

THE AGE DELHI

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THE ASIAN AGE

The scorching months of summer also bring with them the most luscious and juicy fruits. And even in the age of colas and mocktails, strongly holding their own are fruity sherbets the way grandma used to make them, and frothy chilled lassi in varied flavours.

This summer, experts suggest we keep a distance from sodas and enjoy traditional cooling drinks. "We offer two to three interesting traditional drinks using seasonal fruits. These drinks have become popular, as people want to have refreshing drinks in summer instead of those made of syrups and juices. This is one reason why, even in our Virgin Mojito, we've started using chunks of pomegranate. Though traditional drinks have taken a new twist, the flavours remain the same," says Rohit Srivastava, restaurant manager, Tabula Rasa.

Some also reveal that there's nothing that beats the traditional *shikanji* (or *masala* lemonade). Experts reveal how traditional *masala* lemonade is a hit on their menu during summer. "*Shikanji* is the most in demand. In fact, during summer, we specially get Kokum *sharbat* from Mumbai for Delhiites as they are really good to beat the heat.

Most lemon drinks in the market

JUST CHILL



Cool Mojito at Urban Pind; (below) Italian smooch; (below right) *masala* lemonade from Pizza Hut



have artificial flavours of lemon and should be avoided. Instead, people should try making *shikanji* at home. It's easy to make, and you can add different flavours to suit your taste," says Sumit Gulati of Spice Market.

And with the summer sun shining bright, there's no better way to cool than a glass of chilled *lassi*. Being the easiest homemade drink, you can now add various flavours to yogurt depending on your choice and make your own recipe.

Says Sonia Nathani, a housewife, "*Lassi* can be made in

sugar has dissolved.

Fill the glass with cracked ice and top up with Sprite and soda. Stir gently and dress with fresh mint sprigs and lemon slices.

SHIKANJI

Ingredients

(1 Serving – 350 ml)

- 1 lemon
- 2 tbsp sugar
- 8-10 mint leaves
- Spice mix – 1 tsp (including black salt, pepper, *jeera* powder)
- Soda – 250 ml (optionally water could be used)
- 3-4 ice-cubes

METHOD:

In a jar, squeeze the lemons. Add sugar, mint leaves and the spice mix. Blend for a few seconds or muddle in a pestle and mortar to release aroma and juices from the mint leaves. Add ice and top with soda.

Serve chilled with a garnish of lemon slice.

many different ways, depending on your taste. Some of the main flavours are mango, *pudina* or mint and even strawberry *lassi*. Students staying alone must try it, as it's really refreshing and is an instant cooler. You can simply blend yogurt with water, salt (or sugar), spices or any flavours you want, like strawberry or mango. It's easy and refreshing. There's nothing like our traditional summer drinks."

COOL COLLINS

Ingredients:

- 6 fresh mint leaves
- 1 tsp icing sugar
- 30 ml lime juice
- Crushed ice
- Sprite and soda to top up.

METHOD:

Put the mint leaves into a tall glass and add the sugar and lime juice. Crush the leaves with a spoon until the

