

Candied Violets

<http://userealbutter.com/2014/05/04/candied-violets-recipe/>

1/2 – 1 cup violets with stems, loosely packed
1 egg white
1 cup superfine sugar

Gently rinse or mist the violets. Shake off excess water and then spread the violets on paper towels or an absorbent dish towel to dry. Feel free to give them a light toss to help remove any remaining water droplets. Whisk the egg white in a small bowl until frothy. Have a drying rack set on a baking sheet or parchment paper nearby. For each violet, hold it by the stem and carefully paint each petal with egg white using a tiny paint brush (preferably one that hasn't been used for anything other than food). Be sure to paint both the front and back of the flower, coating every surface. Sprinkle the superfine sugar over the violet so that it sticks to the egg white. Shake off any excess sugar. Sprinkle another coat or two until the whole flower is covered with sugar (but not so much that you can't tell it's a flower anymore). Set the violet on the drying rack or parchment to dry. Repeat for the rest of the violets. Let the violets dry for up to 24 hours. Cut the stems off each violet. Store the violets in an airtight container for up to a month or two. Makes as many violets as you started with.