

aguapanela (sugar cane drink)

serves
16 oz

prep time
5 minutes

cook time
30 minutes



INGREDIENTS

Water and panela (grated or in blocks)
5 cups water or to your taste
2 cups or 16 oz

INSTRUCTIONS

Place the water and panela in a medium pot. Bring to a boil, then reduce the heat and simmer for about 30 minutes. Aguapanela is used as a base for coffee, hot chocolate and mixed with lime juice as medicine for the flu. Enjoy!

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Aguapanela - a very simple and sweet drink that is a staple in Colombian kitchens. Traditional aguapanela is a sugar cane drink that sort of looks like tea. You can find the block of panela (solidified sugar cane sap) at latin markets or online. It's a solid block that gets boiled with water. You may drink it hot with lemon to soothe a sore throat, or just for comfort. You may drink it room temperature right out of a big old pot that's been sitting on the stove. You may drink it iced with a teaspoon of instant coffee. It's also used to make "tetero" (a baby's bottle) mixed with milk. And in some regions we serve it hot in a large mug and add cheese so it gets melty and gooey. I can't tell you about it's nutritional value, but once you have grown up with it, a cup of aguapanela feels like waking up amongst dewy montains, a soothing balm, and a taste of home.



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