

Recipes



Rose, *Rosa* spp.

Tips:

- All roses are edible, but those with the most fragrance will have the most flavor. Only use roses that have not been sprayed or treated for insects or disease for culinary purposes.
- Gently wash and lay the organic rose petals to dry on a towel, in a single layer, away from direct sun. When petals are dry, store in an airtight jar.
- Fresh rose petals store up to one week in the refrigerator.
- Cut off the white tip on the base of the petal before use as it can be bitter.
- Make rose sugar for use in teas, top pastries, cookies and fruit, etc. by layering rose petals separated by ½ inch of white sugar. The dried mix can be stored in an airtight container.

Rose Petal Tea

½ cup China Black Tea
2 tablespoons rosebuds, organic or food safe
2 tablespoons hibiscus
2 tablespoons seedless rosehips
1 tablespoon cloves

Place tea in a food safe container. Mix in all ingredients and store in an airtight container.
Aromatherapy effect: roses give feelings of well-being and happiness.

To Brew: Place one teaspoon of tea in a muslin bag or tea infuser. Fill cup with one cup boiling water, cover, and brew 3 minutes. Remove tea and serve sweetened with sugar or honey and lemon, if desired.

Kathleen Gips
HSA Western Reserve Unit

Rose Simple Syrup

1 cup granulated or cane sugar
1 cup water
Heaping ½ cup dried organic rose petals or 1 to 1 ½ fresh
Optional, a pinch of dried hibiscus flowers for color

Add sugar, water and rose petals in a small pot over medium heat until it starts to simmer. Stir, lightly crushing the petals and being sure all petals are submerged. Reduce the heat to low and simmer for about 5 minutes. Remove the rose petals with a fine strainer and simmer for about 10 minutes more until it thickens. Remove from the heat and allow mixture to cool. Refrigerate.

Use in beverages like cocktails, mocktails, lemonade, tonic or sparkling water and over vanilla ice cream, pancakes, waffles or pastries.

Herb Society of America Staff

Rosewater Gin and Tonic

This is a simple twist on a classic cocktail. We love the combination of rosewater and fresh strawberry. You can add a squeeze of lime juice, too, for a more familiar flavor. Look for edible dried rose petals in specialty food stores or online. (Or in your own yard!)

1 teaspoon dried edible rose petals
6 ounces tonic water
1 ½ ounces good-quality gin
½ to 1 teaspoon rosewater
1 strawberry, for garnish

Drop ½ teaspoon of the rose petals into a highball or Collins glass, fill the glass with ice, then add the remaining ½ teaspoon rose petals. Pour in the tonic water, then the gin, then the rosewater, and top off with a bit more ice. Make a slice in the strawberry from the pointed end almost to the stem-end and balance the strawberry on the rim of the glass.

Food Network Kitchen
Foodnetwork.com

Rose Petal Preserves

The Damask rose is known for its fine fragrance and is commercially harvested for rose oil, used in perfumery and to make rose water. The flower petals are also edible, but it only blooms once a season, so you must make plenty of these amazing preserves when you can.

1 pound *Rosa damascena* petals
2 cups freshly squeezed lemon juice (8-10 lemons)
6 cups sparkling white wine
4 cups sugar
2.75 ounces powdered fruit pectin

Gather only petals from roses. Rinse well in a strainer or colander under cold water.

Drain roses and add to a large shallow sauce pan. The mixture should be more shallow than deep for better cooking.

Add lemon juice, wine, and sugar. Stir over medium heat while slowly bringing the preserves a boil. Once sugar is dissolved, gently boil for one minute, reduce heat to a gentle simmer and cover for 30 minutes. (Slowly simmering and covering is important because you don't want to lose the rose essence.)

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After 30 minutes, place pectin in a bowl and blend with a small amount of the rose mixture. Add pectin/rose mixture to pot and stir with a whisk to incorporate thoroughly. Gently boil for one minute.

Pour rose preserves into hot, sterilized canning jars. Place lids on each jar, seal with rings and invert jars upside down. The heat from the preserves and hot jars will create an air-tight seal. The next day, turn the jars right-side up and seal ring tightly. Makes 8-10 8 ounce jars.

Ana Sporer
Institute of Culinary Education

Rose Bath Sachet Skin Smoother

- 2 tablespoons oatmeal
- 2 tablespoons dried rose petals
- 2 tablespoons lavender
- 2 tablespoons grated soap
- 5 drops of rose essential oil (optional)

Combine all ingredients in the center of a clean, dry washcloth. Gather up ends of the washcloth, twist the cloth around the ingredients and secure with a rubber band. Tie with a ribbon, leaving one end about 2 feet long. Use in the bath or shower to exfoliate, cleanse and smooth skin. Let dry between uses by tying the long ribbon loosely around the faucet or showerhead to drip dry. Can be used for several months.

Karen Kennedy
HSA Education Manager

Do you have a recipe using roses to share?

Contact Karen.K@herbsociety.org