

Hot or Cold Tea of Your Choice

Contemplations: This elixir is the perfect beginning to an introspective evening



Ingredients

2 egg whites

1 1/4 ounces freshly squeezed lemon juice

3/4 ounce Chambord liquor (or more according to taste)

5 ounces premium vodka (100% proof preferred) kept in freezer for 24 hours prior

5 large ice cubes, crushed (spring water preferred)

Directions

1. Chill two sherbet or Champagne glasses in the freezer for 4 hours.
2. Mix the egg whites and lemon juice in a blender running at the highest speed.
3. With the blender running, add the Chambord and vodka.
4. Stop the blender, add the crushed ice, and blend on low for about 15 seconds or until the mixture is cold.
5. Strain into the chilled glasses.

Prep Time: 10 minutes Chill Time: 24 hours Yield: 2 drinks

Cucumber and Yoghurt Soup

Delight in this Persian staple, the refreshing “Soupe Mast va Kkair”



Ingredients

- 1/2 cup raisins
- 2 - 3 cups yoghurt (nonfat is OK)
- 1/2 cup light cream (milk is OK)
- 1 egg, hard cooked and chopped (optional) - I did not use
- 6 ice cubes
- 1 cucumber, peeled, seeded and chopped
- 1/4 cup chopped green onion
- 2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 1 cup cold water
- 1 tablespoon finely minced parsley
- 1 tablespoon finely minced dill or 1 teaspoon dried dill weed

Directions

1. Soak the raisins in cold water for 5 minutes
2. Place the yoghurt in a large bowl. Add the cream, egg, ice cubes cucumber, green onions, salt and pepper.
3. Drain the raisins and add to the yoghurt mixture.
4. Add 1 cup of water and mix well.
5. Refrigerate for 2 - 4 hours or up to 1 day.
6. Serve garnished with parsley and dill.

Prep Time: 15 minutes Chill Time: 2 to 3 hours Yield: 4 to 5 servings

Exotic Spinach Salad

So beautiful it deserves center stage



Ingredients

8 cups of rinsed, torn spinach

1 papaya, cut into 1/2 inch pieces

1 mango, cut into 1/2 inch pieces

1 kiwifruit, sliced

1 cup strawberries, sliced

Fruit salad dressing (see recipe below)

Edible flowers from your garden or specialty section at the grocery - optional

Directions

1. Combine the spinach, papaya, mango, kiwifruit and strawberries in a bowl.
2. Pour the salad dressing over the salad and toss to coat. Top with edible flowers if you wish.

FRUIT SALAD DRESSING

1/3 cup sugar

2 tablespoons of sesame seeds

1 tablespoon poppy seeds

1 1/2 teaspoon grated onion

1/4 teaspoon Worcestershire sauce

1/4 teaspoon paprika

1/4 cup cider vinegar

1/2 cup vegetable oil

Combine the sugar, sesame seeds, poppy seeds, onion, Worcestershire sauce, paprika and vinegar in a blender. Add the oil slowly and process until the dressing is moderately thick.

Lemon Cookies

These refreshing cookies are good anytime, but especially with a cup of tea



Ingredients

- 1 cup (2 sticks) unsalted butter, softened
- 1 cup granulated sugar
- 1 egg
- 2 teaspoons lemon extract
- 1 tablespoon grated lemon zest
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons of ground ginger
- Granulated sugar
- 1 tablespoon confectioners' sugar

Directions

1. Preheat the oven to 350 degrees.
2. Cream the butter and 1 cup granulated sugar in a large bowl with an electric mixer until fluffy. Add the egg and beat well. Mix in the lemon extract and lemon zest.
3. Combine the flour, salt and ginger in a bowl and gradually blend into the creamed mixture.
4. Roll the dough into 1-inch balls. Place about 2 - 3 inches apart on ungreased cookie sheets. Flatten slightly with a fork dipped in granulated sugar.
5. Bake for 15 minutes or until very light golden brown at the edges.
6. Remove the cookies to a wire rack and let cool. Sift the confectioners' sugar onto the cookies.

Hint: Cookie dough may be frozen for 6 months. Baked cookies also freeze well, wrapped airtight.

Prep Time: 25 minutes Cook Time: 15 minutes per batch

Yield: 36 cookies