

## **Sekanjabin**

*Recipe from a 10<sup>th</sup> century book of Middle Eastern food*

### Ingredients:

- 4 cups sugar
- 2 ½ cup water
- 1 cup vinegar
- Handful of mint leaves

### Directions to prepare syrup:

- Heat the water and sugar over medium heat until the sugar dissolves completely.
- Add the vinegar and then simmer over medium heat for 30 minutes until liquid thickens.
- Coarsely chop the mint, add it to the syrup, stir, cover and allow to cool.
- Strain out the mint pieces and bottle.
- Store at room temperature, the concentrated syrup does not need refrigeration.

### Directions for use:

- Dilute syrup to taste with sugar, usually 1 part syrup to 5 to 10 parts water.
- Refrigerate any unused diluted sekanjabin mixture.

### Suggestions for variations:

- Try different types of vinegar – red wine, apple cider, balsamic, or flavored. (However, white vinegar is not recommended.)
- Try flavorings other than mint – lemon balm, raspberries, other herbs and fruits.
- Try fruit flavors – replace some of the water with pulpless fruit juice – pomegranate, lime, etc.

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