



Ginger Tea (*Wedang Jahe*)

Juliana Suparman says this spicy ginger drink is a panacea for all ailments. More accurately described as a tisane than a tea, it's wonderfully soothing on a chilly wintry day or when you have a cold—the thick liquid coats a sore throat and warms the chest. It's pure liquid sunshine; you'll want to keep a pot stovetop throughout the winter!

Time: 45 minutes (10 minutes active)

Makes: 10 to 12 servings

8 ounces fresh ginger (about 2 knobby hands, each the size of your palm)

3 quarts water

About 1½ cups Pandan Syrup (recipe follows)

- ☞ Place the ginger on a cutting board and smash with the flat blade of a cleaver, the bottom of a large glass, or a meat tenderizer until the skin splits open to expose the inner flesh and the juices start flowing.
- ☞ In a medium pot, combine the ginger, water, and syrup to taste. Bring to boil over high heat. Reduce the heat to medium-low and simmer for at least 45 minutes. The liquid will develop a golden yellow hue. The longer it simmers, the stronger the brew.
- ☞ Fish out the ginger, ladle the tea into individual mugs, and serve hot.

Pat's Notes: Ginger tea keeps for 2 days on the stovetop. Refrigerate for up to 1 week.

I like to re-steep the ginger to make a second batch of tea. Steep it for longer or enjoy this second batch as a weaker concoction.





Pandan Syrup

Merely a simple syrup steeped with pandan leaves, this is used to sweeten many Southeast Asian drinks and desserts. The ratio of sugar to water is two to one, so you can adjust amounts according to your needs, using one pandan leaf for every cup of sugar. In my opinion, pandan leaves have no substitute. You can find pandan essence or flavoring in tiny bottles, but I'd rather go without than to use this usually artificial-tasting flavor.

Time: 15 minutes

Makes: 2 cups

2 cups sugar

1 cup water

2 pandan leaves, trimmed and tied into separate knots
(see page 17)

- ☞ In a medium saucepan, combine the sugar, water, and pandan leaves. Bring to a boil over medium-high heat. Reduce the heat to medium-low and stir continuously until the sugar dissolves, leaving behind a crystal-clear syrup, 8 to 10 minutes.
- ☞ Let the syrup cool completely. Fish out the leaves and use the syrup in desserts or drinks like **THREE-BEAN COCONUT MILK PARFAIT** (page 323), or transfer to a bottle, cover, and refrigerate indefinitely.

