

**THE FEARLESS OLIVE**  
BY REEMA ISLAM

# Cheers to the newlyweds

*Give me a sun, I care not how hot,  
and sherbet, I care not how cool, and  
my Heaven is as easily made as your  
Persian's.*

— Lord Byron during his visit to  
Istanbul in 1813

As the wedding season begins,  
speciality drinks are in focus this  
week as we bring to you concoctions  
from around the world. Replete with ingredients that are  
meant to lighten the mood,  
energise the guests and the bride  
and groom. So raise your glasses  
and wish the two a holy matri-  
mony, starting with a healthy  
drink!

**SAHLEP WITH RICE FLOUR**

Sahlep is a Turkish drink, which  
was also a favourite of the  
Ottoman Turks and travelled as far  
as England, where it was called  
saloop. It continues to find a com-  
fortable place on the table during  
a feast, wedding or simply as a  
welcome drink.

**Ingredients**

2 tbsp rice flour  
2 cups whole milk (you may vary  
this with almond milk or 1 cup  
coconut milk and 1 cup of whole  
milk)  
4 tsp brown sugar  
1/4 tsp rosewater  
Ground cinnamon, to garnish

2 tsp finely chopped pistachios, to  
garnish

**Method**

Heat milk with rice flour while  
constantly whisking the mixture.  
Make sure it retains a watery look  
and just before it comes to a boil,  
add the sugar and rosewater.  
Ensure that the sugar has dis-  
solved. Garnish and serve hot. You  
may decorate the drink with a few  
rose petals. Just make sure they are  
organic roses from someone's  
garden and not the flower shop!

**SOUMADA**

From the 13th century  
King Peter II of  
Cyprus to the  
cocktail drink  
mai tai,  
orgeate  
syrup was  
originally  
made with  
barley flour  
and almond  
meal. Giving  
the drink an  
almond-flavour,  
it is popularly  
consumed in the  
Cretan city of Lasithi as a wedding  
drink, called soumada. The original  
recipe involves the use of orange  
blossom water and almonds.

**Ingredients**

Milk of 1/2 cup of almonds

1/2 glass orange juice

1 tbsp brown sugar

1/4 cup water, 1 tsp orange zest

**Method**

Boil the milk with the sugar to  
dissolve it. Cool it for about 5  
minutes and then add the  
orange juice and mix in the zest.

**HOT APPLE WITH CINNAMON  
AND LEMON****Ingredients**

1 kg red apples, quartered

1/4 cup apple cider vinegar

1 tbsp broken cinnamon stick

1/2 piece star anise

1 tbsp of lemon juice

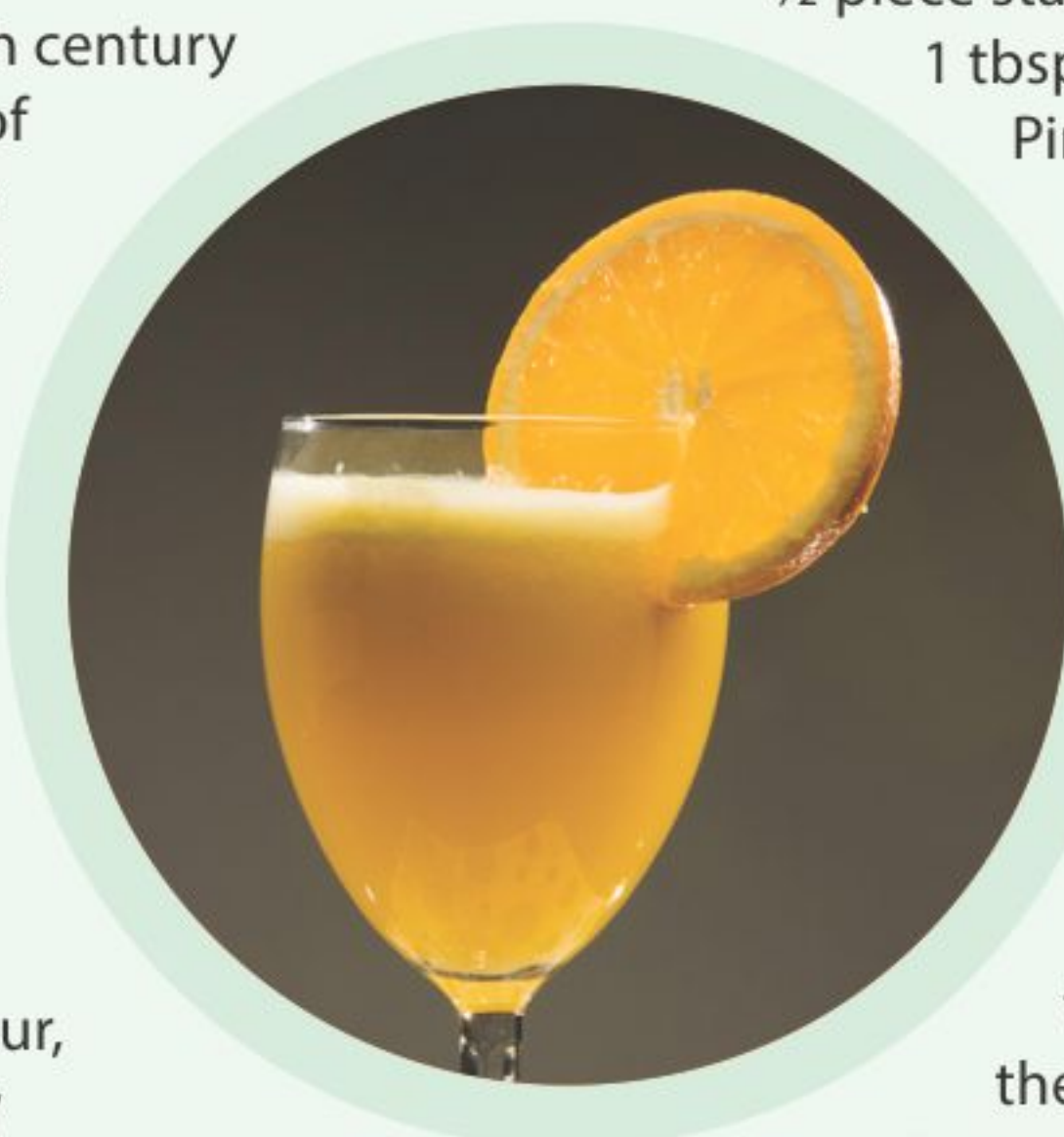
Pinch of brown sugar

**Method**

Boil the apples  
with the vinegar,  
cinnamon, sugar  
and star anise,  
till they are soft.  
Add the lemon  
for about 1  
minute before  
you will take it off  
the heat. Remove  
the peel and blend  
them. Serve hot.

**Health Focus**

The sherbet is warm and apple  
cider vinegar helps combat the  
winter chills, and is also full of  
antioxidants and iron and potas-  
sium from the apples.



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