



4 cups of milk, cold  
 ¼ cup mixed nuts, almonds and pistachio,  
 roughly pounded  
 ½ cup ice cubes

#### Method

Start by making a fine paste of the betel leaves with a little water using a mixer grinder, and take it out in a big bowl once churned completely. Now add the cold milk, gulkand, honey, almonds and pistachios, ice cubes and whisk slowly till the gulkand and honey dissolve well into the drink. Serve this refreshing gulkand sherbet to your wedding guests.

#### JALLAB

Jallab is a Syrian and Lebanese drink that combines the tastes of both sweet and sour together. It is made of date syrup, rose water, water and ice. Some people like to add pine nuts to it, while others like to keep it simple. Some also choose to replace the date syrup with grape syrup, but it all really depends on what appeals to you.

#### Ingredients

1l chilled water  
 5 tbsp date syrup, 2 tbsp rose syrup  
 1 tbsp blanched almonds halve  
 Crushed ice

#### Method

Mix all the ingredients in a food processor. Blend well. Pour in glasses, add ice cubes and serve chilled.

#### BADAM SHERBET (ALMOND SHERBET)

#### Ingredients

200g almonds, soaked overnight and peeled



1 tsp cardamom powder

1 tsp almond essence

2 cups sugar

6 cups water

1 tsp kewra essence

A pinch of saffron

#### Method

Add a little water to the almonds and blend to a fine paste. Mix almond paste, sugar,

saffron and water in a pan. Cook for 1 hour on medium heat until it thickens. Cool and store sherbet in refrigerator

For serving, add 4 tablespoons of badam sherbet in a glass. Add one glass of water and mix well. Top it with ice cubes and serve. You can also mix the sherbet with milk.

**Photo: LS Archive/Sazzad Ibne Sayed**

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