

Aine's Cordial





RECIPE

Meadowsweet was used in a bath to temper the rage of the Irish warrior Cuchulainn. It's also said that it got its lovely fragrance from the Irish goddess Aine.

Ingredients:

3 l of water
60 meadowsweet flowers
mint
400-450 gr of sugar
Juice of two lemons

Directions:

1. Strip the flowers off the stems, as the leaves and stems are bitter.
2. Bring the water to a boil in a large pot.
3. Dissolve about 200 gr of sugar in the pot of hot water and add the juice of two lemons.
4. Add the meadowsweet flowers and mint to the pot and submerge for a minute or two.
5. Remove from the heat, cover with a muslin cloth or tea towel and let infuse for about 24 hours.
6. After 24 hours filter off the flowers and bring to a gentle boil and add in 200 gr of sugar.
7. Boil for 2 to 4 minutes.
8. Pour into sterilised bottles and seal. Best stored in a cool dark place.

Arabian Nights Ice Tea





In the Tales of the Arabian Nights, sugarplums were actually a treat made of sugar-coated coriander.

Ingredients:

1-1/2 cups lemon juice
1-3/4 cups sugar
6 cups fresh or frozen strawberries, thawed
3/4 cup fresh cilantro leaves
3 quarts cold water
Ice cubes

Directions:

1. Place the lemon juice, sugar, strawberries and cilantro in a blender
2. Cover and process until blended.
3. Strain and discard pulp.
4. In two jugs, combine equal amounts of strawberry mixture and water. Serve over ice.

Ayurveda Lemonade





RECIPE

Turmeric contains cancer-fighting curcumin and acts as a detoxification and antioxidant agent.

Ingredients:

juice of 1 orange
1/2 tsp ground turmeric
1/4 tsp cayenne pepper (optional)
tiny dash of black pepper
drops lemon essential oil (optional)
1 tbs of agave nectar
3 cups filtered water
handful of ice

Directions:

1. Add all ingredients to a large mason jar and stir, until well combined.
2. Add the ice. Enjoy!

Barbados Tonic



 **RECIPE**

*The grapefruit is said to be one of the "Seven Wonders of Barbados". Botanically, it was not distinguished from the pomelo until the 1830s, when it was given the name *Citrus paradisi*.*

Ingredients:

3 oz fresh pink grapefruit juice
2 oz sparkling water
1/2 lemon, juiced
1 tsp honey
3-4 fresh basil leaves
Ice cubes

Directions:

1. Add several ice cubes to a martini shaker.
2. Add lemon juice, honey, and basil and shake vigorously for several seconds.
3. Pour into a tall glass.
4. Add grapefruit juice to glass and then top with sparkling water.

Chicama Ice Tea

 SMART Majority



 **RECIPE**

Lemon juice and cayenne pepper both have anti-fungal, immune boosting, and detoxification properties. Huaca Prieta, also called Chicama is the pre-Columbian site of the Late Preceramic Period in northern Peru. Excavations have revealed that the inhabitants would cultivate chilies and cotton.

Ingredients:

24 oz of water
juice from 2 lemons
Pinch of cayenne
1 tbs agave syrup
3-5 Raspberries

Directions:

1. Gently crush the raspberries.
2. Mix all ingredients. Add ice or cool in the fridge.

Damascus Water



SMART Majority





The origin of Rosa Damascena also known as Damask Rose was initially discovered by the Sasanian Empire – the last imperial dynasty in Persia through the cultivation of various fragrant flowers for obtaining perfumes.

Ingredients:

1 tbs of honey
1 l water
50g raspberries
1/3 tsp rosewater
4 lemons

Directions:

1. Pour the sugar, 150ml water and raspberries into a small saucepan and set over a medium heat.
2. Leave to simmer gently for 5 mins, stirring occasionally until the honey is dissolved and the color of the raspberries has begun to seep into the syrup.
3. Add the rosewater and stir again.
4. Use a sieve to strain the syrup and throw out the fruit pulp.
5. Set to one side – the syrup will keep for days in the fridge.
6. Halve the lemons and squeeze the juice into a jug, then top with the remainder of the water.
7. Stir vigorously and add the syrup to taste. Serve over ice.

Demeter's Tonic





RECIPE

In Greek mythology, the mint plant was cherished by Demeter, the goddess of harvest. It was said that mint was made from a Nymph named Minthê who was favored over Demeter by Hades (the god of the dead). In jealousy and anger, Demeter turned Minthê into a mint plant.

Ingredients:

2 lemons
2 limes
85 g golden caster sugar
1 stalk lemongrass
mint leaves, to serve
ice cubes, optional

Directions:

1. Peel the zest from the lemons and limes in long strips using a potato peeler.
2. Drop the zest in a heatproof bowl, tip in the sugar and stir in 1.2 litres of boiling water until the sugar has dissolved.
3. Bruise the lemon grass stalk by hitting it firmly with a rolling pin or similar, then slice it into quarters.
4. Drop this in the bowl, then leave everything to marinate and to take on both flavours and colours, for 2 hours.
5. Squeeze the juice from the lemons and limes and pour into the bowl. Strain the drink into a large jug. Serve with slices of lemon and lime, mint sprigs and ice cubes if wished.

Dent de Leon Cordial





Dandelion is a plant of northern climates, especially found growing amidst the herbage of meadows, and as a weed in gardens. Its common name is a corruption of dent de lion.

Ingredients:

- 1 tsp dandelion root (fresh or dry)
- 1 tsp burdock root (fresh or dry)
- 2 inches ginger root
- 1 star anise
- 350 ml water
- agave syrup

Directions:

1. Chop your roots in small chunks.
2. Simmer the roots, ginger and star anise in the water on medium to low heat.
3. Leave to simmer for 20 mins.
4. Strain the liquid and measure. For every ml of liquid add 1ml of agave syrup
5. Return to the pan and heat until syrup is dissolved.
6. Pour in sterile bottles and store in the fridge.

Druids cordial





RECIPE

Shamrocks have been symbolic of many things over the years. According to legend, the shamrock was a sacred plant to the Druids of Ireland because its leaves formed a triad, and three was a mystical number in the Celtic religion, as in many others.

Ingredients:

4 cups white clover flowers
2 1/2 cups water
2 tbsp lemon juice
3 1/2 cups organic cane sugar

Directions:

1. Boil the flowers for about 10 mins. Strain and measure 2 1/4 cups liquid (add water if needed).
2. Return to pot. Add lemon juice and sugar. Bring to a full rolling boil then reduce heat. Simmer until liquid becomes syrupy.
3. Pour into a bottle or jar and store in the fridge up to 6 months.

Eden's Lush





RECIPE

Ingredients:

- 1 cup sugar
- 5 cups water divided
- 2 large sprigs rosemary or a handful of smaller pieces
- 1 1/4 cups freshly squeezed grapefruit juice about 2 large grapefruits
- 1 1/4 cups freshly squeezed lemon juice about 8 small lemons

Directions:

1. Heat sugar with 1 cup water in a small saucepan on medium heat.
2. Bring to a simmer and stir occasionally until sugar is dissolved.
3. Add rosemary and simmer for 5 minutes. Turn off heat and let the rosemary steep for about 20 minutes as the syrup cools. Discard rosemary.
4. Combine rosemary syrup with remaining water, grapefruit juice, and lemon juice. Chill and serve!

Eisai's Zest





RECIPE

Eisai was an ordained monk credited with the beginning of the tea tradition in Japan, by bringing green tea seeds from China.

Ingredients:

4 cups of water
4 tbs of Matcha green tea powder
2 cups of crushed ice
1/2 tsp of brown sugar
lime and mint for serving

Directions:

1. Add the water and sugar to the saucepan and place it on the hob on a high heat.
2. Heat the water until it starts to boil, then remove the saucepan from the hob, turn off the heat and let the water cool for five minutes.
3. Place the Matcha green tea powder in the bowl, add the hot water and then whisk until smooth.
4. Pour the smooth Matcha green tea into the large jug, place it in the fridge and chill for one hour.
5. After one hour, place half a cup of crushed ice into each of the four glasses.
6. Put lime slices and a few mint leaves and pour an equal amount of iced matcha green tea into each of the four glasses and serve.

Evelyn's Lemonade





RECIPE

Throughout the centuries, tarragon has been used in the treatment of poor digestion, intestinal problems, nausea, flatulence, hiccups, rheumatism, gout, arthritis and to soothe the pain of toothaches.

Ingredients:

1 cup brown sugar
6 sprigs tarragon, plus more for garnish
2 cups fresh-squeezed lemon juice, about 10–12 lemons
Ice
1 cup water

Directions:

1. Combine the sugar with 1 cup water and 6 sprigs tarragon in a small saucepan.
2. Bring to a boil, stirring until sugar is dissolved.
3. Remove from heat and let cool to room temperature.
2. In a large pitcher, combine lemon juice, tarragon-sugar syrup, and 3 cups of cold water. Fill pitcher with ice until ready to serve.
3. To serve, fill glasses with ice. Fill with lemonade and garnish with a tarragon sprig.

Garcon's Lemonade





RECIPE

Fresh lemonade is easy to make, and citrus fruit is easily available now. But in the past citrus fruit were extremely expensive, and lemonade was something special, not just a drink for children.

Ingredients:

- 1 tbs honey
- 4 1/2 cups water, divided
- 1/4 cup dried lavender
- 1 cup fresh squeezed lemon juice
- 3/4 cup fresh or frozen blueberries, plus more for garnish

Directions:

1. Bring honey and 1 cup water to a boil in a saucepot.
 2. Reduce heat and let simmer until honey is dissolved.
 3. Add lavender, cover and let steep for 8 to 10 minutes.
 4. Strain into a clean bowl and chill.
 5. Strain lavender syrup into a blender and add blueberries.
 6. Puree until smooth.
 7. Pour blended blueberries into a pitcher, straining and pushing on the solids if desired.
 8. Add lemon juice and 3 1/2 cups chilled water to the pitcher.
- Stir and serve over ice. Garnish with additional blueberries if desired.

Hugo's Cordial





RECIPE - NETTLE TEA

Nettles help clear excess uric acid out of the joint – and it is the uric acid which causes the pain and inflammation associated with gout.

Ingredients:

3 cups of nettle
6 cups of water

Directions:

1. Cut off the leaves with as little stem as possible.
2. Fill up a cup full and wash them thoroughly with warm water.
3. Put the nettles in a large saucepan with cups of water.
4. Bring to the boil, then simmer for 15 minutes.



RECIPE - CORDIAL

Ingredients:

4 cups of nettle tea
2 tsp of ginger
1/2 cups agave nectar
4 thin slices of lemon
mint for garnish

Directions:

1. Combine the nettle tea, wild ginger, and agave nectar in a large pot and bring them to a boil.
2. Remove from the heat, add the lemon slices, and cover the pot.
3. Let the potion steep for 24 hours, then strain off the solids.
4. You can serve this over ice or mix with sparkling water.

Jezebel's Zest





RECIPE

Ingredients:

1 cup sugar
1 cup water
2 tbsp juniper berries, lightly crushed
3 sprigs rosemary
4 to 6 lemons
1/4 cup sugar
2 1/2 cups water, chilled
Whole juniper berries

Directions:

1. Combine sugar, water, juniper berries, and rosemary in a saucepan and bring to a simmer over medium/high heat. Reduce to medium and simmer 3 to 5 mins.
2. Remove from heat and cover; steep 30 minutes.
3. Strain through a fine chinois or coffee filter and allow to cool slightly.
4. Cover tightly and chill thoroughly before use.
5. Juice the grilled lemons, keeping the pulp. In a large pitcher, combine 1 cup lemon juice, 1 cup infused syrup, and 2 1/2 cups chilled water.
6. Mix thoroughly. Fill glasses with ice and pour lemonade over.

Kentucky's Mule





Ingredients:

50ml Whissin Alcohol-free alternative for Whiskey.
5ml Seedlip Garden – a nonalcoholic floral blend
5ml black tea syrup
orange peel for garnish

To make the tea syrup:

8g good quality black tea
100ml boiled water
10g caster sugar

Directions:

1. Brew the tea and leave to steep for 15 minutes.
2. Strain and add the sugar. Ensure syrup is cool before using.
3. Add all ingredients to a cocktail tin filled with cubed ice and stir to combine.
4. Strain into a rocks glass and garnish with an orange peel disc, gently snapping it over the drink to extract the oils.

Kerala Water





Around 2–3 millennia BC, early Indian civilization managed to domesticate cucumber and started infusing it into their rich cuisine.

Ingredients:

- 1 large English cucumber
- 1 cup lemon juice
- 3/4 cup sugar or preferred sweetener
- 1/2 cup fresh mint leaves loosely packed
- 6 cups water or sparkling water
- 1 large lemon

Directions:

1. Chop half of the cucumber. Add the chopped cucumber to a large sauce pot.
2. Add the lemon juice, sugar, and 1/2 of the mint leaves to the pot.
3. Place the pot over medium heat. Cook, stirring occasionally until the sugar is completely dissolved (about 5–7 minutes). Remove from the heat.
4. Pour the liquid through a fine mesh strainer to remove the cucumber and mint.
5. Add the liquid to a large serving pitcher.
6. Slice the remaining half of the cucumber. Slice the lemon.
7. Add the water, sliced cucumber, sliced lemon, and the remaining mint leaves to the pitcher. Stir well. Serve cold.

La Romana Cordial





RECIPE

Ingredients:

23 elderflower heads
2 handfuls of fresh healthy Plantain leaves
Finely grated zest of 3 organic lemons and 1 orange
Juice of 3 lemons and 1 orange
1kg / 4 cups organic fairtrade brown sugar
1.5 l boiling water

Directions:

1. Zest the 3 lemons and 1 orange and place the zest in a bowl. Put the fruit in the fridge as it will be 24hrs before you come back to using them.
2. Next pull the white flowers off the green flower stalks/umbels and put them in the bowl with the zest and plantain leaves. Remove as much of the green stalks of the Elder as possible.
3. Pour the boiling water over the flowers, leaves, and zest and let it infuse overnight.
4. Next, strain the infusion, separating the liquid from the elderflower and zest. Place the infusion liquid in a large saucepan along with the juice from the 3 lemons and orange, zested the day before. Warm the infusion then add the sugar and stir until it's completely dissolved. Bring the mixture to a boil before lowering the heat and allow to simmer for ten minutes.
5. Using a funnel, pour the cordial into sterilized bottles and seal. Once cooled, the cordial can be used right away. Unopened, the bottles of cordial have a shelf life of about a year.

Marco Polo's Mule



 **RECIPE**

Ginger remained virtually unknown in Europe until Marco Polo brought it back to European culture sometime in the late 13th century.

Ingredients:

- 7 cups water
- 3 rosemary sprigs
- 1 8-10 inch ginger hand, peeled and diced
- 1 cup honey/agave
- 1.5 cups fresh juice from lemons

Directions:

1. Place 1 cup water in a saucepan with ginger.
2. Bring to a boil add agave and rosemary sprigs and return to boil.
3. Remove from heat and let cool.
4. Mix remaining 6 cups water, lemon juice and cooled simple syrup.
5. Keep in pitcher refrigerated. Feel free to add more agave or honey for desired sweetness.

Mayflowers Cordial



 **RECIPE**

The Scots saying "Ne'er cast a clout til Mey's oot" conveys a warning not to shed any cloots (clothes) before the summer has fully arrived and the Mayflowers (hawthorn blossoms) are in full bloom.

Ingredients:

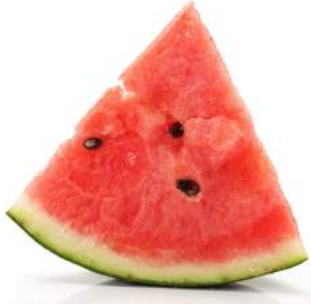
2 cups fresh hawthorn berries (or 1 cup dried)
1-inch piece fresh ginger
3 cups water
1 cup honey
orange peel for garnish

Directions:

1. Peel and thinly-slice your ginger.
 2. Combine berries, ginger, and water in a saucepan.
 3. Bring to a boil, then reduce the heat to low, and simmer for 10 mins.
 4. Lightly crush the berries with a fork, then continue simmering for another 10 mins.
 5. Strain through a fine mesh strainer. Disregard solids.
 6. Return the liquid to the saucepan and add the honey.
 7. Simmer for 5 mins. Remove from heat and let cool completely.
- Store in the fridge for up to 2 weeks.

Mark Twain's Cooler





RECIPE

"The true Southern watermelon is a boon apart, and not to be mentioned with commoner things. It is chief of this world's luxuries, king by the grace of God over all the fruits of the earth. When one has tasted it, he knows what the angels eat. It was not a Southern watermelon that Eve took: we know it because she repented." – Mark Twain

Ingredients:

1/2 cup white sugar
1/2 cup water
4 cups cubed watermelon
3 cups cold water
1/2 cup fresh lemon juice
6 cups ice cubes

Directions:

1. Place the watermelon into a blender. Cover, and puree until smooth. Strain through a fine-mesh sieve.
2. Bring sugar and 1/2 cup water to a boil in a saucepan over medium-high heat until sugar dissolves, about 5 minutes.
3. Remove from heat. Stir in 3 cups of cold water and the lemon juice.
4. Divide the ice into 12 glasses, and scoop 2 to 3 tablespoons of watermelon puree over the ice, then top with the lemonade. Gently stir before serving.

Milanese Soda





Ingredients:

1 apple
2 pears
1 medium parsnip
1/2 lime
4 sprigs of fresh mint

Directions:

1. Simply juice all the ingredients and pour over ice.

Ming's Ice Green Tea





The Golden age of green tea started as Emperor Zhu Yanzhang abolished control over the production of premium quality of Chinese green tea. Loose green tea flourished during this period.

Ingredients:

4 cups of water
4 teaspoons of green tea leaves
2 cups of crushed ice
2 lemons (chopped into four halves)
1/2 cup of sugar
1 teaspoon of ginger root
1 teaspoon of lemon powder

Directions:

1. Add the green tea leaves, ginger root, lemon powder and sugar to the large bowl.
2. Squeeze the juice from each of the half lemons into the large bowl and once fully squeezed, place the remainder of the half lemons in the large bowl.
3. Add the water to the saucepan and then place the saucepan on the hob on a high heat. 4. Heat the water until it starts to boil then remove the saucepan from the hob, turn off the heat and let it cool for five minutes.
5. After five minutes, pour the water into the large bowl, give all the ingredients a thorough stir with the wooden spoon, cover the bowl with the pan lid and let the mixture steep for five minutes.
6. After five minutes, place the sieve over the large jug and strain the ginger and lemon green tea mixture into it.
7. After all the ginger and lemon green tea have been strained, place the large jug in the fridge and chill for one hour.
8. After one hour, place half a cup of crushed ice into each of the four glasses, remove the large jug from the fridge, pour an equal amount of ginger and lemon iced green tea into each of the four glasses and serve.

Salus Zest



SMART Majority





Salus was a Roman goddess. She was the goddess of safety and well-being (welfare, health, and prosperity) of both the individual and the state.

Ingredients:

50ml Seedlip Garden
25ml strawberry syrup
5ml fresh lemon juice and orange peel
25ml egg white
250g fresh strawberries, topped
100g caster sugar
100g Verjus

Directions:

1. First, prepare your strawberry syrup: Combine the strawberries and sugar in a sealable container, and leave in the fridge overnight to infuse. Blend the strawberry sugar mix with Verjus then strain through a muslin cloth. Store syrup in the fridge.
2. Add all ingredients to a jug and mix well. Add cubed ice and strawberry mix and enjoy!

Saxon's Mule

 SMART Majority





Anglo-Saxons had no name for cider is because they had no cider, and if they had had cider they would no doubt have followed the example of other Germanic folk and called it Applewine.

Ingredients:

- 1 1/2 cups sugar
- 2 cups fresh lemon juice (from about 10 lemons)
- 3 fresh golden apples
- 1 bunch fresh thyme, plus sprigs, for garnish (optional)
- 1 bunch of fresh mint

Directions:

1. In a medium saucepan, bring sugar, thyme, and 1 cup water to a boil; stir until sugar is dissolved, about 2 minutes.
2. Stir in lemon juice, and 6 cups cold water; strain into a large pitcher.
3. Juice 3 fresh golden apples. Add to the mixture.
3. Refrigerate until cold, at least 1 hour (and up to 1 week). Serve over ice, garnished with thyme sprigs, if desired.

Scorpion's Cordial





In a belief that now seems utterly ridiculous, in the 1500s, some physicians believed that by simply smelling basil scorpions would grow in the brain.

Ingredients:

750g granulated sugar
15g citric acid
150 g basil leaves and stalks
lemon
orange

Directions:

1. Pour 1 liter water into a large pot. Add the sugar and citric acid and bring to the boil, stirring to make sure all the sugar has dissolved.
2. Smash the basil stalks with the back of a knife, to release the flavor. Place them in a heatproof bowl with the basil leaves, then pour the hot liquid over.
3. Cover the bowl and leave to infuse at room temperature until cool. Pass the mixture through a fine sieve, back into a pot. Bring back to the boil, then pour into sterilized jars and seal.
4. Keep in a cool dark place for up to 4 months. Once opened, store in the fridge and use within 3 weeks.

St John's Cordial





RECIPE

St John's Wort's is mainly used as an over the counter remedy to treat mild and moderate depression, seasonal affective disorder (SAD), mild anxiety and sleep problems.

Ingredients:

- 1 l water
- 1 kg sugar
- 200 gr of mint leaves
- 50 gr of St John's Wort
- 50 gr of red and white clover
- 1 tbs of lemon juice
- 1 tsp of cream of tartar

Directions:

1. Heat the water and sugar in a saucepan until the sugar has fully dissolved.
2. Shred the mint leaves and mix with the syrup. Bring the mixture back to boiling point.
3. Next, mix in the rest of your herbs.
4. Once back to a gentle boiling point, mix in the lemon juice and cream of tartar.
5. Boil for 10 more mins. Then leave to steep overnight.
6. Strain out the leaves and store in the fridge.

Taoist's Cordial





Historians also believe that Taoist priests have consumed pine needle tea for centuries for its healing properties and because they believed it slowed the aging process.

Ingredients:

50g/2 oz Pine needles
2 tsp Citric Acid
225g Sugar
500ml Boiling water

Directions:

1. Put the pine needles into a bowl along with the citric acid and sugar.
2. Pour over boiling water, cover with a tea towel and leave overnight.
3. Strain and decant into sterilized bottles.

Tihar Iced Tea



SMART Majority





RECIPE

The marigold is very significant in Nepalese culture, where marigold garlands are used almost in every household, especially during the Tihar festival. It is always sold in the markets for daily worships and rituals.

Ingredients:

honey
150 gr of marigold
1 ounce lemon juice
2 sprigs thyme
marigolds, roses for garnish

Directions:

1. Add all ingredients for the syrup to a small saucepan and gently bring to a boil. Reduce to a slow simmer and cook 10 minutes, stirring occasionally to ensure sugar is dissolved.
 2. Remove from heat, let cool and strain.
 3. Bring water for the tea to a boil, add in the marigold and allow to steep for 10-12 minutes.
 4. Add lemon juice, simple syrup and thyme to the bottom of a cocktail shaker and muddle.
 5. Add tea, gin and plenty of ice. Shake well.
- Strain into glass and top with a splash of champagne & a marigold.

Vatican Cordial



SMART Majority



 **RECIPE**

Over recent years, studies demonstrating the health benefits of sage have grown in number.

Ingredients:

10 fresh sage leaves
2 cups vodka
2/3 cup water
1 cup honey
rosemary

Directions:

1. Chop the sage leaves in small chunks and place in a large mason jar.
2. Add the vodka and shake well. Let this mixture stand for 8 days, in a dark space. Shake every day, once a day.
3. Place the water and honey in a saucepan and simmer until the honey has dissolved. Place in a jar in the fridge for 8 days, whilst your sage mixture is getting ready.
4. After 8 days, strain the sage and vodka through a muslin or a filter, place inside a large mason jar and add the honey syrup and seal.
5. Shake to mix. Keep in the fridge.

Queen Victoria's Tonic





Historically the cordial has been popular in North Western Europe where it has a strong Victorian heritage.

Ingredients:

- 1 cup fresh or dried elderflower, plus more for garnish
- 1 cup white granulated sugar
- 1 cup filtered water
- 1 cup freshly squeezed lemon juice
- 6 cups filtered water

Directions:

1. To a medium saucepan, add the elderflower, sugar, and water.
2. Set over medium heat and stir until sugar dissolves. Bring the mixture to a simmer and then immediately turn off the heat, cover the pan and allow to steep for 1 hour. Pour the syrup through a strainer and into a pitcher and discard the elderflowers.
3. To the strained syrup, add the freshly squeezed lemon juice and top with the water.
3. Refrigerate until chilled, at least 2 hours. To serve, add a few ice cubes and then garnish with elderflower.

Padua Spritz

 SMART Majority





In Italy, the Spritz is more than a pleasant aperitif: it is a ritual, a tradition, a wonderful way to hang out with friends. Here it is considered a popular ritual celebrated just before lunch, or late in the afternoon, before dinner.

Ingredients:

4 cups water
1 pint (about 2 cups) raspberries, plus more for garnish
1 3/4 cups sugar
1 l lemonade
6 thyme sprigs (plus more, for garnish)
Ice, for serving
750 mL sparkling water

Directions:

1. Bring water, raspberries, thyme and sugar to boil in a large saucepan. Stir occasionally, dissolving sugar. Reduce heat and let simmer for 15 minutes.
2. Strain mixture through a sieve, pressing gently on berries to release juices; discard berries and sprigs of thyme.
3. Let syrup cool completely. Combine syrup and lemonade in a large pitcher. Divide among 16 glasses filled with ice. Top each with sparkling water. Garnish with fresh raspberries and a sprig of thyme.

Persephone's Iced Green Tea

 SMART Majority





RECIPE

Ingredients:

4 cups of chilled green tea
4 cups of pomegranate
2 cups of crushed ice
2 tablespoons of sugar
1 teaspoon of lemon powder
1/4 cup of water

Directions:

1. Add the lemon powder, strawberries, sugar and water to the saucepan and then place the saucepan on the hob on a medium heat.
2. Heat the mixture until it starts to boil and then reduce the heat to low and simmer for 25 minutes.
3. After 25 minutes, remove the saucepan from the hob and turn off the heat.
4. Pour the chilled green tea into the large jug.
5. Place the sieve over the large jug and strain the mixture into it. Make sure you push down on the pomegranate with the wooden spoon to get all their juices.
6. After all the mixture has been strained, place the large jug in the fridge and chill for one hour.
7. After one hour, place half a cup of crushed ice into each of the four glasses, remove the large jug from the fridge, pour an equal amount of iced green tea into each of the four glasses and serve.

Pharaoh's Lemonade





RECIPE

Some of the earliest references to lemons can be found in a 10th-century Arabic book on farming. By 1100, according to historians, Jewish traders in Cairo were selling and exporting a bottled drink called qatarmizat, which contained sweetened lemon juice.

Ingredients:

1 1/2 cup fresh squeezed lemon juice
4 cups water
1 bunch of fresh thyme
4 tbs of honey
Ice cubes

Directions:

1. Bring the thyme, water, and honey to a simmer in a saucepan over medium heat.
 2. Stir until the honey dissolves.
 3. Let it cool, then strain the syrup into the pitcher.
 4. Stir in the fresh lemon juice and the rest of the water.
- Serve over ice with thyme sprigs and lemon slices.

Pied Piper Cordial





RECIPE

Most of us have heard the tale of the Pied Piper of Hamelin, who played his flute and led the rats out of town forever. Many feel the Pied Piper must have been familiar with valerian and put it in his pockets or rubbed himself with it. Rats love the smell, and it may have been the valerian, not the music, that enticed the rats to follow him!

Ingredients:

1-pint jar
1/8 cup dried valerian root
1 cup dried mint (or 2 cups fresh)
add sugar.

Directions:

1. Add valerian root to the jar
 2. Cover with mint until the jar is just about full
 3. Fill the jar with vodka
 4. Cover, label, and allow to sit for at least six weeks.
- After six weeks, strain the liquid into a bottle.

Saharian Tonic Water





RECIPE

Myrtle can help to stimulate urination, thereby eliminating excess toxins, salts, fluids, and even fat, thereby helping to regulate the functions of your kidneys.

Ingredients:

10-15 lemon myrtle leaves

250g sugar (we used coconut sugar to add caramel overtones)

5 lemons

4 finger limes (we added these because they are fabulous)

Sparkling mineral water

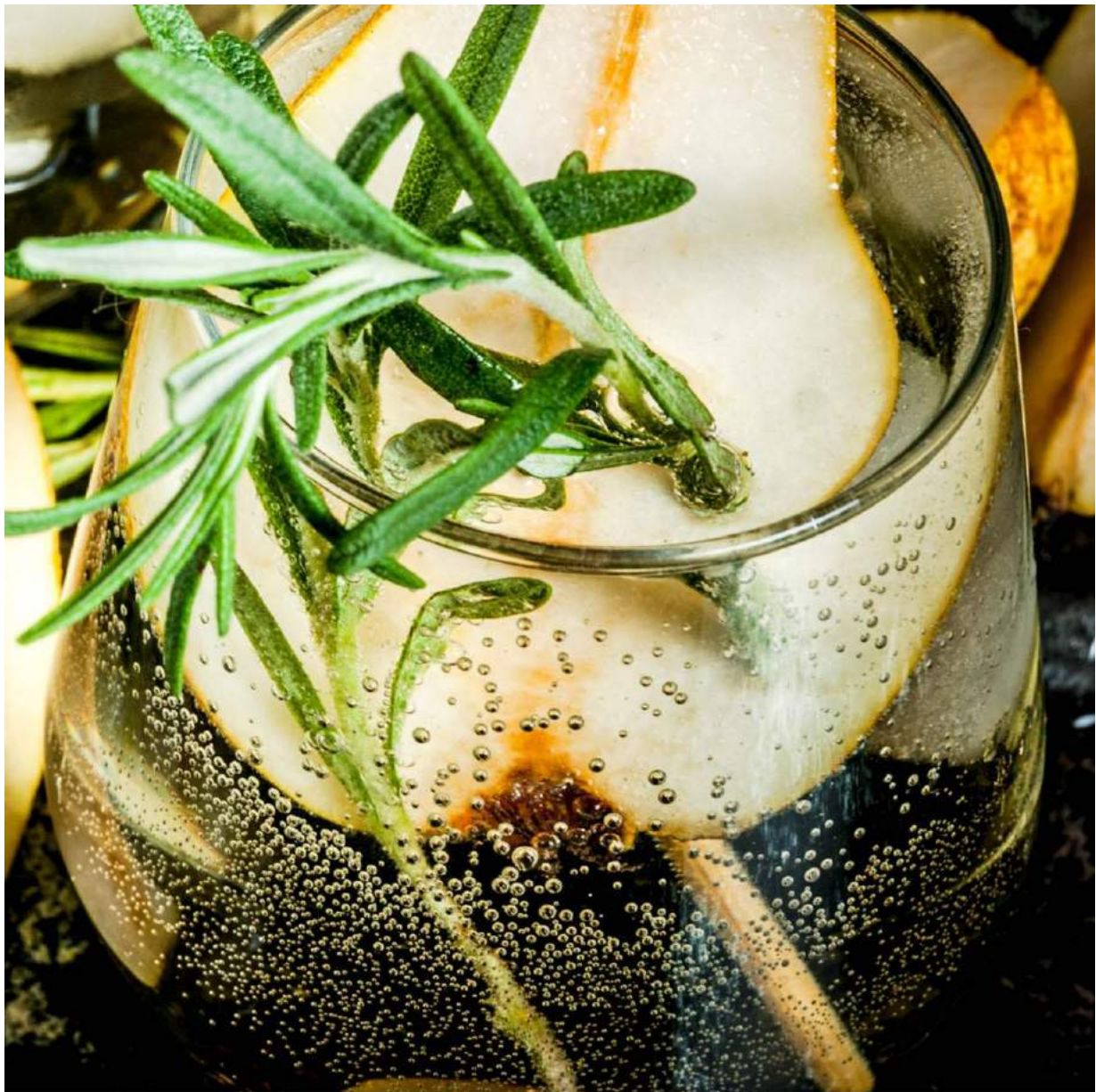
Massive ice cubes

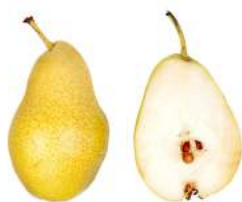
Aloe Vera

Directions:

1. Mix the myrtle leaves with 250ml boiled water, leave to steep to create your myrtle tea.
2. Peel the rind of five lemons, cover with 250g sugar, muddle then sit to rest and draw out the lemon oil. Then mix the myrtle tea with the lemon sugar and strain.
3. Mix with the remainder of ingredients and garnish with Aloe.

Saint Benedict's Lemonade





RECIPE

Rosemary is the herb of memory, the leaves were supposed to quicken the mind and prevent forgetfulness.

Ingredients:

- 1/2 cup fresh squeezed lemon juice
- 4 cups water
- 2 cups of fresh pears, diced or sliced
- 1 1/2 tbsp of fresh rosemary (you may substitute this for 1 tbsp of dry rosemary)
- 4 tbsp of honey
- ice cubes

Directions:

1. In a saucepan, add 2 cups of water, honey, and rosemary and bring to a boil over high heat.
2. Then turn off, stir, cover and allow to steep for about 20–25 minutes. When ready, strain out the rosemary leaves.
3. In a blender add lemon juice, infused water, pears and ice cubes.
4. Puree everything until smooth.
5. Add the remainder of cold water and garnish with rosemary leaves and pear slices.