

# Palate Delights - Enjoy it with Roses

## Rose Sorbet Recipe for 4 Persons

½ L water  
6 tablespoons unsprayed rose petals  
preferably the varieties „Louise Odier“, „Reine (Pure) Victoria“ or  
„Madame I. Pereire“  
500 g (17.6 oz) sugar  
4 tablespoons freshly squeezed lemon juice  
1/8 L (4.2 US fl.oz) white wine  
1/8 L (4.2 US fl.oz) champagne  
4 candied roses

Preparation: Bring the water to a boil and briefly cook the rose petals. Then allow the petals to steep in the well sealed water pot for 15 minutes. Strain the flower petals. Keep the cooking fluid and add sugar and lemon juice to it. Bring the fluid to a boil and then simmer and stir it for five minutes. Measure 1/4 L (8.5 US fl.oz) of the rose syrup and stir the white wine and the champagne into it. Freeze the mixture in the ice maker. To serve fill the sorbet into goblets and decorate it with a candied rose. To candy the rose cover the flower petals on both sides with egg white, sprinkle them with sugar and allow them to dry. Use the rose syrup to give aroma to fresh strawberries and garnish the sorbet with them.

## Rose Parfait Recipe for 4 Persons

3 egg yolks  
100 g (3.5 oz.) sugar  
2 tablespoons hot water  
1/4 L (8.5 US fl.oz) whipping cream  
1 tablespoon freshly squeezed lemon juice  
6 drops essence of roses  
1 pinch of cardamom  
4 fragrant roses, unsprayed  
1/2 teaspoon gum arabicum  
250 g (8.8 oz) sugar

Preparation: Whip egg yolks, sugar and 2 tablespoons of hot water until the mixture is frothy. Allow the mixture to cool. Whip the heavy cream. Then mix the egg yolk mixture, whipped cream, lemon juice, essence of roses and the petals of two roses. Fill the entire mixture into a form and freeze it. Pluck 2 petals from two fragrant roses. Mix the sugar with the gum arabicum (from the drug store) and stir 2 tablespoons of water into the mix. Take each rose petal and cover both sides with the gum arabicum mix. Allow the petals to dry for a day. Dunk the form with the frozen parfait briefly in hot water and topple the parfait onto a plate. Garnish with candied rose petals and

## Magic Rose Bowl Recipe for 4 Persons

300 g (10.5 oz.) fragrant rose flowers  
150 g (5.25 oz.) sugar  
½ vanilla bean or pod  
1 glass of Grand Marnier  
2 tablespoons of rose liqueur  
1 L (33.8 US fl.oz) dry white wine  
1 bottle champagne

Preparation: Sprinkle the rose petals with sugar and then with Grand Marnier and rose liqueur. Allow the petals to marinade for 4 to 6 hours. Then add the white wine and allow the liquid to steep for 1 1/2 hours. Strain the rose petals and add the ice cold champagne shortly before serving. Place a few fresh rose flower heads in a bowl.

Rose Truffles  
Recipe for 24 Chocolates:  
200 g (7 oz) white chocolate  
2 tablespoons beet root juice  
4 tablespoons rose water  
2 egg yolks  
120 g (4.2 oz.) soft butter  
60 g (2.11 oz.) coco flakes  
2 tablespoons beet root juice

Preparation: Break the chocolate into pieces and melt it together with 2 tablespoons of red beet juice and the rose water in a water bath. Stir the egg yolk into the chocolate mix and allow it to cool slightly. Beat the butter until it is frothy and stir in the chocolate mix. Refrigerate the mixture until it has the soft consistency of wax. On a plate, wet the coco flakes with 2 tablespoons of red beet juice until the flakes are evenly pink using your finger tips. Divide the chocolate mixture into 24 portions, form balls, roll the chocolate balls in the coco flakes and freeze them. Serve on a beautiful plate garnished with rose petals.

Rose Jelly  
15 fragrant roses, unsprayed  
the juice of one lemon  
1 kg (2.2 lbs.) gelling sugar  
3/4 L (25.4 US fl. oz) dry white wine

Preparation: Separate the rose petals and cut off the lighter flower bottom parts. Heat the petals in the wine just short of the boiling point and allow the petals to steep for 10 to 15 minutes. Then strain the petals keeping the liquid. Add the gelling sugar to the cooled liquid and boil for four minutes while stirring the bubbling liquid constantly. Pour the jelly into clean glasses and seal the glasses.

Rose Liqueur  
125 g (4.4 oz.) fresh very fragrant rose flowers  
125 g (4.4 oz) sugar  
3 coriander (cilantro) seeds  
1 pinch of cinnamon  
1 vanilla bean or pod  
500 ml (17.9 US fl. oz) brandy, cognac  
or cherry brandy (kirsch)

Preparation: Pour 500 ml (17.9 fl. oz) of tepid water over the rose petals and allow it to steep for 2 days in a well sealed container. Drain the liquid off the rose petals while gently squeezing excess liquid from the petals. Add the alcohol. Dissolve the 4.4 oz. of sugar in 60 ml (2 US fl. oz) of water. Add the sugar water, the coriander seeds, the vanilla bean (cut in half lengthwise) and the cinnamon. Shake well and store it in a warm place for two to three weeks. Filter and fill up in bottles. Age the bottles in a place with not too much light.