

# THE MEXICAN VEGETARIAN COOKBOOK



PHAIDON

MELON HORCHATA





# MELON HORCHATA

REGION: ALL MEXICO  
PREPARATION TIME: 20 MINUTES,  
PLUS 3 HOURS CHILLING  
SERVES: 4

1 large, ripe melon  
sugar, to taste  
 $\frac{1}{2}$  cup ( $1\frac{3}{4}$  oz/50 g) pecan nuts, chopped  
pinch of ground cinnamon (optional)





## MELON HORCHATA

Cut the melon in half, scoop out the seeds and reserve (you need 9 oz/250 g, which might need to come from an extra melon; see Chef's Tip). Peel and finely chop the melon flesh.

Rinse the melon seeds and put into a blender with 6¼ cups (2½ pints/1.5 liters) water. Blend them extremely well, then pass into a pitcher (jug) through a strainer (sieve) lined with cheesecloth.

Add sugar to taste, then add the finely chopped melon and refrigerate for 3 hours.

To serve, add a tablespoon of chopped nuts to each glass of horchata. Sift over a little ground cinnamon, if you like. Serve very cold.

**CHEF'S TIP:** Keep melon seeds in the refrigerator, or you can dry them on a tray and keep in a sealed jar for future use.

