

RANCHO LA PUERTA

¡Drinks!

Celebrate refreshing juices and agua frescas that quench and nourish thirst from Rancho La Puerta and La Cocina Que Canta.




RANCHO LA PUERTA
Tocate • Baja California • Mexico


**La Cocina
que Canta**
COOKING SCHOOL & CULINARY CENTER
AT RANCHO LA PUERTA



Ranch Signature Green Juice

Makes 12 ounces

The Ranch's delicious and refreshing Signature Green Juice is a wonderful drink that can be modified to include seasonal ingredients.

INGREDIENTS

½ head romaine or leafy lettuce

1 medium green apple

1 kale leaf

1 small bok choy

4 inner leaves of beet greens

1 stalk celery

2 sprigs parsley

½ cucumber

½ lemon with peel

PREPARATION

Juice ingredients in a juicer. Enjoy.

TIPS

These are a few vegetables we think are key to include on a regular basis for health benefits. Always remember to pick things that are in season.

Cruciferous Vegetables: Brussels sprouts, bok choy, cabbage, broccoli, cauliflower

Greens: kale, spinach, collard greens, chard, celery, young radish greens, a variety of lettuces

Herbs/Spices: garlic, ginger, cinnamon, ginseng, cayenne pepper, parsley, mint, basil





Liver Lover

Makes about 16 ounces

This is one of our favorites at Tierra Alegre. It is an all-natural, cold-pressed, detoxifying juice, made with beet, apple, ginger, and cucumber (if you're making this at home, don't forget the final, secret ingredient: love!). It is a perfect way to jump start your day from the inside out.

INGREDIENTS

1 large or 2-3 small beets

½ green apple

2 inches fresh ginger, peeled

1 small cucumber or ½ a large cucumber

PREPARATION

Juice ingredients in a juicer.

Note: If you don't have a juicer at your disposal, this could also be made in a blender and strained.





Acidophilus Drink

Makes four 6-ounce servings

The Ranch serves this Acidophilus Drink at breakfast daily because it's a great natural probiotic with a healthy tart flavor. This drink benefits the friendly bacteria in your body while promoting intestinal health. Acidophilus helps with digestion by creating an acidic environment in your intestines and stomach, which inhibits the growth of harmful bacteria. Drinking a bit of this tart beverage promotes a healthy acidic digestive system and helps with regularity. And that leaves us loving this drink.

INGREDIENTS

2 cups low-fat buttermilk

1 cup unsweetened low-fat plain yogurt

1 tablespoon fresh lemon juice

1 teaspoon cinnamon, to taste

PREPARATION

Mix all the ingredients in a pitcher. Sprinkle a little cinnamon across the top of each serving as a garnish.

For added sweetness, you can mix in a teaspoon or two of agave, local honey, stevia, or fresh fruit.



Natural Energy Juice Shot

Makes two shots, about four ounces each

This natural energy drink is perfect for a late morning energy boost. It's also enjoyable in the afternoon as a refreshing replacement for caffeine. The flavorful fresh ginger packs a wallop of antioxidants and anti-inflammatory benefits. The cayenne adds a dash of heat.

INGREDIENTS

1-inch piece fresh ginger, peeled

1 medium lemon

½ green apple

Dash of cayenne

PREPARATION

Slice or chop ginger so it fits in your juicer.

Peel the lemon and slice it into quarters for easier juicing.

Slice a whole green apple in half. You can juice the seeds and stem. Rub the lemon peel or drizzle a little lemon juice onto the exposed side of the apple to prevent oxidation. Preserve the unused half for later.

Process the lemon, ginger and apple through your juicer.

Pour the juice into small glasses and sprinkle with a dash of fresh cayenne. Try grinding your own cayenne in a blade coffee grinder or spice grinder.



Citrus Mocktail

Makes a 32 oz pitcher

Aye mockarita! The first thing that grabs your attention in this alcohol-free cocktail is the tender balance of lime and sea salt perfectly perched on the rim of the glass. Then it's the alluring aroma of citrus that pulls you in closer and invites you to take a sip.

INGREDIENTS

For the Drink:

½ cup fresh orange juice

½ cup fresh lemon juice

1 cup fresh lime juice

½ cup citrus syrup

2 cups sparkling water

Citrus Syrup:

2 cups water

1 cup agave syrup

Zest of 2 lemons

½ cup fresh lemon juice

½ cup fresh lime juice

PREPARATION

Citrus Syrup: Combine water, agave and lemon zest in a pot. Simmer for 5 minutes and let it cool. Add citrus juices.

Combine all the drink ingredients in a pitcher and stir. Taste and add more citrus syrup to your desired sweetness.

TO SERVE

Rub a lime wedge over the rim of the glasses and dip into coarse salt to line the rim. Fill glasses with ice, pour in mockarita, and garnish with citrus slices.



Hibiscus Agua Fresca

Makes about 1 gallon

If you've ever been to The Ranch you know that at lunch you can always enjoy an energizing icy glass of hibiscus agua fresca. The floral, tart, ruby red liquid has an invigorating effect, so it's bound to perk you up.

INGREDIENTS

- 1 ounce dried hibiscus flowers*
- 1 cup lime or lemon juice
- Handful fresh mint
- 1 gallon purified water

PREPARATION

Bring four cups of water to a boil. Add the dried hibiscus flowers to the water and simmer for five minutes. Take off the heat, and let the water cool.

Next, bring two cups of water to a boil. Add fresh mint leaves to the water and boil for three minutes. Take off the heat, and let the water cool.

Strain the hibiscus and mint waters through a fine-mesh strainer set over a large bowl. Discard or compost the hibiscus flowers and mint sprigs. Pour the remaining liquid into a one-gallon drink dispenser.

Add ice and purified water to fill to the top. Give the agua fresca a good stir.

Serve in glasses filled with ice cubes and garnished with mint sprigs or lime slices.

**Dried hibiscus, or jamaica, can be found at tea and specialty stores.*



Cucumber & Ginger Agua Fresca

Makes about 1 gallon

This pick-me-up is the yin and yang of agua frescas. Cool cucumbers balance the spicy ginger, and the flavors meld together to create a zesty drink. Drink this hydrating agua fresca for a subtle boost of calm energy.

INGREDIENTS

5 cucumbers

1 cup lime or lemon juice

½ stalk of celery

4-inch piece fresh ginger, peeled

1 gallon purified water

PREPARATION

Bring two cups of water to a boil. Smash ginger with the back of a knife to release its juices. Add the ginger to the water and boil for three minutes. Take off the heat, and let the water cool.

Peel and seed the cucumbers. Cut the cucumbers into chunks, and purée in batches in a blender until smooth. Add the celery to the blender and purée one minute longer.

Strain the cucumber and celery purée through a fine-mesh strainer set over a large bowl, and use a large spoon to press down on the solids.

Add the ginger water and lime juice to the celery-cucumber juice mix. Stir well. Pour the juice into a one-gallon drink dispenser, and add ice and purified water to fill to the top. Give the agua fresca a good stir.

Serve in glasses filled with ice cubes and garnished with cucumber slices, celery sprigs, and/or lime slices.



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