



Agua de Melón

1 cantaloupe*

sugar to taste (start with 1/3 cup – amount will vary based on ripeness of cantaloupe)

water to make up 2 quarts

*This recipe works best with a cantaloupe that is ripe, but not overly so.

Cut melon in half length-wise. Scrape out all of the seeds and place them in the blender jar. Remove the rind from one half of the melon and cut into cubes (reserve other half for another use). Place cubes into blender jar. Blend very well until seeds have been ground. In batches, strain the melon mixture through a fine-meshed sieve and into a 2 quart pitcher. Make sure to press the mixture thoroughly through the sieve with a large spoon so as to not waste any juice. Discard solids left in sieve. Add cold water to make up remaining 2 quarts of water. Add sugar to taste, beginning with less and adding in small increments to avoid over sweetening. Chill well until serving.

Note: Agua de melón is a perfect fit for an end of the summer Labor Day bash. One suggestion would be to separate a portion and freeze it into ice cubes (especially in fun shapes) the return it to the pitcher or to individual cups to keep the remaining agua chilled.