DietCloud – Recipe

Recipe Name: Kokum Saar Recipe - Traditional Maharashtrian Kokum Drink

Diet Type:

Course: Side Dish

Cuisine: Maharashtrian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 tablespoon Kokum (Malabar Tamarind) - unsweetened juice • 2-1/4 cup Water • 3 tablespoon Jaggery - grated • 1 tablespoon Ghee • 2 teaspoon Cumin seeds (Jeera) • 2-3 Dry Red Chillies - broken or 1-2 green chillies • 1/2 teaspoon Asafoetida (hing) • 5-6 Curry leaves • 2 teaspoon Coriander (Dhania) Leaves - chopped • Salt - as required (if using unsalted juice)	2

Preparation

• To begin making the Maharashtrian Kokum Saar Recipe, first add Kokum juice, water and jaggery in a saucepan.
• add salt if using unsalted juice.
• Heat on a low flame till the jaggery dissolves (Do not bring the kokum saar to boil).
• Keep it on low while we prepare the seasoning for the kokum saar.
• Heat ghee in a small tadka pan.

• Allow the seasoning to crackle.
• Take off the heat and pour it over the Kokum Saar.
• Take the Kokum Saar off the heat, garnish with coriander leaves and serve immediately.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)