

Medieval Rose Pudding

Servings: 4-6

I found this recipe on the British Museum website.¹ They said that the recipe came from Maggie Black's [The Medieval Cookbook](#). I have translated the British recipe into an U.S. version.

Ingredients

- Petals of one white rose
- 4 Tbs cornstarch
- 1 ¼ c whole milk
- 4 Tbs superfine sugar
- ¾ tsp ground cinnamon
- ¾ tsp ground ginger
- 2 ½ c table cream
- Pinch of salt
- 10 pitted dates, finely chopped
- 1 tbsp chopped cashews

Directions

1. Use a fresh white rose that is food safe (not sprayed). Take the petals off one by one. Blanch them in 3 cups of boiling water for 2 minutes. Take the petals out of the water and spread them out on 3 layers of paper towels. Cover them with another 3 layers of paper towels. Then press out the moisture using a heavy weight. (Don't expect the petals to remain white.)
2. Put the cornstarch in a 3-quart saucepan. Stir in small amounts of milk at a time into the cornstarch until it becomes a smooth cream. Stir in the remaining milk. Stir over medium-low heat until the mixture starts to thicken.
3. Pour the milk mixture into an electric blender. Add the sugar, spices, and rose petals. Process until fully blended, then blend in the cream and salt.
4. Pour the cream-rose mixture back into the saucepan. Stir over medium-low heat until it is the consistency of softly whipped cream.
5. Stir in the chopped dates and nuts. Continue stirring for 2 minutes. Do not let the cream boil.
6. Pour into a glass bowl and cool. Stir occasionally while it is cooling to prevent a skin forming on the top. When cool, chill in the refrigerator.
7. Spoon into dessert dishes. Top with additional chopped dates and nuts.

¹ <https://blog.britishmuseum.org/how-to-cook-a-medieval-feast/>