

## Wild Rose Petal Ice Cream

<http://userealbutter.com/2016/07/10/wild-rose-petal-ice-cream-recipe/>

modified from *Purple Citrus and Sweet Perfume: Cuisine of the Eastern Mediterranean* by Silvena Rowe

3 cups (about 1 1/4 oz.) lightly packed fresh wild rose petals (or unsprayed fresh rose petals)  
1 cup sugar  
pinch of salt  
2 cups heavy cream  
1 cup whole milk  
5 egg yolks  
2-3 tbsps beet juice or 2-3 drops of red food coloring  
1 tsp lemon juice  
1 tsp rose water (I like Nielsen-Massey)

Place 2 1/2 cups of the rose petals, the sugar, and a pinch of salt in the bowl of a food processor. Pulse the contents into a purée or until the rose petals are no longer distinguishable. Place the purée in a medium saucepan with 1 cup of cream and the milk. Stir together over medium heat until the sugar has dissolved. When the mixture begins to bubble at the edges, turn off the heat.

Place the egg yolks in a medium bowl. While whisking the yolks, slowly pour a cup of the hot liquid into the yolks. Repeat with another cup of hot liquid. Scrape the egg yolk mixture back into the saucepan, stirring to combine. Set the saucepan over medium heat and stir constantly (getting at the corners to prevent any burning or curdling) until the liquid thickens into a custard. It should be thick enough to coat the back of your spoon. Remove from heat.

Strain the custard through a fine mesh sieve into a large bowl. Stir in the remaining cup of heavy cream. Stir in enough beet juice or red food coloring to achieve the color you desire. Stir in the lemon juice and rose water. Finely chop the remaining 1/2 cup of rose petals and add them to the custard. Completely chill the custard over an ice bath or covered in the refrigerator overnight. Churn the ice cream per the directions for your ice cream machine. Spoon the churned ice cream into a container and freeze until hard. Makes 1 quart.