



Selected Rose-Scented Pelargonium Recipes from

The Herb Society of America

CHOCOLATE ROSE-SCENTED SOUFFLÉ

Originally I tried preparing this recipe with rose water, but the flavor was not strong enough. Rose syrup is good in this recipe, however cooking down fresh organic rose petals takes longer than the following simple syrup. By all means, try rose syrup if you have some on hand. To make rose geranium syrup, combine 1 cup water with 1 cup sugar and about 10 or 12 rose geranium leaves in a small saucepan, bruising the leaves against the side of the pan with a spoon. Place over moderate heat and bring to a boil. Cover, remove from heat and let stand for at least 30 minutes.

Remove the leaves and squeeze them into the syrup to extract their flavor. This syrup can be made ahead and kept in the refrigerator for up to 1 month or frozen for up to 1 year. You can make other herb-flavored syrups in the same manner. Mint-scented geranium, orange mint, peppermint, spearmint, or anise hyssop would be good in this recipe; use about five 4- or 5-inch sprigs in place of the geranium leaves.

Serves 6 to 8

½ cup half-and-half cream

4 ounces semisweet chocolate, broken into pieces

1 ounce unsweetened chocolate, broken into pieces

¼ cup sugar

2 pinches salt

5 extra-large eggs, separated

¼ cup rose or rose geranium syrup

Whipping cream

Organic rose geranium flowers, rose petals or candied rose petals

Preheat the oven to 375°F. Generously butter six 1-cup ramekins or custard cups and sprinkle lightly with sugar.

Combine the cream, chocolate, sugar, and salt in a heavy-bottomed saucepan. Place over medium low heat. Whisk the chocolate as it melts to make a smooth mixture. Remove from heat when the chocolate is completely melted.

Beat the 5 yolks, one at a time, into the chocolate mixture. Whisk the rose geranium syrup into the chocolate, 1 tablespoon at a time. In a separate bowl, beat the egg whites until stiff but not dry.

Whisk about a cup of the egg whites into the chocolate mixture. Then pour the chocolate mixture into the whites and fold until just blended. Pour the mixture into the prepared dishes and bake in the lower half of the oven for 12 minutes, until they are set.

While the soufflés are cooking, whip about ½ cup whipping cream with 1 tablespoon of sugar until almost stiff. Whisk in about 1 tablespoon rose syrup, taste; add a bit more if desired.

Remove the soufflés from the oven. Scatter a few fresh rose petals or rose geranium flowers over the soufflés if you have them, or garnish each soufflé with a candied rose petal. Serve the soufflés immediately and pass the whipping cream. (You have about 5 to 7 minutes to serve the soufflés before they start to deflate.)

If you have leftover soufflés, you can refrigerate them and eat them the next day. Their texture will be denser, but they are still tasty served at cool room temperature.

Excerpted from Not Just Desserts -- Sweet Herbal Recipes by Susan Belsinger, © 2005.

ROSE GERANIUM CRANBERRY SORBET

24 oz. frozen cranberry juice
2 cups rose geranium tea
2 cups sparkling water
1 bottle pink champagne

Mix all ingredients and freeze until solid. Place frozen sorbet in a food processor and mix well. Refreeze until solid. Repeat this process 3 or 4 times to break down the ice crystals. To serve, process lightly to a soft, icy consistency.

Pat Dennis, Northern California Unit

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ROSE GERANIUM TEA

2 cups sugar
¼ cup chopped fresh rose geranium leaves
5 cups mineral water

Mix sugar, rose geranium leaves, and mineral water in a saucepan. Bring to a boil, reduce heat, and simmer for 5 minutes. Cool to room temperature and refrigerate overnight. Strain and discard the rose geranium leaves. Yields 3 quarts.

Pat Dennis, Northern California Unit

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ROSE GERANIUM ALMOND COOKIES

2½ cups all-purpose flour	1 tablespoon water
1½ cups granulated sugar (can use rose geranium or vanilla flavored sugar)	½ teaspoon almond extract
1 teaspoon baking powder	1 tablespoon rose geranium oil concentrate (or 2 tablespoons chopped fresh leaves)
½ teaspoon ground mace	1½ cups finely ground, toasted almonds
1 cup butter (8 ounces)	2 teaspoons finely ground coriander seed
1 whole egg	2 teaspoons minced orange peel

Preheat oven to 350°F. Combine dry ingredients with a wire whisk; set aside. Cream butter and sugar together in mixer bowl until fluffy. Add egg and mix well. Add dry ingredients a little at a time, then water and almond extract. Stir in rose geranium oil concentrate or chopped leaves, toasted almonds, coriander seed and orange peel. Mix thoroughly. Roll into small balls (walnut size or smaller), then roll in sugar. Press flat with the bottom of a slightly dampened glass or “pounder.” Bake on ungreased cookie sheets at 350°F until lightly browned, about 20 minutes.

Yield: 75 cookies

Variation: Substitute other nuts for almonds; vary the spice and citrus peel. Toasted pecans, pistachios or walnuts are equally delicious.

Recipe © Madalene Hill and Gwen Barclay, The Flavour Connection

The Herb Society of America's Essential Guide to Growing and Cooking With Herbs, edited by Katherine K. Schlosser, can be obtained [here](#).