

VIETNAMESE REFRESHING ICED DESSERT DRINK WITH SEAWEED, LOTUS SEEDS, JUJUBES, LONGANS AND PEARL BARLEY (CHE SAM BO LUONG)

Makes 8-12 servings

INGREDIENTS

- Dried Ingredients5 oz dried lotus seeds (Hat Sen)
- 5 oz pearl barley (Bo Bo)
- 2 cups thinly sliced dried seaweed/kelp (Rong Bien)
- 5 oz dried longans (Nhan Nhuc)
- 2 cups dried red jujubes/dates (Tao Do)
- Syrup4 cups presoaking liquid from dried longans plus 10 cups water
- 1-1/2 cups brown sugar, palm sugar or rock sugar

INSTRUCTIONS

1. Rinse all dried ingredients to remove any dirt and debris.
2. Presoak the lotus seeds and pearl barley in different bowls for 4-6 hours.
Presoak the seaweed/kelp, dried longan and jujubes/dates in different bowls for one hour. For the dried longan, soak with 4 cups water so we can save the soaking liquid. Once dried ingredients have been presoaked, strain, rinse and drain dry.
3. Bring a medium-size pot to a boil and blanch dried seaweed/kelp for 3-5 minutes. Remove seaweed/kelp with a large sieve. Add pearl barley to the pot and cook until softened. Remove with a large strainer. Discard all liquid from the pot.
4. Add 10 cups water to the pot along with the 4 cups presoaking liquid from dried longans. Bring the pot to a boil. Cook the lotus seeds on a low simmer until softened (about 15-25 minutes).
5. Add jujubes/dates to the pot with the lotus seeds and cook for 2-3 minutes. Then return all other cooked ingredients (pearl barley and seaweed/kelp) and presoaked longans. Add sugar, a bit at a time, to your liking.
6. Store drink in the refrigerator. When ready to serve, scoop the mixture into tall glasses. Top with syrup water and crushed ice.