



The Edible Garden

Recipe featured at *Fiesta de Flores y Comida*, September 26

Persian Poem in a Custard

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Ingredients (*Makes 15 small servings*)

4 ounces dark chocolate, preferably Cluizel Vila Grancinda (67% cacao)
4 large egg yolks
2/3 cup sugar, or to taste
1 cup heavy cream
1 cup whole milk
2 3-inch sticks of true Ceylon cinnamon (sold as *canela* in Latin American markets)
½ ounce dried rosebuds (sold in Asian and Middle Eastern markets and as *rosa de Castilla* in Latin American markets)
1 tablespoon rosewater (available in Middle Eastern markets)
1 tablespoon green cardamom pods, lightly crushed
1 small dried arbol chile
A pinch of salt
8 ounces of green pistachios, shelled and finely chopped, for garnish
Dried rosebuds, crushed into small bits, for garnish
Coarse sea salt

Instructions

1. Preheat the oven to 350 degrees Fahrenheit. Chop the chocolate very finely with a sharp knife or with a few short bursts in the food processor.
2. Whisk the egg yolks with half of the sugar and set the mixture aside.
3. Combine the heavy cream, milk, and remaining cinnamon, rosebuds, cardamom, chile, and a pinch of salt in a saucepan and bring to a boil over medium heat. Remove from heat and let steep for 20 minutes.
4. Add the chopped chocolate to the warm cream and milk and whisk gently until it melts. Let the mixture cool completely before stirring it thoroughly into the whisked eggs.
5. Strain the mixture into a shallow 8-inch square pan. Set the pan in a large baking pan. Place on the center rack of the pre-heated oven and carefully pour in very hot water to fill up the pan halfway up the sides of the smaller pan.

6. Bake at 335 degrees Fahrenheit for 25 minutes. It will still be somewhat loose, but will firm up when cooled to room temperature.
7. Serve at room temperature. Scoop into a pastry bag fitted with a fluted wide tip and pipe into small glasses. Sprinkle a little of the pistachio, rosebuds, and salt over each serving.