



Gammy's House Recipes

www.GammysHouse.com

Candied Flowers:

Candied flowers and petals can be used in a variety of imaginative ways - to decorate cakes large and small - all kinds of sweet things, such as ice cream, sherbet, crèmes and fruit salads, cocktails.

1 egg white (please use powdered egg whites to avoid salmonella)

100 proof vodka

Superfine granulated sugar

Thin artist's paintbrush

Violets, pansies, Johnny-jump-ups, rose petals, lilac, borage, pea, pinks, scented geraniums, etc.

Wire rack

Beat egg whites until frothy. Add a couple of drops of vodka to help the flowers dry quicker.

Using fresh picked flowers, paint each flower individually with beaten egg white using the artist's paintbrush. When thoroughly coated, sprinkle with fine sugar and place on the wire rack to dry. Flowers are completely dry when stiff and brittle to the touch.

They can be stored in an airtight container and put in the freezer for up to a year.

Will last approximately 6 months!

Provided by: All Cooks