



DESHI MIX
BY SALINA PARVIN



CHA, ANYONE? MAYBE COOKIES TOO...

Curling your fingers around a steaming hot cup of tea, slowly sipping the invigoratingly flavoured and aromatic beverage, is like spending quality time with a friend — it can soothe you when you are unwell, rejuvenate you when you are tired, and revive your spirits when you are bored.

Turn to these recipes, to learn the perfect way of brewing this magic potion, with the right proportion of tea, and other ingredients. Savour the drink hot and fresh, and avoid reheating it, because that makes the tea slightly bitter.

Every person has their favourite brew —

black, milky, hot, cold, plain, spiced; a seemingly endless list. Depending on how it is made, tea can not only wake you up, but also soothe you and warm your soul when you feel down.

And of course, there are those well loved 'adda' sessions with friends and colleagues, which are always incomplete without the perfect cup(s) of tea.

MASALA TEA

Ingredients

2 tbsp tea powder
4 tbsp sugar, or to taste
½ tsp crushed ginger

2 lemon grass stalks, each cut into 2" pieces
2 green cardamoms
2 cups milk

Method

Combine 2 cups of water, tea powder, sugar, lemongrass, and ginger in a saucepan and boil on a medium flame for 2 minutes. Add milk, mix well and bring to boil on a medium flame. When the mixture boils reduce the flame to low to prevent it from spilling and continue to boil for another 4-5 minutes, stir occasionally if necessary. Strain immediately and discard the tea powder residue. Serve immediately.

BASIL TEA

Ingredients

1 cup water
1½ cups fresh basil
1 tbsp chopped ginger
Sugar to taste
2 tbsp tea powder
2 cups milk

Method

In a deep pan add water, basil leaves, ginger, sugar, and tea powder and bring to boil till the water gets a dark shade. Add the milk and simmer for 5 minutes. Serve hot and garnish with basil leaves.

