Tropical lemon grass and lime rum punch

Makes 4 servings

75 g sugar 2 lemon grass. stalks — chopped A small handful of lemon grass foliage — roughly chopped The juice from 3 limes 200 ml golden rum Soda water and lime wedges to serve

Put the sugar, lemon grass stalks and foliage in a small pan with 200 ml water. Warm gently and stir until the sugar dissolves. Leave to cool and infuse for at least two hours in the fridge, or it can be left overnight.

When you are ready to serve, strain the lemon grass syrup into a large jug and add the lime juice and rum. Top up with an equal volume of chilled soda water.

Add 3 or 4 ice cubes and a couple of lime wedges to each glass — give the lime a gentle squeeze as you drop it in. Top up with the punch from the jug.

You can decorate with extra lemon grass stalks if you have them or a few feathery fronds of lemon grass foliage.