

**Mavi or Mabi-** Fermented Cold Tea from the bark of the Mauby Tree

Makes 1 quart

Courtesy of Restaurant Associates Chef Alexandra Strong, for demo September 4, 2015

1 ounce mavi tree bark  
1 inch fresh ginger, peeled and sliced  
1 whole cinnamon stick  
7 ½ cups water, divided  
1 cup granulated sugar  
1 cup dark brown sugar

1. Bring 1 ½ cups water to a boil in a medium saucepan. Add the mavi bark, ginger, and the cinnamon stick and let boil for 5 minutes. Remove the pot from the stove and strain the liquid into a bowl through a fine colander to filter. Let it cool completely.
2. Mix the remaining 6 cups water, the sugar and the brown sugar in a large bowl or pitcher until well-blended.
3. Add the mavi liquid and mix well until it starts to foam. Pour the Mavi into one or more wide-necked glass or plastic bottles, and cover with cheesecloth. (NOTE: Do NOT fill the bottles all the way to the top—the fermentation will create pressure, and you need to leave about 2 inches at the top of the bottle to keep the bottle from exploding.)
4. For best flavor, place the bottles in the sun or a warm place for about 3 to 4 days. As the mavi starts to ferment, you must remove the foam from the top while still in its warm place. Every day or so, skim the foam off the top of the bottle with a small ladle or spoon.
5. After 3 to 4 days, strain the liquid through a small mesh strainer or chinois, then chill until ready to serve. Pour the mavi into two ice-filled glasses and enjoy!

*Recipe courtesy of Restaurant Associates Chef Alexandra Strong*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*



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