



MESQUITE: SIMMERING PODS INTO BROTH



① SIMMER
SWEET-TASTING
DRY, RIPE, WHOLE
PODS

② MASH PODS TO
RELEASE MORE
FIBER & FLAVOR

③ STRAIN OUT PODS &
SEEDS FROM BROTH



SIMMER
~1-2 hrs
over
low
heat



SIMMER
→
FURTHER
IF
DESIRED



USE
OR
FREEZE

- TOAST PODS BEFORE
SIMMERING TO
ENHANCE FLAVOR -

- LIQUID SHOULD
BE REDUCED TO
1/2 ORIGINAL
AMOUNT -

- USE STRAINED OUT
PODS + SEEDS FOR
COMPOST OR
CHICKEN FEED -

MESQUITE BROTH USES:

① HOT or COLD BEVERAGES



Iced Mesquite
Chai Tea

chilled
mesquite broth
with milk

mesquite broth
iced cubes

Spices - ginger
cinnamon
cardamom



Mesquite

Coffee with
mesquite
broth or
concentrate

② BROTH for SOUP

La Cocina's
Pod Thai Soup



or REPLACE
LIQUID IN -
oats rice
ice quinoa
jello millet
jam gravy
smoothies baking
sauces
desserts
cocktails
etc



Bron Tree Farms
MESQUITE-CHOCOLATE
CHILE SAUCE



REDUCE & THICKEN
BROTH TO
SYRUP or MOLASSES
over
LOW HEAT or in
SOLAR OVEN



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