

ROSE PETAL JAM (700 g of jam)



This recipe is adapted from Artusi's 1891 cookbook, and from the monks of San Lazzaro, Armenian monastery. Artusi notes that the best roses to use are the ones that are in full bloom. The recipe is said to have originated in ancient Roman times, and was preserved throughout the ages by noble families across Europe. Tradition says that the scent and essential oils of roses make you more intelligent. So while we're making the jam, roses are already having a beneficial impact on our mental health. 😊

Use unsprayed roses only!

Ingredients

600 g white caster sugar
200 g rose petals, preferably red or dark pink with a strong perfume
600 ml water
juice of one lemon

Method

1. Very gently rinse and drain the rose petals and place them in a large bowl with 200 grams of the sugar and the lemon juice.
2. With your hands, massage the rose petals with this mixture until you reduce the petals to a sort of "paste." The petals should remain whole, not torn, but with the sugar and lemon they will release colour, perfume and wilt.
3. In the meantime, add the rest of the sugar to the water and heat in a large saucepan until the sugar dissolves.
4. Add the rose petals and bring to the boil.
5. Allow to boil until the syrup thickens and the petals no longer float (about 30 minutes).

6. Remember this is a jam made from flowers, not fruit pulp! It won't be jammy, but more a lovely silky syrup. Keep an eye on it, and stir every now and then.
7. While still hot, place the jam in clean, sterilised jam jars and allow to cool.

Notes

1. This delicately perfumed jam is beautiful on fresh white bread or brioche, with or without a little unsalted butter. Stirred into some plain organic yogurt is divine!
2. In Roman times, according tradition, the jam was served with meat and breaded fried pork marrow.