

## Kokum Coolant

Sol Kadhi, along the coastal lines and Brinda in the southern parts of the country, Kokum or Garcinia indica is a super food when it comes to tackling body heat and acidity. Ayurveda too has its mention as kokum is instrumental in controlling pitta levels in our body, which is body heat/acidity. This special and popular summer drink is served with almost every meal in the coastal region of Maharashtra during summer days.

### Ingredients:

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

### Directions :

1. Soak kokum in warm water or normal water for 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 so as 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 !

### Tips :

- ▶ Adjust the consistency so that its not too sour.
- ▶ Avoid reheating it. Just refrigerate if you want to store and remove and hour prior consumption.
- ▶ You can garnish it with freshly powdered flaxseeds and cilantro for extra taste and flavor.

### Tips :

- ▶ 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 kokum tree - all hold a medicinal value.
- ▶ Sip slow and enjoy this tummy pacifier.