

After the talk, join us for Q&A over a drink, but not just any drink, a historical concoction. Prepare this drink in time for the talk, and we can have a virtual drink together.

Mayba is an "aromatic restorative quince drink" recorded in a 14th century Egyptian cookbook known as "A Treasure Trove of Benefits and Variety at the Table". Historical recipes do not give the same detailed instructions expected of recipes today, and much is implied.

This is a simplified version of *Mayba*. Instead of having to find quinces and pound them yourself, you can just use apple juice. There is no need to follow it to a tee, have fun with the recipe, change it to your taste, and enjoy!

- Pound (or blitz) 4 apples – not the tart ones – and squeeze the liquid out. **Or use apple juice.**
- Add 1 measure of the apple juice to 1.5 measures of wine (the original recipe calls for red wine that has been cooked to about a third of its original volume). **You can use grape juice.**
- Cook the mixture until reduced to half the volume.
- Add a quarter of this amount in honey or sugar.
- While it cooks, add in spices tied up in a piece of cloth. Spices can be coarsely crushed before being placed into the cloth, used in powdered form. Use approximately ¼ tsp each:
 - Ginger root, cinnamon, cloves, crushed black pepper (or peppercorns), nutmeg
 - 2 cardamom pods and a strand of saffron.
- You should also add ¼ tsp of cassia, spikenard, and aloeswood (but these or any of the spices can be omitted or adjusted to taste).
- Leave to cook until it becomes a syrupy consistency and store in the fridge.
- To serve, pour some of the syrup in a glass and dilute with water to taste.