

# FAIRLADY

A black cast-iron skillet filled with a colorful banting recipe, topped with green onions and red chili, served on a banana leaf. The skillet is placed on a white ceramic stand. In the background, there is a glass of yellow beverage and a small white bowl.

**20** *mouthwatering*  
**BANTING RECIPES**  
7 CHICKEN | 7 VEGETARIAN | 6 SWEET



**CHICKEN PAELLA**  
PG 4



**COCONUT CHICKEN  
IN LETTUCE CUPS**  
PG 6



**ROLLED STUFFED  
CHICKEN BREASTS**  
PG 7



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CHICKEN & BACON  
BURGERS** PG 9



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**CHOCOLATE  
CAKE WITH  
MARSHMALLOW  
TOPPING**  
PG 29

# 20

*mouthwatering*

**BANTING  
RECIPES**



**PERI-PERI CHICKEN LIVER SALAD PG 10**



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**TURMERIC CHICKEN KEBABS PG 12**



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## **CREDITS**

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**DARK CHOCOLATE FONDANT PG 30**



**COCONUT FRIDGE TART WITH RASPBERRIES PG 31**

## *Chicken 'paella'* SERVES 4

- 4 chicken drumsticks
- 4 chicken wings
- 2 tbsp duck fat
- 2 cloves garlic, crushed
- 1 onion, finely chopped
- 1 red pepper, sliced
- 1 head cauliflower, roughly blitzed
- big pinch of saffron in a little hot water
- 1 cup homemade chicken stock
- 2 bay leaves
- 3 large red tomatoes, diced
- himalayan salt and black pepper
- 500g mussels in their shells, cleaned
- 10g fresh thyme
- homemade mayonnaise, to serve

**1.** Heat a griddle pan and chargrill chicken pieces until dark golden and cooked through.

**2.** Heat a large frying pan or paella pan, add duck fat and toss in garlic, onion and pepper. Sauté until golden, add the cauliflower rice and cook for 2 minutes.

**3.** Pour in the saffron, stock, bay leaves and tomato, bring to a boil and then simmer for 5 minutes to reduce. Season.

**4.** Add the chicken pieces and mussels to the pan, cover with a lid or foil and cook over a low heat for 10 minutes. Remove lid and stir in the thyme.

**5. To serve:** Divide between 4 serving plates and serve with mayonnaise.





## Coconut chicken in lettuce cups

SERVES 4

- 1 x 400g tin coconut milk
- 1 cup homemade chicken stock
- 4 dried lime leaves
- zest of 1 lime, finely grated
- 4 chicken breast fillets

### FOR THE SALAD

- 1 cucumber, seeded and sliced
- ½ cup radish, sliced into matchsticks
- ½ red onion, finely sliced
- 50g almonds, toasted and chopped
- sesame oil and lime juice, to drizzle
- himalayan salt and black pepper
- 1 butter lettuce, leaves separated
- fresh coriander and mint

**1.** Place coconut milk, stock, lime leaves and zest in a pot, add chicken, bring to a simmer and cook for 12–15 minutes until cooked through. Allow to cool in the cooking liquid.

**2.** When cool, remove and shred



chicken, reserving the cooking liquid. Set aside.

**3. For the salad:** Toss together cucumber, radish, onion and almonds, add chicken and drizzle with sesame oil, lime juice and reserved cooled cooking liquid. Season.

**4. To serve:** Divide lettuce between 4 plates, top with chicken salad, coriander and mint.

## *Rolled stuffed chicken breasts*

SERVES 4

### FOR THE FILLING

- 2 tsp coconut oil
  - 1 onion, finely chopped
  - 2 cloves garlic, crushed
  - 1 tsp dried chilli flakes
  - 2 cups broccoli rice
  - 50g pine nuts, toasted
  - 3 tbsp chopped fresh oregano
  - himalayan salt and black pepper
- 
- 4 large chicken breasts, deboned, skin on
  - 80g thinly sliced gruyère cheese
  - 1 tbsp ghee
  - mixed herb salad and red pepper pesto, to serve

**1. For the filling:** Heat coconut oil in a frying pan. Fry onion until golden, add garlic, chilli and broccoli, and cook for 5 minutes or until tender. Stir in pine nuts and oregano and season to taste. Set aside.

**2.** Heat oven to 180°C. Using a mallet or rolling pin, flatten the



chicken breasts skin-side down until they are an even thickness.

**3.** Arrange slices of gruyère on the chicken breasts, top with filling and roll into cylinders. Wrap each one tightly in foil and roast for 30–40 minutes until cooked through. When done, unwrap chicken rolls and fry in ghee until browned. Slice and serve with a mixed herb salad and pesto.





# *Crispy chilli chicken & bacon burgers with tangy mayo*

SERVES 4

## **FOR THE BUNS**

- 150g almond flour
- 2 tbsp flaxseeds
- 2 tbsp sunflower seeds
- 2 tbsp sesame seeds
- 3 tbsp psyllium husks
- 2½ tsp baking powder
- 1 tsp himalayan salt
- 3 tbsp coconut oil, melted
- ½ cup water
- 4 extra-large eggs, beaten

## **FOR THE BURGERS**

- 4 chicken breast fillets
- 2 tbsp melted coconut oil
- himalayan salt and black pepper
- 3 tbsp extra-virgin olive oil
- 1 clove garlic, bruised
- ½ tsp dried crushed chilli flakes
- 5g fresh parsley, finely chopped

## **FOR THE TANGY MAYO**

- ½ cup homemade mayonnaise
- 2 tsp dijon mustard
- 2 tsp xylitol

## **TO SERVE**

- lettuce leaves
- sliced tomatoes
- pickles

- 150g bacon, cooked until crispy
- sweet potato chips

**1. For the buns:** Preheat the oven to 170°C and grease a baking tray.

**2.** Place all the dry ingredients in a bowl. Add the wet ingredients and stir well until the mixture forms a soft, thick dough.

**3.** Place ½ cup measures of the mixture in rounds on the baking tray. Bake for 30–35 minutes until cooked through.

**4. For the burgers:** Brush the chicken fillets with coconut oil and cook on a griddle pan over a high heat for 8 minutes per side until well charred and cooked through.

**5.** Combine the remaining burger ingredients and brush over the chicken.

**6. For the tangy mayo:** Mix together all the ingredients.

**7. To assemble:** Slice four buns in half, top with mayo, lettuce, chicken, tomato, pickles and bacon, and serve with the sweet potato chips.

# Peri-peri chicken liver salad

SERVES 4

## FOR THE LIVERS

- 1 tbsp ghee
- 500g chicken livers, cleaned
- 1 onion, finely sliced
- 3 cloves garlic, crushed
- ½ cup white wine
- 2 tsp paprika
- 2 red chillies, seeded and chopped
- ½ red pepper, diced
- 3 red tomatoes, diced
- 2 bay leaves
- ½ cup cream
- 1 tsp xylitol
- himalayan salt and black pepper

## FOR THE SALAD

- ½ cucumber, shaved into ribbons
- 2 spring onions, finely sliced
- 80g green olives

**1. For the livers:** Melt ghee in a frying pan and fry livers until brown on the outside but still rare on the inside. Remove from the pan and set aside.

**2.** Add onion, garlic and wine



to the pan and cook until soft and golden. Add remaining ingredients and simmer for 5 minutes.

**3.** Season and then return livers to the pan. Cook for 2 minutes or until just done.

**4. To serve:** Toss together the salad ingredients and serve with livers and a drizzle of sauce.

## *Roast chicken portuguese style*

SERVES 2-4

### **FOR THE MARINADE**

- 4 cloves garlic
  - 1 red chilli
  - 1 tsp paprika
  - ¼ cup olive oil
  - juice of 1 lemon
  - 2 tsp xylitol
  - himalayan salt and black pepper
  - 2 bay leaves
- 
- 1 free-range chicken, spatchcocked and halved
  - 3 onions, halved
- 
- chilli sauce, to serve

**1. For the marinade:** Place all the marinade ingredients in a blender and blitz to combine. Place the chicken in a glass dish, pour over the marinade, cover with clingwrap and leave to marinate for 1 hour.

**2.** Preheat oven to 180°C. Place the onion in a roasting tray,

top with the chicken halves, breast-side down, and roast for 30 minutes. Turn the chicken and roast for another 40 minutes, or until cooked through.

**3. To serve:** Serve the chicken with the roast onion halves and chilli sauce.



## *Turmeric chicken kebabs with coconut almond sauce*

SERVES 4

### **FOR THE MARINADE**

- 2 cloves garlic, crushed
- 5cm knob ginger, crushed
- 1 red or green chilli, chopped
- ½ cup buttermilk
- himalayan salt and black pepper
  
- 8 chicken thigh fillets, deboned
- 2 tbsp ghee, melted

### **FOR THE SAUCE**

- 1 tbsp ghee, melted
- 1 lemongrass stalk, finely chopped
- 2 cloves garlic, chopped
- 1 tsp mustard seeds
- 2 tsp turmeric
- 1 cinnamon stick
- 2 tbsp almond butter
- 1 x 400ml tin coconut cream
- 1 tsp fish sauce
- juice of ¼ fresh lemon
- tomato salad and sour cream sprinkled with paprika, to serve

**1.** Place all marinade ingredients in a bowl; season.

**2.** Add chicken, coat well, allow to stand for 30 minutes. Thread onto presoaked kebab sticks.

**3.** Heat a griddle pan or preheat the oven grill, brush kebabs with ghee, cook until golden and cooked through. Set aside.

**4. For the sauce:** Heat the ghee, toss in lemongrass, garlic, mustard seeds and turmeric. Cook until mustard seeds pop, then add remaining ingredients. Simmer for 10 minutes.

**5.** Serve the kebabs hot, drizzled with sauce, with a tomato salad and sour cream on the side.







## Asian-style open omelette

SERVES 4

- 2 tsp coconut oil
- 1 clove garlic, chopped
- 5cm knob ginger, peeled and grated
- 1 stalk lemongrass, chopped
- 2 red peppers, seeded and sliced into strips
- 200g broccoli, cut into florets
- 200g baby spinach
- 2 tsp fish sauce
- 2 tsp chinese five-spice
- 12 eggs, beaten
- himalayan salt and black pepper
- 10g coriander, roughly chopped

### FOR THE CHILLI PICKLE SAUCE

- ¼ cup boiling water
- 2 green chillies, chopped
- 1 tbsp rice wine vinegar
- 2 tsp xylitol
- 2 tsp sesame seeds, toasted

1. Preheat the oven to grill.
2. Heat oil in a large frying pan over medium heat.
3. Toss in garlic, ginger and

lemongrass; sauté until softened. Toss in the peppers, broccoli and 1 tbsp water, and sauté for 2–3 minutes. Stir in the baby spinach. Sprinkle over the fish sauce and chinese five-spice, and season well. Remove from heat and remove the vegetables from the pan with a slotted spoon.

4. Heat a little oil in a smaller frying pan, add ¼ of the vegetables, pour over 3 beaten eggs and allow them to set. When set, place the pan under the grill for 2–3 minutes until the top is cooked and golden. Repeat with remaining vegetables and eggs.

**5. For the chilli pickle sauce:** Place the water, chillies, vinegar, xylitol and sesame seeds in a pot and bring to the boil. Allow to reduce by half. Remove, set aside and allow to cool.

**6. To serve:** Serve omelettes hot with chilli pickle sauce.

## *Spinach and mixed tomato tart*

SERVES 4

- 2 tbsp coconut oil
- 550g baby spinach
- 4 courgettes, grated
- 150g full-fat cream cheese
- 4 eggs, separated
- 1 tbsp almond flour
- 1 tsp baking powder
- himalayan salt and black pepper

### FOR THE TOPPING

- 1 tbsp butter
- 1 tbsp xylitol
- 500g mixed tomatoes, the bigger ones halved
- 1 tbsp balsamic vinegar
- 250g ricotta cheese, crumbled
- 70g basil pesto
- extra virgin olive oil, to drizzle
- fresh herbs, to serve

1. Preheat the oven to 180°C. Line a 23x32cm swiss roll tin with baking paper.
2. Heat 1 tbsp of the coconut oil, toss in the spinach in batches and cook until soft.

Remove, allow to cool and then roughly chop.

**3.** Add the remaining coconut oil and grated courgettes to the pan and cook until soft. Set aside.

**4.** Place the cream cheese and egg yolks in a bowl, beat until combined, stir in the spinach and courgette mixture, the almond flour and baking powder. Whisk the egg whites until stiff and gently fold into the mixture. Spoon mixture into the prepared tin and bake for 15 minutes. Remove and set aside to cool.

**5.** Heat a large frying pan, add the butter and xylitol, then add the tomatoes and balsamic vinegar, and cook until the skins are just blistered.

**6.** Sprinkle the ricotta over the cooled base, top with tomatoes and dollops of pesto, then drizzle with olive oil. Season well.

**7. To serve:** Slice the tart in 4 and serve with fresh herbs.



## *Roast cauliflower & broccoli salad with a creamy dressing* SERVES 4

- 1 small head cauliflower, broken into florets
- 1 small head broccoli, broken into florets
- 2 tbsp ghee
- 2 tsp cumin seeds
- 2 tsp coriander seeds
- big pinch of dried chilli flakes
- himalayan salt and black pepper

### **FOR THE DRESSING**

- ½ cup buttermilk
- 2 tbsp homemade mayonnaise
- squeeze of fresh lemon juice
- 1 tsp xylitol
- 5g coriander, chopped

### **FOR THE SALAD**

- 3 baby gem lettuces
- 300g cherry tomatoes
- ½ red onion, finely sliced
- 50g feta cheese, crumbled



- 1.** Preheat oven to 200°C. Place florets on a roasting tray, dot with ghee, sprinkle with spices and season well. Roast for 30 minutes or until golden and slightly crispy. Set aside.
- 2.** Whisk together all dressing ingredients and set aside.
- 3. To serve:** Separate the lettuce leaves, arrange salad ingredients and florets on a platter and drizzle with dressing.



## Grilled aubergine salad

SERVES 4

- 4 medium aubergines, sliced
- coarse salt
- $\frac{1}{3}$  cup extra virgin olive oil
- 2 tbsp cumin seeds
- 2 tbsp coriander seeds
- 20g fresh coriander
- 75g pomegranate seeds
- $\frac{1}{2}$  red onion, chopped

### FOR THE DRESSING

- 5g fresh basil leaves, torn
- 1 tbsp tahini
- $\frac{1}{3}$  cup Greek-style yoghurt
- 1 small clove garlic, chopped
- 2 tbsp hot water
- a squeeze of fresh lemon juice
- himalayan salt and black pepper

1. Preheat the oven to 180°C.
2. Place the aubergine slices in a single layer on a baking tray, drizzle with the olive oil and sprinkle with cumin and coriander seeds. Roast for 20–30 minutes. Remove from the oven and set aside.



3. **For the dressing:** Place all ingredients in a bowl, stir well, season and drizzle with olive oil. (Thin the dressing down with a little extra hot water if necessary.)
4. **To serve:** Place the aubergine on a serving platter, toss with the coriander leaves, pomegranate seeds and red onion, and drizzle with the dressing.



## *Banting roulade filled with red pesto, broccoli and cream cheese*

SERVES 4

- **3 eggs, separated**
- **150g full-fat cream cheese**
- **2 tbsp almond flour**
- **himalayan salt and black pepper**

### **FOR THE FILLING**

- **1 tbsp coconut oil**
- **400g broccoli, cut into very small florets**
- **himalayan salt and black pepper**
- **200g cream cheese, softened**
- **100g red pepper pesto**

- 1.** Preheat the oven to 170°C.
- 2.** Grease and line a 30x20cm swiss roll tin with baking paper.
- 3. For the roulade:** Whisk together the egg yolks and cream cheese until smooth, then stir in flour. In a separate bowl whisk egg whites until stiff peaks form, then fold egg whites into the cream cheese mixture and season. Spread the batter out

on the tin, place in the oven and bake for 20–25 minutes. Remove from oven, place a damp tea towel on a work surface and cover with baking paper. Invert the roulade onto the baking paper, then remove tin and lining. Using the tea towel as a guide, roll up into a tight coil and set aside.

**4. For the filling:** Heat the coconut oil, add the broccoli and sauté until crispy; season and set aside to cool. When cool, mix with the softened cream cheese.

**5. To assemble:** Unroll the roulade, spread with red pepper pesto and top with the broccoli cream cheese mixture. Roll up again.

**6. To serve:** Slice roll and serve with a micro green salad and vine tomatoes.

## *Cauliflower cheese*

SERVES 4

- 1½ cups cream
- 1½ cups homemade vegetable stock
- 2 cloves garlic, crushed
- 2 bay leaves
- 5 peppercorns
- 3 sprigs thyme
- 1 tbsp arrowroot, mixed with 3 tbsp water
- ½ cup grated parmesan cheese
- ½ cup white cheddar cheese
- himalayan salt and black pepper
- 900g cauliflower florets

**1.** Place cream, stock, garlic, bay leaves, peppercorns and thyme in a saucepan and bring to the boil. Strain through a sieve and return to the pot.

**2.** Add arrowroot and whisk over a low heat for about 5 minutes until the sauce has thickened. Add the parmesan and half the cheddar, whisk until smooth and



then season.

**3.** Preheat the oven to 170°C. Arrange the cauliflower in a baking dish, pour over the sauce, scatter over remaining cheddar and bake for 30–40 minutes until golden and the cauliflower is cooked.

## *Asparagus and chive frittata* SERVES 4

- 1 tbsp butter
- 1 tbsp extra virgin olive oil
- 150g fresh baby green asparagus
- 6 jumbo eggs, beaten
- ½ cup cream
- ½ tbsp dijon mustard
- 15g garlic chives, chopped
- ½ cup feta, crumbled
- himalayan salt and black pepper

**1.** Preheat the oven grill. In a pan on the stovetop, heat the butter and olive oil. Add the asparagus and sauté until golden.

**2.** In a bowl, combine the eggs,

cream and mustard, and whisk together. Add the garlic chives to the mixture and pour this over the asparagus.

Crumble feta cheese on top and season.

**3.** Place pan over a low heat and allow to cook until almost set. Place the frittata under the hot grill until puffed up and golden.

### **4. To serve:**

Serve hot, sliced into wedges.





## *Lemon meringue pie* SERVES 10

### FOR THE BASE

- 50g almonds
- 50g pecan nuts
- 100g desiccated coconut
- pinch of himalayan salt
- 2 tsp raw cacao
- 40g butter, melted

### FOR THE LEMON CURD

- ½ cup freshly squeezed lemon juice
- 2 tsp finely grated lemon zest
- 50g xylitol
- 3 whole large eggs
- 50g butter, cubed

### FOR THE MERINGUE

- 3 egg whites
- 40g xylitol
- fresh berries and mint, to serve

**1. For the base:** Preheat oven to 180°C. Place nuts and coconut on a baking tray and bake for 20 minutes or

until golden. Cool slightly.

**2.** Pulse nuts, coconut, salt and cacao in a processor until fine but not oily. Add butter; mix until well combined. Press mixture into a 20cm pie dish. Bake for about 20 minutes or until golden. Set aside. Reduce oven temperature to 160°C.

**3. For the lemon curd:** Place all ingredients except butter in a glass bowl and whisk over a bain-marie until the xylitol dissolves. Now add butter – a few blocks at a time – continuing to whisk until incorporated. Cook curd until it thickens, then pour it over the base and set aside.

**4. For the meringue:** Whisk egg whites to stiff-peak stage, then slowly whisk in the xylitol a little at a time until the meringue is thick and glossy. Pile the meringue on top of the curd and bake for 35–40 minutes until pale golden and set. Chill before slicing.





## *Berry popsicles* MAKES 12

- 2 cups freshly brewed rooibos tea, cooled
- 2 tbsp xylitol (optional)
- grated zest and juice of  $\frac{1}{2}$  a lemon
- 1 cup mixed berries, roughly chopped

1. Mix the tea, xylitol (if using) and lemon zest and juice. Place a few berries into each of the popsicle moulds; fill with the tea and insert the popsicle sticks.
2. Place in the freezer for at least 4 hours or until completely set.
3. Remove from moulds and serve immediately.

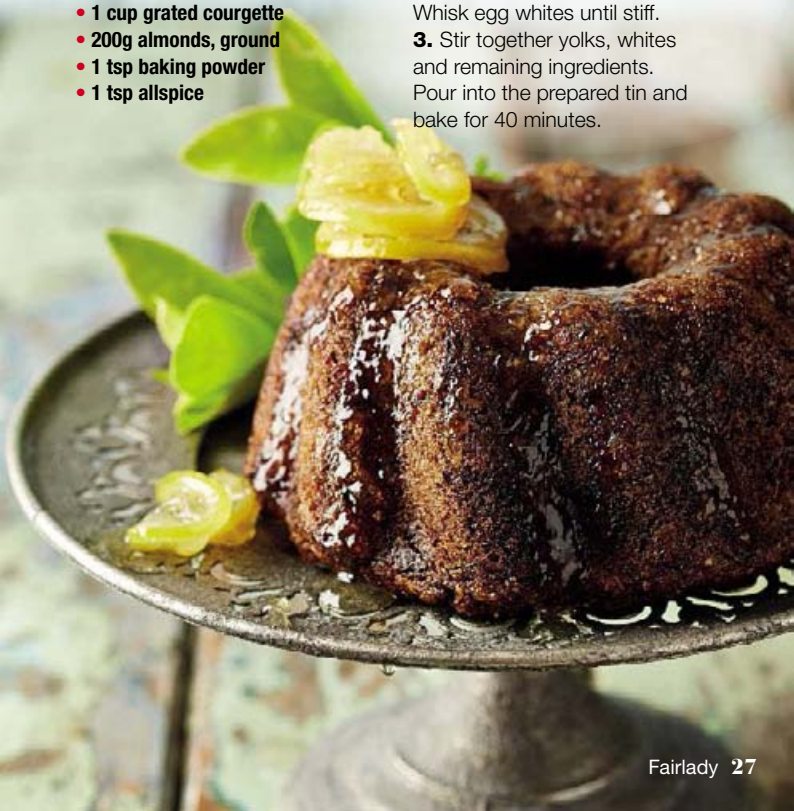
## *Courgette cake* SERVES 10

- 2 eggs, separated
- ½ cup extra virgin olive oil
- 80g xylitol
- zest of ½ a lemon
- 1 cup grated courgette
- 200g almonds, ground
- 1 tsp baking powder
- 1 tsp allspice

**1.** Preheat the oven to 160°C. Grease a 17cm Bundt tin.

**2.** Whisk yolks and olive oil in a bowl until pale and creamy. Whisk egg whites until stiff.

**3.** Stir together yolks, whites and remaining ingredients. Pour into the prepared tin and bake for 40 minutes.





# Chocolate cake with marshmallowy topping

SERVES 8

- ½ cup coconut cream
- 150g 80% dark chocolate, broken into pieces
- 3 extra-large eggs, separated
- 80g fine desiccated coconut
- 1 tbsp cocoa powder
- 1 tsp baking powder
- ½ tsp ground ginger
- pinch of himalayan salt
- 1 tsp lemon juice
- 50g xylitol

## FOR THE TOPPING

- 2 egg whites
- 40g xylitol

1. Preheat oven to 180°C. Grease and line a 20x20cm square baking tin.
2. In a small pot, heat the coconut cream, then remove from the heat and add the chocolate. Stir until melted.

Cool slightly before whisking in the egg yolks.

**3.** Combine the coconut, cocoa powder, baking powder and ground ginger, and whisk into the chocolate mixture.

**4.** Place the egg whites in a separate bowl with the salt, lemon juice and xylitol and whisk until firm. Fold in the chocolate mixture until well incorporated. Pour into the prepared tin and set aside.

**5. For the topping:** Beat the 2 egg whites with the xylitol until thick. Spoon into a piping bag and pipe rows of meringue on top of the cake batter.

**6.** Bake for 45–50 minutes or until the topping is golden and the cake is cooked through.

**7.** Cool the cake completely before removing from the tin and serving.



## *Dark chocolate fondant*

SERVES 4

- 100g butter, plus extra for brushing
- 2 tbsp cocoa powder, plus extra for dusting
- 50g 80% dark chocolate, chopped
- 2 egg yolks
- 2 whole large eggs
- 50g xylitol
- 80g almond flour
- big pinch of salt
- 1 tsp baking powder
- cream and extra cocoa powder, to serve

**1.** Brush four 200ml ovenproof moulds with a little melted butter, then dust with extra cocoa powder, tapping out the excess.

**2.** Dissolve 2 tbsp cocoa powder in a little hot water. Place in a bowl with 100g butter and the chocolate pieces. Place over a pot of simmering water. Stir until melted, and then remove and set aside.



**3.** Place yolks, whole eggs and xylitol in a bowl, beat until pale and creamy, then stir it into the chocolate mixture. Add the almond flour, salt and baking powder, and combine.

**4.** Spoon the mixture into prepared moulds. Chill for 1 hour.

**5.** Preheat oven to 180°C. Bake for 12–15 minutes. Remove from moulds and serve warm.

## Coconut fridge tart with raspberries

SERVES 8-10

### FOR THE BASE

- 100g hazelnuts, toasted and finely ground
- 100g desiccated coconut
- 70g coconut oil, melted
- pinch of himalayan salt

### FOR THE FILLING

- 2 tbsp powdered gelatine
- 2 x 410g tins coconut milk
- 2 tbsp xylitol

### FOR THE TOPPING

- 1 cup fresh raspberries
- organic rose petals

1. Place the hazelnuts and coconut in the jug of a food processor, pour in the coconut oil, add the salt, and then blitz to combine. Press this mixture into the base of 20cm round deep pie dish and place in the fridge to set.
2. Sprinkle the powdered gelatine over  $\frac{1}{4}$  cup water; allow to set. Pour the coconut milk into a small



- pot, heat until just simmering, add the set gelatine to the mixture and stir until it melts. Remove from the heat and stir in the xylitol. Allow to cool and then pour over the set coconut base. Place in the fridge and allow to set completely for at least 4 hours or overnight.
3. Scatter the fresh raspberries and rose petals over the tart and serve.

