

ALMOND MILK WITH GUR AND GROUND SAUNF

A Fearless Olive special that is perfect for the vegan bride and groom, with a known aphrodisiac, this drink uses almond milk instead of milk and the richness of molasses with fennel seed, naturally balancing the heaviness of a meal.

Ingredients

- 500 ml almond milk
- ¼ cup of molasses or gur
- 1 tbsp of saunf or fennel seed

Method

Gently heat the almond milk, make sure it does not boil. Add the molasses and ground saunf to this and heat for about 3-4 minutes while stirring.

Health Focus

Fennel seed is mostly known for its properties that clears gastrointestinal problems and helps digest food. Also known for its aphrodisiac characteristics, especially for increasing female libido, the fennel seed is a much loved ingredient in the Southeast Asian culture.

WEDANG SERBAT

The Javanese also treasure a wedding in the cooler winter months and this recipe might be hotter than you can expect, but it certainly adds sparks to the palate. Inspired by the original drink called Wedang Serbat, or hot drink in Indonesian:

Ingredients

- 1 litre water
- 200 grams brown sugar
- 1 tbsp ginger, you can use dried ginger or dry roast some until brown
- 3-4 whole peppercorns
- 1/4 cinnamon
- 1 large lemon
- 1/2 tsp black salt
- 2-3 boiled hog plums or aamra

Method

Boil the water, brown sugar, ginger, cinnamon, and salt and simmer for about 2 minutes.

At this point, add the juice of 1 whole

lemon and the mashed pulp of the boiled aamra. Boil with the juice and aamra for another 2 minutes. Take the mixture off the fire and strain the drink. Serve warm with a sprinkling of mint on top.

BAJIGUR

The Sundanese people from West Java drink the Bajigur that is ideally sold at vendor carts with boiled sweet potato and steamed banana. However, this traditional drink can also be served at weddings given its image, is also bursting with flavours, perfect to be served to the bride and groom.

Ingredients

- 1 litre coconut milk
- 4 tsp ground coffee
- About 150g palm sugar
- ¼ tsp salt

heat. Discard the pandan leaves, and strain into 4 serving glasses. Add some slices of palm or coconut fruit to each glass. Serve these hot or you may add ice cubes if you prefer cold bajigur.

DRIED APRICOT SPICES WITH NUTMEG

A season when dried fruits and nuts can be consumed in large amounts, weddings are often all about the expansive use of dried fruits.

Ingredients

- 250g dried apricots, boiled and de-seed
- ½ tsp ground nutmeg
- 2 tsp brown sugar or ½ tbs molasses
- 2 tbs lemon juice
- A pinch of salt

Method

Blend the apricot pulp and then strain it.



2 pandan leaves, knotted or you can use 3-4 drops of pandan essence, aka kewra

Method

Boil the coconut milk, coffee, palm sugar, and pandan leaves, on medium heat and stir frequently to prevent the coconut milk from curdling. Once it boils and the palm sugar has totally dissolved, turn off the

Heat it with some added water, nutmeg, sugar, salt and add the lemon towards the end. You do not need to boil, just heat it enough to dissolve the sugar. Serve at room temperature, garnished with mint leaves.

Health Focus

Full of phosphorous potassium, and Vitamin C, dried apricots are a great snack to have in winters.

Photo: LS Archive/Sazzad Ibne Sayed

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