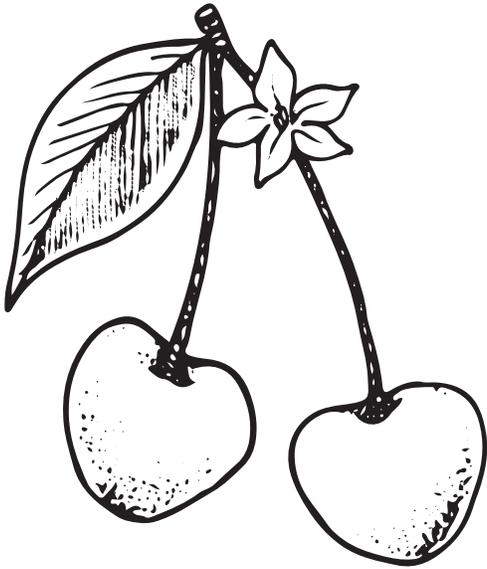
1. Pour hot coffee over chocolate, stir to melt.
2. Sift the dry ingredients, whisk together, and set aside.
3. Beat the eggs in stand mixer or with hand mixer until they start to lighten in color, about 3 minutes.
4. Add the sugar and beat on high for 1 minute. Slowly add the oil, chocolate mixture, vanilla and mix well.
5. Alternate the dry mix and the buttermilk until just combined and smooth.
6. Divide into parchment lined pans and tap on the counter 10 times to remove air bubbles.
7. Bake at 350°F/ 176°C about 25-35 minutes or until a toothpick inserted into the centre comes out clean or with only a few damp crumbs, rotating pans halfway through baking.

Chocolate Icing

1. Sift icing sugar and cocoa together in a bowl.
2. Stir together hot coffee and 2 tbsp vanilla.
3. Beat soft butter in mixer with paddle attachment until smooth.
4. Add in wet and dry mixtures and whipping cream until well combined and silky smooth.

This icing can be spread with an offset spatula or piped. One batch will fill and frost a 3 layer 9" cake or generously decorate 24 cupcakes.





Cherry Blossoms

*All around us
the blossoms
flurry down
whispering,*

*Be patient
you have an ancient
beauty.*

*Toi Derricotte,
from Cherry Blossoms,
The Undertakers
Daughter*

Beautiful Blossoms

Along with the magnolia, many flowering trees have blossoms that are not just beautiful, they are also edible. From the cherry trees to the flowering crabapple, Spring is a bounty of blooms!

While many flowers are edible whenever you are trying new flowers or foraging it is important to identify them carefully and only consume small quantities of anything new in case of a reaction. A great foraging account to follow online is Alexis Nikole Nelson aka @BlackForager who ends many of their videos with the cheerful warning of: *"Happy snacking! Don't die!"*

One of the prettiest Spring blooms is a flowering crabapple or cherry tree, they have the most abundant pink blossoms and sweetest smell. As the blossoms open fully they pile down in heaps, followed by their hard sour fruit later in the year, a favourite for the birds or for making a sharp tasting jelly. The annual cycle and contrast of delicate flowers becoming sour fruit recalls these words by Louise Erdrich from her book *The Painted Drum*:

"Life will break you. Nobody can protect you from that, and being alone won't either, for solitude will also break you with its yearning. You have to love. You have to feel. It is the reason you are here on earth. You have to risk your heart. You are here to be swallowed up. And when it happens that you are broken, or betrayed, or left, or hurt, or death brushes too near, let yourself sit by an apple tree and listen to the apples falling all around you in heaps, wasting their sweetness. Tell yourself that you tasted as many as you could."



SPRING BLOSSOM SCONES

Similar to the magnolia scones you can make a spring blossom scone using flowering fruit tree blossoms like cherry, crabapple, pear and plum. Just like with the magnolia blossoms you can make a flavoured sugar by blending the flowers with sugar in a food processor but use it quickly since the subtle flavour fades fast, just like the beautiful flowers. *Makes 8 large scones or 16 small scones.*

Ingredients

For the scones

- 1 batch sweet scones
- 2 cups spring blossoms, rinsed, patted dry
- 1 cup white or raw sugar
- ½ cup fresh fruit (optional)
- heavy cream for brushing

Preheat oven to 375°F/ 190°C.

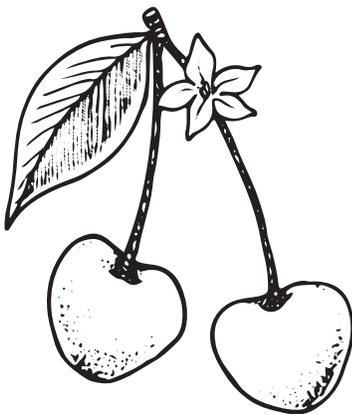
NOTE

Some spring blossom scone combinations to try:

- *Flowering crabapple blossoms, add a small tart apple grated into the dry mix. Serve with crabapple jelly.*
- *Pear blossom, add ½ cup grated or diced pear.*
- *Plum blossom, add ½ cup diced plums.*
- *Cherry blossom, add ½ cup chopped tart cherries.*

Instructions

1. Make your spring blossom sugar. In the bowl of a food processor add 2 cups raw or white sugar along with 2 cups spring blossom petals (be sure not to include the stamen or stems). Reserve some for decoration. Process until finely blended.
2. Follow all instructions and ingredients for sweet scones but replace ½ the sugar in scone base with some of your spring blossom sugar.
3. After grating your butter and before adding milk, fold fruit if using into the dry ingredients.
4. Before baking brush scones with heavy cream, sprinkle with spring blossom sugar.
5. Bake at 375°F/ 190°C for 7-8 minutes, spin, bake for another 7-8 minutes or until lightly golden brown.
6. Let cool 10 minutes. Glaze with an icing sugar and floral syrup glaze like magnolia scones or once fully cool dust lightly with either more spring blossom sugar or powdered sugar and decorate with blossoms.





WILD ROSE & RASPBERRY SCONES

Rose is one of the most commonly used culinary flowers and while wild roses bloom abundantly in the summer on the East Coast you can also dry the flowers and use them year round. Rose syrup and sugars can be made just like the other flowers too. Unlike delicate Spring blossoms rose can be overpowering so be careful not to add too much. *Makes 8 large scones or 16 small scones.*

Ingredients

For the scones

- 1 batch sweet scones
- 4-6 freshly picked roses or ¼ cup dried
- 1 cup fresh raspberries
- 1 tsp rose water (optional)

For the white chocolate & rose ganache

- 1 cup white chocolate
- 1 tsp rose water (optional)
- 1 tsp vanilla
- ½ cup heavy cream

Preheat oven to 375°F/ 190°C.

NOTE

You can swap out any seasonal fruit for raspberries, try making rose scones with dragonfruit & orange or go with a more traditional combination like pistachio and honey which is one of my favourites to serve at Eid celebrations to mark the end of Ramadan.

This rose ganache is delicious as a filling for floral shortbread cookies or in the scone shortcake recipe and can easily be made with other classic floral flavours such as lavender or violet.

Instructions

Preheat your oven to 375°F/ 190°C, if you have a convection oven be sure to use the convection setting.

1. Follow all instructions and ingredients for sweet scones, adding 1 tsp rose water (optional) to milk along with vanilla.
2. Add fresh or dried roses to dry ingredients along with fresh raspberries. Frozen raspberries can turn your scones an unpleasant brownish colour so stick with fresh berries if you can.
3. Bake at 375°F/ 190°C for 7-8 minutes, spin, bake for another 7-8 minutes or until lightly golden brown.
4. Make your white chocolate and rose ganache while your scones are baking.

White Chocolate & Rose Ganache

1. Gently heat heavy cream in small heavy bottomed sauce pan. Place finely chopped white chocolate into small heat proof bowl or container.
2. When cream comes to a simmer (do not let boil!) pour over chopped chocolate and set aside 5 minutes.
3. Using a spatula stir white chocolate ganache until smooth, stir in 1 tsp rose water and 1 tsp vanilla until fully mixed.
4. Drizzle ganache over warm scones and sprinkle with fresh or dried rose petals.



BEE BALM & EARL GREY SCONES

Bee balm is often confused with bergamot because of the similarity in flavour to the bergamot orange which is used as an oil to flavour Earl Grey tea. Bee balm has the same citrusy and spicy flavour along with a gorgeous colour. Many varieties have a long history of medicinal and culinary use by Indigenous people including the Ojibwe and Siksika who use it as a seasoning for wild game. *Makes 8 large scones or 16 small scones.*

Ingredients

For the scones

- 2 tbsp high quality loose Earl Grey tea
- ¼ cup + 1 tbsp boiling water
- ½ cup bee balm or fireweed flowers
- ¼ cup local wildflower honey

Preheat oven to 375°F/190°C.

NOTE

This technique of replacing some of the milk in your scone recipe with tea can also be used to make other scone flavours, try swapping out the Earl Grey for another kind of tea like Chai and adding some spices like cardamom, cinnamon and ginger to your dry ingredients.

Or switch it up completely by using espresso or freshly brewed coffee. Seriously try making a tiramisu scone using espresso and Amaretto topped with whipped mascarpone and dusted with cocoa powder, over the top decadent!

Instructions

Preheat your oven to 375°F/190°C, if you have a convection oven be sure to use the convection setting.

1. In a small glass measuring cup or bowl steep tea in boiling water 2-4 minutes.
2. Strain tea through a fine mesh sieve. Let cool.
3. Follow all instructions and ingredients for sweet scones except replace 1/4 cup buttermilk with cooled tea.
4. Remove bee balm petals and add to dry ingredients for scones. Reserve a pinch for decorating.
5. Brush scones with heavy cream mixed with reserved 1 tbsp tea. Bake at 350°F/176°C for 7-8 minutes, spin, bake for another 7-8 minutes or until lightly golden brown.
6. Drizzle immediately and generously with wildflower honey while still piping hot.
7. Let cool and decorate with bee balm petals before serving.

These scones go perfectly with the edible flower butter, more honey, and a big pot of Earl Grey tea, you can add a pinch of bee balm and a couple slices of lemon to your tea pot if you are feeling extra fancy.

If you are lucky enough to live somewhere that fireweed grows you can also swap out the bee balm for fireweed flowers which have a mild floral and honey flavour.





GARDEN PARTY SHORTBREAD

These simple shortbread cookies are a lovely way to celebrate the beauty of flowers and as a base to show off flower syrup, candied flowers, and floral sugars. Make them vegan by swapping out the butter for a plant based butter. Since they freeze well you can make the dough when the flowers are blooming, pop the dough in the freezer, and have a taste of Spring or Summer during the colder months. *Makes approximately 24 cookies.*

Ingredients

For the cookie dough

- 1 cup unsalted butter, softened
- ½ cup icing sugar
- 2 cups flour
- ½ tsp salt
- 2 tsp dried or fresh flowers
- floral sugar for rolling (optional)

For the icing

- 1 cup icing sugar
- 4-6 tbsp floral syrup or rosewater
- fresh or candied pansies for decorating (optional)

Preheat oven to 325°F/ 162°C.

NOTE

Dough can be frozen for 3-6 months.

If using dried or candied flowers for decorating these cookies can keep for over 2 weeks after baking if sealed and stored properly. They can also be frozen after decorating, allow to thaw to room temperature before serving.

Cookies decorated with fresh flowers should be eaten within 24-48 hours.

Instructions

1. Cream softened butter and sugar together until light and fluffy.
2. Sift in flour and salt. Add in dried or fresh flowers. Mix until just combined.
3. Turn out dough onto rectangle of plastic wrap and form into a round log shape. Wrap tightly and refrigerate at least 1 hour. The dough can be frozen at this point for 3-6 months.
4. When ready to bake preheat your oven to 325°F/ 162°C, if you have a convection oven be sure to use the convect setting. Line a cookie sheet with parchment paper. .
5. With a sharp knife cut cookies into 1/4 inch rounds, at this point you can roll the cut edges in one of your floral sugars or bake as is.
6. Bake 7-10 minutes or until edges are slightly golden. Let cool completely on rack before handling.

To make the icing & decorate:

1. In a small bowl combine icing sugar with either floral syrup or rosewater until smooth and not too liquidy. You want the icing to hold its shape and not run off the cookie. Use right away or cover the surface with plastic wrap to prevent a crust from forming.
2. Using a teaspoon spoon a small circle of icing into the centre of each cookie, with the back of the spoon create a neat circle. Tap each cookie lightly on your work surface to flatten the icing. Immediately press either a fresh, dried, or candied blossom into the centre of each cookie.
3. Let set 1-3 hours until icing is firm to touch before serving.



COLOUR CHANGING PANSY SYRUP

Ingredients

- 40-50 Dark purple pansies
- 2 cups white sugar
- 1 cup water
- Lemon juice/citrus

Instructions

Put one cup of water and one cup sugar into small heavy bottomed pot and bring to rolling boil.

Gently remove petals from their green stems and bases, set aside any yellow or white petals.

Combine purple petals with 1 cup sugar in bowl of food processor and process until finely blended. Add to boiling syrup mix and cook for 1 minute. Let cool and transfer to clean glass jar. Do not be alarmed at the ugly colour, it is part of the magic!

Stir in a drop or two of lemon juice or other acid and watch it transform into the prettiest purple.

This syrup will keep in the fridge covered tightly for at least a month.



ULTRA-VIOLET SUGAR

Ingredients

- 1-2 cups raw or white sugar
- 1 cup fresh violets or pansies

Instructions

This vibrant violet coloured and scented sugar is made with wild violets, if you can't find wild violets purple pansies can also be used.

NOTE

This sugar is great for sprinkling on cakes, decorating cookies, or topping scones for afternoon tea. Try using the same technique to make other floral sugars with edible flowers.

To make simply wash and carefully pat the flowers dry. Combine with 1-2 cups of white or raw sugar and mix in a food processor until finely blended.

Store in a tightly sealed container out of direct sunlight for 6-12 months.



HIBISCUS & ROSE MARSHMALLOWS

Fragrant rose and the bright tartness of hibiscus pair perfectly with the sweetness of marshmallows in this recipe. Hibiscus sabdariffa, also known as Roselle or Sorrel, is a member of the mallow family of plants. It has a tart, citrusy flavour and has been used for centuries as a traditional medicine in African and Caribbean cultures, valued for its high vitamin C and antioxidants. *Makes one 9x13 pan of marshmallows.*

Ingredients

- 3 tbsp unflavored gelatin powder (3 ½ envelopes)
- ½ cup cold hibiscus tea
- 2 cup sugar
- ½ cup light corn syrup
- ½ cup hot water (115F)
- ¼ tsp salt
- 2 large egg whites or 2 tsp meringue powder
- 1 tsp vanilla
- 1 tbsp dried rose petals
- ½ tsp rose water

For hibiscus tea

- ¾ cup boiling water
- 3 tbsp dry hibiscus

NOTE

You can easily omit the rose for a classic vanilla marshmallow (just replace the hibiscus tea with 1/2 cup cold water). Try experimenting with other essences or extracts like orange blossom or elderflower. The hibiscus tea can also be swapped for Earl Grey tea, Chai, or even fruit puree!

This recipe can be doubled for a thicker, taller marshmallow.

Instructions

1. Spray a 9x13x2 inch pan with oil and dust heavily with icing sugar.
2. Boil ¾ cup of water and pour over 3 tbsp dried hibiscus flowers, steep 10 minutes. Strain through a wire mesh strainer and allow to cool completely.
3. In the bowl of a stand mixer sprinkle gelatin over ½ cup cold hibiscus tea and let sit to soften.
4. In a saucepan add hot water, sugar, syrup and salt and cook over low heat stirring until dissolved.
5. Increase the heat to medium and gently boil without stirring until a candy thermometer reads 240F.
6. Pour hot syrup carefully into the gelatin mixture while mixing on low, mix until gelatin is dissolved.
7. Increase speed and beat on high until white, thick, and nearly triple in volume. About 6 minutes.
8. In another bowl beat egg whites (or 2 tsp meringue powder into 2 tbsp water) until they just hold stiff peaks. Add dried rose petals and rose water to egg whites before folding into sugar mix.
9. Fold the egg whites into the sugar mixture until just combined.
10. Pour into the prepared pan quickly.
11. Dust top with powdered sugar and let sit at room temperature uncovered until set, at least 6 hours or overnight.



EDIBLE FLOWER CHEVRE OR BUTTER

This easy recipe comes together quickly but looks so impressive! Place in the center of a platter lined with greens, serve with crackers, grilled bread, or of course - biscuits. This recipe can also be made vegan by swapping the chevre for dairy free cream cheese, cashew spread, or vegan butter.

Ingredients

- 1 log of chevre (goat cheese) or
- 1 cup of high quality butter
- handful of edible flowers (see note)
- handful finely chopped herbs
- violet infused sea salt to taste (page 41)
- ¼ cup sunflower or olive oil

NOTE

You can use all sorts of fresh edible flowers for this dish some suggestions include: pansies (as pictured), rose petals, herb flowers such as thyme, sage, or chive blossom, magnolia, or even forage for wild daisy and dandelions.

You can also swap out the chopped fresh mint for other herbs depending on your tastes and which flowers you use.

Try making a sage flower chevre or butter decorated with sage leaves and drizzled with a sage infused oil or dill flowers with fresh chopped dill. Lemon balm has beautiful leaves and flowers that work great here and you can zest a little lemon peel over the top for extra colour. So many possibilities!

Instructions

1. Prepare your flowers by removing any stems and greenery. Wash gently and let dry on paper towel or clean kitchen cloth.
2. Finely chop your fresh herbs and set aside half.
3. To make your herb oil for drizzling: blend the other half of the herbs with one cup sunflower or olive oil with a pinch of salt and pepper in a blender or with an immersion blender.
4. Place a rectangle of plastic wrap on your work surface. Place some flower blossoms in the centre face side down and sprinkle with chopped herbs, lay your log of chevre or butter on top and lay more flower petals on the top and sides, pressing gently so they stick. Sprinkle with the remaining herbs.

Reserve some flowers for plating.
5. Fold up the plastic wrap around the log and wrap tightly. Refrigerate 1-2 hours.
6. When ready to serve remove from fridge and transfer to platter lined with greens. Sprinkle with reserved flowers, drizzle with herb oil, salt and pepper.





WILD VIOLET INFUSED SALT

Ingredients

- ½ cup dried wild violets (approximately 1 cup fresh)
- 1 cup coarse sea salt or kosher salt

Instructions

Carefully wash and dry foraged fresh wild violets. Place in a food dehydrator until fully dehydrated. If you do not have access to a food dehydrator you can either air dry or place on a parchment lined baking sheet and bake at the lowest possible setting on your oven until dried. This will result in some loss of colour and flavour but it still works!

Once dried either grind the flowers in a spice grinder or with a mortar and pestle until very fine. Reserve 1-2 tsp of the whole flowers.

Mix the powdered violets with the coarse salt, stir in the reserved whole dried flowers.

This salt will keep in a tightly sealed container in a cool, dry place for up to six months.



PRESERVING PANSIES & VIOLETS

Ingredients

- Freshly picked, washed, and dried flowers
- Superfine sugar
- Egg white (optional)

Instructions

To preserve delicate flowers like pansies and violets there are a few options the easiest is to press them in a flower press between wax or parchment paper for a week or longer and use the dried flowers for any project either culinary or craft.

NOTE

For a vegan alternative dip each flower in a simple syrup then cover with superfine sugar. Use these preserved flowers to decorate cookies, cupcakes, and cakes.

You can also beat an egg white or pasteurized egg white until frothy and paint the petals with a paintbrush then dust with superfine sugar. Either buy superfine sugar or process white sugar in a food processor until very fine. Do not substitute powdered sugar or you'll have a wet moldy mess!

Preserved pansies will last 3 months or longer in a cool dry place stored in a tightly covered container.



MIDSUMMER DREAMS TARTS

These buttery beautiful tart shells can be filled with anything after baking and cooling, the slight bitterness of this rich dark chocolate ganache is a great counterpoint to the sweetness of fresh flowers. *Makes approximately 10 individual tarts.*

Ingredients

For the tart shells

- 1 cup butter, cubed, softened
- ½ cup icing sugar
- 2 cups flour
- pinch salt
- 1 lemon zested and juiced
- Edible flowers for decorating

For the ganache

- 1.5 cups good quality dark chocolate, chopped
- 1 cup heavy cream
- 1 tsp vanilla or other extract

Preheat oven to 325°F/ 162°C.

NOTE

Try these tart shells filled with luscious lemon curd, fruit compote, or piled high with fresh fruit and whipped cream.

If you do not have individual tart pans this recipe can also be made in a large tart pan and cut into slices to serve.



Instructions

1. In a food processor pulse flour, sugar, and salt. Add softened butter to the mixer slowly. As dough starts to form add zest and juice and pulse until a smooth dough forms. If you don't have a food processor you can use a hand mixer.

2. To form tart shells divide dough into 10 equal balls depending on the size of your tart shells. If you have an ice cream scoop it works great for this or you can use a large tablespoon. Press dough gently and evenly into individual tart pans, refrigerate at least 1 hour.

3. Before baking gently prick tart shells with fork to reduce shrinking during baking. Cover each tart with a small square of parchment and fill with ceramic baking weights, beans, or rice - this is known as blind baking and helps your tarts keep their shape and prevents the edges from burning.

4. Bake for 8-9 minutes at 325°F/ 162°C, remove from oven and remove parchment sheets and baking weights. Return to oven for another 9-10 minutes or until golden brown.

5. Let tart shells cool completely on rack before removing from pans. When cool carefully lift each tart shell from the pan and they are ready for filling.

To make the dark chocolate ganache:

In a small heavy bottomed pot bring cream to a simmer, do not let come to a boil! Chop your dark chocolate finely and place in a medium sized heat proof bowl. Pour hot cream over chopped chocolate and let sit 5 minutes. Stir ganache until smooth, stir in vanilla or other extract.

To assemble:

Fill cooled tart shells with chocolate ganache while chocolate is still warm. Decorate with edible flowers like lavender blossoms and rose buds and serve once cool and set.



STRAWBERRY SCONE SHORTCAKE

A great way to serve sweet scones is as a base for decadent shortcakes, whether it is pairing a lavender and honey scone with a lemon balm infused white chocolate ganache, or a strawberry cheesecake scone with strawberry compote and whipped cream, shortcake is the perfect summertime treat to showcase the flavours of the season. *Makes 4 scone shortcakes.*

Ingredients

- 4 sweet scones
- 1 cup heavy cream
- 2 tbsp icing sugar
- 1 tsp vanilla
- 1 batch lemon curd
- 2 cups fresh or frozen strawberries
- 1 cup white sugar
- ⅓ cup lemon juice
- 1 tbsp cornstarch

NOTE

Use this recipe as an opportunity to get creative with seasonal flavours. Try a spiced peach compote with whipped cream on a ginger molasses scone topped with candied pecans in the late summer; a triple chocolate scone with caramel sauce, hot fudge, ice cream and sprinkles for a birthday bash; or keep it simple with berries and whipped cream.

You can of course use our buttermilk biscuits for a classic biscuit shortcake too.

Instructions

1. Make strawberry compote by combining 2 cups fresh or frozen strawberries, white sugar, and lemon juice in a medium saucepan. Bring to a boil over medium heat. Cook 5-10 minutes until fruit starts to break down.
2. Whisk 1 tbsp cornstarch with 1/8 cup cold water. Add to saucepan. Return to boil and cook 5 minutes or until bubbling thickly. Let cool.
3. Whisk 1 cup heavy cream with icing sugar until thick peaks form. Whisk in vanilla.

To assemble:

Place a slightly warmed scone on a plate or into a basket, top with lemon curd, strawberry compote, whipped cream, fresh fruit and edible flowers.





BEE'S KNEES SCONE SHORTCAKE

Make up a batch of bee balm & earl grey scones so you can make this bee-autiful summer shortcake. Topped your warmed scone with whipped cream, fruit compote, ruby chocolate and fresh edible flowers including bee balm, rose, and honeysuckle with a sprinkle of pink peppercorn. *Makes 4 scone shortcakes.*

Ingredients

- 4 sweet scones
- 1 cup heavy cream
- 2 tbsp icing sugar
- 1 tsp vanilla
- 2 cups fresh berries
- 1 cup white sugar
- ½ cup ruby chocolate
- pinch pink peppercorn (optional)
- edible flowers for decorating

NOTE

Ruby chocolate or couverture is made from the ruby cocoa bean, it does not contain any added colourants or fruit flavourings. It has a soft pink colour with strong fruity flavour with fresh, sour notes. If you are unable to find ruby chocolate, white or dark chocolate can be used instead.

Instructions

1. Make fruit compote by combining 2 cups fresh or frozen berries, white sugar, and lemon juice in a medium saucepan. Bring to a boil over medium heat. Cook 5-10 minutes until fruit starts to break down.
2. Whisk 1 tbsp cornstarch with 1/8 cup cold water. Add to saucepan. Return to boil and cook 5 minutes or until bubbling thickly. Let cool.
3. Whisk 1 cup heavy cream with icing sugar until thick peaks form. Whisk in vanilla.
4. Grind the ruby chocolate in a food processor until crumbled, it can be helpful to put the chocolate in the fridge or freezer for 20 minutes before processing. If you do not have a food processor the chocolate can be chopped finely instead.

To assemble:

Place a slightly warmed scone on a plate or into a basket, top with lemon curd, strawberry compote, whipped cream, fresh fruit and edible flowers.





SCONE FRENCH TOAST CASSEROLE

We came up with this sweet breakfast casserole to use up leftover scones and it ended up being one of our most popular brunch items. You can use any combination of leftover scones or biscuits to make this recipe as long as the flavours go well together, just collect them in a ziplock bag in the freezer until you have enough saved up. *Makes one 9x13 casserole.*

Ingredients

For the casserole

- 6-8 cups cubed leftover biscuits & scones
- 6 eggs
- 1 cup heavy cream
- 1 cup milk
- ½ cup brown sugar
- ½ cup dark maple syrup
- 1 tbsp cinnamon
- 1 tbsp vanilla

For the crumble topping

- 1.5 cups flour
- ½ cup sugar
- ½ cup brown sugar
- 1 tsp salt
- 1 tsp cinnamon
- 1 cup butter

Preheat oven to 325°F/ 162°C.

NOTE

You can make this casserole ahead of time and either keep it in the refrigerator or freeze it. When you are ready to serve heat up a medium sized frying pan with a small amount of sunflower oil or butter and sautee slices of casserole until golden brown.

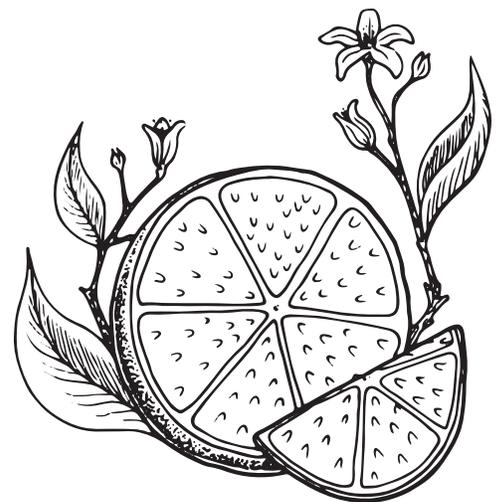
Instructions

1. Spray a 9x13 baking pan with pan spray and line with parchment paper.
1. Blend eggs, heavy cream, milk, brown sugar, maple syrup, cinnamon and vanilla until frothy and well combined with hand blender or immersion blender.
2. Put cubed biscuits and scones into large bowl or container, pour over milk mixture, refrigerate at least 3 hours or overnight.
3. Press mixture lightly into prepared pan. Be careful not to compact it too much or the casserole will be dense.
4. Bake at 325°F/ 162°C for about 1 hour. Let cool before cutting.

Serve with maple syrup, whipped cream, fresh fruit and edible flowers for a delicious brunch.

To make the crumble topping:

1. Place all ingredients except butter in small bowl.
2. Melt one cup of butter in small saucepan and pour over dry ingredients. Combine with a fork and crumble over top of casserole before baking.





About The Biscuit Eater

Originally built in 1775 for the Zwicker family, The Biscuit Eater Cafe & Books was located in one of the oldest buildings in Mahone Bay, Mi'kma'ki (Nova Scotia) until 2022. More than just a cafe or bookstore, for almost two decades the cafe was a gathering place for the locals and a destination for travellers. Known for our biscuits, beautiful brunches, elaborate tea parties, and obviously putting flowers on just about everything, in 2021 we were named Restaurant of the Year by Taste of Nova Scotia.

Food is a powerful way to celebrate community and show care. Access to good, healthy, affordable and beautiful food is something everyone deserves. Before and during the pandemic we worked to put people before profit by offering community care and accessible events, with the goal of supporting well fed, well read communities and vibrant local economies.

Named after a short story and movie about anti-Black racism and segregation in the American South, in addition to making beautiful food we were one of the only book stores in Atlantic Canada focused on books by and for Black, Indigenous and People of Colour. When our family bought the cafe in 2016 our goal was continuing The Biscuit Eater as a gathering place for community while working to address racial and economic injustice in our communities through good food and books. Over the years we hosted many community programs and groups like a free weekly playgroup for little ones and their caregivers called Biscuit Babes, a local quilting group, a community love letter writing campaign, annual multi-generational Eid brunches and pay-what-you-can community dinners just to name a few.

The cafe was tucked away on Orchard Street and just like the name suggests was surrounded by gorgeous gardens filled with flowering trees, plants, and herbs along with the most magical magnolia outside the front door. The recipes in this book are a celebration of place and years of memories made in the garden and kitchen.

Our family put six years of love and care into The Biscuit Eater, having to sell the cafe and close the kitchen in 2022 was very difficult and we know many other small rural business owners had similar struggles. We hope that these recipes developed over many years in the cafe kitchen will help carry on the legacy of The Biscuit Eater in new ways and inspire others to make life a little sweeter for each other.

*The Biscuit Eater Family,
Jessika, Chris, Graham & Sela*





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