Lemongrassade

Season: All
Type: Drinks
Difficulty: Easy

Serves: 30 tastes in the classroom or 6 serves at home

Fresh from the garden: lemongrass, lemons, mint
Recipe Source: Emma Lupin, Kitchen Specialist, Alawa Primary School

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
- colander
- large jugs or punch bowl for serving

Ingredients:
- 8 stalks lemongrass
- 2 knobs ginger, about 10 cm each
- large handful mint leaves
- 8 lemons
- 8 green tea bags
- 1 1/2 cups honey
- 5 L hot water
- fresh ice and lemon slices, for serving

What to do:
- Turn the kettle on to boil the water.
- 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.
- **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 colander into your jug or punch bowl and serve with ice and fresh slices of lemon.
- *Adult supervision required.*