



COOKBOOK

by phenogeno

phenogeno | ROSES

We would like to thank everyone that contributed in the making of this Cookbook:
All our employees both in Serbia and the Netherlands, as well as all those that inspired and supported us through this creative process. A lot of hard work and creativity were invested into this second edition and this book would just not be the same without their contribution.

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COOKBOOK

by p h e n o g e n o

TASTE OF LOVE®
Culinary Roses



INTRODUCTION

It has been a year since our first edition of Cookbook came out. During that time, we have answered hundreds of questions, hosted workshops, met fascinating people, developed new recipes and, above all else, shared a lot of our knowledge on roses, as well as gained a lot of knowledge in return. Presenting edible roses was a welcome novelty by some, a surprise to others, while a few even saw it as a return to a long-forgotten tradition. To us, it remained what it always has been – a crown jewel of our hard work, dedication and passion.

We have come to the point where we no longer have to explain that roses are edible, the only thing that we have to explain is the numerous different ways of using roses in your kitchen. This Cookbook has been written as a guide, while how and where you will use PGR edible roses depends entirely on your imagination. As you will see, we have included some new recipes into this Cookbook edition, having received most of them from the very people who fell in love with our roses, just as we did the moment they opened up their petals to us.

Pheno Geno Roses will continue to breed new, special varieties of edible roses, unique in colour, fragrance and taste, varying from sweet to citrus, bringing special aromas to those willing to try something fresh, healthy and delicious. We are proud to present you with a new edition of our Cookbook, improved and expanded with delicious dishes ranging from sweet to savoury, promising to give you the Taste Of Love® with every bite.

The Pheno Geno Roses team





ROSE BREEDING

Pheno Geno Roses (PGR) is a passionate garden-rose breeding company, dedicated to science and led by a team of women. From its distinctive vision and innovative expertise for modern genomic tooling, and practical hands-on genotyping, comes the power to create new & unique collections of roses. We bring you roses of different colours, shapes and fragrances, as a perfect choice for a luxury present, such as perfume and jewellery, to indulge every women's taste.

That has been the essence of our rose breeding since the beginning of 2009.

To create new roses is a long and multidisciplinary path, but to create truly novel roses is an art. We are artists. In recent years, PGR has crossed many roses in order to develop new roses that taste good, have pretty flowers, a captivating scent, and are strong and disease resistant, while having the uttermost respect for nature and our environment. When we started our breeding research into edible roses, we found some roses have high concentrations of interesting compounds, such as vitamins, antioxidants, sugars and different kinds of acids. We have used this knowledge in breeding, and later in testing, to create edible roses that have not only supreme nutritional value but also exquisite taste characteristics.

The perception of edible rose petals is created in collaboration with consumers and chefs in the middle and top segment of the restaurant industry. According to this perception, and sensory research, recommendations were made for growing the ideal roses, as a basis for a new food concept.

Taste of love® edible roses collection is the culmination of long and patient work that aims to set trends in modern living and bring a new dimension to creative gastronomy.

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BASIC RECIPES

It is convenient to prepare rose water and rose syrup of your fresh roses so you can use them later in different dishes. Both can be stored for a longer period of time in the fridge. This way, you can also use subtle rose flavour in a dish even if you don't have fresh roses.

In this chapter you will find basic recipes. You should make sure to use rose water in modest bits as a background flavour. Therefore, add it to your dishes gradually.



ROSE PETAL SUGAR

Photo by Kašičica Začina 9

ROSE VINEGAR

Ingredients

1/2 l organic vinegar

1/4 l white wine

75 g fragrant rose petals

large glass jar

Preparation

Put the vinegar and wine in the jar. Add rose petals, close the jar and keep it in a sunny place for two days. Strain the liquid through a very fine strainer or fine cotton cloth and pour the vinegar in a bottle. Store the vinegar tightly closed in a cool place.

Rose vinegar should be left to rest for 2 days prior to use!





ROSE BUTTER

Ingredients

2 large roses
250 g butter
1/8 a red onion
freshly ground pepper
salt
rose syrup

Preparation

Rinse the roses gently and pat dry; pick the leaves.

Stir the butter creamy.

Peel the onion. Cut the onion and rose petals fine and stir them with the butter.

Add pepper, salt and rose syrup and stir again carefully.

Make a role from the rose butter in a cling film and let it harden in the refrigerator.

Prior to serving: cut slices from the role of rose butter.

ROSE WATER

Recipe courtesy by Kašičica začina (www.kasiciczacina.wordpress.com)

Ingredients

100 g rose petals

500 ml of distilled water

ice

Preparation

For homemade rose water production, you will need two separate pots – one bigger in which you will put distilled water and rose petals; and one smaller that goes in the middle of the bigger pot and that will be used to collect the water condensation e.g. rose-water during the boiling process. Smaller pot, especially if it is shallow, can be placed on a stand (rock or some other pot), point of this is to lift it out from the mixture of water and petals so it wouldn't overflow into it. Place everything on the stov, cover with the upside-down placed lid, and bring it to boil. Reason the lid is placed upside-down is to enable the rose water drops go easier down the lid and drip into the bowl.

After the water had boiled, place abundant amount of ice on top of the lid. This aids in creating condensation. Reduce temperature to low and simmer for 25 to 30 minutes. Do not open the lid as the rose water vapor will escape and the point is to capture all those drops into the smaller pot. Change ice if necessary.

After 30 minutes, remove from stov and let it cool. Collect any remaining ice water from the lid with a spoon and throw away. If there are still some remaining rose water droplets on the inside of the lid, shake them into the smaller pot. Pour the rose water into a clean jar or bottle and store in the refrigerator. Rose water can be added to meals and cakes, but it is also good for homemade beauty products.



Photo by Kašičica Začina 15



ROSE SYRUP

Rose syrup is really easy to make. It tastes delicious and it can be used in a variety of desserts like ice-creams, yoghurts, drinks, cakes or puddings.

The only limit is your imagination.

Ingredients

3 cups water

4 cups sugar

4 cups fresh rose petals

Preparation:

Put water and sugar in a small saucepan. Let it boil. Occasionally stir until sugar dissolves. Add rose petals and let it simmer for 10 minutes. Take off the stove and let it steep for about an hour. The longer you leave the rose petals in, the more intense the flavour of your syrup will be. Strain the syrup through a muslin cloth and pour it in a clean glass jar or bottle. You can store the syrup in the fridge for up to a month.

ROSE SYRUP WITH LEMON

Ingredients

1/2 l water
500 g sugar
200 g rose petals
juice of 1 lemon

Preparation

Bring the water to boil. Add sugar and stir until it dissolves. Take the pan off the heat and gently stir in half of rose petals. Let this cool down. Strain the rose petals out of it and bring the syrup back to boil. Remove the pan from the heat and stir in the rest of the petals and let the syrup cool down again. Strain the rose petals from the cooled syrup and stir in the lemon juice.

Store the rose syrup in the refrigerator.





ROSE PETAL SUGAR

Recipe courtesy of Kašičica začina (www.kasiciczacina.wordpress.com)

Before you start the preparation of this aromatic sugar, you should first inspect and clean the petals from bugs and dirt, if any. If you prefer so, you can also wash the petals, but they should be dry before use. Sugar prepared on this way can be kept in airtight containers or you can put it in the freezer to preserve the aroma for longer. This sugar is perfect for sprinkling on cookies, in tea, cocktails or simply use as you would use regular sugar in baking.

Ingredients

200 g granulated sugar

1 cup rose petals, tightly packed

Preparation

Combine sugar and rose petals in a blender and pulse until the mixture is homogenous. Transfer to a zip-lock bag and place in the freezer. If you want to use the prepared sugar on a daily basis, place it on a parchment paper in thin layer and let it dry for day or two until completely hardened. If necessary, you can shortly blend it again to get the smooth consistency and break the crumbs. Keep the rose petal sugar in the airtight container.

ROSE PETAL JAM

The preparation method is similar to that of Rose Petal Preserve, but the texture is somewhat different, and it is used in the same way as any other jam.

Ingredients

3 cups fresh rose petals (wash and leave for 3 hours)
2 cups sugar
1 ½ cup water
2 lemons
1 tsp pectin (mix with 2 spoons of sugar)
1 tbs rose water (optional)

Preparation

Take half the measure of sugar (1 cup) and mix it with rose petals in a large bowl. Bruise the petals with your hands while mixing them with sugar at the same time. Make sure that all the petals are evenly coated with sugar. Cover with plastic kitchen wrap and refrigerate overnight. Put the remaining sugar in a saucepan filled with water, cook on medium heat and stir occasionally until all sugar dissolves. Add rose petals and juice of two lemons into the mixture and cook at low boil for 20 minutes. Then add pectin in sprinkle by sprinkle. Continue to simmer for 15 minutes. Near the end, add one tablespoon of rose water, cook for one more minute and remove from the stove. Pour the jam in clean glass jars and store in a cold place for up to 6 months.

STORING FRESH EDIBLE FLOWERS

Store freshly picked roses in a closed plastic fridge drum in the refrigerator so that the roses can be good for about a week. After that, petals will probably fall off, but you can still use them. Note that the flavour will probably be less strong than when they are fresh.

This practical tip also applies for edible roses that you buy in shops.

Some more tips:

- Harvest the flowers preferably early in the morning. Especially in the summer, the heat of the day causes some flowers to turn soggy. Late in the afternoon or early in the evening is also a good time to harvest.
- Select the flowers which are at their peak for optimum beauty and taste. As the flowers become a bit brown, don't harvest them anymore.
- Pay particular attention to larger rose flowers to make sure that there are no insects in the inside.



ROSE PETAL PRESERVE

Preserving whole fruit or large pieces of fruit by cooking them with sugar syrup is a part of traditional cuisine in the Balkans. It is very similar to jam, but much sweeter, with pieces of fruit still firm and palatable. It is most commonly used as an addition to confectionery, but it is also sometimes served alone with a cup of coffee or a large cup of water.

The following recipe was kindly given to us by one of our employees in whose family it has been for generations.

Ingredients

600 g rose petals

1 l water

1 kg sugar

2 lemons

Preparation

Wash the petals and remove the white part at the base. Allow them to dry until no water is left on the surface. Place the petals in a pot, add water and let it boil. After the water has boiled, add sugar. Stir occasionally until all sugar has dissolved. Add juice of 2 squeezed lemons and simmer for about half an hour until the mixture thickens. Pour the mixture in clean glass jars while still hot and secure firmly with lids. The preserve may seem a bit loose at first, but it will firm up as it sets. You can eat it right away but it develops a fuller flavour after a day or two. Store it in a cold and dark place for up to a year or for about 6 months opened and refrigerated.





ROSE CHUTNEY

(a small amount alongside a cheese or meat dish)

Ingredients

2-4 fresh roses

5 tbsp sugar

zest and juice of 1 lemon

1 tsp white pepper

1 tsp black pepper

1-2 tbsp rose water

Preparation

Get the rose petals and cut them very fine. Preheat the rose petals with sugar, lemon juice and zest and a small amount of water on low heat. Let it boil down for 8-10 minutes to a kind of 'jam'. Flavour it with freshly ground white and black pepper, a pinch of salt and 1 tablespoon of rose water.

ROSE HIP JAM

Traditionally made in almost all parts of the Balkans, this is jam of unique taste and flavour. It takes some time and effort, but at the end when the jam is ready to be added to buttered bread or pancakes, you will see that all the trouble was worth it. It is made with ripened rose hips that are picked when the hips change their colour to red or dark orange.

Ingredients

1 kg rose hips
3 cups sugar
1 l water
1 lemon

Preparation

Wash the hips and top and tail each of them, cutting the stalk and calix from the top. Place them into a large pot and cover with water. Boil for about two hours, until the hips become soft. Push the hip pulp through a sieve. If the pulp is thick and a lot of it stays on the sieve, you can add a bit of water into the discarded seeds, boil for a short period of time and sieve it again. Place the pot back onto the stove. Add sugar and lemon juice, stirring slowly until all sugar dissolves. Boil until the jam reaches desired thickness, stirring constantly. Pour the jam into clean jars, tighten the lids and allow it to cool. You can store it for up to a year in a cool and dry place.



DRINKS

Hot drinks, such as rose tea, can be made both of fresh and dried rose petals. Mix them with herbs like mint or lemon balm. Tea with rose petals is fragrant and soothing. Add fresh rose petals to cold lemonades or cocktails for a subtle soft taste and the drinks will look festive. Also, did you know that a few drops of rose water in apple juice give it an exotic taste?

ROSE LEMONADE



PERSIAN ROSE TEA

Ingredients

- 1 cup black tea
- ¼ a cup dried rose petals
- 2 tsp green cardamom seeds

Preparation

To dry your own rose petals at home, all you need are freshly picked rose petals, washed and then carefully dried of all remaining water. Place the petals in a thin layer in a warm and dry place away from the sun and let them dry for about a week. After that, collect the petals in a jar and your rose petal tea is ready for use.

Mix all the ingredients mentioned above and store them in a jar. Cardamom seeds are best used as whole pods crushed or chopped into small pieces. If you don't have those, powdered cardamom will do just fine. Use one teaspoon of the prepared mixture per cup. Pour the boiling water over the herbal tea, let it steep for about 5 minutes and serve in cups with milk or honey.

ROSE PETAL TEA

3 cups

This is a very simple recipe, suitable for beginners and all those who do not like spending much time in the kitchen. Rose petal tea is known to have many beneficial properties, including calming, antiseptic, anti-inflammatory and slightly diuretic effects. It's also interesting to know that, unlike most other teas, you don't have to strain it, but you can eat the softened petals with a spoon after you finish drinking it.

Depending on the season, rose tea can be made of both fresh and dried rose petals.

Ingredients

3 cups water

2 cups fresh rose petals

honey

herbal spices (optional)

Preparation

First, it is important to note that you should use only unsprayed home grown roses.

Pour the water into a pot and let it boil. Remove petals from flowers and rinse them in fresh water. After the water has boiled, add petals and a piece of cinnamon or a pinch of finely ground anise seeds. Cover the pot to retain the flavour. Let it simmer for 4 minutes and then take it off the stove.

Pour the tea into a cup and serve with honey.

For those wanting to put some extra effort, you can remove the white part at the base of the petal. This will make your tea fruitier and prevent it from having that slightly bitter flavour.



ROSE PETAL & HIBISCUS ICE TEA

2 large glasses

Ingredients

1,5 l water

1/3 a cup dried hibiscus flowers

¼ a cup dried rose petals

honey

ice cubes

1 tsp rose water

organic lemon (optional)

Preparation

Heat the water in a pot until it starts boiling. Add hibiscus and rose petals. Reduce the heat and let it simmer for 15 minutes. Take off the stove and let it steep for 5 minutes. Strain the tea and let it cool down completely before adding rose water and honey to your taste. Slice the lemon and stir it into the mixture. If you prefer a bit sweeter beverage, you can leave this step out. Put the drink into the fridge overnight. Serve with ice cubes and mint leaves as decoration.

ROSE HIP & APPLE TEA

Ingredients

1 cup dried, grinded rose hips

1 cup dried apples

1/4 a cup ginger, dried

Preparation

This method is a bit more complicated than the previous one, but the flavour of the tea is much stronger and the nutrient use efficiency is higher.

Dry the hips in a warm and shady place. After that, place them in a blender and roughly grind the hips. Grinded pieces should not be too small, since the purpose of this process is to eliminate the hairs by sifting them through a sieve. If the pieces are too small, they will fall through together with the hairs leaving you only with rose seeds and no pulp. Hairs that are found inside of rose fruits can be irritating to some people, so it is best not to consume them. Put the grinded hips into a sieve and keep sifting until all the hairs have fallen through. Mix hips, apples and ginger in a bowl. If dried apples or ginger are not available for you to buy, you can dry them yourself the same way you dry rose hips or simply use fresh ones instead. Place the mixture in a glass jar and store in a cold place away from direct sunlight. Use one teaspoon of this mixture per cup of water. Pour the water into a teapot and add the mixture once the water starts to boil. Let it simmer for 15 minutes. Take the pot off the stove and let it steep for 5 minutes. Strain the tea, pour it into cups and serve with lemon or honey. This tea is perfect if you have a sour throat or clogged sinuses. It is very refreshing and it will keep you warm during the cold winter months.

Larger hips are more suitable for this method as they cannot be dried whole, unlike the small ones. Depending on their size, you should halve or quarter the hips prior to drying. This will help them dry faster and prevent mould from developing.



TRADITIONAL ROSE HIP TEA

2 cups

Ingredients

2 large cups of water

1 tbsp whole rose hips (rose fruit)

honey

Preparation

The best rose hip tea is the one you make on your own. First, you need to collect the hips. Take the needle or a pin and make small punctures on the surface of the fruit. This will help it release more nutrients during the boiling process. If you intend to use it fresh, your hips are ready to go. However, if you would like to store them for the rest of the year, you need to dry them by placing them in a warm and shady place for about a week or so or simply putting them in the food dehydrator, if you have one, for several hours.

Heat water. Add rose hips to the teapot after the water has boiled. Bring to the lowest heat and keep boiling for 15 minutes. Remove from the stove and let it steep for 5 minutes. Strain the tea, pour it into cups and serve with honey.

Smaller hips are more suitable for this method as they are easy to dry, unlike the larger ones that tend to get mouldy if dried whole.

ROSE SMOOTHIE

For 2 glasses

Smoothies are perfect refreshments for hot summer days. Depending on the ingredients, they can be very healthy as well as delicious. To prepare smoothies, we use fresh rose petals. However, if these are not available, you can use rose petal preserve or rose syrup instead. It's also good to know that the colour of your smoothie will vary depending on the rose variety you intend to use.

Ingredients

1 cup chilled yoghurt
1 cup fresh rose petals
1 cup raspberries
1/4 cup strawberries
1 tbsp honey
a few ice cubes (optional)

Preparation

Place all ingredients in a blender and blend until smooth. Pour it in a glass and decorate with some cinnamon and fresh rose petals.

If you are using rose petal preserve, or rose syrup instead of fresh petals, leave out adding honey to your smoothie or it will be too sweet.





ROSE FLAVOURED LEMONADE

Quick and refreshing. All you need to do is add some rose water into this summer drink and your floral beverage is ready to lift up your spirit.

Ingredients

3 medium-sized lemons

1 l water

2-3 tbs rosewater

sugar (optional)

Preparation

Add squeezed lemon juice, rosewater and water into a jug or pitcher. Add sugar to your taste. Decorate with some fresh lemon slices, rose petals and, of course, ice cubes. Enjoy.

•It is important to note that flowers that you buy at the florist are normally not for eating since they can be chemically treated. Also, not all varieties of roses that you find in your garden are suitable for kitchen use, some garden roses simply do not taste good. Edible roses by PGR are tested for nutrition and flavour and are perfect to use in your kitchen, provided that you grow them without chemical treatment like any other fruit or herb.

ROSE SYRUP & POMEGRANATE SMOOTHIE

1 large glass

Simple, delicious and healthy, this rose smoothie is a perfect way to start your day.

Ingredients

1 cup of raspberries
1 large apple, peeled and cored
1 tbsp of rose syrup
 $\frac{1}{2}$ a cup of pomegranate seeds
 $\frac{1}{4}$ a cup of almonds
a few ice cubes (optional)

Preparation

Place all ingredients in a blender and blend until smooth. Decorate with fresh or dried rose petals.



ROSE COCKTAIL WITH ORANGE LIQUEUR

For 4 glasses

Ingredients

80 ml rose syrup
80 ml Grand Marnier
750 ml sparkling white wine
rose petals

Preparation

Pour the rose syrup and Grand Marnier into chilled tall glasses.
Fill carefully with sparkling wine and garnish with rose petals.

•You can preserve rose petals for winter by drying them in a thin layer. Make sure that you dry them in a well-ventilated place and always in shade, as the sun can fade colour from delicate rose petals.



RASPBERRY ROSE COCKTAIL

1 glass

Ingredients

30 ml gin
½ a cup fresh raspberries
½ a cup rose petals (fresh or dried)
½ a cup sugar
½ a cup water
1 egg white

Preparation

First make raspberry rose syrup:

Mix water and sugar in a saucepan over medium heat until sugar is completely dissolved. Add raspberries and rose petals and bring to slow boil. Remove from heat and allow contents to cool. Strain liquid and discard any remaining pieces.

For the cocktail:

Pour raspberry rose syrup and gin into a cocktail shaker and shake. Add egg white and shake for additional 10-15 seconds until foamy.

Pour into a champagne glass and garnish with a rose petal or raspberry.



SUMMER ROSE DRINK

Drink 2 liters

Ingredients

1 l tonic

1 l spring water light sparkling

1 lime

some rose syrup or rose water

rose petals of 1 or 2 roses

Preparation

Mix the tonic and the spring water in a large can. Add to taste some rose syrup or rose water.

Cut the lime into small wedges and put them in the can. And finally sprinkle some rose petals on top.

FESTIVE APERITIF DRINK

Ingredients

white wine of your choice
fresh rose petals

Preparation

Put some rose petals in a glass of cold dry white wine or prosecco, let it sit for couple of minutes before serving.

And you have a delicious fresh festive drink.

•For extra flavour, remove the white basal part of the petal as it can be somewhat bitter. You can remove this part by simply pinching it off with your fingers or cut it off with a knife or scissors.





ROSE DREAM COCKTAIL

Cocktail without alcohol (4 servings)

Ingredients

rose syrup (to taste)

650 ml milk

350 ml coconut milk

juice of 1 lemon (on a saucer)

granulated sugar (on another saucer)

cubed fresh coconut (optional)

For decoration:

sugared rose petals (see recipe below)

1 egg white

powdered sugar or fine granulated sugar

Preparation

Mix all ingredients well. If necessary, put them in an empty well cleaned bottle and shake it all together. If you like, you can also add some coconut cubes. Put in the freezer for about 2 hours. Shake from time to time!

For sugared rose petals:

Stir the egg white, paint the petals with the egg white and sprinkle them with powdered sugar or fine granulated sugar. Dry them on a tray covered with baking paper on the air. They should be free of moisture.

Take 4 glasses and dip the edges in lemon juice and then in sugar.

Spoon or pour rose-coconut milk into the glasses and decorate with sugared rose petals.

A special recipe that does well at Oriental cuisine. Also suitable for children!

STARTERS AND SIDE DISHES

Roses with a lot of petals can especially be used as colourful and tasteful addition to mixed salads with lettuce. Roses are perfect to combine with sour flavours of pomegranate (syrup), orange, lemon, sumac and balsamic. Use these ingredients when making salads. Also, dishes with carrots (grated or cooked in a soup) can be subtly flavoured by the addition of rose petals or rose water. The taste of roses is also a good combination in dishes with cheese, such as feta or goat cheese.



MOROCCAN
CARROT SOUP

CAESAR SALAD WITH SPRING VEGETABLES AND ROSE PETALS

Starter (4 servings)

Ingredients

500 g chicken breasts
3 tbsp olive oil
a bit of salted butter
1 head of Romaine lettuce
150 g sugar snap peas
150 g broad beans (shelled fresh or frozen)
15 green asparagus
black pepper/fleur de sel
80 g shaved Parmesan cheese
croutons (of 2 slices of bread or
ready-to-eat croutons)
a handful of rose petals or leaves and
flowers of nasturtium

Vinaigrette:

5 tbsp olive oil
2 tbsp wine vinegar
black pepper
grated zest of ½ a lemon

Anchovy dressing:

3 dl mayonnaise
1 tsp French mustard
5 anchovies, salted and mashed
2 tbsp capers
2 tbsp whole yogurt
grated zest of ½ a lemon

Preparation

Heat olive oil in a pan and fry the chicken on all sides.

Add a bit of salted butter just before it is done and let it cook. Remove the chicken from the pan, let it drain and cut into slices.

Tear the Romaine Lettuce in large pieces, rinse and drain. Blanch the snap peas and the beans separately in salted water and cool them right away. Make sure they are still crispy. Blanch 12 of the green asparagus in salted water with butter and cool immediately when done. Also make sure it is still crispy. Cut the other 3 asparagus into thin slices.

Make vinaigrette of olive oil, wine vinegar, black pepper and grated lemon peel. Flavour the lettuce, green asparagus, broad beans and sugar snaps with the vinaigrette.

Make the anchovy dressing by mixing mayonnaise with mashed anchovies, capers, French mustard and lemon zest. Dilute the dressing with plain yogurt and maybe some lemon juice.

Place the vegetables together with the chicken on a nice tray. Finish it with Parmesan cheese shavings and croutons. Sprinkle generously with anchovy dressing. Season with some extra black pepper, fleur de sel and lemon zest. Sprinkle with rose petals or leaves and flowers of nasturtium for a colourful effect.

GAZPACHO WITH ROSE WATER

Starter (soup) (4 servings)

Ingredients

1 small red watermelon without seeds cleaned and cut into pieces

2 roasted red peppers (about 15 minutes at 250 °C)

juice of a lime

1 tsp togarashi shichimi melange

250 g tasty mini tomatoes

3 tbsp olive oil

1 tbsp rose water

salt and pepper

cubed feta cheese

fresh thyme

some fresh rose petals

Preparation

Add watermelon, peppers, mini tomatoes, lime juice, togarashi shichimi, rose water and olive oil in the food processor and turn it smooth.

Season with salt and pepper. Serve the gazpacho in a bowl and sprinkle it with some feta cheese, thyme and (if you have them) some fresh rose petals.





MEATBALLS WITH ROSE PETALS

Starter (4 servings)

Ingredients

300 g minced beef
200 g minced lamb
1 finely chopped onion
3 eggs
50 g finely chopped ginger
1 clove finely chopped garlic

1 tbsp cumin
2 tbsp ras el hanout
2 tsp rose water
fistful of rose petals
4 tbsp oil
pepper and salt

Preparation

Mix the beef and minced lamb with eggs, garlic, onion and finely chopped ginger. Add salt and pepper and season with cumin and ras el hanout. Knead until completely mixed. Then add rose water and chopped rose petals. Leave for at least half an hour so that the flavours absorb well in the meat. Then create small meatballs by hand and fry in a pan with oil until they are nicely browned.

Serve with chips, blanched broccoli and decorate with cheese and rose petals.

MOROCCAN CARROT SOUP

Starter (4 servings)

Ingredients

olive oil
1 large sweet onion, roughly chopped
2 cloves of pressed garlic
400 g carrot, cut into small pieces
5 g grated ginger root
1 small chilli pepper, finely chopped (seeds removed)
black pepper
sea salt
1 tsp coriander powder

1 tsp ras el hanout
½ a tsp cumin powder
1 litre chicken stock
1 dl cream
2 tsp rose water

For decoration:

handful of rose petals
2 tbsp fresh coriander leaves

Preparation

Heat olive oil in a high pan and cook onion, garlic, ginger and red chilli pepper gently. Season with black pepper, sea salt, coriander powder, cumin powder and ras el hanout. After 3 minutes add chicken stock and let it cook gently until the carrots get soft. Mix the soup fine with a hand blender and finish off with cream and rose water. If necessary, flavour the soup with extra black pepper and rose water. Decorate the soup with some coriander leaves and chopped rose petals.





SALAD WITH RAW BEET, GOAT CHEESE AND ROSES

Starter (4 servings)

Ingredients

5 or 6 small beets (if possible in different colours)
juice and grated zest of 1 organic orange
1 - 2 tsp rose water
2 tbsp extra virgin olive oil
salt and freshly ground black pepper
150 g soft goat cheese
2 tsp small coriander seeds, toasted and crushed
a few (dried) rose petals

Preparation

Peel the beets and cut them into slices of about 1 mm and place in a bowl. Prepare the dressing from orange juice and orange zest, rose water and olive oil in another small bowl, adding a pinch of salt and some black pepper. Pour half of the dressing over the beet slices, toss everything and let the salad rest for 15 to 20 minutes so that the beet is soft and the flavours are absorbed. Serve a few big spoons of goat cheese on a tray with the beets over it and sprinkle with coriander seeds and rose petals. Drizzle some dressing over the salad and serve.

ARAB CARROT SALAD

Side dish (4 servings)

Ingredients

4 carrots in white, yellow, orange and purple colour
2 spring onions, cut into thin rings
leaves of 1/2 a bunch of coriander
leaves of 4 branches of mint
a handful of raisins
a small handful of pine nuts

Dressing

1 tbsp lemon juice
2 tbsp orange juice
2 tbsp rose water
4 tbsp olive oil
2 tbsp honey
½ a tsp cumin powder
a pinch of cinnamon powder
salt and pepper

Preparation

Clean the carrots and cut them into long and thin slices using a vegetable peeler. Mix in a large bowl with spring onions, coriander, mint leaves, raisins and pine nuts.
Prepare the dressing by mixing the ingredients in a small bowl.
Mix the salad with the dressing and serve immediately on a plate or decorative tray.





MOROCCAN CARROT AND ROSE WATER SALAD

Side dish (4 servings)

Ingredients

4 large carrots
1/2 a cup raisins
2 tsp lemon juice
1-2 tbsp rosewater
1 tbsp olive oil (extra virgin)

Preparation

Peel and grate the carrots. Mix all ingredients in a medium bowl. The mixture should be lightly moist, not sopping wet. It will get moister when left to rest for a while. Let it rest for at least a couple of hours in the refrigerator so the flavours absorb well in the carrots. Serve cold or at room temperature as a side dish or as a part of an appetizer (mezze) platter.

SALAD WITH FIGS AND FETA

Meal salad or side dish (2 servings)

Ingredients

4 tbsp olive oil
2 tbsp lemon juice
2 tbsp honey
1 clove garlic, crushed
150-200 g mixed salad
2 tbsp Chia seed

2 tbsp walnuts, roughly chopped
1 tbsp pine nuts (toasted) or
1 tbsp pumpkin seeds
1 red onion, cut into thin rings
6 dried figs, halved
100 g goat or sheep feta
petals of 1 rose

Preparation

Make the dressing by mixing olive oil, lemon juice, honey and garlic. Set aside. Arrange the lettuce on a large platter and sprinkle with Chia seed, walnuts, pine nuts or pumpkin seeds, red onion rings and figs. Crumble feta on the salad and sprinkle with rose petals. Serve the dressing separately with the salad. The salad can be served as a meal salad or as a side dish with fish.



SALAD WITH ROSE PETALS AND ROSE VINAIGRETTE

Starter (4 servings)

Ingredients

100 g mixed salad
160 g snow peas
160 g lean smoked bacon
1 large apple
1 large pink or red rose
1 dl rose vinaigrette
spring onions or parsley

Preparation

Wash the lettuce in cold water and let it drain.

Cook the peas until 'al dente' and rinse them cold.

Cut the bacon into strips and fry them in a frying pan until crisp. Spoon the bacon on a layer of paper towels to absorb the excess fat.

Peel the apple and cut it into thin strips (julienne).

Wash the rose petals and pat dry.

Mix the snow peas, bacon, apple and rose petals with a part of rose vinaigrette.

Arrange lettuce on 4 plates and drizzle with vinaigrette. Arrange the salad in the middle of the plates.

Sprinkle chopped spring onions or some rose petals or finely chopped parsley over the salad.

•Always wash the flowers or petals prior to use, regardless of whether you get them from the supermarket or from your own garden. Besides making them clean, this will also help petals stay fresh for longer.





ROSE PETAL SALAD WITH ARUGULA, MINT AND CELERY

Side dish (4 small servings)

Did you know that rose petals can be a delicious part of your salad? Not only are the petals nutritious and healthy but are also flavourful and colourful. The following recipe is simple and can be modified according to your taste.

Ingredients

- 4 cups arugula (rocket)
- ¼ cup mint
- 1 cup fresh parsley leaves
- ½ cup thinly diagonally sliced celery
- ¼ cup fresh rose petals
- 2 tbsp parmesan cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- salt, pepper to taste

Preparation

Combine olive oil, lemon juice, black pepper, and salt in a large bowl, stirring with a whisk. Add arugula, parsley, mint, rose petals and celery; toss to coat. Sprinkle with Parmesan cheese and serve while fresh.

FENNEL SALAD WITH GRILLED RICOTTA

Starter (4 servings)

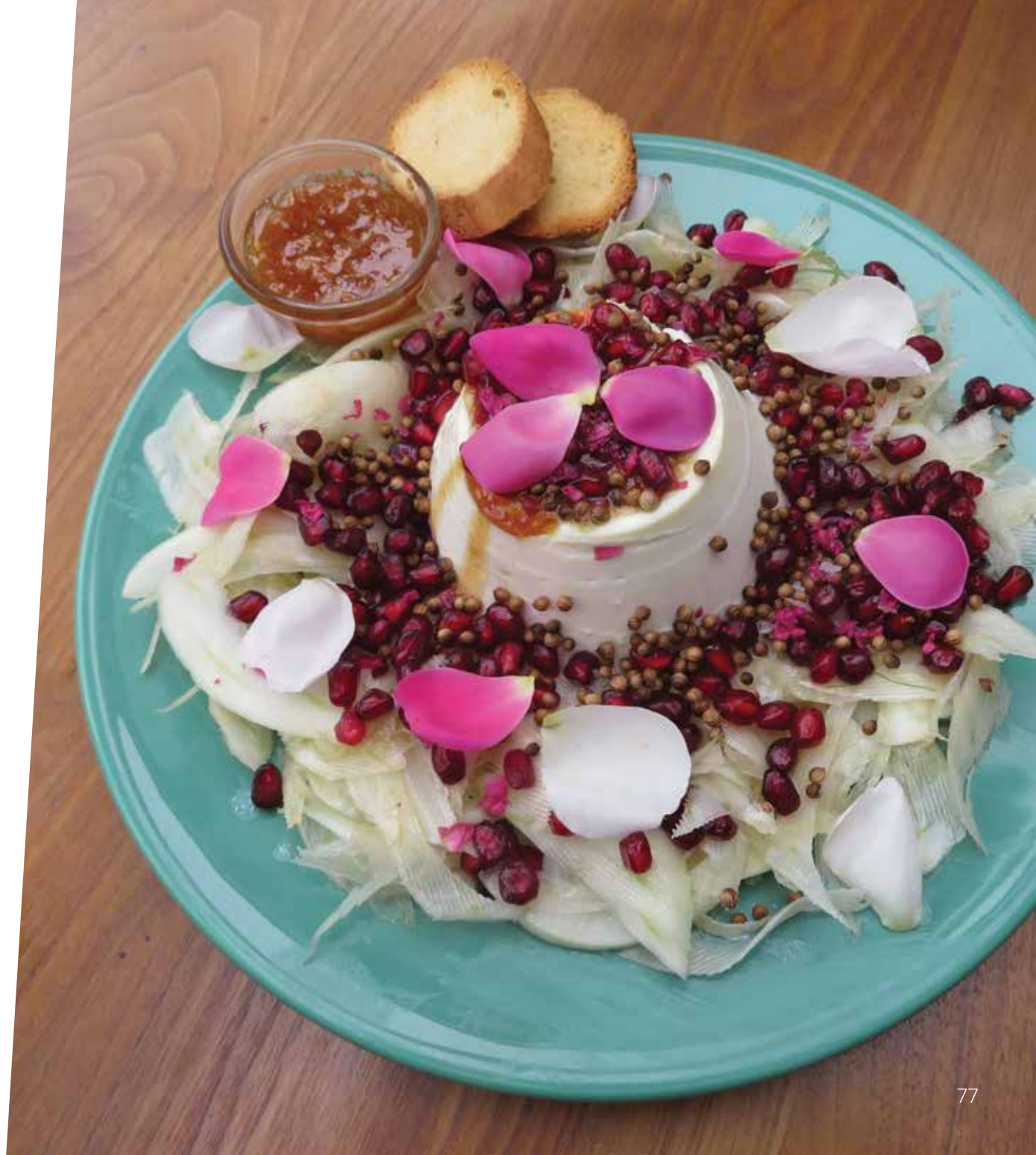
Ingredients

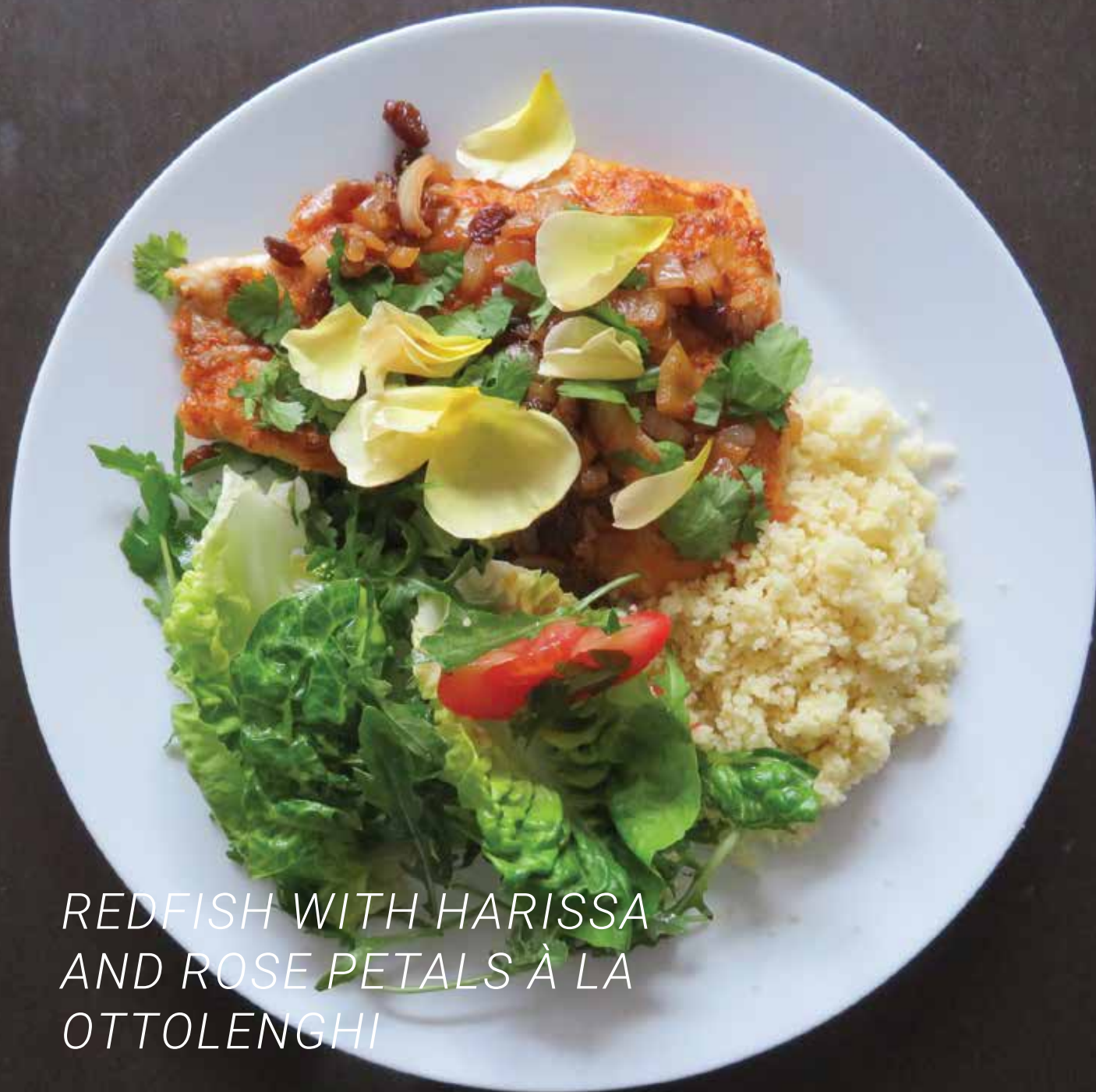
2-4 fresh roses	100 ml extra virgin olive oil
5 tbsp sugar	1 medium fennel
zest and juice of 1 lemon	4-5 tbsp pomegranate seeds
1 tsp white pepper	1 tbsp coriander seed, toasted in dry frying pan
1 tsp black pepper	a few dried rose buds or fresh rose petals
1-2 tbsp rose water	fleur de sel
250 g ricotta	crispy toast

Preparation

Preheat the grill to 220 °C. Take the rose petals and cut them very fine. Cook the rose petals with sugar, lemon juice and zest and a small amount of water on low heat. Let it boil down for 8-10 minutes to a kind of 'jam' to get rose chutney. Flavour it with freshly ground white and black pepper, a pinch of salt and 1 tablespoon of rose water.

Put the ricotta on a piece of baking paper in a baking sheet. Sprinkle with a little bit of salt and a bit of olive oil and leave under the grill for about 20 minutes till it gets light golden brown colour. Meanwhile, scrape the fennel into wafer-thin slices. Mix the rest of the olive oil with 1 tablespoon of rose water. Mix some of this rose oil with the fennel. Stamp the dried rose petals fine with some fleur de sel. Scoop grilled ricotta on a large plate, spoon the fennel salad around it and add some of the rose chutney over the ricotta. Sprinkle with pomegranate seeds, a bit of rose salt, roasted coriander seeds and some rose oil and dried rose petals. Serve with crispy toast.





REDFISH WITH HARISSA
AND ROSE PETALS À LA
OTTOLENGHI

MAIN COURSES

In the traditional North African cuisine rose petals and rosewater are used extensively in lamb and chicken dishes. Chicken with rose petals or rose water was already popular in India of the Moguls, in the old Moorish kitchen, as well as in medieval England.

In addition, combination of dried apricots with roses gives the meat/dish a nice flavour. Adding roses in ripe herbal mixtures such as Ras el Hanout, Garam Masala and Vadouvan, gives a good flavour balance. Dried roses are often added in ready-to-use spice mixtures, but you can also mix these herbals with fresh rose petals or with some rose water. These can be used in various meat and fish dishes.



CHICKEN WITH HAZELNUTS AND HONEY

Main dish (4 servings)

Ingredients

500 g chicken breast cut into pieces
2 onions, chopped
200 ml stock (chicken/vegetable)
a handful of hazelnuts
2-3 tbsp honey
2 tsp rose water

For marinade:

1 tsp ginger powder
1 tsp cinnamon powder
a few saffron threads
juice of 1 lemon
salt, to taste
freshly ground pepper

For decoration:

1 lemon cut into slices
optionally some coriander leaves or parsley for decoration

Preparation

Mix all the ingredients for the marinade with chicken and let it marinate for approximately ½ an hour. Roast the hazelnuts separately and crush them a bit.

Preheat the oven to about 180 °C.

Put chicken in an oven dish, add onions, pour in the stock and bake for 30-45 minutes.

The oven time depends on how big the pieces of chicken are. Turn the chicken from time to time. Remove from the oven and rub it with mixture of chopped hazelnuts, rose water and honey. Put the dish back in the oven for another 5 minutes until the top turns nicely brown. Decorate with some lemon slices and coriander or parsley leaves.

Goes well with rice or couscous and briefly baked slices of zucchini.

LAMB RAGOUT WITH APRICOTS

Main dish (4 servings)

Ingredients

500 g lamb meat cut into pieces

1 tbsp flour

salt

paprika powder (mild)

2 onions, finely sliced

4 tbsp oil

½ a tsp cinnamon

250 g dried apricots, soaked

saffron threads

sugar

1 tbsp rose water

Preparation

Mix the meat with the mixture of flour, salt and paprika. Heat 4 tablespoons of oil in a casserole and fry the meat with the onions in hot oil till it is brown on all sides. Sprinkle the cinnamon on it.

Put the saffron threads briefly into lukewarm water, add them to the meat and let it fry with it.

Pour hot water on the meat, just to cover it. Let the meat stew gently for 1 ½-2 hours. Then add soaked apricots, a pinch of sugar and rosewater to it. Simmer for another 45 minutes.

Serve the stew with rice or couscous.



REDFISH WITH HARISSA AND ROSE PETALS À LA OTTOLENGHI

Main dish (4 servings)

Ingredients

3 tbsp harissa
1 tsp ground cumin
4 redfish fillets
flour to powder the fish
2 tbsp olive oil
2 onions, finely sliced
100 ml red wine vinegar
1 tsp ground cinnamon
200 ml water
1 ½ tbsp honey
1 tbsp rose water
60 g currants or raisins
2 tbsp coarsely chopped coriander leaves
2 tsp dried rose petals or a handful of fresh rose petals
salt and freshly ground black pepper

Marinate (2 hours in advance)

Mix half of the harissa pasta with ground cumin and ½ a teaspoon of salt and rub the fish fillets with the paste. Leave it in the refrigerator for about 2 hours

Preparation

Powder the fish fillets with flour. Heat oil in a frying pan and cook the fillets for 2 minutes on each side. Take the fish fillets out of the pan and set aside.

Leave the oil in the pan and add onions. Cook for about 8 minutes until golden brown.

Add the remaining harissa, vinegar, cinnamon, ½ a teaspoon of salt and lots of black pepper. Add water and lower the heat and let the sauce simmer gently for 10 to 15 minutes, until very thick. Add honey and rose water in the pan along with currants or raisins and let it simmer gently for a few minutes. Taste and add some more spices. Then lay the fish in the pan and pour the sauce over the fish. Leave the fish in the sauce to warm up for several minutes. If the sauce is very thick, add a few tablespoons of water.

Serve the fish with coriander and rose petals.



VADOUVAN YOGHURT CURRY WITH CHICKEN

Main course (4 servings)

Ingredients

500-600 g chicken filets or thighs

2 tbsp vegetable oil

1 onion, finely chopped

1 tbsp + 1 tsp vadouvan

(ready-made spice mix, a sort of curry)

300 ml Turkish or Greek yoghurt

50 g ground almonds

1 tbsp rose water

pepper and salt

½ a bunch coriander, leaves roughly chopped

Preparation

Heat 2 tablespoons of oil in a frying pan and fry the onion over medium heat. Add 1 tablespoon of vadouvan to the onion and fry briefly. Place chicken thighs in the pan and fry them briefly from all sides. Pour the yoghurt and rose water on the chicken and stir everything. Scrape the bottom of the pan. Stir in ground almonds and ½ a teaspoon of salt. Let the chicken cook on low heat, with the lid on the pan for 10 to 15 minutes. Stir in 1 more teaspoon of vadouvan just before the chicken is done and add salt and pepper. Sprinkle with coriander leaves. Keep a few leaves for decoration.

Goes well with rice and/or lentils, naan or other flat bread and green beans.

DESSERTS

Traditionally, roses and lemons are a good combination of sweet and sour and the same applies for other citrus fruit. Also, with fruits such as raspberry and strawberry, roses add a subtle extra taste and that makes delicious desserts combined with yoghurt or ice cream. By adding roses, less sugar can be used. In pastry, combination of almonds and pistachios with roses adds a nice flavour. Bitter tastes are a good counterweight to the overwhelming sweetness of flowers such as roses. Therefore, a piece of sweet Turkish delight with rose taste makes a good balance with a small cup of strong Turkish coffee. Combination of dark chocolate with roses offers many opportunities for balanced tasteful desserts.



STRAWBERRY & ROSE JAM CAKE

Photo by Sonja Lazukić

STRAWBERRIES IN ROSE WATER



Dessert (4 servings)

Ingredients

500 g strawberries, washed

1 tbsp rose water

1 tbsp sugar

1 tbsp water

Preparation

Cut off the green tops of the strawberries, half or quarter them. Mix rose water, sugar and water and pour over the strawberries. Let it marinate for at least 2 hours in the refrigerator.

Serve with curd, yogurt or ice cream. Decorate with some fresh rose petals.





ROSE FLAVOURED YOGHURT

Well, this is really a simple one. All you need is yoghurt of your choice, some rose petal syrup and your perfect breakfast is ready to begin. It goes well with pancakes or waffles, but you can also treat yourself with it whenever you are in a mood for something fresh and healthy regardless of the time of the day.

Ingredients

a glass of cold yoghurt
1-2 tbs rose syrup

Preparation

Pour the yoghurt into a glass and stir 1 or 2 spoons of rose petal syrup into it, depending on how sweet you want it to be. Rose petal syrup is really easy to make and you can find the recipe right here in our Cookbook. But if you haven't found the time to make it, or it is simply wrong time of the year for it, you should know that you can always use a couple of drops of rosewater instead. The flavour will be somewhat less intense, but enchanting nonetheless. Serve the yoghurt with integral biscuits, tea biscuits, pancakes or waffles.

ROSE FLAVOURED PUDDING

Dessert (4 servings)

Simple and delicious, this is a recipe everyone can make, especially those with not much time on their hands. If you like your pudding a little bit more flavourful, you can always add spices like cinnamon or anise or garnish it with chopped nuts or fresh fruit.

Ingredients

1 l milk
½ a cup whipped cream
7 tbs corn-starch
1/3 a cup sugar
3-4 tbs rose syrup

Preparation

Take one cup of milk and whisk together with corn-starch and sugar until all starch dissolves. Put the remaining milk, half a cup of whipped cream and rose syrup into a saucepan to simmer over medium heat. Add corn-starch mixture and cook until the pudding thickens, stirring constantly. While still hot, pour the pudding into serving dishes and let it cool to room temperature. Decorate with chocolate or fresh fruit.

If you happen not to have rose syrup in the house, you can always use 1-2 tablespoons of rosewater instead but do remember to put more sugar into the pudding otherwise it will not be sweet enough.





ETON MESS WITH ROSE AND RASPBERRY

Dessert (4 servings)

Ingredients

250 g raspberries

50 g sugar

250 ml whipping cream

2-4 tsp rose water

100 g meringues

some fresh rose petals for decoration

Preparation

Add half of the raspberries with half of the sugar in a saucepan and bring it to boil. Cook the raspberries for 1-2 minutes and then rub the mass through a fine sieve so that all seeds are left behind. Cool the raspberry coulis.

Whip the cream with the other half of the sugar. Add rose water at the end.

Break the meringues into chunks and mix them with whipped cream, remaining raspberries and half of the raspberry coulis. Serve the Eton mess in four small bowls and sprinkle it with the remaining raspberry coulis. Decorate the dessert with some fresh rose petals.

Serve the Eton mess with rose and raspberry immediately after preparation; otherwise the meringues will become soft.

ORIENTAL YOGURT DESSERT WITH ROSES AND CARDAMOM

Dessert (2 servings)

Ingredients

150 g raspberries, fresh or frozen
1 small beetroot, cooked
½ a tsp ground cardamom
a few drops of rose water
250 ml Turkish yogurt
1 tsp almond essence
4 tbsp powdered sugar

Preparation

Mix raspberries with beetroot in a blender. Add cardamom and rose water to it and mix well.

Stir powdered sugar and almond essence into the yogurt.

Serve in a glass – a layer of yogurt and a layer of raspberry puree. Build layers of two mixtures in the glass and stir at the end with a skewer to create a nice swirl in it.

Decorate with some fresh rose petals or with some coarsely chopped pistachio nuts.





PEARS IN SAFFRON AND ROSE SYRUP



Dessert (2-3 servings)

Ingredients

6 pears, peeled and left whole	1 petal of mace
400 ml water	6 small chopped green cardamom seeds
200 g sugar	1-2 tbsp rose water
zest of 2 lemons	1/2 a tsp roasted saffron threads
4 cloves	mint leaves

Preparation

Mix water, sugar, lemon zest and spices in a pan and cook over low heat. Cook for 5 minutes. Place the pears in the hot syrup and poach them for about 20 – 30 minutes.

Remove the pears from the syrup and place them upright in a bowl.

If the herbal syrup is too thin, boil it down until it is thicker. Strain the hot syrup. Sprinkle the saffron threads in the syrup and flavour it with rose water.

Pour the syrup over the pears. Let it cool before serving.

Decorate with some mint leaves.

Also delicious with a scoop of ice cream or some cottage cheese or yogurt.

RHUBARB WITH HONEY AND ORANGE

Dessert (4 servings)

Ingredients

750 g rhubarb
1 large orange, zest and juice
5 tbsp honey
100 g sugar
½ a tbsp rose water
2 tbsp corn-starch
100 g almond flakes
400 ml Turkish or Greek yoghurt

Preparation

Wash the rhubarb and cut the stems into pieces of 4-5 cm. Wash the orange and grate the peel. Press the orange. Bring the rhubarb with honey, sugar, grated orange peel, juice and rose water in a large pan to boil.

Mix the corn-starch with 2-3 tablespoons of cold water.

Add the corn-starch stirring to the boiling rhubarb and let it cook for about 3 minutes.

Keep stirring. The rhubarb should be soft but it should not completely fall apart. Take off the heat and let it cool.

Toast shortly the almond flakes in a frying pan and let them cool.

Serve the rhubarb with yoghurt and sprinkle almond flakes over it.





CHOCOLATE CAKE

Dessert (8 servings)

Ingredients

100 g soft butter
50 g light yellow soft brown sugar
50 g dark brown soft sugar
150 g dark chocolate of good quality
1 tbsp rose water
5 eggs
125 g ground almonds
1 tsp baking powder
½ a tsp baking soda
Crème di balsamico (for decoration)

Preparation

Preheat the oven to 180 °C and grease a 22 cm baking tin lightly with flour. Cut a circle out of a piece of baking paper large enough to cover the bottom of the baking tin and put it in. Beat the butter and sugar creamy. Melt the chocolate au bain marie and let it cool down for a few minutes. Add the chocolate and rose water to the mixture of butter and sugar. Then add eggs, ground almonds, baking powder and baking soda. Blend it all well with a whisk or kitchen machine. Pour the batter into the cake pan and bake the cake for 35-40 minutes. Let the cake cool down on a wire rack for half an hour before removing the tin. For a festive accent, you can decorate the plate (preferably a white one) with a little crème di balsamico and then put a piece of cake on it. Decorate with a little bit of crème, some fresh rose petals and some strawberries or raspberries.

LIME YOGURT CAKE

Dessert (8 servings)

Ingredients

For the cake

225 g self-rising flour

1 tsp baking powder

a pinch of salt

75 g ground almonds

100 g fine granulated sugar

2 medium eggs

50 g liquid honey

2 ½ dl Greek yogurt

1 ½ dl sunflower oil

finely grated zest of 1 lime

50 g unsalted pistachios, roughly chopped

For the syrup

1 ½ dl water

100 g fine granulated sugar

juice of 1 lime

1-2 tbsp rose water

For the decoration

slices of mango or summer fruit

Preparation

Preheat the oven to 180 °C. Grease a 22 cm baking tin and put baking paper on the bottom of it.

Strain flour with baking powder and salt in a bowl. Add ground almonds and granulated sugar and mix well.

In a separate bowl, stir eggs, honey, yogurt and sunflower oil. Add the lime zest and mix well. Make a hole in the middle of the dry ingredients and pour in the liquid mixture slowly. Mix with a spatula until it blends. Add pistachios and mix through.

Pour the batter into the prepared baking tin, put the cake in the oven and bake for 40-50 minutes; a skewer inserted in the middle should be dry and clean. Let the cake cool down for about 20 minutes in the tin.

Meanwhile, make the syrup:

Boil the water with sugar for 5 minutes in a saucepan, letting it bubble down to a half.

Add the lime juice and cook for 2 minutes. Let the syrup cool down and stir the rose water through it.

Make small holes with a skewer on the top of the warm cake and pour the syrup over it with a spoon. Let cool.

Serve the cake in pieces with whipped cream or yogurt and garnish with summer fruit or mango slices.

TURKISH DELIGHT

Speaking of roses as culinary ingredient, one of the first things that come to mind is certainly rose flavoured Turkish delight. This traditional Middle Eastern sweet will take you to the exotic places of the Orient every time you enjoy in its perfectly scented flavour with a cup of strong black coffee. This recipe is a little bit more time consuming than some of the previous recipes with roses but the end result is more than rewarding. One of the reasons for the popularity of this candy is its adaptable nature – depending on your preferences, you can add chopped nuts or pistachios, candied fruit like lemon or oranges or you can coat it in chocolate, powdered sugar, coconut or an exotic mixture of finely grinded spices and rose petals. Finishing touches to this versatile sweet are entirely up to your imagination.

Ingredients

1,5 kg sugar
1,5 l water (divided in half)
250 gr corn-starch
1 lemon
2 tbsp rosewater
2-3 drops of red food colouring (optional)
100 gr powdered sugar

Preparation

Place 1,5 kg of sugar, juice of one lemon and 750 ml of water into a large saucepan and boil over medium heat. Stir until the sugar dissolves and bring the mixture to boil. Take the corn-starch and dissolve it with the remaining water in a medium sized saucepan, stirring carefully and making sure there are no lumps. Add the dissolved starch to the sugar syrup, stirring constantly with a wooden spoon over medium heat for about an hour. The mixture should become thick and sticky. You will know that your Turkish delight is ready when the spoon leaves clean lines in the pan. Remove from heat and stir in rosewater and several drops of food colouring. Pour the mixture into a well-oiled baking tray, flatten the top and allow it to set overnight, uncovered. The next day, flip the candy onto the powdered sugar, dusting it well from both sides. Cut it with a sharp, oiled knife into small cubes, dusting each with powdered sugar. It is best eaten fresh, but if you want to, you can store it in a paper box at room temperature.

ROSE ICE CREAM



Recipe courtesy of Theo Clevers

Dessert (4-6 servings)

Ingredients

250 g of fine granulated sugar

4½ dl cold water

100 g (20 pcs) of 'Theo Clevers'™ rose petals

6 tbsp of rose water

1 juice of lemon

Preparation

Heat the water with sugar until the sugar is well dissolved. Add rose petals and rose water into the sugar syrup and let it cool down. Put aside overnight so that the scent of the rose petals is completely absorbed in the syrup. Next day, add lemon juice to the mass. Place inside the ice cream machine and let it churn until it reaches consistency you prefer.

Tip: to keep the fresh colour of the rose petals you can add two teaspoons of glycerine to rose petals and sugar syrup mass.





RAW RASPBERRY AND ROSE CHEESECAKE



Recipe courtesy of Petra Žarković (@OnlyrawsweetsbyPetra)

Ingredients

For the first layer

- 1 cup nutty fruits (almonds, walnuts, hazelnuts)
- 1 cup pre-soaked and peeled dates
- 1 tbsp organic unrefined coconut oil

For the second layer

- 1 cup pre-soaked cashew nuts
- 2 tbsp coconut butter
- 2 tbsp lemon juice
- 3 tbsp honey (alternately 2 tbsp agave or maple syrup if honey is not suitable)
- ½ cup 'Theo Clevers'™ rose petals
- 2 tbsp rose water
- 1 ½ cup organic raspberries

Preparation

Use a 22 cm springform pan and line it with parchment paper. Put all the ingredients for the bottom layer into the blender and blend until all is even. Press the mixture firmly into the bottom of the pan. Put all ingredients, except raspberries, for the second layer into the blender and blend until smooth. Pour half of the mixture over the bottom layer. Add raspberries to the second half and blend again until smooth. Pour all into the pan and let it set in the freezer for at least 2-3 hours. Serve cold, decorated with edible rose petals.

STRAWBERRY & ROSE JAM CAKE

Recipe courtesy of Sonja Lazukić (@sonjasillyworld)

Ingredients

For the cake

200 g rapeseed oil
130 g Greek yoghurt
3 eggs
230 g sugar
200 g yoghurt
125 g milk
400 g all-purpose flour
Bit vanilla extract
1 tsp baking soda
1 tsp baking powder
1 tsp salt

For the strawberry-rose jam

400 g strawberries
150 g honey
1 lemon, freshly squeezed
1 tbsp dried edible rose petals

For the filling

300 g butter, at room temperature
150 g powdered sugar
220 g white chocolate, melted and bit chilled

Note

Bake the batter in 3 springform pans, 24 cm in diameter, in order to get 3 cake layers. If you want to use 20 cm pans, bake 2 layers and cut each in half to obtain 4 cake layers.

Preparation

Preheat the oven at 180 °C. Line the pans with parchment paper. In a large bowl, beat together eggs and sugar; add oil, yoghurt, vanilla extract, milk, and Greek yoghurt and beat until compact. Add flour, baking soda, baking powder and salt, and mix all together. Divide the mixture evenly between the prepared tins. Bake for 25 mins or until a skewer inserted into the centre of the cake comes out clean.

To prepare the jam, bring all ingredients together and cook on high temperature until the strawberries have softened, approx. 70 minutes. Mash the strawberries with a fork and continue to cook until the jam becomes thick, about 5 minutes.

In a large bowl, beat together sugar and butter until smooth. Add white chocolate and continue with beating for several more minutes. On cake stand, place in order – cake, jam, filling. Repeat until all material has spent. Frost the cake with some of the filling.

Cool the cake in the fridge at least 4 hours prior to serving.

VEGAN ROSEWATER DOUGHNUTS



Servings 10

Ingredients

1 ½ cups all-purpose flour
1 ½ tsp baking powder
½ tsp baking soda
½ tsp ground cinnamon
½ tsp salt
½ cup granulated sugar
3 tbsp vegan butter, melted
2 tsp vanilla extract
½ cup almond milk
¼ cup applesauce

Additionally

Doughnut baking pans

For rosewater topping

½ cup confectioner's sugar
few drops of food colouring
(or ½ tsp of beet juice)
2-3 tsp water
1 tsp rosewater
1 tsp corn starch

Preparation

Preheat oven to 180 °C. Lightly spray a doughnut pan and set aside.

In a large bowl, add the melted butter, almond milk, vanilla extract, applesauce, and granulated sugar. Mix all ingredients well. In a separate bowl, combine flour, baking powder, baking soda, cinnamon, and salt. Add the wet ingredients to the dry and mix until combined. Don't overwork the batter or it will produce tough doughnuts.

With a piping bag (or spoon) fill doughnut pan cavities 2/3 full. Place the pan in the oven on for 10-12 minutes until lightly golden. Remove from the oven and let it cool for 5 minutes before taking the doughnuts out and placing on a cooling rack.

Prepare topping: mix all the ingredients in a mixing bowl and whisk until it's a smooth glazing. Dip in the donuts and sprinkle with fresh rose petals.





YEAST DOUGHNUTS WITH CHOCOLATE TOPPING

Ingredients

90 ml water
150 ml buttermilk (at room temperature)
1 egg, beaten (at room temperature)
57 g butter, melted
450 g all-purpose or bread flour
50 g sugar
1 tsp salt
5 g regular or quick-rise yeast
oil for frying

Additional

parchment paper
large pot or a deep fryer
a sharp doughnut cutter

For topping

200 g quality dark chocolate melted
pinch of cardamom
1 tbsp rose water
dry rose petals (for decoration)
nuts, chopped (for decoration)

Preparation

Place all ingredients (except oil for frying) in a larger bowl and knead with an electric or stand mixer fitted with a dough hook. Knead about 6 minutes until dough is smooth and elastic. Let dough rise for about 1 and 1/2 hours, until doubled in volume. For best results, find the warmest spot in your kitchen and place the dough there.

Once the dough has risen, place it on a floured surface and knead lightly. Cut doughnut shapes with the cutter and place on parchment paper. Cover with a clean kitchen towel and place again in the same warm spot for about 30-60 minutes, until they are almost doubled in size. Deep fry doughnuts on moderate heat, until pale golden on both sides. Drain excessive oil on paper towel. Set aside to cool.

Prepare the chocolate topping: melt chocolate in a metal bowl placed over a saucepan of boiling water. Add cardamom and rose water. Spoon the melted chocolate over doughnuts and sprinkle with nuts and rose petals.

FRAGRANT ROSE BONBONS

Recipe courtesy of Eveline Wild

Makes about 120 white spherical bonbons

Ingredients

100 g water	60 g honey, runny
40 g sugar	6-8 fresh, open 'Eveline Wild'™ Rose flowers
1 pinch citric acid	460 g white chocolate, melted
110 g strawberries, mashed	100 g Limoncello or Prosecco

Additionally

approx. 200 g white chocolate

approx. 100 g grated coconut & chopped rose petals

Preparation

Briefly boil the sugar, citric acid, strawberry puree and honey. Put aside and let cool down to 40 °C. Chop rose petals into small pieces and add to the puree mix. Cover with a plastic film and store in the fridge overnight. The next day press the mix through a fine strainer, squeeze thoroughly and heat up to 40-50 °C. Add chocolate. Stir until smooth. Add alcohol. Cool down to 30 °C, so that the filling can be introduced into spherical bonbon moulds. Use a pastry bag or a big syringe for this purpose. Place the spheres overnight in a cool room to allow the filling to set. Do not store inside the fridge, as it will lead to water condensation and absorption of odours. Close spheres with a few chocolate drops. Dip bonbons gently in melted chocolate and roll in the coconut-rose mixture. Will keep for 2 weeks.



Photo courtesy of Eveline Wild



RHUBARB PIE

Dessert or pastry (6 servings)

Ingredients

For the bottom layer:

135 g flour
60 g butter in small pieces
30 g sugar
1 egg yolk
1 tbsp water
a pinch of salt

For the pistachio filling:

50 g almond flour
25 g ground pistachios

25 g coarsely chopped pistachios

60 g cane sugar

1 egg

25 g melted butter

a pinch of salt

For the rhubarb:

750 g rhubarb stalks

2 dl sweet white wine

100 g sugar

a few drops of rose water

Preparation

For the bottom layer:

beat sugar with egg yolk and add water. Knead flour and butter to make shortcrust pastry. Add the egg-sugar mixture, knead into a ball and wrap in plastic wrap. Rest for 1h in the refrigerator. Preheat the oven to 170 °C. Grease a rectangular baking tin. Roll out the dough and place in the baking tin.

Make the pistachio filling:

mix all ingredients together and place on top of the dough.

Make the rhubarb:

cut the rhubarb stalks to the size of the baking tin. Take a deep saucepan and bring wine with sugar and rose water to boil. Poach for about 3 minutes. Place the rhubarb over the filling and return to the oven for 25-30 minutes. Reduce wine-sugar mixture further to a syrup. Remove the cake from the oven and brush with the syrup.

COOKING WITH ROSES IN HISTORY

For centuries, roses have been a special ingredient in making the most refined gourmet cuisine. The oldest recorded recipe is that of a piece of rose-candy from the time of ancient Romans. Other ancient civilizations took advantage of sweet and fragrant qualities of their own indigenous types of roses. The rose cultivation started thousands of years ago, probably in both China and Persia. In China, 5000 years ago, all roses were planted not only for their beauty, but also for cooking and for medical use.

Rose water, the distilled essence of rose flowers (a process that was invented in the 3rd and 4th century!), was used as an aromatic and medicinal element in ancient Egypt, Greece, Rome, Persia and South Asia. It is still a common taste component (especially in confectionery) in the Middle East and Indian subcontinent. In the 10th century, Persia exported rose water to parts of Europe, North Africa and Asia. Rose water was often used as flavour in cakes, cookies and pastries. In the fourteenth century, medieval roses were often used in fish and venison dishes, in sauces and desserts, sweets and preserves. In the nineteenth century, roses were widely used all over the world as colouring and flavouring addition in tea, candies, cakes, sauces, oils and preserves.

In the present time, fruit of the rose, rose hips, are still used in jams, jellies and as a source of vitamin C. Rose petals are mixed with other herbs in fragrant and relaxing teas. You can also add the petals' magic to candies, syrups, honey, vinegar, oil and sauces. There are countless possibilities to use roses in dishes. Let your imagination play!

TAKING CARE OF YOUR EDIBLE ROSES

Just like any other herb, roses need care and attention. However, luckily for unskilled gardeners, they are rather easy to take care of.

Both garden and pot roses need the same care – they should be watered, fertilized and pruned.

Pot roses should be watered more often than garden roses as they are grown usually in sheltered conditions and do not receive rain, so regular watering should be established. Depending on the size of the pot and its position (plants exposed to whole-day direct sunlight need more water than those in the partial shade), you should water your plants 2 or 3 times a week. Water only if the surface layer of the soil is dry, otherwise you might overwater the plant. Allow any excessive water to freely drain.

Garden roses will benefit if you water them once or twice a week during hot, dry periods. Young plants and plants that have recently been transplanted need regular watering in the first few weeks until established. Four to five litres of water per plant is the optimum quantity for your garden roses.

Feeding your plant regularly is necessary if you want to have a strong and healthy plant with lots of blooms. This especially applies to plants that are grown in pots. Feed your plants once every other week with liquid fertilizer.

Pruning keeps your plant in shape and makes it bloom more profusely. Shorten your plant by 2/3 in spring. Make sure to keep the middle of the bush as open as possible. Remove all weak, thin and dry branches. Do your best to cut just above the appropriately positioned bud and do not leave any stubs behind.

Your plant will also benefit from deadheading – removing over-bloomed flowers. This will encourage your plant to give out new shoots and more flowers.

In areas where winters can be a bit harsh, make sure to protect your plants from freezing by adding an extra layer of mulch around the plant, or if your plant is potted, make sure to take it indoors or put it in some sheltered corner on your balcony.



WEIGHTS AND VOLUMES

1 tbsp = 1 tablespoon = 8 ml
1 tsp = 1 teaspoon = 5 ml
1 cup = 250 ml
1 tbsp flour = 8 g
1 cup flour = 115 g
1 tbsp sugar = 15 g
1 cup sugar = 225 g
1 tbsp powdered sugar = 9 g
1 cup powdered sugar = 150 g



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Cookbook



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