



Make your **tap**  
**water**  
even more  
**IRRESISTIBLE**



EPAL

Grupo Águas de Portugal





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This second edition of the **tap water** cookbook is a version dedicated entirely to consuming it hot.

Consuming tap water is a sustainable habit that should be part of our daily lives, regardless of the season of the year.

Generally, when it is colder, the sensation of thirst is reduced, and it is common to drink less water.

Since hydration is fundamental to our well-being, here are some suggestions of tisanes and blends that you can drink in the comfort of your home, in the office or during other day-to-day activities.

The proposals are a few suggestions for combinations from infinite possibilities. They are intended to be simple and accessible, even those that have a more refined touch, and quick, because you only need to add heated tap water to the ingredients of each recipe.

Regardless of the combinations you make, remember to consume tap water, which in our country can be consumed with confidence, as it meets all legal requirements.



The recipes we include here are designed for a teapot with half a litre of heated tap water. The quantities of the ingredients are only indicative. By experimenting you can adjust them to your taste.

Simply add the ingredients to the teapot, add hot water and wait a few minutes until they are revealed.

Then pass through a strainer and serve. You can also use a herbal infuser if you prefer.

Remember that citrus peel must be cut very thinly, avoiding the white part of the fruit as it is often bitter.

Hydrate yourself and keep warm this winter with these relaxing aromas and flavours.





# 1

## Anisado de Laranja Spicy Orange

### Ingredients:

- 3 orange peels
- 2 teaspoons of fennel
- 3 anise stars

### Curiosities:

**Orange:** The first orange seeds arrived in America in 1493, taken by Christopher Columbus.

**Fennel:** Legend has it that Roman gladiators consumed fennel daily for strength and that the winners won a crown made from its branches.

**Anise Star:** A plant originally from China and Vietnam, which can reach eight metres in height



# 2 Prado Mediterrânico

## Mediterranean Meadow

### Ingredients:

- 2 teaspoons of rosemary
- 1 teaspoon of lavender
- 3 lemon peels

### Curiosities:

**Rosemary:** The Romans called it *ros marinus*, that is “sea dew”, as it grew freely on the beaches of the Mediterranean, giving it a characteristic aroma.

**Lavender:** In 1709, perfumer Giovanni Maria Farina created a perfume called Eau de Cologne in honour of his homeland

**Lemon:** Currently around 100 different lemon species are catalogued.



# 3

## Rota das Especiarias Spice Route

### Ingredients:

- 2 teaspoons of rooibos
- 2 cinnamon sticks
- A pinch of freshly grated nutmeg

### Curiosities:

**Rooibos:** Unlike black tea, when left to infuse for some time rooibos does not become bitter, even if it is left to infuse for several days.

**Cinnamon:** Cinnamon, along with other spices, was used as a bargaining chip to pay for services, taxes, debts, agreements and religious obligations, even serving as payment of dowries and inheritances.

**Nutmeg:** One of the spices obtained from the fruit of the nutmeg tree, a tree that can grow up to 15 metres in height.





# 4 Mentolado de Gengibre

## Ginger Mint

### Ingredients:

- 1 slice of ginger (1 cm)
- 2 teaspoons of peppermint
- 2 cinnamon sticks

### Curiosities:

**Ginger:** The first records of this plant in Portugal date back to the reign of D. João III, who was king of Portugal for more than 30 years (1521 - 1557).

**Peppermint:** In ancient times, it was used to lower fever and help convalescence.

**Cinnamon:** It has been used for millennia, being chosen by the ancient Egyptians to embalm mummies as it is a preservative.



# Doce Perpétua

## Perpetual Sweet

# 5

### Ingredients:

- 4 teaspoons of purple perpetual petals
- 1 teaspoon of hibiscus flowers
- 2 orange peels
- 1 spoon of vanilla coffee essence

### Curiosities:

**Purple perpetual flowers:** The name perpetual, whose meaning is “the one that remains”, is due to the fact that its flowers never wither.

**Hibiscus flower:** Also known as rose mallow or shoeblack plant, the hibiscus flower is considered the national flower of Hawaii.

**Orange:** One of Hercules’ twelve jobs was to steal oranges, which in Greek mythology were known as “golden apples”.

**Vanilla:** Comes from an orchid, *vanilla planifolia*, native to Mexico







# 6

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## Olisippo Olisippo

### Ingredients:

- 3 teaspoons of fennel
- 2 cinnamon sticks
- 2 orange peels

### Curiosities:

**Fennel:** An intense green colour, it becomes bluish when in places exposed to the sun.

**Cinnamon:** Cinnamon was considered more precious than gold itself, leading people to explore new lands to obtain it.

**Orange:** In several countries, oranges are called “Portuguese” as they were brought from China to Europe by the Portuguese in the 16th century.



# 7

## Miminho de Coco Coconut Treat

### Ingredients:

- 4 teaspoons of grated coconut
- 2 orange peels
- 1 whole and slightly crushed cardamom pod
- 2 cinnamon sticks

### Curiosities:

**Coconut:** Coconuts are not very dense and float with sea currents that can carry these fruits over significant distances.

**Orange:** Orange blossom symbolises love.

**Cardamom:** A spice rich in aroma and therapeutic properties, making it one of the most precious.

**Cinnamon:** Folk tales and stories say that there might have been a fourth magician king carrying a chest with cinnamon...







# 8

## Rosa-rubra do Ceilão

### Ceylon Red Rose

#### Ingredients:

- 2 teaspoons of red rose petals
- 1 spoon of vanilla coffee essence
- 2 cinnamon sticks

#### Curiosities:

**Red rose petals:** The red rose is popularly known as French rose, red rose, rose of Jericho, among others.

**Vanilla:** In 1841, a 12-year-old slave in the service of Frenchmen, named Edmond Albius, discovered that the plant could be pollinated by hand, which would allow its global cultivation.

**Cinnamon:** The term “cinnamon” also refers to the brownish colour of the spice after being ground.



# 9

## Limonete de Malva Mauve Lemon

### Ingredients:

- 1 teaspoon of mallow flowers
- 2 teaspoons of lemon beebrush
- 2 lemon peels

### Curiosities:

**Mallow Flower:** In Europe, mallow was considered the flower of wives and brides who awaited the return of men who away at war.

**Lemon beebrush:** In the Algarve it is called “Bela-Luísia” and in other areas of Portugal it has the common name “Limonete”.

**Lemon:** The Greeks used lemon to protect clothes from moths.





# Bons Sonhos

## Sweet Dreams

# 10

### Ingredients:

- 2 teaspoons of chamomile
- 1 teaspoon of lavender
- 2 lemon peels

### Curiosities:

**Chamomile:** The essential oil made from chamomile flowers also has cosmetic and aromatherapeutic uses.

**Lavender:** Plants that, due to their purple or lilac flowers and their fragrance, attract bees that produce very rich honey and with a very pleasant flavour.

**Lemon:** Lemon was considered a luxury product, used mainly as an ornament and medicine, in the mid-15th century.





# Limão Passi

## Lemon Rose

# 11

### Ingredients:

- 2 teaspoons of rose petals
- 2 teaspoons of passionflower
- 2 lemon peels

### Curiosities:

**Red rose petals:** The plant has a calming effect on the skin and is one of the most cultivated rose species for the production of perfumes.

**Passionflower:** A botanical genus of about 500 species of plants, mostly climbing plants, from which the passion fruit is born.

**Lemon:** Lemon is also used in herbal medicine.



# 12

## Bagas de Felicidade Happy Berries

### Ingredients:

- 2 teaspoons of carqueja
- 1/2 coffee spoon of elderberries
- 4 anise stars
- A pinch of freshly grated nutmeg
- 2 orange peels

### Curiosities:

**Carqueja:** Carqueja is also known as carqueja-amarga, carqueja-amargosa, carqueja-do-mato, carquejinha, condamina or iguape.

**Elderberries:** Native to Europe, Western Asia and North Africa.

**Anise star:** Also known as Chinese anise or fennel, Siberian anise or badian.

**Nutmeg:** Until the mid-19th century, the only world source of nutmeg were the small Banda Islands in the Moluccas.

**Orange:** The history of orange begins in India, where it was known by the name “nareng”



# 13

## Mix Campestre Country Mix

### Ingredients:

- 1 teaspoon of elderberry flowers
- 2 teaspoons of rosemary
- 2 teaspoons of fennel
- 1 teaspoon of lavender

### Curiosities:

**Elderberry flower:** A species of riparian origin, found near rivers and streams, so it has a clear preference for moist soils, with some depth and without too much sun exposure.

**Rosemary:** Legend has it that Greek students used branches of rosemary in their hair when doing their exams, as they believed it stimulated memory.

**Fennel:** Emperor Charlemagne declared it mandatory to plant it in all imperial gardens because it was believed to be a protective herb.

**Lavender:** In Portugal, this plant grows spontaneously, in the south and in the centre, but wild specimens are also found in Madeira.





# 14 Sabugueirinho Rústico

## Rustic Elderberry

### Ingredients:

- 2 teaspoons of peppermint
- 1 teaspoon of nettles
- 1/2 coffee spoon of elderberries

### Curiosities:

**Peppermint:** It is widely used as a flavouring in several industries, such as chocolate, chewing gum, toothpaste and detergents.

**Nettles:** The robes woven by the princess to free her brothers from the stepmother's spell, in the short story "The Princess and the Seven Swans", by Hans Christian Andersen, were made of nettles.

**Elderberries:** This drupe, known as elderberry, is an edible fruit used in the preparation of sweets and drinks, which is why the species is commercially grown in central and eastern Europe.





# 15

## Pede um Desejo Make a Wish

### Ingredients:

- 2 teaspoons of dandelion
- 2 teaspoons of fennel
- 2 orange peels

### Curiosities:

**Dandelion:** The leaves can be eaten cooked or natural in soups or salads. Usually, the youngest leaves and the closed shoots are eaten naturally in salads, while the older leaves are cooked.

**Fennel:** Leaves, when exposed to heat, harden externally to prevent water loss.

**Orange:** It is a hybrid fruit, resulting from the genetic mixing of tangerine with pomelo.









# drink tap water

1<sup>st</sup> edition | 2020