

# Rose Petal Honey

*It's simple to make, delicious and healing.*

This is a simple treat to make that feels incredibly luxurious. We make this every spring, but never seem to make enough. We drizzle it on pancakes, French toast, ice cream, oatmeal, and, as seen in the photos, les petits palmiers (a French pastry).

## What you'll need...

- a small jar
- enough rose petals to fill the jar gently
- honey to fill the jar (I use local honey I get from a beekeeping friend)



1 Once your rose petals have been cleared of any insects, place them into your jar. Put in enough roses that you gently fill the jar but they aren't completely crammed in there. (Unless they are dusty there is no need to wash the rose petals. In fact your honey will be stronger in flavor if you don't rinse them.)

2 Next fill the jar with honey. Because I use local honey that hasn't been processed, my honey is often hard and crystalized. I like to gently warm the honey to make sure it has a syrup-like consistency. Being slightly warmed and more fluid helps it to better infuse the petals. (If you keep the temperature of the honey below 95 degrees F, you will still maintain the characteristics of the raw honey.)

3 I often add the honey in two steps. First I fill the rose petal jar with honey and stir it well to release air bubbles. Then I add more honey to fill the jar again.

4 I recommend waiting at least three days before you eat the honey. The honey will pull out the moisture from the roses, infusing it with their perfumed flavor. There is no need to strain the petals and we keep our rose petal honey on the counter. If you live in a warmer climate you may want to keep it in the fridge.

5 This honey will keep for a long time (if it lasts that long!). Last year we didn't make nearly enough, so we avoided taking out the petals when we used it and then kept refilling the jar with honey when it got low.