

# GOOP

## Summer Cookbooks

### Cardamom Cooler

YIELD: about 4 drinks

#### ingredients

- 15 green cardamom pods, crushed with the back of a knife or rolling pin
- 2 cups water, boiling
- ¼ cup honey
- 2 cups seltzer or carbonated water
- Bourbon, optional

#### preparation

Cardamom has some heat – a spicy herb that cools you down on hot summer days. This drink is perfectly light and refreshing, a great afternoon cooler. If you prefer a cocktail, add a splash of bourbon. The woody sweetness pairs well with the cardamom.

Place crushed cardamom pods into a muslin steeping bag, or mesh tea strainer. Add to boiling water, and let steep until the flavor is strong, about 30 to 45 minutes. Add honey and stir until dissolved. Fill four glasses with ice. Add ½ cup cardamom syrup to each glass. Add ½ cup seltzer to each glass. Stir and served. (For a boozy version, add about one ounce of bourbon.)

