

DESHI MIX

BY SALINA PARVIN



Sherbets aplenty

CUCUMBER LEMONADE

We all make normal lemonade but ever thought of adding cucumber to it? If no then try it now; the drink is so refreshing that if you try once, you will be hooked to it. I do not always add sugar; sometimes I just add salt and enjoy it more, so you have options. As any drink we make, there can be many variations; add honey if you prefer, or add basil or mint leaves for extra flavour.

Ingredients

- 1 large cucumber
- ½ cup lemon juice
- 1 tsp lemon zest
- ¾ cup honey/sugar
- 6 cups water
- ¾ tsp salt
- Few ice cubes

Method

Wash well and peel the cucumber; make few large slices and keep aside for garnishing. Chop the cucumber. Add chopped cucumber, 2 cups of water, and sugar in a blender. Blend until smooth and sieve the drink and add remaining water in a large bowl.

Add salt, lemon juice, lemon zest, and stir well to combine. Sieve again if preferred. Pour in serving glasses add more ice cubes if required, garnish with cucumber slices.

To decorate glasses first, add ice cubes and then keep cucumber slices and twist it, and finally, pour the drink. To enjoy this easy and unique cucumber lemonade, add a snack as well to make a perfect iftar.

NAURATAN SHERBET

What can be healthier than milk after a long day of fasting? After all, it fulfils your



requirement for calcium. Almonds and pistachios are also good sources of energy and contain vitamins that freshen up your skin.

Ingredients

- 1 kg milk
- 1 tbsp basil seeds (tukh malinga), soaked in water
- 1 cup condensed milk
- 1 cup evaporated milk



Method

Take banana, apple, almonds and milk in a smoothie maker and blend. Add watermelon, yoghurt and strawberry jam and blend till smooth. Add ice and whisk once more. Pour into glasses and serve immediately.

BETROOT BUTTERMILK

Ingredients

- 1 cup plain yoghurt
- 2 cups water
- ½ cup chopped beetroot
- 1 green chilli
- ½ tsp chopped ginger
- 4 stalks coriander leaves
- 4 stalks mint leaves
- Salt to taste
- Sugar to taste

Method

Peel and chop beetroot and grind together with green chilli, ginger, coriander leaves and mint leaves. In a wide bowl, whisk yoghurt well, add water, salt, sugar, beetroot paste and mix well. Strain buttermilk and serve immediately or chill until ready to serve.

TETUL - ALOO BUKHARAR SHERBET (TAMARIND AND PRUNE JUICE)

Ingredients

- 200g tamarind
- 200g prune
- 1 tsp black salt
- 8 glasses of water
- Sugarcane jaggery, to taste

Method

Firstly, soak prune and tamarind in two separate bowls. Then strain them and extract the seeds from them and grind the pulp. In a pan, add water and sugar and cook for 5 minutes. Add pulp in it, mix well and cook for 10 minutes on low flame. Add black salt to it. Remove from heat. Let it cool and serve.

COCONUT WATER WITH COCONUT MEAT

The best way to serve this drink is to chill the coconut water beforehand, and blend the meat just before serving. Do not mix and refrigerate because the water will lose its fresh taste and texture.

Ingredients

- 3 cups chilled coconut water
- ½ cup chopped thin coconut meat

Method

Combine the coconut water and coconut meat in a mixer. Blend the mixture until smooth. Pour the coconut water with meat into glasses and serve immediately.

OATS MILKSHAKE

Ingredients

- ½ cup roasted oats
- 10-12 fresh strawberries
- 4 cups chilled milk
- Sugar to taste
- Few ice cubes

Method

Wash the berries, remove hull and chop it. In a blender add roasted oats, strawberries and blend for minute. Now add milk, sugar and blend again for 1-2 minutes or until smooth. Add ice cubes and serve.



- 3 tbsp chopped almonds
- 3 tbsp pistachio
- ½ cup cream
- ½ cup coloured vermicelli (boiled)
- ½ packet red and green jelly dissolved, boiled in ½ cup water

Method

Blend ice, condensed milk, evaporated milk, and cream for 30 seconds. Mix with milk and add pistachios and almonds. Cut jelly into cubes. Add basil seeds, jelly and boiled vermicelli into the milk mixture, and serve.

MIXED FRUITS SMOOTHIE

Ingredients

- 1 banana, chopped
- 1 apple, chopped
- 1 cup chopped watermelon
- 10-15 almonds, blanched
- 4 tbsp strawberry jam
- ½ cup yoghurt
- 2 cups chilled milk
- 1 cup crushed ice

Photo: Sazzad Ibne Sayed

Food preparation and Styling: RBR