

Rose Water Pot De Crème with Candied Rose Petals

By Chef Michelle Bernstein



INGREDIENTS

- 2½ cups heavy cream
- ½ cup whole milk
- ½ cup plus 1 tbsp. sugar
- 1 vanilla bean, split
- 6 large egg yolks
- 1 tbsp. rose water
- 1 egg white, room temperature
- Splash of water
- 24 organic, edible rose petals
(no white tip)
- 1 cup superfine sugar

DIRECTIONS

Combine the cream, milk and 5 tbsp. of the sugar in a large saucepan. Scrape the seeds from the vanilla bean and add with the pod. Simmer and stir to dissolve the sugar. Remove from the heat, cover and let steep for one hour. Reheat the cream mixture until warm and add in the rose water.

Meanwhile, whisk the egg yolks with the remaining ¼ cup of sugar until well combined. Slowly whisk the warm liquid into the yolks to temper them. Strain through a fine sieve. Refrigerate the liquid for an hour or so to rest.

To complete, preheat the oven to 300 degrees. Place 6 oz. ramekins in a larger deep baking pan lined with a piece of parchment paper. Make sure there is sufficient space between the ramekins. Place the baking pan on a baking sheet. This will provide double the insulation so the custards can cook slowly and evenly. Gently stir the custard and fill each mold with ½ of the liquid. Fill the baking pan with water until it reaches halfway up the ramekins. Cover the ramekins. Place in the oven and bake for 45-55 minutes. The custard should set but jiggle slightly. Remove from the water and put on a cooling rack. When cooled, put in the refrigerator for at least 8 hours. They can be refrigerated for up to 3 days. Garnish with rose petals and serve directly from molds.