

# Lemongrassade

**Season:** All

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

**Fresh from the garden:** lemongrass, lemons, mint

**Recipe source:** Adapted from a recipe by Emma Lupin, Kitchen Specialist, Alawa Primary School, Northern Territory

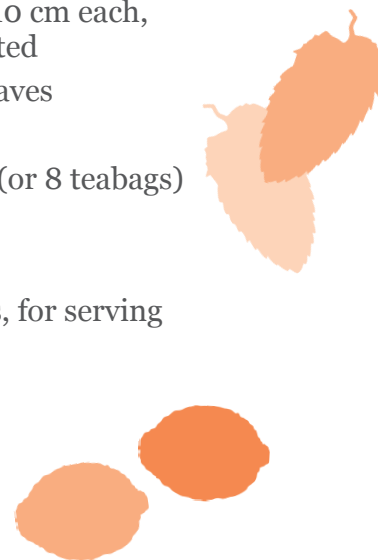
This is a delightful variation on traditional lemonade.

## Equipment:

metric measuring jug and cups  
kettle  
clean tea towel  
chopping board  
cook's knife  
vegetable peeler  
grater  
citrus juicer  
wooden spoon  
very large, heat-proof bowl  
large plate to cover bowl  
colander  
large jugs or punch bowl for serving

## Ingredients:

8 stalks lemongrass  
2 knobs of ginger, about 10 cm each,  
peeled and coarsely grated  
1 large handful of mint leaves  
juice of 8 lemons  
8 tsp loose leaf green tea (or 8 teabags)  
1½ cups honey  
5 L boiling water  
fresh ice and lemon slices, for serving



## What to do:

1. Turn the kettle on to boil the water.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cut off and discard the dry root end of each of the lemongrass stalks. Cut off the top half of each stalk and set aside. Discard any damaged or brown outer leaves.
4. Cut each lemongrass stalk into four.
5. Whack or press hard against the lemongrass pieces with the back of the wooden spoon to bruise them.
6. Put the lemongrass pieces and the ginger into the very large, heat-proof bowl.
7. Add the mint leaves, lemon juice, teabags and honey to the large bowl.
8. **\*Pour the boiling water into the large bowl.** (You may need to boil the kettle more than once.)
9. Cover the bowl with the large plate.
10. Leave the mixture to steep for 20 minutes. **\*Put the bowl in the fridge to chill.**
11. Strain through the colander into your jug or punch bowl. Serve with ice and lemon slices and the top halves of the stalks as stirrers.

\* Adult supervision required.