

THANDAI RECIPE

by Ankita Kothari

“Thand” in Hindi means cold, and Thandai refers to a soothing and refreshing cold drink consumed in summer. This drink is very popular on festivals like Holi and Mahashivratri.

INGREDIENTS

- Cashew - 10 pieces
- Almond - 10 pieces
- Raisins - 20 pieces
- Black Pepper - 25 pieces
- Pistachio - 10 pieces
- Green Cardamom - 4 pieces
- Coriander Seeds - 20 pieces
- Poppy Seeds - 2 tbsp
- Pistachio - 10 pieces
- Green Cardamom - 4 pieces
- Coriander Seeds - 20 pieces
- Poppy Seeds - 2 tbsp
- Fennel seeds - 1 tbsp
- Dried Rose Petals - 10
- Milk - 1.5 glass
- Water - 0.5 glass
- Sugar - 6 tbsp
- Saffron - 10 Strands
- For garnish – Finely chopped almond (1), pistachio (1) and saffron strands (10)

METHOD

1. Soak all these ingredients (except milk and sugar) in water for four hours.
2. Soak saffron separately in 1 tbsp milk for 30 minutes.
3. Grind these ingredients (mentioned in step 1) well.
4. Mix the grinded ingredients, milk, water, sugar and soaked saffron and then strain the mix with fine cotton cloth or a strainer.
5. Keep it in the refrigerator for a few hours before serving.
6. Add garnish, serve it cold.

Notes

- All the spices and nuts can be increased or decreased or skipped as per one's liking. Kids normally like less coriander, black pepper seeds and more raisins :)
- Traditionally, it's served in silver glass.

