

Butterfly Pea Soda



www.stirtea.co.nz

If you're looking for a bright and refreshing drink, then try this butterfly pea flower soda.

The delicate taste of the butterfly pea flower is beautifully complemented by fresh lemons and mint, resulting in a drink that is visually appealing and refreshing.

Whenever we offer this drink, we find it has a wide appeal.

Ingredients: (serves 4)

- 3 cups boiling water
- 3 heaped tablespoons of dried Butterfly Pea Flowers
- ¼ cup honey
- ⅓ cup lemon juice (2 juicy lemons)
- 330ml chilled soda water (1 can)
- Lemon slices for decorating your brewed drink and the individual glasses (2 more lemons)
- A Handful of mint leaves
- Lots of Ice cubes

Method

1. Prepare your base drink by adding the butterfly pea flowers to your warmed teapot and pouring boiling water across them. Set aside to infuse for 10-15 minutes.
2. Once infused, strain the mixture through a fine sieve (*Note a*).
3. Add honey and lemon juice to your infusion and mix well.
4. Set aside to cool in the fridge.
5. When ready to serve, wash the mint leaves and cut the lemon slices (reserving some of each to garnish the individual glasses).
6. Crush the mint leaves in your hand and add to your prepared infusion along with the lemon slices and stir to mix thoroughly.
7. Add a handful of ice to your chilled serving glasses and pour in your infused butterfly pea mix to two-thirds full.
8. Top up with soda water and garnish each glass with more lemon slices and mint leaves (*Note b*).
9. Sip and Enjoy! (*Note c*).

Notes:

(a) Second infusion - you could brew the butterfly pea flowers a second time and use the liquor to make ice cubes for future iced teas.

(b) Timing of adding the soda water - we find it works best to add the soda water immediately before serving - either into the individual glasses or as we did in the image, directly into the teapot. If you prefer more bubbles in your drink, then increase the portion of soda water to 50% (a second can of soda water will be required).

(c) We find this mix keeps well overnight.

