

# **Indian Style Summer Cool Drinks**

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In this workshop you will learn about the various types of Cool Drinks made in India for the Summer season. We shall make different types of cool drinks using spices, herbs, fruits, flowers, yoghurt, etc. We will taste them together and you are welcome to take it home :-)

- **Sharbat with Rooh Afza (Rose Flower Based Drink)**

### **Ingredients**

- 4 glass cold water
- 5 tbsp sugar
- 2 tbsp lemon juice
- 4 tbsp rooh afza

### **Procedure**

- Take 4 glass of cold water in vessel and add 5 tbsps sugar in it.
- Mix it until sugar dissolves in water.
- Add rooh afza and mix it.
- At last add 2 tbsps lemon juice and mix it.
- Now our refreshing drink is ready.

- **Lassi (Yoghurt Based Thick Drink)**

### **Ingredients**

- 1 3/4 cups plain yoghurt
- 6 cubes ice
- 1 pinch salt
- 1 1/2 cups ice water
- 2 teaspoons white sugar

### **Procedure**

- In a blender, blend the yoghurt, ice, water, sugar and salt until mixture becomes frothy. Pour mixture over ice cubes in tall glasses.
- You can add more or less yoghurt or water for a thicker or thinner beverage. For a salty lassi, you can substitute 1/2 teaspoon salt for the sugar. Garnish with fresh mint if desired.

- **Nimbu Paani / Shikanji (Lime / Citrus Fruit Based Drink)**

**Ingredients**

- 1 medium sized lime/ lemon
- 2 glasses of chilled water
- 1 tsp cumin powder
- 1 tsp chaat masala powder
- a pinch of black salt for taste
- 2 tbsp sugar
- few fresh mint leaves
- few lemon slices (optional)
- few ice cubes

**Procedure**

- Take water in a vessel.
- Slice the lemon and squeeze in the juice with the squeezer or with the help of your hand into water. Discard the seeds.
- Add sugar, black salt, cumin powder, chaat masala powder, mint leaves for flavouring. Add ice cubes.
- Mix all until sugar dissolves.
- Pour into tall glasses and add lemon slices (if using). Serve chilled.

- **Kharbuja Paanaka (Cantaloupe / Musk Melon Fruit Based Sweet Drink)**

**Ingredients**

- 1 small sized Musk Melon
- 1 medium sized Lemon
- 200 grams Jaggery (Powdered)
- 1/2 tsp Cardamom powder
- 500 ml cold water
- A pinch of Salt

**Procedure**

- Take water in a large vessel and add Jaggery to it and let it melt.
- Remove the peel of musk melon (discard the seeds) and cut into small cubes. Now crush it slightly with a hand held masher. Add this to the Jaggery water and mix well. Now add the juice of lemon(discard the seeds).
- Lastly add a pinch of salt and cardamom powder and mix well.
- Add ice cubes and serve.

- **Masala Majjige / Chaas (Yoghurt Based Watery Drink)**

**Ingredients**

- 1 cup yoghurt/curd
- Salt to taste
- ¼ tsp cumin
- 1½ cups cold water
- ¼" piece of ginger
- ¼" piece of green chilli
- 4 tbsp chopped coriander
- ½ tsp oil
- ¼ tsp mustard
- A small pinch of asafoetida
- 6 curry leaves
- few ice cubes

**Procedure**

- In a vessel take the curd/yoghurt
- Sprinkle salt as per your taste
- In a mortar, take ginger, green chilli and cumin. Pound into a coarse paste with the pestle. Add this paste into the yogurt mixture.
- Pour enough water to yoghurt mixture to get a watery consistency
- Now take a handheld churner and start churning the mixture. (You can also use a blender.) ( Or you can mix it well using 2 big glasses)
- Add chopped coriander
- Make a seasoning by heating oil in a small pan. When the oil is hot, add mustard, asafoetida and curry leaves. Pour over the liquid.
- Serve by adding ice cubes to it.

- **Jal Jeera (Herbs And Spices Based Drink)**

**Ingredients**

- 1/4 cup packed chopped mint leaves
- 1/4 cup packed chopped cilantro
- 1 tbsp chopped ginger
- 1 tbsp cumin seeds, dry roasted and powdered
- 1 pinch asafoetida
- 1 tsp salt
- 1 tsp black salt
- 3 tbsp lemon juice
- 1 tbsp tamarind seedless
- 2 tbsp sugar
- 4 cups water and few ice cubes

**Procedure**

- Clean and wash the mint and coriander leaves before using it.
- Take a blender jar, add all the ingredients(except water and ice) and blend it well.
- Add 4 cups of water to it and blend again.
- Strain the contents of blender jar into a bowl and discard the remaining roughage.
- Pour it into a glass, add 2 ice cubes and serve.