

PPLD Young Adult Services Tutorial:

Ambrosia

Description:

Follow along with Laurel for this program in which we make three different drinks! Learn to make Ambrosia (apple simple syrup), Chai Concentrate, and Kombucha!

Supplies:

1. Liquid measuring cup
2. Peeler
3. Cutting board
4. Small Saucepan
5. Funnel
6. ½ cup granulated sugar
7. ½ cup honey
8. 1 cup water
9. 4-5 apples
10. 1 Rhubarb stalk (optional)
11. 1 glass mason jar with lid

Link to Video Tutorial:

<https://youtu.be/ECeeBWGJBIU>

Instructions:

1. Wash your hands.
2. Carefully peel apples, measuring out 1 cup of peels in measuring cup. Roughly chop rhubarb stalk (if desired), add to apple peels. Set aside.
3. Simmer water over medium heat, add sugar and honey, stir until dissolved.
4. Add in fruit and simmer over medium low heat for 5-10 minutes.
5. Turn off burner and let cool, leaving fruit in to continue to flavor through.
6. Place funnel over jar. Place strainer over funnel and strain fluid into jar.
7. Mix with soda, sparkling water, or any other beverage.

Bonus tip: Allow to simmer another 10 minutes to create a thicker syrup to drizzle over food.

Looking for more content like this? Go to ppld.org/virtual.

PPLD Young Adult Services Tutorial:

Chai

Supplies:

1. Medium saucepan
2. Mortar and pestle, heavy rolling pin, or hammer
3. Cutting board
4. Strainer
5. Funnel
6. 4-inch piece of ginger
7. 4 cinnamon sticks
8. 1 teaspoon whole allspice
9. 1 teaspoon whole peppercorns
10. 1 teaspoon whole cloves
11. 1 teaspoon cardamom seeds or 2 teaspoons cardamom pods
12. 1-2 star anis (optional)
13. 4 bags of plain black tea
14. 2 tablespoons of sugar
15. 4 cups of water

Link to Video Tutorial:

<https://youtu.be/ECeeBWGJBIU>

Instructions:

1. Wash your hands.
2. Chop ginger into slices.
3. Gently crush peppercorns, allspice, cardamom seeds or pods in mortar in pestal, or by rolling over them with rolling pin (place in plastic bag to protect rolling pin), or by EXTREMELY gently tapping with a hammer on a cutting board. Just break the spices up. Stop before grains are fine.
4. Simmer water over medium low. Add in crushed spices and ginger. Add in whole cinnamon sticks, whole cloves, and star anise.
5. Simmer for 10 minutes, and add in four tea bags, and simmer for another 10 minutes. (Tip: for tea with paper tags and string, simply cut off tags to avoid soggy paper).
6. Turn off heat and add in sugar. Stir until dissolved. Let mix cool.
7. Using strainer over funnel, strain mix into jar.
8. Mix concentrate with desired milk. Heat milk to add more sweetener if necessary.

Looking for more content like this? Go to ppld.org/virtual.

PPLD Young Adult Services Tutorial:

Kombucha

Supplies:

1. Liquid measuring cup
2. medium or large saucepan
3. quart size glass jar (must be glass)
4. Cloth cover- napkin, cheesecloth, etc.
5. 4 cups water
6. ¼ cup sugar
7. 2-4 bags of plain black or green tea, or 2-3 teaspoons loose leaf tea.
8. 1 SCOBY
9. 1 glass mason jar

Link to Video Tutorial:

<https://youtu.be/ECeeBWGJBIU>

Instructions:

1. Wash your hands.
2. Simmer 4 cups of water.
3. Remove from heat. Add in tea, steep for 5-10 minutes. Stir in sugar till dissolved
4. Let cool completely, pour into quart size jar. If using new SCOBY skip to step 7
5. If harvesting batch of kombucha, pour kombucha tea into new jar, reserving some tea for scobies to rest in.
6. Gently separate old scoby from new scoby. Leave one scoby to rest in the kombucha (make another batch within a day) and use the other for the new batch.
7. Gently place scoby into new tea.
8. Let sit in a dark corner for 5-14 days. Taste test using a clean straw, dipped an inch or two into fluid, placing finger over top of straw to create a vacuum, and release into mouth to taste.
9. Harvest into new jar. Keep sealed in fridge. Remember to open lid once of twice a day to release pressure from natural carbonation.

Bonus tip: mix with fruit juice, or simple syrup for tasty treat.

Looking for more content like this? Go to ppld.org/virtual.