

Florette's Rhubarb Tea

from In Our Grandmothers' Kitchens

Ingredients:

for the rhubarb juice:

2 pounds rhubarb stalks chopped (about 6 cups)
3 cups water
1 pinch salt

for the sugar syrup:

2 cups water
3/4 cup sugar

for assembly:

1 quart strong black tea

Cooking Directions:

In a stainless steel or enamel saucepan, cook the rhubarb in water, partially covered, over moderately low heat for 10 to 12 minutes or until tender. Stir gently occasionally to keep from boiling. Cool slightly. Drain the rhubarb in a sieve placed over a bowl and discard the pulp, reserving the liquid. Add the salt.

In another saucepan, combine the ingredients for the sugar syrup. Bring the mixture to a boil, stirring and brushing the sugar crystals from the sides of the pan until the sugar is dissolved. Cook the syrup for 5 minutes, undisturbed, over moderate heat and let it cool.

To make rhubarb tea, combine 2 parts black tea, 1 part rhubarb juice, and 1 part sugar syrup. (You may change these proportions slightly according to your taste.) Serve in a tall glass over ice. As indicated, 4 cups tea, 2 cups rhubarb juice, and 2 cups sugar syrup make 2 quarts of rhubarb tea.

Store any leftover juice or syrup in the refrigerator. If you need a double amount of sugar syrup, make 2 separate batches.