

Paloudeh Talebi

Paloudeh talebi are rockmelon slushies sold by street vendors and made in homes throughout summer in Iran; paloudeh is a variation of the word faloodeh, Persia's famous rose water, lime and noodle granita. These Persian rockmelon slushies can be simply fresh rockmelon chunks blitzed up with ice and a little sugar or they can be flavoured with honey, rose or orange blossom water, and/or mint. It is important to choose a really ripe rockmelon, look for one that is heavy for its size and aromatic; if it's ripe enough, you may not need to add any sugar.

Serves 2

INGREDIENTS

- 1 ripe rockmelon
- 1 cup ice cubes, more or less
- 1-2 teaspoons orange blossom water
- Castor sugar, to taste
- Mint leaves, for garnishing (optional)



METHOD

1. Halve rockmelon and remove seeds.
2. Cut each half into quarters or eighths then slice flesh off the skin.
3. Cut flesh into chunks.
4. Place in a blender with ice and orange blossom water and blitz until smooth.
5. Taste and add sugar, and more orange blossom water and/or ice to give the flavour and texture you want.
6. Serve immediately, garnished with fresh mint if you like.