

Sweet Rose Petal Crepes

Rose Petal Syrup (group recipe)



1/3 cup of dried rose petals
1 cup boiling water
1/4 of a lemon juiced

Pour boiling water of rose petals. Squeeze lemon juice over the top. Let sit for 24 hours.

Pour the rose petal water over a cheese cloth covered strainer. Catch all of the liquid into a pan. Wrap of the cheese cloth and strain all the liquid into the pan. Save some of the soaked rose petals.

Add 1 cup of sugar

Stir until sugar is dissolved. Bring to a boil, turn down to a simmer for 5 minutes, and then turn off heat. Let the syrup cool. Store in sterilized jars and seal indefinitely or in the refrigerator for about 1-2 weeks.

Sweet Crepes (group recipe – repeat as needed)

1 large egg, beaten
1 cup milk
1 cup all-purpose flour
1 teaspoon vanilla extract

Whisk together the egg, milk, flour, and vanilla to form a smooth, thin batter. Heat a heavy 6-inch skillet over medium heat. When hot, spray a light coating cooking spray. Ladle about 1/4 cup of crepe batter into the pan, tilting the skillet to evenly coat the pan with batter. Cook until golden brown on the bottom and the top begins to look dry, 1 to 2 minutes. Using a spatula, carefully turn the crepe and cook on the second side just until the bottom colors slightly, about 30 to 45 seconds. Transfer to a plate and cover loosely with waxed paper to keep warm. Repeat with remaining batter. Then set aside. Yield: 6-8- 6inch crepes

Filling (individual recipe)

1/8 cup yogurt
1/8 teaspoon rose petal syrup

Mix thoroughly and spread over a crepe.

Add 1/4 cup berries of your choice

Roll up the crepe. Garnish with some of the soaked rose petal. Drizzle rose petal syrup over the top. Enjoy!



Lavender & Vanilla Bean Pudding (group recipe – double this recipe)



1 vanilla bean (or add 1 teaspoon of vanilla extract once you are done cooking)
2 cups whole milk
1 tablespoon lavender buds, crushed
1 egg yolk
¼ cup granulated sugar
1 ½ tablespoon cornstarch
1/8 teaspoon fine sea salt
½ teaspoon vanilla extract

Skip this if using vanilla extract. Begin by splitting the vanilla bean lengthwise and using the back of your knife, scrape out the beans.

In a medium saucepan, combine the 2 cups of milk with the crushed lavender buds. Split a vanilla bean and scrape the vanilla seeds/paste into the milk. Add the bean to the milk too. Whisk and cook on low heat. When it begins to simmer, turn off and let steep for 30 minutes.

In a bowl, whisk the egg yolk with the sugar. Pour the milk mixture slowly over the egg yolk and sugar, whisking constantly. Take about 1 tablespoon of the liquid out and pour it over the cornstarch until it becomes a paste. Add another tablespoon and spread it out to remove any clumps. Add another tablespoon and repeat. Add another tablespoon and repeat. Then, add the cornstarch mixture to the pan. Turn back on low heat until thickened. Whisk continuously to remove any lumps. Turn off heat. Serves 4-6.