

# ¡Agua Frescas!

RECIPES FRESH  
FROM RANCHO LA PUERTA



**RANCHO LA PUERTA**

Tecate • Baja California • Mexico

BY RANCHO LA PUERTA'S CULINARY TEAM  
& EXECUTIVE CHEF DENISE ROA



*Aguas frescas, or “fresh waters,” celebrate the explosion of brightly hued fruits, flowers, and herbs that Tres Estrellas, The Ranch’s organic farm, produces. Guests love these popular Mexican drinks, which are enjoyed year-round. And though they are radiant in color, Ranch aguas frescas are mildly flavored, and not syrupy sweet. Rather, they allow the delicate essence of fruits, flowers, and herbs to take center stage. We hope you love these thirst-quenching, frosty, and refreshing drinks as much as we do, and that they transport you back to your time at The Ranch.*

## *MANGO TANGO AGUA FRESCA*

*Throughout the summer, in the greater Ranch community of Baja California, Mexico, mangos are sold on popsicle sticks by street vendors. They are usually paired with Tajín, a salty chile lime seasoning, and lime juice. The Ranch’s mango agua fresca let the pure essence of mango shine through. It’s the ideal drink for mango lovers who want a sippable version of their favorite fruit.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

5 mangos, skins and pits removed, cut in chunks

1 gallon of purified water

Ice

Garnish: mango slices and/or mint sprigs. Or spice up each glass with a shake of *Tajín*.

### **PREPARATION**

Purée the mangos in batches in a blender until smooth. Strain the mango purée through a fine-mesh strainer set over a large bowl, and use a large spoon to press down on the solids. Discard or compost the purée, and pour the juice 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 mango slices or mint sprigs.



## *RANCHO LIME AGUA FRESCA*

*Every Saturday The Ranch staff warmly greets new and returning guests with refreshing glasses of lime agua fresca. The drink is similar to lemonade: high on freshness, low on sweetness, and perfectly revitalizing. Make it any time of year!*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

8 Mexican limes

Handful of fresh mint

1 gallon of purified water

Ice

*Naturally Sweet Rancho Lime Agua Fresca Option:* Use a handful of fresh stevia sprigs to make stevia infused water, and add it to the 1-gallon drink dispenser. Directions are listed below.

Garnish: mint sprigs or lime slices

### **PREPARATION**

Cut the mint leaves en chiffonade (in 1/16" slices) and discard or compost the stems. Juice the limes. Add the mint leaves and the lime juice to a one-gallon drink dispenser. For the *Naturally Sweet* variation, bring two cups of water to a boil. Add a handful of fresh stevia leaves to the water and boil for three more minutes. Take off the heat, and let the water cool. Discard or compost the stevia. Add the stevia water to the dispenser. For both variations, add ice and purified water to fill the drink dispenser to the top. Stir well. Serve in glasses filled with ice cubes and garnished with mint sprigs and/or lime slices.



## *PAI PAI PAPAYA AGUA FRESCA*

*This papaya agua fresca is slightly minty and has a pop of lime. The bright and revitalizing flavors makes it an ideal drink for sizzling weather. If you close your eyes and take a sip of this frosty drink, you'll feel like you're swinging in a Ranch hammock on a cool breezy day.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

1 medium Mexican papaya or 2 Hawaiian papayas, skin and seeds removed and cut into 1-inch cubes

$\frac{1}{4}$  cup of Mexican lime or lemon juice

Handful of fresh mint

1 gallon of purified water

Ice

Garnish: lime/lemon slices or mint sprigs

### **PREPARATION**

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. Discard or compost the mint. Purée the papaya in batches in a blender until smooth. Strain the papaya purée through a fine-mesh strainer set over a large bowl, and use a large spoon to press down on the solids. Discard or compost the purée and set the juice aside. Add the room-temperature mint water and the lime juice to the papaya juice. Stir well. Pour the mixture 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 garnish with mint sprigs and/or lime slices.



## *ENERGIZING HIBISCUS AGUA FRESCA*

*If you've ever been to La Cocina Que Canta, The Ranch's Cooking School, you know that the kitchen staff frequently welcome guests with icy glasses of hibiscus agua fresca. The floral, tart, and ruby red liquid has an invigorating effect after the Organic Breakfast Hike or before a hands-on-cooking class. It's bound to perk you up.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

1 ounce of dried hibiscus flowers\*

1 cup of lime or lemon juice

Handful of fresh mint

1 gallon of purified water

Ice

Garnish: mint sprigs or lime slices

### **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.*



## *PINEAPPLE FIESTA AGUA FRESCA*

*Our favorite tropical beverage screams summer fiesta. It begs to be brought to the beach or sipped by the pool. We've provided an option for a piña colada style juice with coconut milk and a splash of coconut rum that will easily transform this drink into a lively party treat. If you make this version, open your mini umbrellas to use as a garnish.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

1 large pineapple, skin and core removed, and cut into 1-inch cubes

1 gallon of purified water

Ice

*Piña Colada Agua Fresca Option:* Add ½ cup full fat coconut milk to 1-gallon drink dispenser and add a 1 oz shot of coconut rum to each drink before serving.

Garnish: pineapple slices (and mini umbrellas)

### **PREPARATION**

Purée the pineapple in batches in a blender until smooth. Strain the pineapple purée through a fine-mesh strainer set over a large bowl, and use a large spoon to press down on the solids. Discard or compost the purée and set the juice aside. Pour the pineapple juice into a one-gallon drink dispenser. If desired, add ½ cup of coconut milk for a piña colada style agua fresca. Next, 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 pineapple slices. Add a splash of coconut rum for an extra kick.



## *SWEET WATERMELON MINT AGUA FRESCA*

*This naturally sweet summertime favorite is juicy, refreshing, and invigorating. The hint of mint perfectly complements the watermelon. Serve this bright pink drink at a Fourth of July party or any other outdoor celebration.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

1 (8 or 9 pound) watermelon, rind removed, and cut into 1-inch cubes

Handful of fresh mint

1 gallon of purified water

Ice

Garnish: mint sprigs or watermelon slices

### **PREPARATION**

Bring two cups of water to a boil. Add fresh mint leaves to the water and boil for three more minutes. Take off the heat, and let the water cool. Discard or compost the mint. Purée the watermelon in batches in a blender until smooth. Strain the watermelon purée through a fine-mesh strainer set over a large bowl, and use a large spoon to press down on the solids. Discard or compost the purée and set the juice aside. Add the room-temperature mint water to the watermelon juice and stir well. Pour the mixture 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 mint sprigs and/or watermelon slices.



## COOLING CUCUMBER AND GINGER AGUA FRESCA

*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.*

*1 gallon or 16 8 oz servings*

### **INGREDIENTS**

5 cucumbers

1 cup of Mexican lime or lemon juice

½ stalk of celery

1 large piece of peeled ginger (approximately a 4-inch chunk)

1 gallon of purified water

Ice

Garnish: cucumber slices, celery sprigs and/or lime slices

### **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. Discard or compost the ginger. 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. Discard or compost the purée and set the juice aside. 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.



**CHEF DENISE ROA**  
**EXECUTIVE CHEF OF RANCHO LA PUERTA**  
**AND LA COCINA QUE CANTA**

Executive Chef Denise Roa fuses the culinary and cultural heritages of her own life with the nutritious “spa cuisine” pioneered 77 years ago by Rancho La Puerta co-founder Deborah Szekely. Her fresh and delicious cuisine nurtures the mind, body, and spirit. At La Cocina Que Canta, “The Kitchen That Sings,” Chef Denise teaches healthy eating as a celebration of life in her farm-to-table cooking classes. Chef Roa began her culinary career at Johnson & Wales University in Miami. She previously held positions at some of San Diego’s best known and respected restaurants, including Pacifica Del Mar, Crescent Shores Grille, Del Mar Racetrack Turf Club, and her own restaurant, La Trattoria.



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