

Lemongrassade

Season: Any
Type: Sweets
& Drinks
Difficulty: Easy

Serves:
24 tastes in
the classroom
or 12 serves
at home

Fresh from the garden: lemongrass, lemons, mint

Recipe Source: Alawa Primary School, Northern Territory

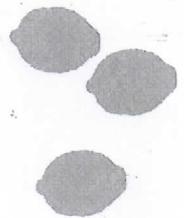
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This is a delightful variation on the traditional lemonade usually made with lemons, sugar and water. The flavourings and method used here would make a much more interesting lemonade or 'limeade' if lemongrass isn't available.

Equipment:

kettle for boiling water
clean tea towel
chopping board
large knife
wooden spoon
very large heat-proof bowl
grater
lemon juicer
large plate to cover bowl
sieve
large jugs or punch bowl for serving

Ingredients:

8 stalks lemongrass
2 pieces ginger, about 10 cm each
40 mint leaves
8 lemons
8 green tea bags
1 ½ cups honey
5 L hot water
fresh ice and lemon slices, for serving



What to do:

- Turn the kettle on to boil the water.
 - Dampen the tea towel and place it under the chopping board to keep it from slipping.
 - Cut the dry root end off each of the lemongrass stalks and trim off the top half (save these tops for stir sticks). Remove any damaged or brown outer leaves and place them in the compost bin.
 - Cut each lemongrass stalk into 4 pieces.
 - Using the back of a wooden spoon, bruise the lemongrass pieces by giving them a whack or a hard press.
 - Place the lemongrass pieces into the very large heat-proof bowl.
 - Peel and coarsely grate the ginger into the bowl.
 - Wash the mint and pluck the leaves off the stems.
 - Juice the lemons and add tea bags, lemon juice, mint leaves and honey to the large bowl.
 - *** Ask an adult to help you to pour the boiling water into the large bowl.** (You may need to boil the kettle more than once.)
 - Cover the bowl with a large plate.
 - Leave the mixture to steep for 20 minutes, then put the bowl in the fridge to chill.
 - Strain the punch through the sieve into your jug or punch bowl and serve with ice and fresh slices of lemon.
- * Adult supervision required.