

# Recipes

## Spiced Tea Mixture

Ingredients for 2 cups of tea:

- \* Two teaspoon Saunf
- \* One-Two pieces Cloves( Lavang)
- \* One-Two pieces Eliachi (cardamom)
- \* One-inch piece Cinnamon
- \* Three-Four pieces full Black pepper kernels

**Note:** You can mix all ingredients and store in a jar for quick use to make spiced tea every day.

**Instructions:** 1. Boil two cups of water, while boiling add tea spice mixture, immediately turn off the heat. 2. Cover the pot with lid and let brew for 3-4 minutes. 3. Strain and drink hot tea. Do not store the tea it will get bitter over time. 4. If you are not a diabetic you may add brown Jaggery small amount as a sweetener. 5. If you like you may add a twist of lemon juice.

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## Lemon Ginger Water

Ingredients for 2 glasses:

- \* ½ lemon
- \* Ginger Piece

**Note:** Grind ginger into a paste which can be stored in the refrigerator for 3-5 days.

**Instructions:** Squeeze half lemon and add a half teaspoon of ginger paste into a jug. 2. Add condiments of your choice – cumin powder, rock salt, etc. Optional: If you are not overweight, then as a sweetener you can add brown jaggery (a good source of iron which boosts hemoglobin level) as a sweetener. Pure honey can be another option as a sweetener. However, in this day and age, honey may be diluted with sugar syrup (honeybee population in the world has shrunk to 30% because of insecticide).

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## Carrot Beet Root fermented drink

Ingredients for 5-6 small glasses

- \* Two medium hard-boiled Beets

- \* Two medium Carrots
- \* Lemon Juice – squeezed from 1-2 lemons
- \* One teaspoon Mustard seeds \* Two-inch by a Two-inch piece of Ginger
- \* Half teaspoon Cumin seeds
- \* One small Green Chili
- \* Rock salt to taste

**Instructions:** 1. Cut beets, carrots, ginger, and green chili in small pieces. 2. Pound mustard and cumin seeds into powder form. 3. Add beets, carrots, ginger, green chili, mustard and cumin seeds into a blender. 4. Add salt, lemon juices, and 5-6 glasses of water to blender. 5. Blend all ingredients until it becomes a smooth mixture. 6. Keep in a container for 1-2 days for fermentation at room temperature. 7. Strain the mixture and store the clear liquid in a jug. 8. Store in refrigerator and pour to drink. (stores up to a week)

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### **Clear Tomato Rasam**

Ingredients for 0.5 liter Rasam (4-5 cups)

- \* One medium tomato cut into small pieces
- \* Half tsp turmeric
- \* Half tsp mustard seeds
- \* Half tsp cumin seeds
- \* Half Tsp black pepper powder( kali mirch)
- \* Three tsp ghee
- \* Eight curry leaves
- \* Green chilies to taste cup up in pieces.
- \* Lemon Juice – squeezed from 1-2 lemons

**Instructions:** 1. Heat the ghee in a skillet. 2. Put mustard seeds. 3. Once these start crackling add cumin seeds followed by chopped tomatoes and all the remaining ingredients. 4. When the tomatoes are soft add water. 5. Once it boils, turn down the heat and simmer the mixture for 10-15 minutes. 6. Strain it. 7. Store the clear rasam at room temperature. It will store for a day.

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### **Fresh Jal Jeera**

Ingredients for 5-6 small glasses

- \* ½ cup of mint leaves
- \* 1 cup of fresh coriander leaves
- \* 2 inch by a 2inch piece of Ginger
- \* 1 Green Chilli \* 1 teaspoon roasted cumin seeds
- \* 1 teaspoon black pepper powder
- \* Lemon Juice – squeezed from 2-3 lemons
- \* 1-inch piece of Jaggery 62
- \* Rock salt to taste

**Instructions:** 1. Mix all ingredients in a blender with 5-6 glasses of water. 2. Let mixture sit for 1-2 hrs in room temperature. 3. Strain mixture and store in a jug in the refrigerator. Note: Adjust the taste of fresh jam jeera by adding or removing the amount of lemon juice, salt, chili, etc.

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