

Puerperant Sherbet

Traditional Turkish Lohusa Şerbeti (Postpartum Sherbet) with warming spices. A healing drink for new mothers made with cloves, cinnamon, and sugar.

10 min

PREP

30 min

COOK

40 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 cup water
- 4 tbsp granulated sugar
- 4 red spiced sugar
- 8 cinnamon stick
- 8 clove

Instructions

1 Prepare the spice bundle

Cut a 6-inch square of cheesecloth and place 4 whole cloves and 1 cinnamon stick in the center. Tie tightly with kitchen string to create a secure bundle that won't come apart during cooking.

2 Make the sherbet base

Pour 4 cups water into a medium saucepan and add the spice bundle. Add 4 tablespoons granulated sugar to the water.

3 Bring the mixture to a rolling boil over medium-high heat, stirring constantly until the sugar completely dissolves, about 3-4 minutes.

4 Reduce heat to medium-low and simmer for 20 minutes, stirring every 5 minutes to prevent the sugar from sticking to the bottom of the pan.

5 Add color and finish cooking

Add 2-3 drops red food coloring if desired for traditional pink color. Continue boiling for 5 more minutes until the liquid reduces slightly and develops a deeper, more concentrated flavor.

6 Remove the spice bundle with tongs and discard it. The sherbet should be aromatic and lightly colored.

7 **Store and serve**

Pour the hot sherbet into clean glass jars, leaving 1-inch headspace at the top. Seal tightly and refrigerate for up to 1 week, or serve immediately warm or chilled in small glasses.

Tips

Use whole spices rather than ground for the clearest, most flavorful sherbet. Whole cloves and cinnamon sticks release their oils slowly during the long simmering process.

Double-tie the cheesecloth bundle tightly to prevent any spice fragments from escaping into the liquid during cooking.

Stir the mixture regularly while boiling to prevent the sugar from caramelizing or sticking to the bottom of the pan.

Taste the sherbet after 15 minutes of boiling - if you prefer a stronger spice flavor, continue cooking for the full 20 minutes.

Store in sterilized glass jars to maintain freshness and prevent any off-flavors from developing during refrigeration.

The food coloring is optional but traditional - use just a few drops to achieve a light pink or red tint without overpowering the natural spice colors.

Serve immediately while warm, or chill thoroughly if serving cold - lukewarm sherbet doesn't showcase the flavors as well as either extreme.

Make a larger batch and freeze portions in ice cube trays for quick individual servings that can be thawed and heated as needed.