

Sharbat-E-Bomya

This is from Helen Saberi's Afghan Food and Cookery, 1st published in the UK in 1986, then in USA in 2000. It's very simple and refreshing, provided you like lemons and rosewater. In the 13th century Andalusian cookbook there is both a lemon syrup and a rosewater syrup recipe, so this feels like combining 2 drink recipes to the benefit of both.

Rosewater and Lemon Shrub

2 1/4 c sugar
1 c water
1 c lemon juice (about 4 lemons worth)
1/2 c rosewater

Place the sugar, water and lemon juice in a pot over medium heat and stir to dissolve the sugar. Helen says boil gently for about 2 minutes, but I let it go a little longer since I'm making a syrup to keep, not just serving immediately. (However, I have habitually burned my lemon syrup in the past, so not too long.) Remove from the heat and leave the syrup to cool a little before adding the rosewater. (My spouse doesn't like rosewater, so I short it a bit - taste it and see how you like it first.)

She suggests serving it over crushed ice and decorating it with rose petals. I just add cool water. Makes about 24 oz. of syrup.

For comparison here are the Andalusian recipes for Lemon Syrup and one of 3 Rose recipes. You'll notice that all the recipes (incl the others on the other pages) have equal amounts of sugar to stuff. That keeps it from spoiling, just like fruit preserves.

Syrup of Lemon

Take lemon, after peeling its outer skin, press it and take a ratl of juice, and add as much of sugar. Cook it until it takes the form of a syrup. Its advantages are for the heat of bile; it cuts the thirst and binds the bowels.

Syrup of Fresh Roses

Take a ratl of fresh roses, after removing the dirt from them, and cover them with boiled water for a day and a night, until the water cools and the roses fall apart in the water. Clean it and take the clean part of it and add to a ratl of sugar. Cook all this until it takes the form of a syrup. Drink an uqiya of this with two of hot water; its benefits are at the onset of dropsy, and it fortifies the stomach and the liver and the other internal organs, and lighens the constitution; in this it is admirable.

The other 2 rose recipes are for *making it by repetition*, ie adding roses each day for 10 days (or more!) to your water before finally adding the sugar, and a dried roses version.