

Quick and Easy **DRINKS** and **COLD SOUPS** To Try This **SUMMER**



It's the peak of summers across India and temperatures are soaring. What effect does the rising temperature have on our body? Every organ in our body- heart, brain, liver, kidney is temperature sensitive and our body does a really good job of regulating the right temperature. But sometimes the heat gets a bit too much and conditions like heat stroke are real and can cause a lot of damage.

Here are top summer coolers for you to explore this summer season :

KOKUM COOLANT

Ingredients:

1. Dried kokum (unsalted) - 6-8 pieces
2. Pink salt - to taste
3. Hing (asafoetida) - a pinch.
4. Green chilies (crushed) - 1/2 tsp - optional
5. Curry leaves - 3-4 leaves
6. Thin coconut milk - 1 cup
7. Cumin seeds - 1/2 tsp
8. Grated ginger - 1/2 tsp
9. Crushed garlic (optional)

Instructions:

1. Soak kokum in warm water or normal water for a few minutes and later extract the kokum water (just like extracting tamarind juice).
2. Transfer the kokum water in a bowl and add coconut milk, pink salt, hing and mix it well.
3. Take freshly crushed green chilies, ginger and garlic in a strainer and dip it in kokum water, to extract its flavors.
4. Now add little coconut oil in a pan for tempering. When the oil is hot enough, add cumin seeds, curry leaves and mix it in the kokum mixture.
5. Sol Kadhi/kokum coolant is ready to serve!

Notes:

Adjust the consistency so that it is not too sour.

Avoid reheating it. Just refrigerate if you want to store and remove an hour prior consumption.

You can garnish it with freshly powdered flax seeds and cilantro for extra taste and flavor.

Notes:

This drink acts as a coolant, aids digestion and many people drink Sol Kadhi/kokum coolant after eating a heavy meal.

It is used for treating skin rashes and prickly heat as it has cooling properties.

The leaves, roots, bark, fruits, seeds, shells of the kokum tree - all hold medicinal value.

Sip slow and enjoy this tummy pacifier.



JAL JEERA

Summer coolant Jal Jeera emerged from the northern parts of the country due to its cooling effects on the body. This refresher was created by a group of people on the banks of Ganges where it was prepared with silbatti (stone slabs) grinding all the ingredients finely, after which the powder was mixed with water and preserved in clay pots to keep it cool. Sip, relish and savor this coolant from Luke's recipe corner and beat the heat out!

Ingredients:

1. Water - 3-4 cups
2. Roasted cumin powder - 2 1/2 tsp
3. Fennel seed (saunf) - 1 tsp
4. Lime juice -2 tsp
5. Dry ginger powder or grated fresh ginger - 1/2 tbsp
6. Fresh mint leaves - 1 bunch
7. Black pepper (kalimirch) - 1/2 tsp
8. A pinch of asafoetida (hing)
9. Organic jaggery/honey
10. Black salt or rock salt as required
11. Finely chopped raw mango for garnish - 1 tbsp

Notes:

- ▶ Cumin boosts the digestion process and relieves intestinal gas, acidity and bloating.
- ▶ The black salt/rock salt/Hing acts as a good digestive.
- ▶ The fresh mint/coriander helps to regulate our body and keep it cool.
- ▶ The grated ginger or ginger powder is a great remedy for nausea and treats abdominal cramps too.

Instructions:

1. Combine all the ingredients (except water) into a processor.
2. Grind until all blend well.
3. Strain with the strainer.
4. Finally, add 3-4 cups of water or as required.
5. Place in earthen pots.
6. Serve your jaljeera chilled with some finely chopped raw mango, lime wedges and mint leaves.
7. If you like it sweet, then add organic raw honey or jaggery.



SPICED SATTU BUTTERMILK/MATTHA

Ingredients:

1. Sattu powder - 2 tbsp
2. Fresh A2 organic curd - 3 tbsp
3. Water - 2 cups
4. Black pepper a pinch
5. Roasted cumin/jeera powder - 1/4 tsp
6. Pink salt to taste
7. Lemon juice - 1 tsp

For garnish:

- ▶ Finely chopped coriander and mint leaves.
- ▶ You can also add 1/2 tsp finely grated ginger if it suits you.
- ▶ You can also make a simple version with just cumin powder and pink salt added to curd and water.
- ▶ Some people like to add a tempering of mustard seeds and curry leaves in oil to their buttermilk.

Instructions:

1. Whisk the curd till smooth.
2. Add all the ingredients to the yogurt.
3. Dilute with water. Some prefer my buttermilk thin, so add water accordingly.
4. Serve immediately. You could also refrigerate and serve later.



AAM PANNA (RAW MANGO DRINK)

Ingredients:

1. Raw mangoes/green mangoes - 3 medium size
2. Jaggery powder - 1 -2 tbsp
3. Pink salt - 1tsp
4. Black pepper powder - 1/2 tsp
5. Mint leaves crushed/paste - 5-6
6. Roasted cumin seeds powder - 1/4 tsp

Instructions:

1. Take a pressure cooker, add the mangoes, jaggery add enough water and pressure cook them for 4 to 5 whistles.
2. Remove the steam and cool down the cooked mangoes completely.
3. Peel the mangoes and extract the soft pulp out of it.
4. Add the pulp into a jar.
5. Add salt into it and stir well.
6. Add black pepper powder and roasted cumin seeds powder and mix well.
7. Now put crushed mint leaves or mint leaves paste into it.
8. At the time of drinking, add 2 tablespoons of this concentrate to water and relish.



SABJA REFRESHER

Ingredients:

1. Lemon - 2 (Juiced)
2. Sabja seeds - ½ tsp
3. Jaggery powder - 1 tsp or to taste or honey as per availability
4. Ginger - an inch grated
5. Mint leaves - 8
6. Water - 2 glasses

Instructions:

1. Soak sabja seeds with little water for 10 min.
2. Juice the lemons.
3. Grate or crush the ginger & mint.
4. Crush in a pestle; or grate it with a grater.
5. Add all ingredients into water with jaggery powder/honey.
6. Mix well.
7. Serve it and serve with ½ tsp of the sabja seeds.



CUCUMBER MINT AND GINGER COOLER

Total time to prepare 10-15 min.

Ingredients: (Serves 2)

1. Cucumber - 2
2. Ginger sliced or grated - 1 inch
3. Fresh mint (stems removed) - 1 small handful
4. Juice of 1 lemon
5. Water - 1 litre

Instructions:

1. Cut the cucumber into long thin strips.
2. Cut lime into half.
3. Cut one of the halves into thin slices.
4. Curl one or two strips of cucumber in a glass.
5. Pack with ice cubes and a few mint leaves.
6. Add grated ginger.
7. Top with a slice of lime.
8. Squeeze a few drops of lime juice into the glass.
9. Then fill with water and enjoy.



STRAWBERRY CHIA COOLER

Total preparation time 10-15 minutes

Ingredients: (Serves 4)

1. Cucumber - 4 cups (peeled and chopped finely)
2. Strawberries hulled and chopped into small pieces - 3 cups
3. Coconut water - 3 cups
4. Chia seeds presoaked - 3/8 cup
5. Basil leaves to garnish

Instructions:

1. Combine the coconut water, cucumber in a blender blend until well combined, about 20 seconds.
2. Now add chia seeds and give it a blend again.
3. Lastly remove it in a glass and add the chopped strawberries.
4. Give it a stir.
5. Garnish with Basil leaves and serve.



LEMONGRASS COOLER

Total preparation time: 5 to 7 minutes.

Ingredients: (Serves 2)

1. Lemon grass stalks - 100 gms
2. Ginger - 1 inch juiced
3. Jaggery - 2 tsp as per taste
4. Himalayan pink salt - 1 tsp
5. Juice of 1 lemon

Optional add ons:

1. Sabja seeds - 1/4 tsp presoaked
2. Basil leaves to garnish

Instructions:

1. Take a pan and add 4 cups of water.
2. Now add chopped lemongrass.
3. Give it 2 to 3 boils and let it steep well.
4. Add jaggery.
5. Switch off gas.
6. Sieve it and add ginger juice.
7. Keep in the refrigerator and add sabja and garnish with basil before serving.



SATTU COOLER

Total preparation time 10 minutes

Ingredients: (Serves 2)

1. Roasted Gram Flour (sattu) - 50 gms
2. Mint leaves (Pudina) - 4 (finely chopped)
3. Coriander (Dhania) Leaves - 2 tablespoons (finely chopped)
4. Green Chilli - 1 (finely chopped, optional)
5. Lemon juice - 1 tablespoon
6. Cumin powder (Jeera) - ½ teaspoon
7. Black Salt (Kala Namak) - ½ teaspoon
8. Chilled water - 3 cups
9. Salt - to taste

Instructions:

1. To begin making the Sattu cooler Recipe, get all the ingredients handy.
2. In a bowl, add the sattu flour.
3. To this, add the rest of the ingredients including pudina leaves, coriander leaves, green chilli, lemon juice, roasted cumin powder, black salt, and mix well after adding water.
4. Stir until the drink is uniform and without any lumps.
5. You can do this with a spoon or use a handheld buttermilk churner/whisk.
6. Pour it into the tall glasses and serve.



COLD SOUPS

Cold soups are best to rejuvenate on a prickly hot summer day. They are a staple in Britain and Mediterranean countries. Gazpacho is a cold soup blended from raw vegetables and is a classic Spanish cuisine. Now people in India have slowly started recognizing the health benefits of cold soup.

Cold soups as the name implies are not cooked. They are antioxidants loaded and give us an extra punch of energy on a hot day.



COLD CUCUMBER SOUP

Ingredients:

1. Coconut oil - 2 tsp
2. Cucumbers - 5 (Skin peeled and chopped)
3. Garlic - 3 cloves (minced)
4. Onions - 2 (diced)
5. Water - 2 cups
6. Fresh dill (mint as replacement) - 1/4 cup (chopped)
7. Fresh ground black pepper to taste
8. Roasted sesame seeds powdered - 1/2 tsp

Instructions:

1. First, in a large saucepan, heat the coconut oil over medium heat. Next, add the cucumbers, garlic, and onions to the pan and heat just until the onions are transparent.
2. Next, add water to the pan, and simmer until the cucumber is fully soft about 15 to 20 minutes.
3. Remove the pan from the heat.
4. Carefully transfer the mixture to a blender or food processor and blend just until the mixture is completely smooth.
5. While the mixture is still warm, stir in the fresh dill/mint leaves and season with fresh ground black pepper, roasted sesame seeds to taste.
6. Place the entire mixture in the refrigerator and allow to chill until fully cool.
7. This recipe doesn't need salt, those who need salt can add pink salt for an extra flavor and taste.



SUMMER SOUP EXTRAVAGANZA

Ingredients:

1. Cucumbers - 2 large (peeled)
2. Ripe red tomatoes - 2_3 (cut into chunks)
3. Red onion - ½ small (finely chopped)
4. Garlic cloves - 3 (minced)
5. Cilantro - ¾ cup
6. Lemon juice
7. Coconut oil, to drizzle - 1/2 tsp
8. Pink salt and pepper

For garnish:

1. Raw mango - ½ cup (finely diced)
2. Red cherry tomatoes - ½ cup (cut into halves)

Instructions:

1. Finely chop ¼ of cucumbers and reserve for garnish.
2. Peel remaining cucumber and cut into chunks; place in a large bowl.
3. Add in the tomatoes ¼ cup red onion, garlic, ½ cup of cilantro leaves, lemon juice and coconut oil, stirring to combine.
4. Season generously with pink salt and pepper.
5. Place the mixture in the blender and finely blend it.
6. Place the mixture in the refrigerator and let chill, covered, for at least 2 hours or overnight.
7. Serve in bowls, garnished with the remaining cucumber, red onion, cilantro, mango, red and cherry tomatoes, and a drizzle of coconut oil.





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Now, over to you! Try out these healthy summer coolers and cold soups which not only promise you a break from the weather but also offer several health benefits.

Team Luke is just a call away! To contact us, call us at 18001020253 or email us at info@lukecoutinho.com

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