

Rose Recipes

Always use pesticide-free rose petals or rose hips that have been gently washed and dried. Rose petals from the highly fragrant roses make the most flavorful additions to food for obvious reasons. Rose petals can be chopped and added to flavor honey, jelly, butter, yogurt, cream cheese for quick, easy and tasty toppings for crackers, biscuits, breads, fruit, vegetables, etc.



Rose petals can be incorporated into fruit salads as well as in green salads. Spicy scented rose petals combine well with cinnamon, brown sugar, mace and cream cheese. In a hurry for a quick and easy spread for fancy little sandwiches and crackers? Buy a tub of the cream cheese spread that is already flavored with brown sugar and cinnamon and add chopped spicy or fruity scented rose petals.

Sugared Rose Petals

Large, fragrant, pesticide-free rose petals
One egg white, slightly beaten
Granulated sugar

Gather rose petals, wash and pat dry. Use small brush to “paint” egg white on all surfaces of petal. Sprinkle sugar on coated petal until completely covered. Place on wax paper and put in dark, dry, warm place for several days until dry and crisp. Length of time to dry will depend on how humid the weather is. When dry, store in airtight container.

Quick and Easy “Homemade” Rose Petal Jelly



1 – 12 ounce jar apple jelly
2/3 cups chopped, fragrant, pesticide-free rose petals

Melt a 12-ounce jar of apple jelly over low heat in a medium saucepan, stirring occasionally. Remove from heat and add 2/3 cup of firmly packed chopped rose petals. Refrigerate 48 hours.

Again melt jelly over low heat, stirring occasionally. Remove from heat, strain out rose petals and discard. Pour jelly into decorative jars, seal and store in refrigerator.

“Homemade” Rose Petal Tea

2 cups firmly packed fragrant, pesticide-free rose petals, washed and patted dry
1-cup tea leaves (can break apart “family-size” tea bags or buy loose tea)

Dry rose petals in preheated 200-degree oven on an ungreased baking sheet. Leave door slightly ajar and stir rose petals occasionally during drying process. Oven drying will take from 3 to 4 hours. Can use dehydrator to dry as well. Place dry rose petals in a food processor fitted with a steel blade, process rose petals and until finely chopped. Mix with tea leaves and store in airtight container. To brew tea use 1 teaspoon of tea mix per 8 ounces of hot water. Bring water to a rolling boil and pour over tea mix. Steep for 5 minutes, stir and strain. Serve hot or chilled.



Basic Floral Butter

4 tablespoons chopped edible flowers
4 ounces butter

Mix chopped flowers with butter and refrigerate at least 24 hours before serving. Combinations of brightly colored, fragrant rose petals can be used, as well as combining different flowers. Some examples of flower combinations to try:

Chive – rose
Sage – rose
Lavender – rose
Nasturtium – rose
Bee Balm – rose
Pineapple sage – rose

Basic Floral Sugar

1 cup granulated sugar
6 tablespoons coarsely chopped flower petals

Place coarsely chopped petals and sugar into food processor and blend. Store in an airtight container for a week. Sift the sugar to remove the flower petals if you are going to use it to sweeten herbal teas and other beverages. If not, leaving the flecks of rose petals in the sugar adds color when using the sugar to sprinkle over fruits, puddings, sorbets, etc.



Rose Honey

Enough fragrant rose petals to fill 1 tablespoon after processing in food processor or blender

½ cup honey

Mix and microwave until hot, not boiling. Strain out petals, and store in refrigerator for up to 1 week.

Rose Hip Tea

For a flavorful, mildly astringent infusion use 2 to 3 teaspoons of dried, chopped hips per cup of boiling water. Steep 10 minutes. Strain, sweeten to taste with honey or sugar. Rose hips are a good source of vitamin C and drinking rose hip tea may possibly help in the treatment of colds.

Chilled Rose Hip Soup

Use a garlic press or wooden mallet to gently crush 2 cups of fresh rose hips. Add 1 quart of water and simmer, covered for 45 minutes. Strain through a coffee filter or several thicknesses of cheesecloth. Add enough fruit juice (orange, peach, apricot, or raspberry) to make 1 quart of liquid. Mix 1 tablespoon of arrowroot with 1/3 cup honey and add to liquid. Simmer until thickened. Chill well and garnish with whipped cream and slivered almonds.

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