



July 2001 Refreshing Lemonade recipes - Enjoy!

Basic Recipe

3c Freshly squeezed Lemon or Lime juice (about 20 lemons or 25 limes)

2c Ice

1 syrup recipe

-Stir together and garnish with

-2 Lemons or Limes thinly sliced.

½c Cranberry juice, this is optional for pink lemonade. Lemonade is a great base for many summer variations, try adding some fruit nectars, or juicing fresh fruit to add. For example watermelon or cantaloupe.

Syrup

2c Sugar

2c Water

-Bring to a boil and stir until sugar is completely dissolved.

-Let cool and chill. Can be made 2 weeks ahead of time.

When making the syrup try adding some herbs, such as fresh mint, fresh basil, 1T fennel seeds or a 6" piece of ginger and allow them to steep in it till it cools. Also try

Raspberry Limeade

2c Raspberries-picked over and cleaned.

1c Water- puree with 1c Raspberries.

-Force puree through a sieve, pressing hard on the solids.

½ syrup recipe.

1c Fresh Lime juice

- In a pitcher add remaining raspberries, syrup and lime juice.

-pour into glasses filled with ice and garnish with a fresh sprig of mint.

Pink Grapefruit Lemonade

2½ c Fresh Lemon Juice (14 lemons)

2c Fresh ruby red grapefruit juice (3 Grapefruit)

½ Syrup recipe.

-combine all the ingredients in a pitcher and divide amongst glasses filled with ice. Garnish with thinly sliced lemon.

Strawberry Rhubarb Lemonade

3½ c Water

½ lb Rhubarb (2c)-cut into 1" pieces.

¾ c Sugar

2x3" strips of lemon zest-removed with a vegetable peeler.

-bring to a boil and simmer, covered for 8 minutes.

2c strawberries-sliced

-stir in 1c of the strawberries and simmer for 2 mins.

-cool and strain, pressing hard on the solids.

1c Fresh lemon juice

-stir in with the remaining cup of strawberries.

-Divide amongst the glasses filled with ice.

Cucumber Lemonade with Ginger.

For the light refreshing touch, this drink goes great with any spicy curry.

1 medium cucumber-peeled, seeded and chopped coarse.

½ c Fresh Lemon Juice

¼ c sugar.

2t Fresh Ginger-finely chopped and squeeze to extract the juice.

10 Ice cubes.

-In a blender puree all the ingredients and split between 2 glasses filled with additional ice cubes.

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