

Æsa's Sekanjabins

Two Sekanjabins made by Æsa Þorfinnsdóttir of Caid
For the revel at Caid's July 2026 Coronation

Mint Sekanjabin

This is an article from Cariadoc's Miscellany.

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Dissolve 4 cups sugar in 2 1/2 cups of **water**;
when it comes to a boil add 1 cup **white wine vinegar**.

Simmer 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.

--- End *Miscellany* article ---

Note from Æsa: I steeped the mint overnight and removed it the next morning.

Pomegranate Sekanjabin

Based on the above recipe:

Dissolve 4 cups **sugar** with 1 1/2 cups **water**.

When it comes to a boil, add **apple cider vinegar** and simmer for 30 minutes.

Turn off heat and add a handful of **mint**.

Steep overnight.

Remove mint, and add 1 cup of **pomegranate molasses**.