

Sekanjabin

Dissolve 4 cups sugar in 2 1/2 cups of water over medium heat

When it comes to a boil add 1 cup wine vinegar.

Reduce heat to low and simmer for 1/2 hour.

Add a handful of mint, remove from fire, let cool.

Dilute the resulting syrup to taste with ice water (5 to 10 parts water to 1 part syrup).

The syrup stores without refrigeration.

Note: This is the only recipe in the *Miscellany* that is based on a modern source: *A Book of Middle Eastern Food*, by Claudia Roden. Sekanjabin is a period drink; it is mentioned in the *Fihrist* of al-Nadim, which was written in the tenth century. The only period recipe I have found for it (in the Andalusian cookbook) is called "Sekanjabin Simple" and omits the mint. It is one of a large variety of similar drinks described in that cookbook-flavored syrups intended to be diluted in either hot or cold water before drinking.

Syrup of Simple *Sikanjabîn*

(Oxymel)

Andalusian p. A-74

Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an ûqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabîn syrup is beneficial in phlegmatic fevers: make it with six ûqiyas of sour vinegar for a ratl of honey and it is admirable.

This seems to be at least two different recipes, for two different medical uses. The first, at least, is intended to be drunk hot. In modern Iranian restaurants, sekanjabin is normally served cold, often with grated cucumber.

Source: Cariadoc's Miscellany

<http://www.pbm.com/~lindaht/cariadoc/drinks.html>

