

Recipe for crystallised rose petals

Ingredients;-

Freeze dried rose petals.

Egg white

Caster sugar

Greaseproof paper

Small paintbrush

Tweezers.

Method

Use a fork to lightly beat the egg white and use a paint brush to paint on all surfaces of the petals. Use the tweezers to hold the petal while doing this.

Place on the greaseproof paper, make sure they are not touching, and leave to dry in a warm room- approx 2-3 hours.

Do not eat, for decoration only.

Edible flowers

Anise hyssop, great in salads and as a garnish, leaves can be used to make tea (lilac coloured flowers).

Bergamot, red, pink, violet and white coloured flowers, goes well with peaches

Borage, large blue flowers, cucumber-like flavour.

Calendula, yellow & gold flowers, tangy & peppery.

Carnations, slightly bitter in taste

Chrysanthemums, yellow, white, orange, red, & pink, each colour flowers has a slightly different taste. Strong & bitter.

Daisies, white, mild flavour.

Dandelions, Yellow in colour & bitter

Geraniums (scented)

Make sure any flowers you eat are free from chemicals.