

Wild Rose Syrup

Copyright: *Wild Seasons: Gathering and Cooking Wild Plants of the Great Plains* by Kay Young
1993, Univ. of Nebraska Press

I have made the following recipe many times both with wild rose petals and cultivated fragrant old "cabbage rose" (*Rosa centifolia*). The following recipe is taken from Kay Young's *Wild Seasons* book (p. 66-67) which I highly recommend over any other similar wild food cookbooks. It has beautiful line drawings, tested recipes, and gathering and processing information not in other books. Note: the recipe below must be made with rhubarb juice to be at its best. Boil 1 cup of sliced fresh or frozen rhubarb gently and uncovered for 5 minutes; pour off juice, makes about ½ cup. Rhubarb juice can be used as lemon juice replacement in many recipes.

Ingredients: 1/3 cup rhubarb juice
2 cups fresh rose petals
1 ½ cups water
2 ½ cups granulated sugar
A very few grains of salt
¾ cup water
1 package powdered pectin

Using an electric blender set on low, blend the rhubarb juice, petals, and the first amount of water. With the blender still running, slowly add the sugar and salt. Continue blending until the sugar has dissolved. Turn off the blender but allow the mixture to remain.

In a medium pot combine the second amount of water and the pectin. Stir well. Heat, stirring constantly, until the mixture reaches a full boil. Begin watching a clock and allow the mixture to boil hard for 1 minute, continuing to stir to prevent burning. Remove from the heat.

With the blender again set on low, slowly pour the hot pectin into the rose petal mixture and continue blending until smooth. Turn off the blender and wait a few minutes to allow the foam to rise to the surface. Skim off the foam, pour the syrup into hot, sterile jars, and screw on the lids. Allow the syrup to cool for at least 6 hours and not more than 12 hours at room temperature before refrigerating or freezing it. Make about 4 ½ cups of syrup.

Harrison note: Excellent on vanilla ice cream or pound cake