

## Summer Treats...Perfect for Warm Weather



### **BULL FROGS**

To get your summer party started, Emanu-El Eats Committee member Sharon Oberman offers her "signature" brunch drink. "It's great when guests have children in tow because you can make one batch with alcohol and then substitute ice water for the vodka in a second batch for youngsters," she explains. And, it couldn't be easier, she notes, because you use the can from the frozen limeade as the "measuring cup" for all ingredients.

(Serves 4)

- One 6-ounce can of frozen limeade (pink lemonade for non-alcoholic version)
  - One 6-ounce can of milk
  - One 6-ounce can of vodka (or 6-ounce can of ice water for the non-alcoholic version)
1. Place limeade, milk and vodka (or ice water) in a blender and blend on high until frothy.
  2. Pour into glasses, with crushed ice, if desired.

**Note:** To double the number of servings, use a 12-ounce can of frozen limeade, and use this can as your measure for the remaining ingredients.

### **NANA ANN'S LEMONADE JELL-O MOLD**

Courtesy of Diane Zeidman, mother of Rabbi Benjamin Zeidman... According to Mrs. Zeidman, "This recipe is from my grandmother. It became a favorite in my family, especially for my son, Benjamin.

(Serves 6 to 8)

- One 6-ounce or two 3-ounce packages lemon Jell-O
  - One 6-ounce can frozen lemonade, thawed
  - One 4-ounce container non-dairy topping, such as Cool Whip, thawed
1. In a medium bowl, mix Jell-O with two cups very hot water and stir until gelatin is dissolved completely. Place bowl in refrigerator and chill until liquid just begins to gel. It should have a "wiggly" consistency.

(continued)

---

## NANA ANN'S LEMONADE JELL-O MOLD (CONTINUED)

2. Place mixture in the bowl of a stand mixer and beat until it is frothy and the color changes to a light lemony-yellow. Continue beating at high speed until mixture has the thickness of meringue, about 10 minutes.
  3. Add lemonade and non-dairy topping and beat until thoroughly combined. Pour mixture in a decorative mold and chill overnight.
- 

## MINT SHARBAT

*Courtesy of Temple Administrative Assistant Prince Davis...*

*This delightful summer drink is popular in North Africa, the Middle and Near East, and the West Indies.*

*"Sharbat traditionally was served at Sephardic weddings," he says, "But nowadays, it's served anytime.*

*There are many versions made from fruits or flower petals. This one is a favorite of mine."*

*(Makes about 6 cups syrup)*

- 2 cups packed fresh mint leaves
  - 3 cups sugar
  - 8 cups water
  - 1 Tablespoon whole cloves
  - 1 teaspoon ground cinnamon
  - Pinch freshly ground black pepper
1. Using a mortar and pestle, crush enough of the mint leaves to yield about 1 cup crushed mint. Set aside, reserving remaining whole leaves for garnish.
  2. In a saucepan, heat sugar and water to boiling. Lower heat and simmer, stirring gently to incorporate any sugar crystals clinging to the pot.
  3. Once the sugar is dissolved completely, add the crushed mint to the simmering syrup, together with the remaining ingredients. Raise heat to bring mixture to a boil, then lower heat and simmer for 20 minutes.
  4. Remove pot from heat and cool to room temperature.  
When sharbat has cooled, strain mixture into a container large enough to hold the liquid.

**To serve, pour one cup of syrup into a pitcher filled with ice. Add 6 cups of cold water and stir to mix. For a sweeter drink, add more syrup. Pour sharbat into serving glasses and garnish with mint sprigs. Refrigerate, or freeze, remaining sharbat for later use.**

---

**EMANU-EL EATS is a labor of love undertaken by a dedicated group of Temple members and staff. Your *Emanu-El Eats* cookbook committee gratefully acknowledges the interest and enthusiasm shown by the congregation for this project.**

