



# Recipes with sugarcane

Sugarcane is a quintessential summer delight in our country and now is that time of the year where various sugarcane juice carts have started to pop up. The most common ways of consuming it is by having its juice directly squeezed out or by chewing it and crushing it to swallow the juices.

However, sugarcane is more than just its juices. There are so many recipes both sweet and savoury that you may try out using sugarcane. In the joy of summer and this glorious summer delight, here are a couple of tantalizing sugarcane juice and skewer recipes.

## CLASSIC SUGARCANE JUICE

### Ingredients

- 1 stick sugarcane
- 1 litre water
- ½ inch ginger
- 3 mint sprigs
- ½ a lime
- Salt to taste



### Method

Peel the sugarcane and chop it into small pieces. Then blend them with ginger and a little water. Drain the sugarcane and ginger extract to retrieve all the juices. Squeeze in the lime juice and sprinkle a little bit of salt and stir. Lightly bruise the mint leaves to extract their natural juices and add those in. Mix everything together and serve chilled for best taste.

## SUGARCANE MOCKTAIL

### Ingredients

- 1 stick sugarcane
- 3 oranges
- 1 pineapple
- 2 tbsp sugar
- Fresh mint leaves

### Method

Peel and cut the sugarcane into little pieces and blend them with some water. Strain the juices leaving behind the scraps and extracting all the fresh juices. Repeat the

same procedure with pineapple. Squeeze the 3 oranges and combine all 3 juices of sugarcane, pineapple, and oranges together in a pitcher. Add sugar and fresh sprigs of mint and serve chilled.

## HAWAIIAN CHICKEN SKEWERS

### Ingredients

- 4 pieces chicken fillet
- 1 medium pineapple
- 1 stick sugarcane
- 1 tbsp BBQ sauce
- 1 tbsp chilli sauce
- 2 tsp soy sauce
- 1 tsp garlic granules
- 1 tsp cayenne pepper
- 1 tsp paprika powder
- 1 tsp chicken stock powder
- Oil for grilling

### Method

Prepare the chicken fillets by cutting them into cubes; core and dice the pineapples. Peel the sugarcane and slice them into

rings. Marinate the chicken pieces with BBQ sauce, chilli sauce, soy sauce, garlic granules, cayenne pepper, paprika powder, and chicken stock powder. Let it sit with the marinade for at least an hour.

If you are using wooden skewers, don't forget to soak them in water for 10 minutes. Drizzle a little bit of oil on a hot grill pan and place the skewers. Build the skewers by alternating the fruits in between pieces of chicken. Grill and flip until the chicken is fully cooked. Baste with the remaining marinade in between.

## Vietnamese Chao Tom

### Ingredients

- 250g peeled and deveined shrimp
- 2 tsp fish sauce
- 1½ tsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp garlic granules
- 1 tsp ginger powder
- 1 tsp black pepper powder
- 1 stick sugarcane
- 1 tsp brown sugar
- 2 tbsp cornflour
- Oil for frying

### Method

Turn the shrimp into a paste and combine with fish sauce, soy sauce, oyster sauce, garlic granules, ginger powder, black pepper powder and brown sugar. Mix everything well until it is a homogenous and sticky mixture. Add in corn flour and mix again until it can be formed into shapes.

Peel and cut the sugarcane lengthwise and slice them into slender sticks about the size of your hand. Wrap the shrimp mixture around half of the stick leaving the other half bare. Fry this in deep oil until golden brown in colour and fully cooked through. Serve with sweet chilli sauce.

**Food & Photo: Fariha Amber**

# Rejuvenate your soul with refreshing iced tea

What can be a better thirst quencher than a glass of chilled and refreshing iced tea in this hot and humid weather? Nothing beats the heat better than a rejuvenating glass of iced tea. Here is an array of fruity, soul replenishing iced tea recipes for you to enjoy this summer.

## BLUEBERRY LEMON ICED TEA

### Ingredients

- 500ml water
- 3 green tea bags
- 1 whole lemon
- 200g blueberries
- 1 tbsp honey

### Method

Boil water and drop tea bags in it. Let this steep until all the green tea flavour is mixed with water. Add honey and stir it in and allow it to come to room temperature. Using a peeler, peel the rind of a lemon, careful to avoid the white parts and drop them in the tea.



Slightly mush the blueberries and drop the clumpy liquid in.

Stir everything together and let this chill for a couple of hours. Once cold, cut the lemon into wheels and add them in as well. To serve, fill three-quarters of a glass with ice cubes and pour in the refreshing blueberry lemon iced tea.

## ORANGE MINT ICED TEA

### Ingredients

- 500ml water
- 4 earl grey tea bags
- 2 oranges
- 3-4 sprigs of mint

### Method

Boil the water, remove from heat and add tea bags in. Once all the flavour has been extracted from the teabags, let this come to room temperature. Once there, remove the rind and squeeze out the juice

of one orange — mix these in. Give the mint leaves a little bashing to extract the natural oils and add this in with the iced tea mixture.

Let this sit in the refrigerator for a couple of hours. Before serving, slice the other orange into wheels and drop them in. Serve with a glass full of iced tea and fresh mint leaves for best taste.

## BERRY ICED TEA

### Ingredients

- 500ml water
- 3 berry tea bags
- 300g mixed berries
- 1 tbsp simple syrup

### Method

Add the teabags to boiled water and let the flavours seep. Freeze half of the berries to make berry ice cubes and mush the other half to get berry juices. Add in the berry



juices to the prepared tea along with the simple syrup. Stir everything together and chill in the refrigerator until cold. While serving, use the frozen berries instead of ice cubes and enjoy!

## PASSION FRUIT ICED TEA

### Ingredients

- 400ml water
- ½ cup passion fruit pulp
- 3 tbsp loose tea

### Method

Seep the loose tea in warm water for a few minutes and then strain it. In a pitcher, add to the tea, passion fruit pulp and sugar, and mix it well. Store this in the refrigerator for 2-3 hours. Before serving, bruise the mint leaves slightly and add in lime wheels for freshness.

**Food & Photo: Fariha Amber**