



# Desserts and drinks



Rooh Afza, also known as the “summer drink of the east” has made its mark as an indispensable part of our iftar menu during the holy month of Ramadan. Rooh Afza’s unique and refreshing taste not only quenches your thirst, but replenishes the soul as well with its soothing effect. Perhaps, due to this quality, it has been enjoyed by successive generations for over a century!

Needless to mention, the versatile nature of this concoction in the form of a concentrated rose syrup makes it appropriate to use in a plethora of drinks and desserts. Store this must-have pantry ingredient all throughout summer to add into your array of summer drinks and desserts. Be it sorbet, slushies, smoothies or sundaes – enhance the flavour of all with this refreshing elixir.

#### **ROOH AFZA FALUDA**

*One of the most favoured desserts of the subcontinental populace has to be faluda, and with ample reason for such.*



*With a variety of variations that are available now, this rendition is spiked with Rooh Afza combined with the goodness of berries, giving it flavours and textures aplenty.*

#### **Ingredients**

1/4 cup sago pearls  
2 cups milk  
1 tbsp sugar  
1 tbsp basil seeds  
1 cup water  
½ cup faluda vermicelli noodles  
6 – 8 fresh strawberries  
1 sachet strawberry gelatine  
1/3 cup Hamdard Rooh Afza  
Scoops of vanilla/strawberry ice cream  
Chopped nuts for garnish

#### **Method**

To prepare the elements, first clean and soak the sago pearls to submerge them completely in water for about an hour. Soak the basil seeds separately in a cup of water for approximately 30 minutes. Slice fresh strawberries and also chop an array of nuts of your choice for garnish.

Next, make the strawberry jelly according to the instructions provided in its packaging and also cook the vermicelli noodles following the given instructions. Once done, drain the excess water and immediately run this under cold water to stop the cooking process.

Meanwhile, bring the milk and sugar to a boil and pass the soaked

sago pearls through a sieve. Add them into the boiling milk and cook this while stirring constantly until they become plump and translucent.

Before assembling, make sure all the elements are cool or at room temperature. Start by layering the sago pearls first, followed by basil seeds. Next, pour over Rooh Afza and place the strawberry slices atop. Drop in the cooked vermicelli noodles and cubes of prepared gelatine.

Finally, top this with a scoop of ice cream for each serving and drizzle on some more Rooh Afza. Sprinkle over chopped nuts for garnish.

#### **ROOH AFZA MILKSHAKE**

*This indulgent and creamy milkshake shall be your go-to chilled drink this Ramadan. Blended with the right ingredients in perfect amounts, it will not only quench your summer cravings, but also cool down your soul!*

#### **Ingredients**

1 cup whole milk  
2 tbsp Hamdard Rooh Afza syrup  
2 scoops vanilla ice cream  
Pinch of saffron  
Whipped cream (optional)

#### **Method**

Take a little bit of milk and add saffron to it — let this soak for about ten minutes. In a blender, add the saffron infused milk along with the remaining milk, Rooh Afza syrup, and two scoops of vanilla ice cream. Blend everything together until it becomes a smooth and creamy mixture.

To serve, take a spoonful of Rooh Afza and drizzle it on the inside of your serving glass to attain thick streaks and swirl this around to spread it. Pour the prepared milkshake and top it with whipped cream. Finally, drizzle on some more Rooh Afza syrup on top, for garnish.

#### **ROOH AFZA COOLER**

*This zesty and refreshing drink can as well be a great summer dessert! Filled with the hydrating effects of lime and the soothing effects of watermelon, it is indeed a soul replenishing creation.*

#### **Ingredients**

Fresh watermelon (as needed)  
2 cups cold water  
Juice of one lime  
4 tbsp Hamdard Rooh Afza  
Handful of mint leaves  
Chopped pistachio nuts  
Rose petals (for garnish)

#### **Method**

Start by preparing the watermelon — using a watermelon baller, scoop out miniature balls of watermelon and keep them aside. In a pitcher, add the juice of one freshly squeezed lime along with a handful of fresh mint leaves. Pour in two cups of cold water followed by Rooh Afza into this and stir to combine.

In your serving glass, drop in watermelon balls as needed and then pour over the Rooh Afza blend. Finally, top this refreshing drink-dessert with chopped pistachio nuts and rose petals to enhance the flavour. Serve this with dessert forks while chilled.

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**Photo: Sazzad Ibne Sayed**  
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