



## *Herb-Infused Sparkling Soda*

*Makes Approximately 1 1/2 Cup Serving*

*Herbal infusions can be used to make sorbets, sauces or syrups. Here, I use the herb infusion to make a sparkling beverage. Use flavored sparkling waters to transform any cocktail or non-alcoholic beverage into a mysterious and inviting drink.*

### ***Ingredients:***

Crushed ice

Juice from 1/2 lemon

2 tablespoons Herbal-Infusion syrup (*see below*)

Sparkling water, club soda or flavored seltzer water

Fresh herb leaf, for garnish (optional)

### ***Preparation:***

*Prepare the Herbal-Infusion:*

Combine 1 cup sugar and 3/4 cups water in a small saucepan placed over medium-high heat. Stir to dissolve the sugar. As soon as the mixture comes to a full boil and the sugar is completely dissolved, add your choice of the following herbs:

✚ Lemon or English thyme: 4 to 6 fresh sprigs, or

✚ Lavender: 1 1/2 to 2 teaspoons dried buds, or

✚ Mint: 6 to 8 fresh sprigs, or

✚ Rosemary: 2 fresh sprigs.

Immediately remove the saucepan from the heat. Allow the herbs to steep in the mixture for about 30 minutes. Pour the infusion through a fine mesh sieve into a clean glass container, pressing on the herbs to extract all the syrup held in the leaves or buds. Store covered in the refrigerator.

*Prepare the Beverage:*

Fill a bar glass 1/2 full with ice. Add the lemon juice, the herbal infusion and sparkling, soda or seltzer water. Stir well to combine. Garnish with lemon peel and an herb sprig. Serve immediately.

### ***Chef's Note:***

*For additional complexity and depth of flavor, add spices or other flavorings to the infusion once removed from the heat. Try, vanilla bean split and scraped; cinnamon stick; fresh peeled ginger; orange, lemon or lime zest.*

*courtesy of [www.TheresAChefInMyKitchen.com](http://www.TheresAChefInMyKitchen.com)*