

## Lynnette's Honey Lemon Sekanjabin

Sekanjabin is a syrup made from vinegar and sugar or honey. The syrup is combined with water for drinking.

### Ingredients:

#### 1 GALLON yield

16 cups **honey** (see note below)  
4 cup **water**  
8 cups **lemon juice** (see note below)  
4 cup **white wine vinegar** (2 16 oz. bottles)  
4 cup **red wine vinegar** (2 16 oz. bottles)  
2 cups **lemon zest** (See note below)

#### 1 QUART yield

4 cups **honey** (see note below)  
1 cup **water**  
2 cups **lemon juice** (see note below)  
1 cup **white wine vinegar**  
1 cup **red wine vinegar**  
1 cup **lemon zest** (See note below)

**Yield** varies depending on how much you reduce the syrup

### Procedure:

Dissolve the honey in the water over low heat, add the vinegar, bring to a rolling boil, skim if necessary, and leave boiling for about 20 minutes to reduce the liquid and make it syrupy.

Switch off the heat (remove from burner if you have an electric stove), add the lemon peel and stir well, then add the lemon juice and stir again to combine.

Cover the pot and leave it to cool for several hours (overnight is fine).

Strain and bottle. Recycled screw top or swing top (Grolsch) bottles work great.

**Store** in a cool dark place, a kitchen cabinet is great. Or if you prefer you can refrigerate it.

### Drinking:

Dilute the syrup in water (or lemonade, or ice tea, or ??). The amount of sekanjabin to other liquid is a matter of taste (literally). Some prefer to dilute this one at 50 / 50, some prefer 1 part sekanjabin to 9 parts liquid.

### Notes:

- **Lemon juice:** Your results will vary depending on the acidity of your lemons. You can use home grown lemons, store bought lemons, store bought lemon juice, or a combination of them.  
I used lemons from a backyard tree. I have no idea what type of lemons they are, but they are probably Mayer lemons, which are less sour than other types.
- **Honey:** I used wild flower honey, that refers to what pollen the bees harvested to make the honey. That is the most common type of store bought honey. You can experiment with other types of honey
- **Lemon Zest:** My zest was created by grating the lemon skin on a micro plane. You can also peel the zest (the yellow part only, don't include the white part) into strips.

I only used 2 cups because 4 cups of grated lemon zest is a LOT of lemons! The grated zest compacted down more than strips would, so perhaps 4 cups of lemon zest strips would be more manageable.

This is my modified version of Mistress Adrienne's Lemon Sekanjabin. See her recipe for a sugar based lemon sekanjabin: <https://thomasinacoke.wordpress.com/2018/07/21/sekanjabin/>