

Crystallised Flowers



Ingredients and Equipment:

Fresh rose petals
Granulated sugar
Egg whites, aquafaba, or gum Arabic soaked in rosewater
Greaseproof paper
Wire cooling rack
A fork
Two small paintbrushes (optional)



Once you have gathered your rose petals check them for any bugs. Put your egg whites/aquafaba/gum Arabic in a shallow bowl or container and put your sugar in a separate shallow container. Place the greaseproof paper on the wire rack.

Take one petal at a time and dip into the wet ingredient using a fork. This creates a sticky coating. Next, hold the petal over the second bowl/container and sprinkle sugar all over the petal until it is fully coated. Alternatively, you can use small paintbrushes to coat with the wet and dry ingredients.

Take the petal over to your greaseproof paper and set down to dry. Repeat this process with all your petals. Don't be tempted to dip the wet petals into the sugar as this will result in a clump of wet sugar and will become increasingly messy and unpleasant.

Allow your petals to set in a cool, dry, and undisturbed place. This should take 24-48 hours. Turn the petals halfway through the drying process so that they dry evenly. The petals, once hard, can be stored in an airtight container in a cool, dry place away from sunlight. They are best consumed within a month but can last several months with careful storage. Always check any preserved product before eating, particularly if it has been left for some time.

Aquafaba: This is a vegan alternative to egg white that acts in the same way. You can get this by collecting the water from a tin of chickpeas. Whisk briefly as you would egg whites.
Gum Arabic: This is a tree resin found in sub-Saharan Africa. It is used in lots of food products today to thicken and preserve ingredients. In the 16th and 17th centuries it was used to preserve ingredients taken from the garden and in sweet making. If you are using gum Arabic, you need to soak the crystals in rosewater for at least 24 hours before you crystallise your flower petals.