

Nikki Ziegler  
EN 311  
Dr. Kupper  
23 September 2017

## Nastoy Shippovnika (Hibiscus Cold Tea)

### Recipe:

- 4 tablespoons of Wild Rose Hips
- 2 tablespoons of Honey
- 1 Lemon
- 500 ml of boiling water

Squeeze juice from a lemon. Pour juice into thermos, add hips and honey (optional: squeezed pieces of lemon). Pour in boiling water. Close thermos, and leave to brew overnight. Can cool or drink hot. (1/2 cup before each meal is ideal).

### Photo of the prepared dish:



### A synopsis of your research on the recipe and the area where the recipe originated:

As a resident in the dorms, I have little access to cooking supplies, so I decided to make myself a drink. Being under 21 it had to be nonalcoholic, and I needed it to be something that I could easily transport to class. I opted to make tea, as it is commonly mentioned in Russian Literature. I looked online for Russian Teas, and found Nastoy Shippovnika, or Hibiscus Cold Tea. I learned that this tea is commonly drunk when a person is ill as it boosts your immune

system. I could not find the area where this drink originated, but many people reported that Russian grandmothers brought the recipe with them when they immigrated to America.

**Your description of the experience of preparing and tasting the recipe (any ingredients you needed to substitute, any changes you made to the recipe... does it remind you of something you tasted before? What would you serve to accompany it? Etc.**

I had to hunt for rose hips, but the lemon and honey were easy to obtain. I combined all the ingredients in about ten minutes. Steeping it overnight was the hard part, as I wanted to try it right away. When I tried it, the tea was very strong. While some tea I prefer strong, this was not one of those teas. I diluted mine with lots of water, and it was chilled by the time I drank it. The dilution made it much more tolerable to me, and I was able to pick up on the citrus taste of the lemon, and the sweet aftertaste of the honey. I've never really tasted anything like this before, and it was interesting to see how it all come out. If I was serving something to accompany it, I may try a cake, cookie, or a bread that has a thicker texture and less taste. The tea stands well on its own, though, so an accompanying dish may be the meal served after the tea.

**Like a wine recommendation to accompany a dish, make a recommendation of a reading from Russian literature that would accompany the making or tasting of the dish you prepared. Perhaps the reading would suit the mood of the dish, its spiciness or its sweetness... perhaps there was a mention of one of the ingredients or the dish itself in the reading... etc. You may select from the stories read or presented in class, or some other Russian work with which you are familiar.**

While trying this tea, I was reminded of "The Death of Ivan Ilych," which was published by Leo Tolstoy in 1886. The sweet flavor was almost nonexistent in the beginning, much like Ilych's own happiness and health. I was unsure of the aftertaste, much like Ivan Ilych is unsure of the afterlife, and what he will experience in the day of his death. Ivan Ilych uses various drugs to dull his own pain, and I had to use plenty of water to dilute the taste of the tea enough to drink it. I can't really pin down exactly why I thought of it, but I pictured myself reading that story and drinking this tea when I didn't feel well myself.