

Sharbat

My friend Zohre Bullock has generously provided these recipes:

Sour-Cherry Sharbat

3 cups fresh or frozen pitted sour cherries or canned ones with their juice
2 cups sugar
1/2 cup water
1/4 teaspoon vanilla extract

1. Squeeze or process the cherries in a juicer.
2. Bring the cherry juice, sugar, and water to a boil in a saucepan. Simmer for 25 minutes until syrup thickens.
3. Remove pan from heat, add vanilla and allow to cool.
4. Pour syrup into a clean dry bottle. Cork tightly.
5. In a pitcher, mix 1/4 syrup, 3/4 water and 2 ice cubes per person. Stir and serve well chilled.

Vinegar Sharbat

(this is my favorite – easy to make and delicious)

6 cups sugar
2 cups water
1 1/2 cups wine vinegar
4 sprigs fresh mint
1 cucumber, peeled and grated
Garnish - lime slices and sprigs of mint

1. Bring sugar and water to boil and simmer 10 minutes until sugar has dissolved.
2. Add vinegar and boil 25 minutes over medium heat until thick syrup forms.
3. Wash mint and pat dry. Add it to the syrup. Allow to cool. Remove mint and pour syrup into clean dry bottle. Cork tightly.
4. In a pitcher, mix 1/4 syrup, 3/4 water and 2 ice cubes per person. Add cucumber and stir well. Pour into glasses and decorate with garnishes.