

# SHOWSTOPPER



Lightly brush egg white onto petals.



Sprinkle with sugar.



Use to decorate as desired.

## Candied Flowers

### What you need:

- Edible flowers, such as roses, pansies, violets or primroses (found in the produce section of most large supermarkets)
- Pasteurized egg whites or egg substitute
- Granulated sugar

**Wash** edible flowers or petals gently in cold water. Place on paper towels and air-dry, or gently blot dry.

**Brush** egg white lightly onto flower with **Pastry Brush** or a clean, soft paintbrush.

**Sprinkle** flowers evenly with sugar using **Adjustable Measuring Spoon**; shake gently to remove excess sugar.

**Place** on **Stackable Cooling Rack** to dry for at least 30 minutes.

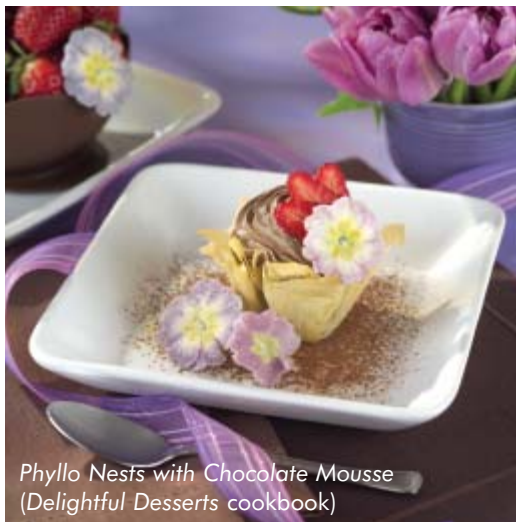
For serving and decorating ideas, see back.

### Flower Power

- One rose will yield about two dozen candied petals.
- Other common edible flowers that work well when candied include:
  - Carnations
  - Johnny-jump-ups
  - Lavender
  - Nasturtiums

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Candied flowers add a splash of color and flavor!



*Phyllo Nests with Chocolate Mousse  
(Delightful Desserts cookbook)*

## Enhance Home Décor

Turn candied flowers into shimmering potpourri. They add an elegant touch when placed at the base of a candle.

## Create Glistening Garnishes

Use candied flowers for any dessert, such as:

- Cupcakes
- Pies
- Tarts
- Ice cream
- Mousse
- Fresh fruit

## Test Kitchen Tips

- Use only organic (pesticide-free) or non-toxic flowers.
- The flowers of some vegetables and herbs, such as zucchini and mint, are also edible.
- If you cannot identify a flower, do not use for garnishing or eating.
- Meringue powder can be substituted for pasteurized egg white. Meringue powder is packaged in cans and can be found in stores that carry cake decorating supplies.
- Candied flowers can be made in advance. Let flowers air-dry completely, at least 24 hours. Store at room temperature in an airtight container between layers of Parchment Paper for up to 1 month.