

Summer Coolers



Chilled home made summer drinks are perhaps the only exciting things in summers other than mangoes. With soaring temperatures, a soothing chilled drink is manna from heaven and there is nothing more rejuvenating than a chilled glass of lassi or buttermilk.

Making best use of nature's gifts to beat the heat, I prepared simple fresh fruit juices that are easy and flavorful as well as provide us with the essential vitamins and minerals.

I'm sharing a few summer drinks recipes to beat the heat.

Enjoy!-:)

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Sailus Kitchen

A food blog on Indian recipes, Andhra food and flavors from around the world

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Cucumber Cooler

Menthi Majjiga (Fenugreek flavored buttermilk)

Panakam (Jaggery based drink)

Ragi Health drink

Vasantha Neer (Tamil Nadu)

Watermelon Treat

Carrot Delight

Watermelon Surprise



cucumber cooler

1 large tender cucumber, skinned and cubes

½ lt cold buttermilk (diluted)

¼ tsp grated ginger

big pinch black pepper powder

big pinch roasted jeera powder

1 tbsp chopped coriander leaves

few ice cubes

1. Whip the above ingredients at low speed with short intervals. The cucumber should be crushed.

2. Serve in glassed topped with ice cubes and coriander leaves.

Note: Curry leaves are optional and you can add 4-5 leaves for garnish. It will enhance the flavor.





Menthi Majjiga (Fenugreek flavored buttermilk)

4 cups thick buttermilk
¼ tsp pepper pwd (adjust)
½ tsp cumin pwd
salt to taste

For seasoning:

½ tsp mustard seeds
½ tsp cumin seeds
2 green chillis, slit lengthwise
½ tsp ajwain (carom seeds)
¼ tsp methi seeds (fenugreek)
1 dried red chilli (broken)
pinch of hing (asafetida)
pinch of turmeric powder
7-8 curry leaves
1 tsp oil or ghee

Add salt, pepper and cumin powders to the buttermilk and combine well. Heat oil or ghee in a pan, and add mustard seeds and as they begin to pop add the cumin seeds, methi seeds and ajwain seeds. On low flame, toss them about till the spices release their flavors and change colour (take care not to burn spices).

Next add turmeric, asafetida powders, dry red chilli, green chillis and curry leaves. Turn off heat immediately and pour this seasoning over the thick buttermilk.

Note: Methi seeds can be substituted with methi powder and you can add fresh coriander leaves for added flavor.

Panakam (Jaggery based drink)

3 tbsps grated jaggery (adjust)

3 glasses water

big pinch of dry ginger pwd

1-2 coarsely crushed cardamoms

5 coarsely crushed pepper corns

Mix the grated jaggery in water and let it dissolve completely. Filter jaggery water to remove any impurities. Add dried ginger powder, crushed cardamom and crushed pepper. Mix well and serve it at room temperature or chilled.





Ragi Health drink

1 ½ tbsps ragi powder

2 cups milk

2 cups water

4 tbsp jaggery (melted and strained in ½ cup water)

¼ tsp cardamom powder

Add ragi powder to ½ cup water and combine such that there are no lumps. Bring milk and water to a boil and reduce heat. Slowly add the ragi water to the milk, stirring constantly for 5-6 minutes and you will find that the mixture thickens.

Turn off heat and add jaggery syrup and cardamom powder. Combine well. Once cool, refrigerate and serve cool.

Vasantha Neer (Tamil Nadu)

1 tender coconut water
1-2 tbsps tender meat of coconut
1 tbsp lemon juice
2 tsps honey
mint or tulsi leaves for garnish

Break the coconut and strain coconut water into a vessel. Use a spoon to scrap the tender coconut meat and mash it lightly and add to the strained coconut water.

Add lemon juice and honey, combine well. Garnish with a sprig of mint or tulsi leaves and serve at room temp or chilled.





Watermelon Treat

4 cups cold water-melon cubes (de-seeded)

1 tsp lemon juice

4 mint leaves

pinch of black pepper powder

2 pinches black salt

pinch of salt

1 tbsp honey (adjust according to the sweetness of melon)

Blend water melon cubes and mint leaves. Combine black salt, salt, honey and lemon juice. Serve in glasses, add ice cubes and garnish with a sprig of mint.

Carrot Delight

2 cups fresh grated carrots

1 1/2 cup coconut milk

¼ cup cold milk

1 -2 tbsps jaggery

pinch of cardamom

few ice cubes

For garnish

Grated carrot and mint sprig

Blend grated carrot, coconut milk, milk, jaggery, ice cubes and cardamom pwd. Strain and serve in glasses topped with grated carrot and a sprig of mint.





Watermelon Surprise

4 cups cold water-melon cubes (de-seeded)

1 tbsp honey (adjust according to the sweetness of melon)

2 pinches chaat masala powder

Blend water melon cubes. Combine with honey and chaat masala.

Serve in glasses, add ice cubes and garnish with a sprig of mint.