

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 matrimony,
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

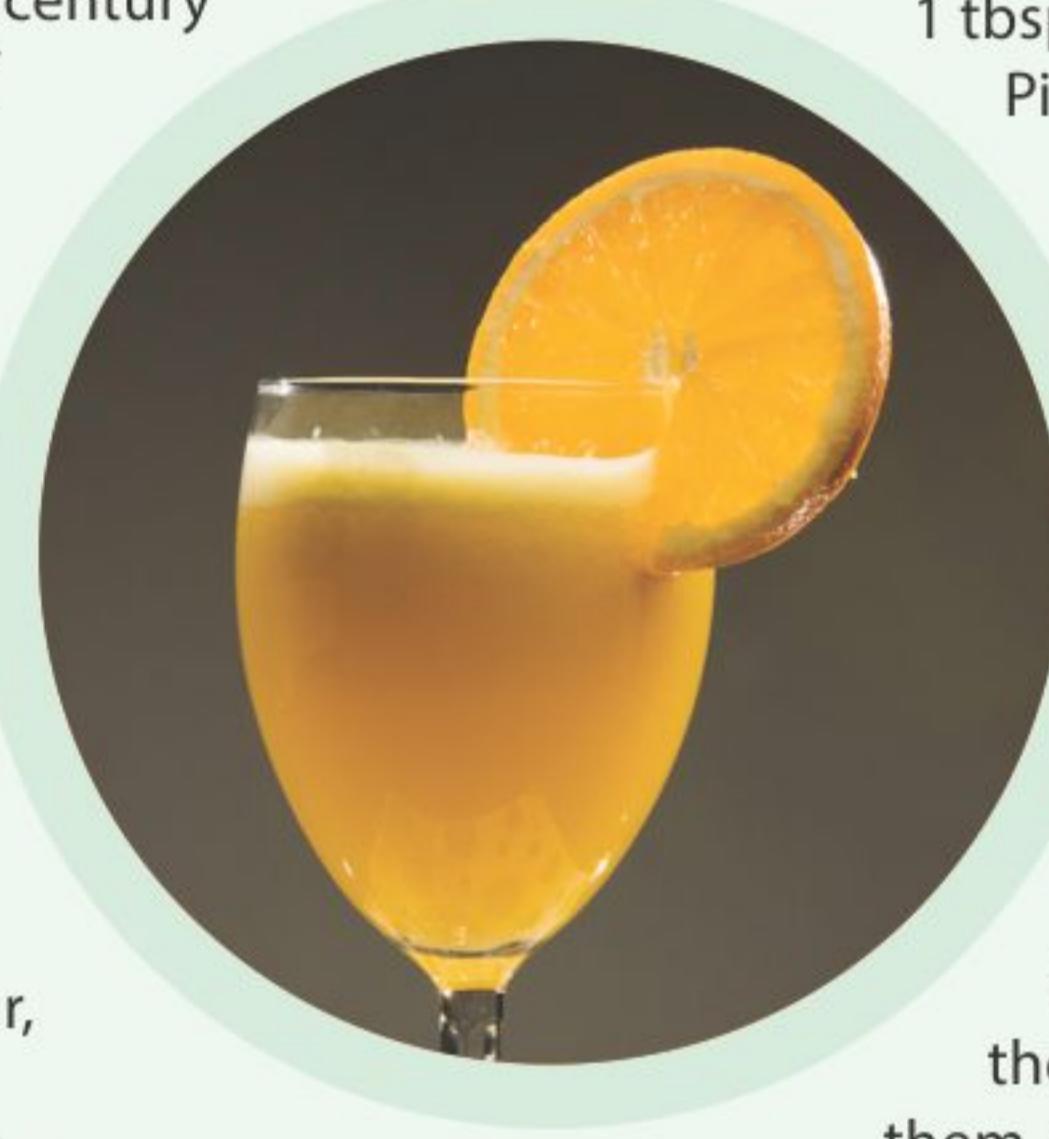
Heat milk with rice flour while
constantly whisking the mixture.
Make sure it retains a watery look
and just before it comes to a boil,
add the sugar and rosewater.
Ensure that the sugar has dis-
solved. Garnish and serve hot. You
may decorate the drink with a few
rose petals. Just make sure they are
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originally
made with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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