

THE MILLENNIAL COOK
FARIHA AMBER



Drinks to quench your thirst

SUNNY ROUGE

This bright orange mocktail with a dash of scarlet seeping in from the bottom screams summer in the most delectable way possible. Filled with the goodness of summer fruits and berries such as mango, strawberry, and raspberry, this mocktail will make your taste buds go wild. It is easy to put together, tastes absolutely incredible, and looks great too.

Ingredients

For the berry layer —

- 1 cup crushed ice
- ¾ cup strawberries
- ¾ cup raspberries
- 1 tbsp lime juice

For the mango layer —

- ¾ cup mango puree
- 1½ cups orange juice
- 1 tsp orange essence

For the berry simple syrup —

- 1 cup white sugar



Method

Start by making the berry simple syrup. In a saucepan, add sugar and water in equal amounts and allow it to heat on medium-high. Wait for it to come to a simmer before adding the berries, and continue to cook this until the berries start to bubble and burst. Once in that stage, remove from heat and strain the mixture to get a clear, crimson syrup. You can also store this in the refrigerator for later use.

To make the berry layer, blend the strawberries and raspberries along with freshly squeezed lime juice to attain a

smooth purée. Add a tablespoon of the prepared berry simple syrup to this so that you are left with a thick and gloopy berry mixture.

Next, in a blender, blend together the stated amounts of mango puree and orange juice along with orange essence and a teaspoon of the berry simple syrup. This should have the consistency of a diluted, but thick orange juice.

In a tall serving glass, add crushed ice followed by the berry mixture. On top of that, slowly pour in the orange and mango mixture with the help of the back of a spoon, so that the layers are not distorted. For an appealing presentation, attach lemon wedges to the rim of your glass and drop in a twisted straw for a fun look.

PINEAPPLE COCONUT MINT JUICE

This refreshing pineapple coconut mint juice recipe is the ideal summer drink to chill with. Made with only a handful of ingredients that are easily available, especially during this season, it brings out the best results with minimal effort. The combination of coconut, pineapple, and mint gives this a juice a refreshing and dewy flavour that has a fruity aftertaste.

Ingredients

- 1 cup chunks of fresh pineapple
- 2 cups coconut water
- 1 tbsp palm sugar
- 1 tbsp lime juice
- 1 tsp lime zest
- 2 tbsp chopped mint leaves

Method

Start by preparing the pineapple — remove the bottom and leaves from atop and then cautiously cut the thick skin. Carefully remove the pineapple eyes and core so that you are left with a hollow cylinder of fresh and cored pineapple.

Slice this into four large quarters and then cut them into bite-size chunks. Using freshly cut pineapple is very crucial in this recipe in order to attain that dewy flavour. Take out 1 cup of pineapple chunks from here for the juice. To prepare the mint leaves, wash them properly and chop a handful of mint leaves to attain 2 tablespoons of chopped mint leaves.

In a blender, add the freshly cut pineapple chunks along with palm sugar and a splash of water just to get the blender whizzing. Once the pineapple is blended into a smooth paste, pour in freshly squeezed lime juice along with lime zest and mint leaves. Churn these to combine well. Finally, add in the coconut water and get the blender moving for the last time, whizzing it for about a minute.

Once ready, strain the juice through a fine mesh sieve to catch any leftover pineapple bits and to retrieve a clear pineapple juice. Once poured, the finished product should be a bilayer juice with a sunshine yellow translucent bottom layer and a frothy surface. Serve cold and garnish with mint leaves on top.

Photo and Food: Fariha Amber



- 1 cup water
- ½ cup strawberries
- ½ cup raspberries

Delicious milkshakes for summer

Ramadan coinciding with the peak summer season this year is a situation we do not quite like. While the summer heat is enough to dehydrate us on its own, the added lack of fluid intake for prolonged hours shall further deprive us of energy.

During such times, it is of paramount importance that we carefully select our choice of fluids to include the most energy packed ones, while of course not compromising with taste! Thus, here are four fulfilling and delicious milkshake recipes for you to try that will keep you energised while you fast under the blazing sun this summer.

COTTON CANDY MILKSHAKE

This funky milkshake has a unique taste and will become your children's favourite in no time! With a slight twist on the traditional milkshake, this requires only four ingredients to make.

Ingredients

- 1 stick cotton candy
- 2 scoops strawberry ice cream
- 2 tbsp molten white chocolate
- 1 cup whole milk
- 1 tbsp sprinkles (for garnish)

Method

First of all, prepare your serving glass for a fun and colourful look — dip the rim in molten white chocolate and then immediately put this into a layer of sprinkles to attain an attractive rim. In your blender, drop in a couple of scoops of strawberry ice cream along with the milk

and leftover molten white chocolate.

Separate the cotton candy of your choice from its stick and add this to the blender as well. Blend everything together to get a homogenous mixture and serve chilled in your prepared glass. You can also add cotton candy fluff as garnish atop.

CHOCOLATE COFFEE MILKSHAKE

Combining the taste of coffee and chocolate, this milkshake is the jazzed up version of your ordinary cold coffee. With the perfect hit of caffeine, it will also meet your caffeine cravings during Ramadan in a cool way!

Ingredients

- 2 scoops chocolate ice cream
- 2 tbsp molten chocolate
- 1 cup milk
- 1 tsp instant espresso powder
- 1 tsp sugar

Method

Pour the milk in a blender along with the instant espresso powder and sugar to cut out the bitterness of coffee. Blend this in high speed until completely combined. Next, drop in two scoops of chocolate ice cream and give this a final whiz.

To serve, take a spoonful of molten chocolate of thick consistency and pour it inside the top of your serving glass. Swirl this around to get thick streaks of molten chocolate inside your glass. Finally, pour the prepared milkshake in it and enjoy!

COCONUT PISTACHIO MILKSHAKE

This milkshake is the perfect balance of



being indulgent and nutritious at the same time. Reap the goodness of coconuts while meeting your sugar cravings during iftar with this one!

Ingredients

- 1 cup coconut water
- 1/2 cup tender coconut meat
- 1 tsp sugar
- 1 tbsp ground pistachio nuts
- 2 scoops coconut ice cream

Method

From one coconut, drain its water and also scoop out the flesh, which should yield the stated amount of coconut meat and water. Add these to your blender along with sugar, ground pistachios and two scoops of coconut ice cream. You can adjust the amount of sugar to your liking or leave it

out completely and may also substitute coconut ice cream for a vanilla variation.

Blend everything together until you get a silky and creamy mixture. Top the frothy milkshake with chopped pistachios for garnish and serve this concoction chilled for the best experience.

DATE MILKSHAKE

For time immemorial, dates have been synonymous to Ramadan and iftar. While dates are delicious on their own, this milkshake further enhances their sweet and delectable flavour.

Ingredients

- 10 – 12 ripe dates
- 1 cup whole milk
- ½ tsp cardamom powder
- 2 scoops vanilla ice cream
- ¼ cup almonds

Method

Remove the date pits and soak the flesh in half cup of milk along with the almonds for at least four hours. After that, chop the soaked almonds and add them in a blender along with the dates, milk, cardamom powder and two scoops of vanilla ice cream.

You can also substitute the vanilla flavour for our traditional ones such as kheer or yoghurt ice cream for better taste. Blend everything together until you get a thick and smooth milkshake. Serve this cold and garnish with slithered almonds on top.

By Fariha Amber

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