

# Lohusa ?erbeti

Traditional Turkish postpartum drink (Lohusa ?erbeti) with warming spices like cinnamon and cloves. A nourishing beverage for new mothers.

10	30	40	4	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

Lohusa ?erbeti

## Malzemeler

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

## Yap???

- Prepare the spice bundle**

Place 4 cloves and 8 whole allspice berries in the center of a clean cheesecloth square. Tie the corners together tightly to create a secure spice bundle.
- Make the syrup base**

Pour 4 cups water into a medium saucepan and add the spice bundle. Bring to a rolling boil over high heat, about 5-7 minutes.
- Add 4 tablespoons sugar to the boiling water. Stir continuously until the sugar completely dissolves and the liquid is clear, about 2-3 minutes.**
- Reduce heat to medium-low and simmer for 20 minutes, stirring occasionally. The liquid should reduce by about one-third and become lightly golden.**
- Add coloring and finish**

Add 8 drops red food coloring if desired for the traditional pink color. Continue simmering for 5 more minutes until the syrup lightly coats the back of a spoon.
- Strain and cool**

Remove and discard the spice bundle. Strain the hot syrup through a fine-mesh sieve into a clean bowl to remove any sediment.
- Let cool to room temperature, about 30 minutes. Serve warm or chilled, diluted with hot or cold water to taste.**

## ?puçlar?

Wrap whole spices in cheesecloth or a clean kitchen towel to make removal easier and ensure no small particles remain in the final syrup.

Sterilize glass storage jars by boiling them for 10 minutes before filling to extend the shelf life of your sherbet.

Start with less sugar than you think you need—you can always add more, but you can't take it away once it's dissolved.

Taste the syrup after 15 minutes of simmering; some spices release their flavor faster than others depending on freshness and quality.

Store the concentrated syrup in the refrigerator and dilute individual servings to prevent waste and maintain freshness.

Use a fine-mesh strainer when pouring into jars to catch any spice particles that may have escaped the cheesecloth bundle.

Label your jars with the preparation date—while the syrup keeps well, it's best consumed within two weeks for optimal flavor.