



How to Make Candied Violets

You will need:

- ◆ About 20 clean violets
- ◆ 1 large egg yolk
- ◆ ½ cup sugar

Steps:

1. Collect the violets! (Leave the stem on the flower for now.)
2. Separate the egg white from the yolk
3. Beat the egg whites in a small bowl with a wire whisk (or fork) until frothy.
4. Place sugar in another bowl.
5. Taking 1 violet at a time, holding by the stem, gently dip into the egg white, covering all surfaces.
6. Using a spoon, gently sprinkle with sugar, making sure all petals are covered.
7. Place on paper towel and continue with the other violets.
8. Once you have coated all violets, gently transfer flowers to your refrigerator. Let sit for 24 hours.
9. After 24 hours, transfer your violets to a countertop and let sit out at room temperature for another 24 hours.
10. Snip off the stems and discard them.
11. Your candied violets are ready! Use them as a garnish on your favorite cakes, or eat as your own sweet treat!

Notes:

- ⇒ Throughout history flower petals were eaten in various forms. Fresh in salads and in garnishes or candied on cakes and desserts!
- ⇒ There are many flowers that are edible: carnation, bee balm, borage, sage, violet, daylily, marigold are just some of them! Some flowers could also be dried and used in teas!
- ⇒ Candied violets were very popular in 17th and 18th century France, and the tradition made its way to the United States in the late 18th century.

For More Information:

Degman, Marci. "The History of Edible Flowers." *Garden Guides*, 12 Mar. 2019, www.gardenguides.com/85738-history-edible-flowers.html.

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