



QUARANTAIN GUIDE to

Summer Drinks

by

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Refreshing drinks for warm days.

Cold Brew Coffee

All you need to make cold brew is a glass jar, coffee, and water. How much coffee and how much water? Depends on your flavor preference. Start somewhere close to a 1:8 ratio of weight of coffee to water (ie. weigh your coffee, multiply that by 8 and use that amount of water). Not weighing your coffee and using a measuring cup? Start with about a 1 to 4 ratio. You can play around with this ratio. More coffee to water will lead to a more concentrated cold brew, which you can dilute with water when you serve.

Coffee should be coarsely ground, like you would do for a French press. Place the grounds and water together in a glass jar, stir, seal, and place in the refrigerator. Let steep for at least 14-16 hours (taste it to figure out if you need to go longer). Strain the grounds out through a coffee filter and enjoy.

You can also do this in a French press! Use the same process, and plunge after the steeping time.

*****Make coffee ice cubes!*****
Pour coffee into an ice cube tray and have coffee ice cubes in your cold brew, which won't dilute your drink.

Sun Tea

Brew a batch of tea with nothing but the sun.

- 4 tea bags (traditionally black tea is used), or an equal amount in loose leaf
- About 4 cups (960 ml) cold, filtered water
- Optional: a sweetener like simple syrup or honey

Put cold water in a large jar or pitcher, add tea bags and cover. Place the jar in a sunny spot and let infuse for 2 to 3 hours, or until you like the taste.

Remove the tea bags or tea leaves and then if you want, stir in sweetener, to taste. Store in the refrigerator and serve cold, with optional ice cubes and lemon slices. Drink on a sunny day!

Have lemonade on hand? Mix with equal parts sun tea for an Arnold Palmer.

Simple Syrup

Simple syrup is easy to keep on hand for use in summery drinks and cocktails. Play around with flavors by infusing different herbs and spices. You can also play around with changing the sweetener - honey, brown sugar, maple syrup, etc.

Basic simple syrup:

- 1 cup (7 ounces, 200 grams) organic cane sugar
- 1 cup (240 ml) water

Place all ingredients (including anything you are infusing in the syrup) in a pan and place over medium heat. Stir until sugar has dissolved. Remove from heat and let cool completely. Pour into a glass jar or bottle and store in the refrigerator.

You may or may not want to strain your infusions out depending on the intensity of flavors. Do a taste test!

Infusion ideas:

Lemon simple syrup: add zest of one lemon

Rosemary simple syrup: add a few rosemary sprigs

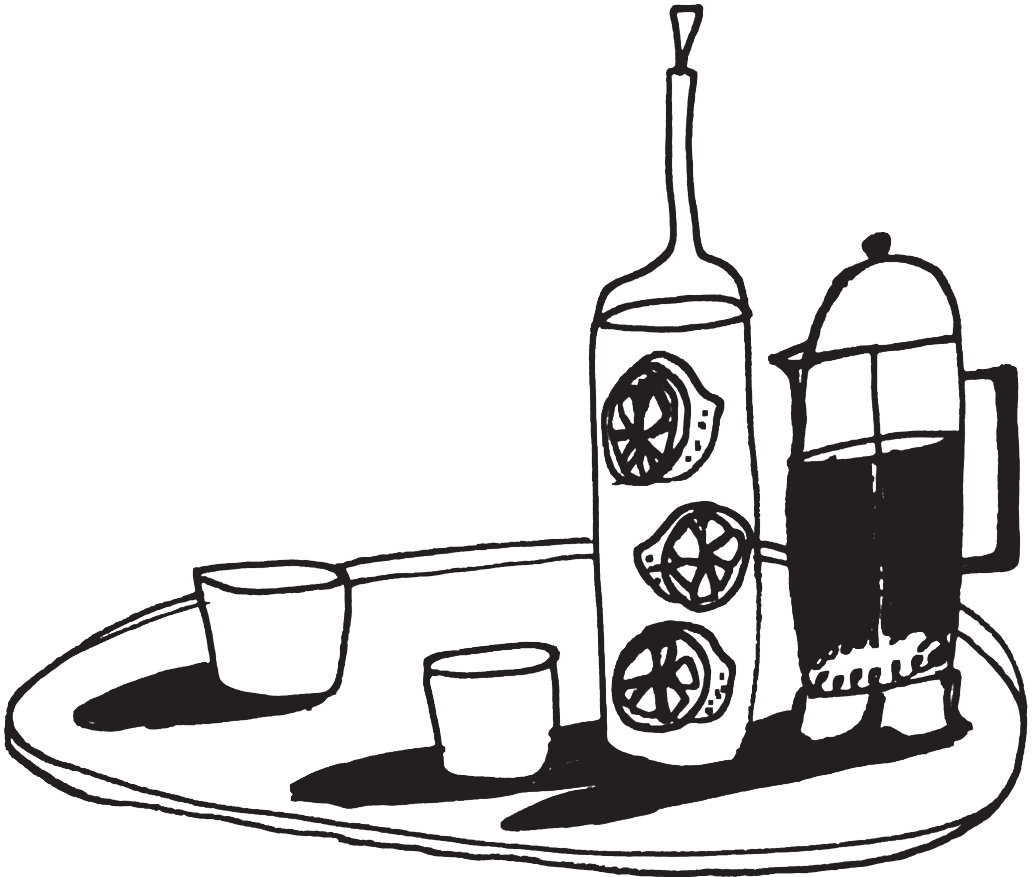
Ginger simple syrup: about 1/2 to 1 cup (1-2 ounces/25-50 grams) fresh grated ginger

Coffee Lemonade

This is straight refreshing, delicious, citrusy, caffeinated, goodness.

- 3 parts cold coffee
- 2 parts fresh lemon juice
- 1 part lemon simple syrup (that you just made from the other page!)
- 2 to 3 parts sparkling water or tonic water

Mix the cold coffee, lemon juice, and simple syrup together. Top off with the sparkling or tonic water.



Salty Watermelon Juice

Because of its sweetness and texture, watermelon easily lends itself to a very simple and tasty drink (and in this recipe, with a little balance of saltiness). Just find a blender and mix away.

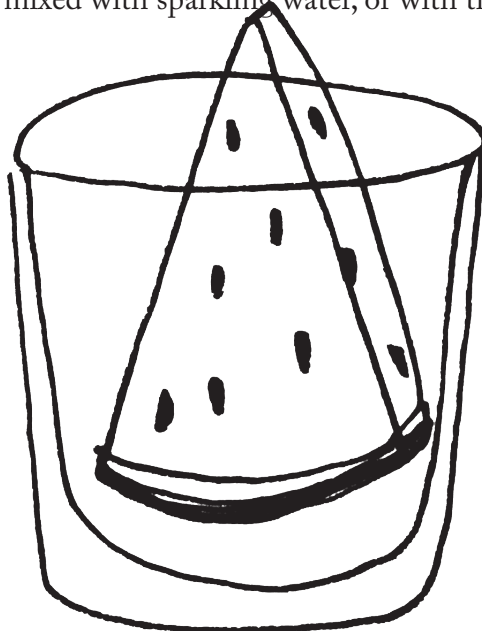
- Watermelon
- Salt

Optional:

- Fresh squeezed lime
- Mint or basil

Cut up a bunch of watermelon (compost the seeds!) and pop it in the blender. Purée. Add a pinch or two of salt. Taste. Mix in anything else you want to add, like freshly squeezed lime, or a sprig of mint or basil leaves. Drink right away or store in a glass jar or bottle in the refrigerator.

Good on its own, mixed with sparkling water, or with the addition of tequila or mezcal.



Borage Lemonade

Borage is an edible flower that pops up in gardens all over the place. The bright blue flowers look like stars and taste a little like cucumber. The leaves are also edible and in this recipe make for a bright green summer drink.

- Handful of young borage leaves
- 1/2 cup (120 ml) lemon juice (about 2 lemons)
- 4 cups (960 ml) water
- 1 to 2 tablespoons honey or simple syrup (more if you want a sweeter drink)
- Borage flowers to garnish

Combine leaves, juice, water and honey in a blender and blend until smooth. Add lemon juice and honey to taste, blending again after each addition.

Strain into glasses and garnish with borage flowers. You can also freeze borage flowers into ice cubes for an extra floral touch.

Want a more festive drink? Mix with sparkling water, or make a happy hour version by mixing with with rosé wine, at about a 1:1 ratio.



Water with Anything!



give your water glass a little summer spirit by infusing with a whole variety of things like blueberries, cucumber, blackberries, strawberries, mint, raspberries, basil, cherries, citrus, lemon balm, etc.

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