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HOW TO *Make thandai*

Holi is a festival of colours that celebrates the onset of spring. In India, almost all festivals are associated with food and Holi is no different. Besides all of the food (both savoury and sweet), that is traditionally consumed on Holi is a drink called Thandai. Made from whole milk, almonds, sugar and a specialty of mixed spices, including pepper, cardomom and fennel, Thandai is sometimes also spiked with an intoxicant, Bhaang. At No-Mad, staying true to our philosophy of natural, healthy living, we make our own Thandai, but with a twist...

Method:

To blanch/peel almonds, heat some water in a small pan. Once almost boiling, add the almonds, turn off the heat and allow to sit for about two minutes. Drain, and the peels should then easily slide off the almonds when pressed.

In a blender; add the dates, crushed almonds and one cup of the chilled milk. Blend until smooth.

Add remaining milk and split the vanilla pod to disperse the seeds in the mixture. Blend until frothy. Taste, and adjust the consistency by adding milk to thin the shake. Sprinkle with a pinch of cinnamon for that dash of spice.

Serve cold. Enjoy!

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Ingredients (serves four):

3 cups chilled almond milk
10 almonds, blanched / peeled and crushed
10 soft dates, deseeded and chopped
1 vanilla pod 1 tsp cinnamon powder



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