Roses & Perennials

Rose Scented Crepes w/ Rose Crème and Raspberries

1 recipe rose crème (below)
8 rose-scented crepes (below)
2 pints raspberries
Rose petals and powdered sugar for garnish

Crème:
1 cup heavy whipping cream
1 whole egg
2 egg yolks
6 T. rose petal sugar (below)
Pinch of salt
2 T. rose petal syrup (below, or rose flower water)

Heat cream until just before it reaches the boiling point. In a medium bowl, whisk together eggs, sugar and salt until sugar dissolves. Put bowl over a pot of simmering water and whisk vigorously. The bowl should not touch the water. Beat the egg mixture until very warm, fluffy and light in color (4 minutes). Do not let eggs scramble.

Very slowly pour in the warm cream while mixing; switch to a rubber spatula or wooden spoon. Continue to cook the cream over simmering water, stirring constantly, until thickened, about 10-15 minutes. It should coat the spoon and not drip down when you slide your finger across the back of spoon.

Remove from heat and pour crème through a fine mesh strainer into a clean container. Stir in rose syrup. Place saran wrap directly on top of cream, cover and refrigerate until chilled.

Crepes:
1/2 c. milk
1/2 c. water
1 c. instant blend flour (Wondra)
Pinch of salt
2 whole eggs
2 egg yolks
3 T. rose petal sugar (below)
2 T. melted butter

Mix milk and water together and stir into the instant-blend flour and salt with a whisk, eliminating any lumps. Then whisk in eggs, yolks, and sugar; stir until blended well. Stir in butter. Let batter rest for 20 minutes.

Meanwhile, preheat a 9-in. nonstick skillet or crepe pan to medium-hot. Pour 1/4 c. batter into pan, evenly distributing batter to make a very thin pancake. (If batter seems too thick add a little water, 1 T. at a time.)

Cook until pale brown, then turn over with a heat-proof spatula; this should take 1 to 1 1/2 minutes for first side and no more than 20-30 seconds for second side.)Remember crepes are pancakes and the first one is rarely a good one.)

Remover from pan onto a platter. The crepes can be stacked and should not stick to each other. Repeat until all the batter is gone. Makes about 8 (not counting the first one).

To assemble:
In a medium bowl, fold 1 1/2 c. of raspberries into the creme.

Place a crepe pretty side down on the plate; spoon into the center 1/8 of the raspberries and creme. Fold the crepe in half and then in half again. Some of the filling might peek out.

Garnish with remaining cream and raspberries, fresh rose petals and powdered sugar.

Rose Petal Sugar (Makes about 3 1/2 cups)
8 cups fresh, fragrant rose petals (not sprayed with insecticide)
3 c. sugar

Heat oven to 140 degrees. Wash rose petals gently in cold water and dry with paper towels. Spread petals on a sheet pan. Place in oven and turn the oven off. If you have a convection fan, turn it on.

Leave the petals in the oven until dehydrated, about 1-2 hours.

Place sugar and dry petals in a food processor and pulse until petals are mixed and finely chopped. Store the sugar in an airtight container. Good for about 1-2 weeks.

Rose Petal Syrup (about 2 cups)
1 1/2 c. cold water
2 1/2 c. rose petal sugar
1 T. fresh lemon juice
3 drops red food coloring

In a 1 qt. glass bowl, bring water to a boil in the microwave, about 4 minutes on high. Stir sugar, lemon juice and red food coloring into the water until sugar is dissolved.

Microwave another 2 minutes on high. Cover bowl with plastic wrap and steep the syrup for 10-12 hours, at room temperature.

Strain syrup through cheesecloth and store in a glass bottle or jar in the refrigerator. Will stay fresh for about 2 weeks.

Notes