

# St Clements Drink

This is a refreshing, sparkling non-alcoholic cocktail. The drink refers to the British nursery rhyme, 'oranges and lemons, say the bells of St Clements'. This cocktail is a classic drink which is perfect for serving on a warm summer's day.



Sulphites\*

## Nutritional information per portion (309g):

Energy 256kJ 61kcal 3%	Fat <b>&lt;0.5g</b> 0%	Saturates <b>&lt;0.1g</b> 0%	Sugars <b>11g</b> 12%	Salt <b>0.04g</b> 1%
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of an adult's reference intake.

Typical values per 100g: energy 83kJ/20kcal.

## Equipment

- Ice cube tray (optional)
- Measuring jug
- Jug for serving
- Wooden spoon
- Chopping board
- Sharp knife
- Clingfilm
- Drinking glass x 5 (or 10) to serve
- Swizzle or cocktail sticks for decoration (optional)



## Ingredients

### Serves 4

- 300ml fresh orange juice
- 600ml sparkling water
- 60ml no added sugar lemon cordial
- 1 orange
- ½ lemon
- 10 ice cubes (optional)

### Serves 10

- 750ml fresh orange juice
- 1.5 litres sparkling water
- 150ml no added sugar lemon cordial
- 2 large oranges
- 1 lemon
- 15 ice cubes (optional)

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

# Step 1

Measure the orange juice and lemon cordial in the measuring jug and pour into the serving jug.



# Step 2

Measure the sparkling water and add to the serving jug.



# Step 3

Gently mix the liquids together with the spoon.



#### Skills used include:

Washing, measuring, chopping, mixing/combining and serving.

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## Step 4

Wash the lemon and orange. Then slice them in half lengthways. Turn them face down on the chopping board and cut slices (semicircle shaped). Remove any pips. Add the slices to the drink.



## Step 5

Cover the jug with clingfilm and put in the refrigerator to chill.



## Step 6

To serve, pour into a glass, add ice cubes and a swizzle stick for decoration (if using).



# Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

## Additional Instructions

<b>Lime version</b> – Add 2 limes.	Add sliced lime to give it a zesty taste. Just add in step 4 and prepare like the lemon.
<b>St Clements ice lollies</b> – Use the same ingredients and an ice lolly mould.	Freeze this mixture in lolly moulds and enjoy St Clements ice lollies.
<b>St Clements ice cubes</b> – Use the same ingredients and an ice cube tray.	Pour into the ice cube tray and use in a new batch of cocktail.
<b>Mixed fruit variety</b> – Add a variety of different fruit and juices.	You can add other chopped fruit in your cocktail. For example pear, apple, raspberries. Also why not try a tropical juice. Experiment with the different tastes and flavours and rename your drink.

## Prepare now, eat later

The cocktail should be served soon after it has been prepared as the sparkling water will start to lose its fizz. However the fruit juice and cordial can be mixed together with the sliced fruit and stored in a refrigerator for up to 2 days. Add the fizzy water just before serving.