



SHARBAT COCKTAIL

Recipe courtesy Mab Abbasgholizadeh and the League of Kitchens

Sharbat is a traditional sweet cordial from Iran that can be made with many different kinds of fruits, flowers, and flavorings. Saffron plays an essential role in Persian cuisine and culture and is considered both an antidepressant and an aphrodisiac. As Iran is a Muslim country, alcohol is banned, and Sharbat is traditionally made as a non-alcoholic drink. This cocktail version was one that Mab and her friends would make and share at underground parties in their community of women activists. Sharing this drink was an act of defiance towards the regime, and it also symbolized their desire to experience freedom and pleasure within a restrictive society.

2 tablespoons saffron water (see additional recipe)
1 tablespoon chia seeds soaked in $\frac{1}{4}$ cup of hot water for 2 hours
2 tablespoons rose water
3 tablespoons simple syrup
2 jiggers of vodka (6 tablespoons)
2 slices of lemon
4 ice cubes

Mix together the saffron water, soaked chia seeds, rose water, and simple syrup. Pour this mixture into three small cocktail glasses.

Combine the vodka, lemon, and ice cubes in a cocktail shaker, and shake vigorously. Pour the vodka into the three cocktail glasses, and don't stir. The cocktail should have two distinct layers.

Makes 3 drinks

Eshel National LGBTQ+ Retreat 2021

ABB-E ZAFEROON (Saffron Water)

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1/4 teaspoon saffron threads, preferably Iranian
2 tablespoons hot water

Put the saffron in a small bowl and grind to a fine powder with a pestle. Add the hot water, cover with a small plate, and let steep for 15 minutes.

Cook's Note:

Makes: 2 tablespoons