

# Violet Sugar



YIELDS: 2 CUPS

PREP TIME: 10 MIN

COOK TIME: 1-2 HRS

## Ingredients

2 cups of sugar  
2 tbsp cornstarch  
(optional)  
1 cup of fresh  
violet petals



## Directions

1. Rinse the lilac flowers and violets. Dry the
2. Pluck the petals off of the violets and dispose of the green parts of the flower.
3. Pulse sugar and petals in a food processor or clean coffee grinder until the petals are broken down.
4. Line a baking sheet with parchment paper and evenly spread out the sugar on the pan. Cover with a cheesecloth and dry for 1-2 days. This process can be sped up in a dehumidifier or place in an oven at the lowest setting, stirring and checking periodically to ensure it dries evenly.
5. Once dry, sift and break apart large clumps and store in an airtight container at room temperature.
6. \*optional\* Pulse sugar with cornstarch to make flavoured icing sugar.



# Lilac Syrup

YIELDS: 2 CUPS

PREP TIME: 1 HR

TOTAL: ABOUT 9 HR

## Ingredients

2 cups of fresh  
lilac flowers (stems  
and green parts  
removed)  
1 cup of water  
1 cup of  
granulated sugar



## Directions

1. In a small sauce pan, combine water and sugar over medium heat.
2. Bring to a boil until sugar has dissolved.
3. Add lilac flowers, stir gently and cover. Reduce heat to a simmer for 5 minutes.
4. Remove from heat and allow to steep for 3 to 8 hours while covered to fully infuse flavour.
5. Strain the flowers and transfer the syrup to a clean glass jar. Store it in the refrigerator for up to 2 weeks.
6. Can be used in cocktails, cakes, and to flavour other desserts. Violet syrup can be made using the same methods.

