



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

Red Poppies Sherbet

Gelincik Şerbeti



2 cups red poppy petals
2 cups granulated sugar
2 cups water
Juice of a lemon
1/2 tsp ginger

[color:red:a73e003c25][b:a73e003c25]For the memory of Red Poppies which are dying out.[/b:a73e003c25][color:a73e003c25]

- # Pick the petals of the red poppies, wash them well, strain them to get clean petals over the strainer.
- # Place the petals into a steel pot, Add lemon juice and ginger in it, and knead the mixture until the petals lose their shape.
- # Add 2 cups of water and 2 cups granulated sugar onto the mixture, and poach the mixture for a few seconds.
- # Strain the mixture to remove the petals, place the strained liquid over heat again.
- # Poach it without covering the lid on, to evaporate its water.
- # Remove it from the stove, and let it cool down.
- # Put 2 tbsp sherbet into the glass, and fill the remaining part of the glass with water, and mix it well while serving. Drink cold.

Note: Red poppies are the wide flowers which grow at April or May at countryside. It is nostrum and odorous, but unfortunately dying out very fast. Due to a thesis, if we do not protect them, they will be died out totally in the next 30 years.