DietCloud – Recipe

Recipe Name: Konkani Style Solkadhi Recipe - Kokum Drink

Diet Type:

Course: Side Dish

Cuisine: Konkan

Quantity:



Ingredients

Ingredient	Quantity
• 12 Kokum (Malabar Tamarind) • 1 cup Fresh coconut - grated • 1 Green Chilli • 2 cloves Garlic • 2 tablespoon Coriander (Dhania) Leaves • 1/2 teaspoon Cumin powder (Jeera) • Salt - to taste • Mint Leaves (Pudina) - for garnish	3

Preparation

• To begin making the Solkadhi Recipe, first soak kokum pods in 1/2 cup warm water for 30 to 45 minutes.
• Squeeze the pods to extract the juices, drain the pods and retain the warm water with the extract in it.
• In a mortar and pestle, smash together the green chilli, cumin seeds, garlic cloves, coriander leaves and salt.
• Crush them roughly till they come together.
• In a mixer-grinder, blend together the freshly grated coconut with enough water to make a smooth paste.
• Strain the paste through a fine sieve to extract fresh coconut milk from it.
• This process can be repeated a couple of times, but bear in mind that the milk gets thinner with every consecutive extraction.
• In a bowl, add the extracted milk, kokum concentrate, crushed garlic and chilli spice paste and stir well to combine.
• Taste it and adjust seasoning as required.
• Garnish the Solkadhi with mint leaves or chopped coriander and serve chilled.

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Macronutrients

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