

Shakes & Sips

Leftover Cake and Fruit Surprise

Ingredients

- 1 1/2 cups cubes cut from leftover cake (omit any icing present)
- 1 cup cake (or sweetened) bread crumbs
- 2 cups chopped mixed fruit fresh or canned
- 1 packet lemon jelly
- 1/2 packet red jelly (strawberry or raspberry)
- 3 1/2 cups water
- 2 tbsp. sugar
- 1 cup chilled light cream (refer introduction)

Method

- Boil 1 cup water, add 1 tbsp. sugar.
- Dissolve lemon jelly in it. Stir till clear.
- Take off flame.
- Add 1 1/2 cups water. Stir, keep aside.
- Mix cake cubes and fruit.
- Wet jelly mould, empty fruit, cake, in it. Mix.
- Pour lemon jelly to cover contents.
- Chill till almost set.
- Boil 1/2 cup water, add sugar.
- Dissolve red jelly. Stir till clear.
- Take off fire. Add remaining water.
- Stir well, pour over set lemon jelly.
- Allow to semi set. Sprinkle crumbs over it.
- Press lightly with palm.
- Allow to set completely in chiller.
- To serve, dip mould for a few seconds in hot water.
- Invert with a sharp tap on plate.
- Cut and set immediately, topped with cream.

Banana Crumble

Ingredients

4 bananas ripe
3 tbsp. honey
2 tbsp. lime juice
4-5 pinches cinnamon powder
1 cup plain flour (maida)
1/2 cup sugar powdered
3/4 cup butter, hard

Method

Cut in butter. Mix with fingertips.

Mixture should be the texture of bread crumbs.

Spread all over bananas.

Bake in a preheated oven at 200C for 20 minutes or till golden.

Serve warm with dollops of vanilla icecream.

Or with light cream sweetened as shown in introduction.

Piled Fruit and Icecream

Ingredients

- 1 3"x 8"x 3" rectangular bread box
- 2 sheets butter paper
- 1 litre pack vanilla icecream
- 1 cup canned cherries drained
- 1 cup fresh strawberries cleaned & chopped
- 2 oranges peeled and segmented
- 1 cup sponge cake crumbs or sweet bread crumbs
- 1 cup biscuit crumbs
- 1 tbsp. melted butter
- 2 tsp. cocoa powder
- 2 tbsp. sugar powdered
- 15-20 icecream wafer rectangles
- 1/2 cup strawberry sauce (refer sauces for icecreams and cakes)

Method

Check to see that the icecream block is very firm. Make strips to line the bottom and sides of bread box. Keep the base strip much longer than box. This way sides of the strips that hang out of the box can help pull out the block later. Place a single layer of icecream wafers at bottom to cover base. Run cake & biscuit crumbs, butter, cocoa, sugar in mixie for a few seconds. They should just mix well, do not overbeat or it will form a lump. Spread 1/2 mixture on top of biscuit layer. Press down gently and evenly. Mark 4 equal sections along length of horizontal block. Cut one section carefully with a large sharp knife. Place carefully over crumb base. Spread out cherries over icecream layer. Sprinkle some leftover crumbs on them. Place next layer of icecream over it. Spread orange segments and sprinkle some crumb mixture. Place next layer of icecream over it. Spread strawberries and remaining crumbs mixture. Place final layer of icecream over it. Arrange remaining icecream wafers to cover top of icecream. Place one more strip of butter paper over it to cover wafers. Set in freezer for 2-3 hours till well combined.

To serve:

Remove upper layer of butter paper. Place a serving long dish over mouth of box. Invert with a quick motion. Hold side strips down with both hands. Or keep weights to hold them down. Gently pry up the inverted box, holding down strips. Gently remove all butter paper strips. Cut into individual pieces with sharp knife. Take care to cut right through to base. Lift with spatula and place on individual dishes. Pour a little strawberry sauce over it. Serve immediately.

Rippled Chocolate Milk Shake

Ingredients

- 1 litre chilled unboiled pastuerised milk
- 3 tbsp. sugar
- 1 1/2 tbsp. cocoa powder
- 2 tbsp. water
- 4 tbsp. chocolate sauce (refer sauces for icecreams & cakes)
- 5 scoops vanilla icecream
- 5 chocolate spiral sticks for topping (optional)
- 1 tbsp. chocolate curls for topping

Method

Mix cocoa, sugar and water. Heat while stirring till all sugar dissolves. A smooth batter should form.

Chill milk till icy cold. Pour milk into a beating bowl. Add cocoa batter, electrically beat to whip till frothy.

To proceed before serving:

Fill each chilled glass 1/3. Pour a tsp. of sauce along rim at surface of milk in glass. Pour another 1/3 with milk.

Top with a scoop of icecream. Pour some more chocolate sauce along rim and top. Garnish with chocolate curls.

Push in a chocolate spiral in inclined position. Serve immediately with long handled spoons.

Falooda

Ingredients

10 tall transparent falooda glasses (narrow at base, wider at rim ie. conical)
1 litre chilled unboiled pastuerised milk
1 cup rose syrup
1/2 litre vanilla icecream
1 tbsp. falooda seeds

For falooda sev:

sev press with medium-fine holed plate
1 cup cornflour
2 cups water
plenty of ice cold water

Method

For sev:

Mix cornflour and water. Cook on slow fire, stirring continuously, till transparent. If required add few more tbsp. water while cooking.

Mixture when cooked should be transparent and can be sticky. Oil inside of press. Spoon in cooked mixture. Hold press over a large bowl of ice water.

Press out spaghetti like sev into water. Do not disturb by stirring. Keep in refrigerator to chill till required. Drain in colander before using.

For falooda seeds:

Soak cleaned seeds in 1/2 litre water for 30 minutes. Drain in colander, chill in refrigerator till required.

To proceed before serving:

Beat chilled milk with hand mixie till frothy. Take number of glasses to be served. Pour 2 tbsp. of syrup at bottom. Add 2 tbsp. sev. Top with 1 tbsp. seeds.

Tilt glass a bit, pour milk to 3/4 level, carefully. Do not disturb the base layers, while pouring. Top with a scoop of vanilla icecream. Serve with long handled thick shake spoons.

Variation:

Kesar Falooda: Use kesar syrup to make "kesar (saffron) falooda" Top icecream with chopped almonds, cashewnuts and pistachios in kesar falooda.

Fillin' Fruit Bowl

Ingredients

1 chickoo ripe
1 mango ripe
1 orange ripe
2 bananas ripe
1/2 cup each seedless sweet black & green grapes
2 slices sweet pineapple
1 apple
1/2 pomegranate seedless
1 thick slice plain sponge cake
solution of 1 tbsp. sugar in 1/4 cup water
1 tbsp. powdered sugar
salt and pepper to taste
1/2 tsp. chat masala
1 tsp. lemon juice
1 cup light cream of paneer (as shown in intro.)

Method

Sprinkle sugar solution on cake slice. Keep aside for 20 minutes. Cut into chunks. Clean all fruit, peel, deseed as required.

Chop into chunks where required, sprinkle lemon juice and salt. Toss and chill well. Before serving, add chat masala, pepper, sugar, cake pieces, toss.

Put in individual serving bowls. Top with light cream. Serve immediately.

Note:

Any combinations and permutations can be made to the choice and ratio of fruit used. If using colour bleeding fruit like strawberries, prepare separately, and add just before serving.

Kesar Falooda: Use kesar syrup to make "kesar (saffron) falooda" Top icecream with chopped almonds, cashewnuts and pistachios in kesar falooda.

Orange And Pineapple Delight

Ingredients

1 1/2 cups fresh orange segments, peeled & deseeded
1 cup fresh pineapple bits, central bone removed
1/4 cup sugar
2 cups orange juice
2 scoops vanilla icecream
few drops vanilla essence
1/4 cup plain chocolate sponge (crumbled fine)

Method

Chop pineapple into fairly small pieces, and halve segments.

Dissolve sugar, essence in orange juice, chill well.

Just before serving:

Blend juice and 1/2 scoop icecream in mixie.

Pour into 3 icecream cups.

Add segments and bits, mix well.

Float 1/3 icecream on each fruit cup.

Sprinkle crumbled chocolate sponge.

Serve immediately.

Pineapple (Essence) Milk Shake

Ingredients

300 ml. milk chilled well
1/2 tsp. pineapple essence
8-10 drops yellow colour
1 slice canned pineapple finely chopped
2 canned cherries
3 scoops vanilla or pineapple icecream
2 tsp. sugar

Method

Dissolve sugar in milk before chilling. Frost tall conical glass before hand if desired.
Or chill them well.

Just before serving:

Run milk, essence, colour and one scoop icecream in mixie.
When well blended and frothy, pour into chilled glasses.
Add a few pineapple pieces, mix gently.
Top with a scoop of icecream.
Top scoop with a cherry, serve immediately.

Grape Milk Shake

Ingredients

1 cup black grapes washed & cleaned

1/2 cup sugar

1 cup water

250 ml. milk well chilled

2-3 scoops vanilla or black currant icecream (optional)

Method

Add 1/2 cup water to each, grapes and sugar, separately.

Boil grapes for 3-4 minutes, or till soft. Cool.

Boil sugar, water till a drop pressed between fingers feels sticky (1 thread consistency)

Blend grapes till smooth, sieve.

Add to sugar syrup, boil and simmer further for 5 minutes.

Cool very well.

Just before serving, blend grape concentrate and milk till frothy.

Pour into transparent glasses.

Top with a scoop of vanilla or black currant icecream if desired.

Serve immediately.

Carrot Sip

Ingredients

3 carrots fresh and juicy
1 tbsp. fresh cream
1 tbsp. sugar
3-4 mint leaves
1 tsp. lemon juice
1/4 tsp. pepper powder
1/4 tsp. salt
2 1/2 glasses water (500 ml. approx.)
1 cup water for boiling carrots

Method

Wash carrots, scrape and cut in chunks.

Add water for boiling, boil, cover and simmer for 5 minutes.

Mince or chop mint leaves very fine.

Pour into large plate, cool very well.

Put carrots in a mixie, add lemon juice, salt, sugar, pepper.

Run till carrots well pulped. add water. Run to mix well.

When well blended, strain through sieve.

Add mint, stir.

Serve chilled in tall glasses, with a small swirl of cream over top

Gazpacho

Ingredients

12-15 tomatoes ripe & juicy
1 tsp. worcestershire sauce
1 tsp. tomato sauce
3/4 tsp. red chilli sauce
1 tbsp. powdered sugar
2 slices bread buttered on both sides
1/2 cup onion finely chopped
1/2 cup tomato finely chopped
1/2 cup cucumber finely chopped
1 tbsp. capsicum finely chopped
2 flakes garlic finely grated
1/4 cup fresh cream
salt to taste

Method

Place tomatoes in plenty of boiling hot water. Cover with lid and keep aside for 10 minutes.

Chop bread slices into tiny croutons. Either stirfry or bake in hot oven till golden and crisp.

Toss when half done if necessary. Keep aside. Remove tomatoes from water, peel skins off carefully.

Blend in a mixie till fine. Add all other ingredients to the puree. Except croutons and cream.

Mix well and refrigerate till well chilled. Stir in croutons and cream just before serving. Or pour individual bowls, add a swirl or cream.

Drop in a few croutons. Serve very cold, with salt and pepper.

Thandai

Ingredients

- 1 1/2 litres water
- 1 1/2 cups sugar
- 1 cup milk
- 1 tbsp. almonds
- 1 tbsp. kharbooj/tarbooj seeds skinned (commercially available)
(these are skinned dried seeds of watermelon and cantaloupes)
- 1/2 tbsp. khuskhus (poppy seeds)
- 1/2 tbsp. saunf (aniseed)
- 1/2 tsp. cardamom powder or 15 whole pods
- 1/2 tsp. rose water (optional)
- 1 tsp. peppercorns whole
- 1/4 cup dried or fresh rose petals (gulkand variety)

Method

Soak sugar in 1/2 litre of the water used. Keep aside. Wash clean all other dry ingredients, except cardamom if using powder.

Soak in 2 cups of remaining water. Keep aside. Allow all soaked items to stand for at least 2 hours.

Grind all soaked ingredients to a very fine paste. (not sugar) Use a stone grinder (manual or electric) if possible.

When the paste is very fine, mix remaining water. Place a strong muslin strainer over a large deep vessel.

Or tie a strong muslin cloth over rim of vessel and use to strain. Press through muslin with back of palms, extracting the liquid into vessel.

Add remaining water, a little at a time to extract more. Pour back some of the extract and press, repress.

Repeat this process till the residue becomes dry and husk like. Add milk, sugar and rosewater to the extracted liquid.

If using cardamom powder mix it in with the milk. Mix well. Chill for a hour or two before serving.

Orange and Pineapple Delight

Ingredients

1 1/2 cups fresh orange segments, peeled & deseeded
1 cup fresh pineapple bits, central bone removed
1/4 cup sugar
2 cups orange juice
2 scoops vanilla icecream
few drops vanilla essence
1/4 cup plain chocolate sponge (crumbled fine)

Method

Chop pineapple into fairly small pieces, and halve segments.
Dissolve sugar, essence in orange juice, chill well.

Just before serving:

Blend juice and 1/2 scoop icecream in mixie.
Pour into 3 icecream cups.
Add segments and bits, mix well.
Float 1/3 icecream on each fruit cup.
Sprinkle crumbled chocolate sponge.
Serve immediately.

Lemon Concentrate

Ingredients

1 cup pure fresh lemon juice

2 1/2 cups sugar

3/4 cup water

1/8 tsp. kms

Method

Heat water and sugar in a deep vessel. Bring to a boil, simmer to make syrup. When sticky to touch, but not one thread, take off fire.

Cool and add lemon juice. Add dissolved KMS and mix well. Pour into sterilized bottles and seal.

When required. Pour 2 tbsp. syrup in a 200 ml. glass/ Add 4-5 icecubes, top with cold water.

Stir and serve chilled.

Pineapple Squash

Ingredients

1 cup pure fresh pineapple juice
2 cups sugar
1 cup water
1 tsp. citric acid
1/8 tsp. kms

Method

Bring sugar and water to boil in a deep vessel.
Simmer to make a sticky syrup, which is not one thread.
Add dissolved citric acid, take off fire.
Cool and add juice, dissolved KMS.
Stir till well blended.
Pour into sterilized bottles, seal.
Refrigerate opened bottle.

Jamoon Sherbet

Ingredients

1 cup thick juice of jamoon
2 cups sugar
3/4 tsp. citric acid
1/4 tsp. sodium benzoate

Method

Put juice and sugar in a deep vessel.

Heat and stir gently till sugar dissolves.

Bring to a boil, simmer for 2-3 minutes.

Take off fire and cool.

Add sodium benzoate and mix well.

Pour into sterilized sauce bottles, and seal.

Refrigerate after a bottle is opened.

Raw Mango Concentrate

Ingredients

1 cup thick peeled raw mango pulp
2 1/2 cups sugar
1 1/2 cup water
1/4 tsp. citric acid
1/8 tsp. kms

Method

Add sugar and water in a deep vessel.
Heat and bring to a boil.
Simmer till syrup is sticky but not one thread.
Add citric acid, stir till dissolved. take off fire.
Cool and add to mango pulp.
Add dissolved KMS to mixture, and stir.
Mix till well blended.
Bottle in sterilised sauce bottles.

Black Grape Sherbet

Ingredients

1 cup thick juice of black grapes
2 cups sugar
3/4 tsp. citric acid
1/4 tsp. sodium benzoate

Method

Put juice and sugar in a deep vessel.
Heat and stir gently till sugar dissolves.
Bring to a boil, simmer for 2-3 minutes.
Take off fire and cool.
Add sodium benzoate and mix well.
Pour into sterilized sauce bottles, and seal.
Refrigerate after a bottle is opened.

Orange Squash

Ingredients

1 cup pure fresh juice of orange
2 cups sugar
1 cup water
1 tsp. citric acid
1/8 tsp. kms

Method

Bring sugar and water to boil in a deep vessel.
Simmer to make a sticky syrup, which is not one thread.
Add dissolved citric acid, take off fire.
Cool and add juice, dissolved KMS.
Stir till well blended.
Pour into sterilised bottles, seal.
Refrigerate opened bottle.

Ripe Mango Concentrate

Ingredients

1 cup thick fresh mango juice
1 cup sugar
1 cup water
3/4 tsp. citric acid
1/8 tsp. potassium metabisulphite

Method

Put mango juice in a deep vessel.

Heat for 2-3 minutes, stirring continuously.

Take off and allow to cool.

Meanwhile, put sugar and water to boil.

When sugar is dissolved. simmer to make syrup of one thread consistency.

Take off fire, add citric acid, stir and dissolve.

Add to mango pulp and stir to mix well.

Dissolve KMS in half a tsp. water.

Add to the mixture, and stir well.

Bottle in sterilised sauce bottles.

Kokum Sherbet

Ingredients

1 cup thick juice of kokum
2 cups sugar
3/4 tsp. citric acid
1/4 tsp. sodium benzoate

Method

Put juice and sugar in a deep vessel.

Heat and stir gently till sugar dissolves.

Bring to a boil, simmer for 2-3 minutes.

Take off fire and cool.

Add sodium benzoate and mix well.

Pour into sterilized sauce bottles, and seal.

Refrigerate after a bottle is opened.

Panna

Ingredients

1 raw mango
1 1/2 cup sugar
1/4 tsp saffron strands
1/2 tsp cardamom powder
1 tiny bit nutmeg

Method

Peel and chop mango into chunks.

In a pan, put mango, sugar and nutmeg.

Boil till the mango is soft. Cool.

Blend in mixie till smooth. Sieve.

Add cardamom, saffron and bring to boil, stirring continuously.

Take off heat. Cool.

As and when required add a tbsp or more to a glass of chilled water and mix with an egg-beater, to froth.

The pulp may be stored in the freezer for over a month.

Kesar Falooda

Ingredients

10 tall transparent falooda glasses (narrow at base, wider at rim ie. conical)
1 litre chilled unboiled pastuerised milk
1 cup kesar syrup
1/2 litre vanilla icecream
1 tbsp. falooda seeds
1/2 cup chopped almonds and cashewnuts

For falooda sev:

sev press with medium-fine holed plate
1 cup cornflour
2 cups water
plenty of ice cold water

Method

For sev:

Mix cornflour and water. Cook on slow fire, stirring continuously, till transparent. If required add few more tbsp. water while cooking. Mixture when cooked should be transparent and can be sticky. Oil inside of press. Spoon in cooked mixture. Hold press over a large bowl of ice water. Press out spaghetti like sev into water. Do not disturb by stirring. Keep in refrigerator to chill till required. Drain in colander before using.

For falooda seeds:

Soak cleaned seeds in 1/2 litre water for 30 minutes. Drain in colander, chill in refrigerator till required.

To proceed before serving:

Beat chilled milk with hand mixie till frothy. Take number of glasses to be served. Pour 2 tbsp. of syrup at bottom. Add 2 tbsp. sev. Top with 1 tbsp. seeds. Tilt glass a bit, pour milk to 3/4 level, carefully. Do not disturb the base layers, while pouring. Top with a scoop of vanilla icecream. Garnish with chopped nuts Serve with long handled thick shake spoons.

Note:

Careful with the soaked falooda seeds, they are a very sticky affair to clean, if you get them spilled over your clothes or floor! These seeds form an excellent intestinal cooling agent in the summer season. Especially in cases of hot flushes, menses, and heat related disorders.

Pineapple Ice Sticks

Ingredients

300 ml. water
100 ml. pineapple juice
3/4 cup sugar
1 tbsp. liquid glucose
1/2 tsp. stabiliser
1 tsp. pineapple emulsion (essence + colour)
15-20 flat wooden sticks for icecreams

Method

Dissolve stabiliser in 3 tbsp. water. Mix water, sugar, stabiliser, emulsion, bring to boil. Add liquid glucose, stir to dissolve.

Cool and add pineapple juice. Pour in container, freeze overnight or till firm. Break and churn well.

Pour into mould for ice sticks, allow to set firm. Insert a hot knife, to make a cut through. Insert stick, and return to freezer till stick is firmly embedded in ice.

Unmould and serve.

Note:

To make sorbets, after mixture is churned, return to container. Allow to set till firm but not hard. Scoop and serve in individual cups.

Variation:

Same procedure may be used to make grape, or lemon sticks. For lemon use 25 ml. lemon juice and 75 ml. water mixture instead of 100 ml. juice.

Veggie Mocktail

Ingredients

2 tbsp. mint leaves
1 cup carrot smooth pulp, strain
1/2 cup sugar
1/4 cup tomato puree
1/2 tsp. lemon juice
1/2 tsp. salt
2 pinches black pepper powder
600 ml. ice cold water

Method

Mix carrot pulp and tomato puree Chill the mixture .Put 100ml. water with sugar to heat on slow till dissolved.

Bring to a boil, take off fire. Keep aside to cool till required. Just before serving: Blend mint leaves and sugar syrup in a blender.

Add carrot-tomato mixture, salt, pepper and cold water. Run till frothy. Pour into tall glasses, serve immediately.

Note:

For carrot pulp: chop carrots into small piece, boil till tender, blend till the paste is smooth.

Mint Spinach Mocktail

Ingredients

2 tbsp. mint leaves
1 bunch spinach leaves shredded
1/2 cup sugar
1/2 tsp. lemon juice
1/4 tsp. salt
2 pinches black pepper powder
600 ml. ice cold water

Method

Steam washed spinach, till bright and tender.
Blend to a smooth paste, strain, chill till required.
Put 100ml. water with sugar to heat on slow till dissolved.
Bring to a boil, take off fire.
Keep aside to cool till required.

Just before serving:

Blend mint leaves and sugar syrup in a blender.
Add spinach, salt, pepper and cold water.
Run till green and frothy.
Pour into tall glasses, serve immediately.

Watermelon Ice

Ingredients

250 gms. liquefied watermelon pulp
250 ml. water
125 ml. sugar
2 tsp. crushed chinagrass
1 tsp. lime juice
1/4 tsp. fresh mint leaves finely chopped

Method

Soak chinagrass in 50 ml. or 1/2 cup water for 10 minutes. Bring to a boil till fully dissolved, stirring continuously.

Bring remaining water to boil in a deep vessel. Add sugar, stirring to dissolve sugar completely.

Strain chinagrass mixture into sugar solution. Cool to room temperature. Mix in liquefied pulp and lime juice.

Blend very briefly to evenly mix chinagrass only if required. Do not allow to froth. Add mint leaves and stir.

Pour into icecube trays and set till firmly frozen.

Note:

Please alter the amount of sugar required depending on the sweetness of the fruit.

Variation:

Muskmelon ice may also be prepared in the same manner.

Snowy Orange Lilies

Ingredients

6 firm ripe oranges
250 ml. water
250 ml. orange juice
4 tbsp. sugar ground
1/2 cup chilled cream for whipping
1 tsp. lemon juice
1/4 tsp. lemon rind finely grated
1 packet vegetarian orange jelly
2 drops vanilla essence

Method

Using a sharp pointed knife, cut oranges into halves horizontally.
This should be done by inserting knife point in diagonally, zigzagging the cut.
Each half would have a serrated edge to give a flower shape.
Scoop out segments carefully, without injuring the shells.
Scrape insides of shells lightly with a blunt knife if required.
Extract juice from segments, strain and keep aside.
Keep shells aside in a covered box in fridge till required.
Put water to boil, 1 tbsp. sugar, stir in jelly crystals, dissolve.
Take off fire, cool a little, add lemon juice, rind, orange juice, cool to room temperature.
Put mixture into fridge, till thick but not set.
Whip cream and sugar till soft peaks form.
Put in icing bag with giant star nozzle, chill till required.
Pour thickened mixture into orange shells, arrange sturdily in tray.
Put in freezer till jelly sets firmly.
Top jelly lilies with swirl of whipped cream before serving.
Serve each lily as individual helping with an appropriate spoon to scoop jelly.

Mint Mango Panna

Ingredients

2 fully developed raw mangoes (250gms.approx)

5 tbsp. ground sugar

600ml. water

1 tsp. salt

3-4 pinches black salt

Method

Wash, wipe and roast whole mangoes on a mesh over a gas, stove or coal burner.

Skin of mangoes should get somewhat charred, and its insides, soft and pulpy.

Cool a bit, carefully remove skin, mash pulp well.

Discard stones, add water, mix and strain.

Mix other ingredients.

Chill for at least 2-3 hours.

Just before serving, put crushed or fruit icecubes in tall glasses and pour.

Ginger Lime Sherbet

Ingredients

100 gms fresh ginger
1 cup lime juice
1 cup water
2 tbsp. water
2 cups sugar

Method

Wash, peel and grind ginger to a fine paste.

Add 2 tsp. water, pass through a clean muslin cloth to extract juice.

Dissolve sugar in one cup water on low heat.

Add ginger and lime juice after sugar has dissolved.

Heat till mixture boils (approx. 5 minutes).

Remove from and heat and cool till warm.

Pour into clean sterile bottle.

Refrigerate and use as concentrate, when required.

Mango Lassi

Ingredients

1 ripe mango
2 cups fresh curds chilled
1/4 tsp. cardamom powder
3 tbsp. sugar

Method

Peel and chop mango.
Put in a mixie, and blend.
Add all other ingredients.
Blend till smooth.
Chill well before serving.
Or add crushed ice if desired.

Ginger Apple Fruit Punch

Ingredients

50 gms fresh ginger
1 1/2 bottles of water
3-4 cups sugar
2 cups of apple concentrate
2 cups of fresh orange juice
1 cup pineapple juice
1/4 cup of strawberry pulp
a pinch of salt

Method

Grind 50 gms of cleaned, fresh ginger to a rough paste or small pieces.

Boil 2 bottles of water , after the water starts bubbling add the ground ginger.

Add the sugar.

Boil on high flame for two minutes and switch off.

Strain the ginger juice through a fine muslin.

Cool and then pour into another larger vessel, being careful not to pour to the end. Thus the sediment and impurities remain to be thrown away.

Strain once more and add in the rest of the juices and strawberry pulp.

This concentrate must be refrigerated and can be blended with iced water or soda to make an incredible summer drink at short notice.

Pineapple Jelly Slush

Ingredients

2 cups chopped pineapple
3/4 cup sugar
1/2 tsp salt
1/4 tsp pineapple essence
few drops yellow colour
1 cup pineapple jelly
2 glasses water
10-12 crushed ice cubes

Method

To make a pulp mix pineapple pieces, sugar, salt and bring to boil.

Take off from fire and chill.

Set jelly as per instructions on the packet.

Just before serving - in a blender add pulp (made as above), jelly chunks, colour, essence and water.

Blend very lightly.

Pour into glasses and mix in finely crushed ice.

Use wide straw for serving.

Coke Vanilla Fizz

Ingredients

2 scoops vanilla icecream
1/2 bottle (300 ml.) cola
2 pinches salt
1 slice lemon.

Method

Chill the coke well.

Slit the lemon along radius.

In a tall glass , beat one scoop of icecream till soft.

Pour 1/3 glass coke and mix a little.

Sprinkle salt, pour coke almost to brim.

Carefully add the other scoop of icecream.

Push the lemon slice over the rim of the glass.

Serve immediately.

Tomato Cooler

Ingredients

3 tomatoes
1 1/2 tsp. sugar
2 pinches pepper powder
1/4 tsp. salt
1 cup water
5-6 icecubes crushed
2-3 mint leaves

Method

Blanch tomatoes in boiling water for 5 minutes.
Remove, peel and blend.
Strain, cool and chill well
Just before serving, put all ingredients in a mixie.
Blend well and serve in tall glasses

Papaya Drink

Ingredients

1/2 cup fresh ripe papaya chopped
1 tsp. sugar
4-5 icecubes crushed
1 pinch pepper powder
1 cup water

Method

Chill the papaya and water.

Just before serving, blend well in a mixie.

Pour in chilled glasses and serve immediately.

Variations:

Use other fruit like cantaloupes, mango, or watermelon.

Mixed Fruit Mocktail

Ingredients

1/2 cup fresh ripe papaya chopped
1 tsp. sugar
4-5 icecubes crushed
1 pinch pepper powder
1 cup water

Method

Chill the papaya and water.

Just before serving, blend well in a mixie.

Pour in chilled glasses and serve immediately.

Variations:

Use other fruit like cantaloupes, mango, or watermelon.

Grape Mocktail

Ingredients

3 cups black grapes (preferably seedless)
1/2 cup sugar
salt to taste
pepper to taste
4 glasses chilled water

Method

Clean and boil grapes in a cup of water.
Simmer for 2 minutes after boil is reached.
Cool to room temperature.
Add sugar and blend in mixer till smooth.
Strain to remove skins, etc.
Add chilled water to the pulp.
Add salt and pepper .
Beat with an electric beater till frothy.
Serve in tall glasses.

Note:

Add soda instead of water if desired

Ginger Honey Drink

Ingredients

1 tbsp. extract of ginger
1 tbsp. honey
1 tbsp. sugar syrup (refer introduction)
1 tsp. lemon juice
salt a pinch
1 glass chilled water

Method

Put all ingredients in a tall vessel.
Beat with an electric beater till frothy.
Pour in glass and serve immediately.
Use soda instead of water if desired.

Coconut Surprise

Ingredients

2 tender coconuts

1 drop kewra essence

1 tsp. sugar

Method

Remove water from coconuts.

Break open and scrape the tender malai.

Add sugar and essence.

Chill the mixture well.

Run the mixture in a mixie.

Serve while frothy in glasses.

Tomato Juice

Ingredients

4 juicy ripe tomatoes
1/2 tsp chat masala
1 tsp salt
3/4 tsp pepper powder
1 tbsp sugar

Method

Quarter the tomatoes. Remove seeds with a small spoon. Keep aside.

In a blender, blend together all ingredients with 2 glasses chilled water. Or crushed ice.

Strain with a not-too-fine strainer.

Pour into glasses and add some of the seeds back.

Stir and serve chilled.

Garnish with a small tiny spring of mint.

Rose Lassi

Ingredients

2 cups fresh curds

1/4 cup sugar

1 tbsp or more rose syrup

1/2 tsp salt

1/2 tsp cardamom powder

1/2 cup water

10-12 crushed ice-cubes

10-12 drops vanilla essence

Method

Put all ingredients in a blender and blend till smooth and frothy.

Serve in tall glasses, chilled.

Vary the flavour by substituting rose for khus, kewra or pineapple.

Very finely chopped pieces of fruit may be added.

Strawberry Jelly Slush

Ingredients

250 gms strawberries (chopped 2 cups)

3/4 cup sugar

1/2 tsp salt

1/4 tsp strawberry essence

few drops red colour

1 cup strawberry jelly

2 glasses water

10-12 crushed ice cubes

Method

To make a pulp mix strawberries, sugar, salt and bring to boil.

Take off from fire and chill.

Set jelly as per instructions on the packet.

Just before serving - in a blender add pulp (made as above), jelly chunks, colour, essence and water.

Blend very lightly.

Pour into glasses and mix in finely crushed ice.

Use wide straw for serving.

For variations use different fruits with matching jellies, colours and essences. Eg. pineapple, orange, grape, etc.

Seasoned Buttermilk

Ingredients

500 ml butter milk or 200 ml curd.
1/2 tsp each cummin & mustard seeds.
1 inch piece ginger
1 tbsp ghee or oil
1 stalk curry leaves
2 green chillies
salt and 1 tsp cummin seed powder
1 tbsp coriander
8-10 leaves mint
1 pinch asafoetida

Method

Take butter milk in a big vessel. If using curds, add 300-350 water and blend with hand or electric whipper till smooth.

Smash ginger. Take in a muslin cloth. Dip like a pouch in the butter milk and rub the ginger in it with fingers,

so that the juice mixes in the buttermilk and fiber remains in the cloth.

Remove cloth. Pass 1 chilli, coriander and mint through.

Heat oil in a crucible, a crusher add the seeds, 1 chilli halved, curry leaves and asafoetida. Pour into the buttermilk.

Add crushed greens (the paste of chilli and coriander), salt and jeera powder. Chill before serving.

An excellent post-lunch equaliser.

Lemonade With A Difference

Ingredients

juice of 1 lemon

6 tsp sugar

1/4 tsp pepper powder

1/4 tsp salt

1/4 tsp ginger powder or juice of fresh ginger

1 bottle chilled soda or 2 glasses water (as desired)

2-3 mint leaves chopped fine

Method

Mix all ingredients in very little water.

When dissolved add the soda or iced water. Pour in 2 glass.

Sprinkle chopped mint. Serve immediately.