

Sekanjabin (Persian mint drink)
From Baroness Mistress Kathryn Goodwyn

2 ½ cups water
4 cups sugar

1 cup wine vinegar
6 sprigs fresh mint

Take 2 ½ cups of water in a saucepan, add 4 cups of sugar, and bring to a boil while stirring to dissolve the sugar. Add 1 cup wine vinegar and lower heat to simmer and let cook for 20 minutes. Remove from the heat and add the 6 sprigs fresh mint or several tablespoons of dried mint. Let cool and strain and then bottle the syrup. Dilute with cold water, 1 part syrup to 12 parts water (from Claudia rode, A book of Middle Eastern Foods)

Note from the sideboard:

If you cannot get fresh mint, you can substitute 6 bags of Celestial Season mint tea, or 6 tablespoons of loose mint tea. So not use mint Flakes. You can always boost the mint flavor with mint extract.

This is a kind of medieval Gatorade that the fighters in hot weather love. This recipe was widely (and wildly) made popular by Duke Sir Cariadoc of the Bow, when he was King of the East and lived in the Barony of Bhakail many years ago.