

# BARLEY WITH CANDIED WINTER MELON DRINK

SERVES 1.8 litres

PREP 2 mins

COOK 30 mins

TOTAL 32 mins



## INGREDIENTS

- 200 grams Barley Pearls
- 100 grams Candied winter melon
- 2 Litres of water

**Below items are optional.  
It depends on your taste.**

- 50 grams Rock sugar (or can use white/brown sugar), to taste
- 2 Pandan leaves, to taste

## DIRECTIONS

1. Rinse and soak barley for 30mins, then drain. **This is optional:** Can put the barley straight in the cooking pot instead of rinsing.
2. In a medium pot, boil the water.
3. Once the water is boiling, add all the ingredients. Lower the heat and simmer for 30 minutes or until barley pearl has soften.
4. Turn off heat. It can be served hot, at room temperature or chilled. Scoop the barley water into a jug or cups and throw away the remaining ingredients.

## NOTES

1. You can add more water if you want a thinner drink.
2. If barley isn't soft, continue to boil longer until soft.
3. You can add the winter melon in the last 5 mins, once barley is cooked.
4. Can store in the fridge for 2-3 days.