



ROSE



The Power of Love

We love roses at Lemon Balm!

As herbalists we use rose petals and extracts to treat our patients and customers, valuing the way it lifts the heart. Our aromatherapists use precious rose oil in their luxurious massages, and our Lemon Balm shop is bursting with natural rose products - including candles, creams and face sprays with their glorious fragrance and wonderful skin-enhancing properties.

Something we all love is our delicious handmade Rose Syrup, which adds its unique flavour and fragrance to all kinds of recipes - perfect for Valentines Day, perhaps?

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ROSE COCKTAIL



The simplest way to use Rose Syrup is in a delicious cocktail. Pour a little syrup into the bottom of a cocktail or wine glass and top up with champagne, sparkling wine, white wine – or, for a non-alcoholic version, add elderflower fizz or sparkling mineral water. Strawberry and rose have a natural affinity, and a halved strawberry popped on the side of the glass looks very pretty.

Stir the syrup into whipped cream to sweeten and perfume – or why not bake your way to your loved ones heart with a batch of Lemon Balm's own recipe Rose Cookies...

ROSE COOKIES

- 100g butter
- 3 tablespoons Rose Syrup
- 350g Self Raising Flour
- 100g Caster Sugar
- 1 egg, beaten.

To decorate, if wished:

- 8 tbsp icing sugar sieved into a bowl
- A little boiling water
- Crystallised rose petals, red food colouring, silver balls, or whatever you think will look pretty to decorate.

METHOD:

Preheat the oven to 170c (fan oven)

1. Melt the butter (you can do this in a pan on the hob at a low heat, or in the microwave).
2. Stir the Rose Syrup into the melted butter.
3. Place the flour and sugar in a bowl.
4. Add the rose syrup butter to the flour and sugar, stir well.
5. Stir in the beaten egg.
6. Knead the dough together as it cools until you have a nice roll-able dough.
7. Roll out to about 1/2 cm thick and cut out heart shapes (or whatever shapes you like)

and bake for 8 minutes until just lightly golden around the edge – they should stay pale-ish.

8. Carefully lift the cookies onto a wire rack (watch out, they're still a bit bendy at this stage and break easily) and allow to cool completely before icing.

The cookies can be left as they are, or you can make a simple icing by pouring a teeny bit of boiling water on the icing sugar, and stirring like mad. Add a little red food colouring for a subtle pink blush (or add more, for a brazen scarlet heart) and immediately drip and smooth it over the cookies using a teaspoon.

You can embellish your cookies still further with crystallised rose petals or silver balls – and for those with a steady hand, even use some writing icing to spell out a message for your loved one. Leave on the rack to set overnight.

