

NYBG

EDIBLE ACADEMY
JUNETEENTH WEEKEND
CULINARY RECIPES

LEMONGRASS TEA

By the Edible Academy

Ingredients

- 1 teaspoon dried, cut lemongrass
- 1 star anise
- ½ teaspoon dried lemon peel
- 1–2 teaspoons honey, to taste

Instructions

At home, steep your ingredients in 1 cup of hot water for 5–10 minutes. Remove the tea bag and cool the drink. Dilute and sweeten to preference.



Sorrel (Red Drink)

Ingredients

- ½ Tablespoon hibiscus flowers
- ¼ teaspoon cinnamon chips
- ¼ teaspoon dried ginger
- 1 cloves

Instructions

At home, steep your ingredients in 1 cup of hot water for 5–10 minutes. Remove the tea bag of flowers and spices, and cool the drink. Dilute and sweeten to preference. Serve chilled with ice.