



MARCH'S RITUAL

THE EGG QUEEN



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MOON BY MOON APOTHECARY

the neighbor's chicken is laying eggs in our yard again, the dandelion is in bloom, the wild chives are reaching tall in the lawn... there is no doubt that spring is on its way. we may have a few storms between now & then, but never the less the sun is returning & the birds are returning & the blossoms are returning to the land.

march is an interesting month. astrologically speaking, we are where the end meets the beginning : where the final house meets the first. we are sunk in the primordial waters to which we will all return & from which we all came ~ about to be spit out into a new form again on the equinox when pisces gives way to aries. it is a month that begs the question: which came first, the chicken or the egg?

this brings me to a nice recipe full of eggs & herbs so you can ponder this age old question on a full belly : THE EGG QUEEN : an herbal take on the old fashioned pop over : adapted from a recipe found in Sage Cottage Herb Garden Cookbook by Dorry Baird Norris



ingredients

1/2 cup flour
1/2 cup milk of your choice (i like oat)
6 egg whites, lightly beaten
2 tablespoons of safflower oil
1 teaspoon dried dill
a few chopped sprigs of fresh basil
a few chopped spring of fresh wild chive
a dash of ground black pepper
2 teaspoons of butter
4 teaspoons of grated asiago (optional)
wild chive blossoms for garnish

*check your yard for some wild chive! if you cannot find any, store-bought is just fine

recipe

makes 4 egg queens

preheat oven to 425°

- whisk first 8 ingredients together until just combined
- place muffin tin or four 8-10 ounce custard cups in the oven for 2 minutes
- add 1/2 TSP. butter to each heated cup (only need to do this to 4 in your muffin tin) + return to oven for 2 more minutes
- quickly divide the batter evenly amongst the cups
- sprinkle the top of each with your grated asiago + chive blossoms
- bake for 15 - 20 minutes, until puffy & golden brown
- serve immediately with some dandelion leaf tisane or beverage of your choice