Around the World in 18 Drinks

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VEG-N Society

Veg-N is a non-profit organisation which educates about the powerful repercussions our food choices have on the environment and on all life on earth, therefore it encourages a shift towards a plant-based diet and conscious living. Driven by the Namdhari Movements cultural assets and ideologies.

NAMDHARI SIKHS UK

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Vegan Food Academy

Foreword

A compilation of authentic recipes, hand selected from around the globe to galvanize you into rediscovering traditions. We hope our quest to commemorate diversity through drinks has come to fruition. Overcome summer quiescence by venturing into the perpetual cultural heritage of the world.

Alouda

This Mauritian delicacy is a superlative amalgamation of gelatinous basil seeds, rice vermicelli, jellied agar agar and sugary syrup. It's striking depiction may look intimidating however it’s facile construction will leave you amazed.

Ingredients

- 1 tbsp Basil Seeds
- 1 Cup Water
- ½ cup Rice Noodles
- 2 tbsp Rose Syrup
- 4 tbsp Snow Cone Syrup
- 2 tbsp Vegan Condensed Milk
- 2 scoops Vegan Vanilla Ice Cream
- Crushed Ice as needed

Method

Serves 2 / 35 minutes

1. Soak the basil seeds in 1 cup of water for 30 minutes then drain and place to the side
2. Cook the rice noodles as per it's instructions and keep to the side
3. In 2 tall glasses, start with a layer of crushed ice topped with half of the snow cone syrup, followed by rice noodles, condensed milk, basil seeds, rose syrup, ice cream and final syrup.
4. Serve immediately



Carassauga

The supreme alliance of ginger, lime and pineapple, this Ghanaian juice provides a flawless blend of sweet, spicy and sour. The ginger instantly translates to pure energy, renew your vigour with a drink that holds the potential to rival any supplement.

Ingredients

- 1½ Cups Peeled & Chopped Fresh Ginger
- 2 Cups Pineapple Chunks
- Juice of 1 Lime
- 1 Cup Water
- 2 tbsp Sugar

Method

Serves 2 / 5 minutes

1. Place all of the ingredients in a high speed bender and blitz until smooth
2. Strain the mixture through a cheesecloth, pressing on the solids collected to release all of the remaining liquid
3. Serve immediately over ice or store in the refrigerator



Agua de Jamaica

The complex yet subtle flavours are attributed to the sepals of the roselle flowers. This archetypal beverage releases an unnerving energy which helps alleviate exhaustion.

Ingredients

- 4 Cups Water
- ½ Cup Dried Hibiscus Flowers
- 3 tbsp Sugar
- 1 cup Ice

Method

Serves 4 / 15 minutes

1. Place the water and dried hibiscus flowers into a heavy based pot over medium heat
2. As the mixture comes to a boil, reduce heat and simmer for a further 10 minutes
3. Strain the mixture through a fine meshed sieve into a large pitcher
4. Add the sugar and stir until the sugar completely dissolves
5. Add the remaining water and stir until well combined
6. Serve over ice

Brazillian lemonade

A piquant thirst quencher, limonada proves to be a smooth remedy for desiccation. The contrasting tones in this Brazilian beverage are immaculate, each sip is an encapsulation of summer sojourn vibes.

Ingredients

- 5 Cups Water
- ¼ Can Condensed Milk
- 2 Cups Ice

Method

Serves 4 / 15 minutes

1. Wash the limes and cut them into wedges
2. Place the water and lime wedges in a high speed blender and blitz for a few seconds
3. Strain the mixture through a fine meshed sieve
4. Place the lemonade back in the blender, this time adding the condensed milk and ice
5. Blend until well combined
6. Serve the lemonade immediately

Note: Best to serve and consume immediately, the lemonade will get bitter overnight.

Cholados Colombianos

This ornate Colombian snow cone is highly evocative and infinitely customisable. Oodles of tastes and textures occupying each spoonful, unique to the one before, embodying jubilance.

Ingredients

- ¼ Tin Fruit Cocktail
- Snow Cone Syrup as needed
- 2 Cups Ice Cubes
- 3 tbsp Vegan Condensed Milk

Method

Serves 4 / 15 minutes

1. Crush the ice cubes in a food processor or blender
2. Drizzle 2 tbsp of condensed milk inside the glass
3. Fill half of the glass with crushed ice
4. Top the ice with snow cone syrup and the fruit cocktail
5. Garnish the fruit with the remaining condensed milk and more syrup
6. Serve immediately

Horchata

A variety of grain based bona fide beverages, authentically plant based. Prominent in Mexican culture, horchata's creamy texture and a taste reminiscent of rice pudding is inherent. Earthy, sweet and designed to cool.

Ingredients

- ½ Cup Rice
- 3 Cups Water
- 1 Cup Coconut Milk
- ¼ tsp Cinnamon
- ½ tsp Vanilla
- ⅓ Cup Sugar

Serves 2 / 12 hours

Method

1. Wash and soak the rice in 5 cups of water overnight
2. The following day, drain the rice. Place the drained rice along with the remaining ingredients in a high speed blender and blitz until the rice is roughly ground
3. Strain the mixture through a fine meshed sieve
4. Store in the refrigerator, stir thoroughly before serving

Peach & Cream Soda

Nourish your inner child as you sip on this carnivalesque soda. Italian flavours reinvented in the states with a design to match. This exquisite carbonated beverage vows to satisfy your thirst.

Ingredients

- 3 tbsp Peach Syrup (Torani)
- ½ Cup Lemonade
- 1 Scoop Vegan Vanilla Ice Cream
- Vegan Whipped Spray Cream as needed
- 2 tsp Vanilla Extract
- 2 Peach Slices for garnishing
- Ice as needed

Serves 1 / 3 minutes

Method

1. Add ice and syrup to a tall glass
2. Pour in the lemonade, add the vanilla extract and ice cream
3. Swirl together and top with whipped spray cream
4. Garnish with peach slices and serve immediately



Watermelon Agua Fresca

Agua fresca's exhibit all things summer, the visual appeal these cold fruit infusions offer is beyond comparison. This splendid palate cleanser was devised by the Aztecs to counteract the after effects of rich melded spices. Overcome summer induced dormancy by sipping on this scintillating beverage.

Ingredients

- 5 Cups Fresh Chopped Watermelon
- 3 tbsp Sugar
- 2 Cups Water
- The Juice of 1 Lime
- Ice as needed

Serves 4 / 5 minutes

Method

1. Add all of the ingredients to a blender and blitz until smooth
2. Strain the mixture through a fine meshed sieve
3. Serve over ice immediately

Ayran

The true essence of Turkey, a classic, traditional beverage providing crucial coolness from the scorching heat of the east. Three modest ingredients merge to create the perfect summer drink.

Ingredients

- 1 Cup Vegan Yogurt
- 1 Cup Water
- 5-8 Fresh Mint Leaves
- Sea Salt to taste

Method

Serves 2 / 3 minutes

1. Add all of the ingredients to a blender, blitz until everything is well combined and a little foam has formed on top
2. Serve immediately over ice

Bandung

Known for its striking rosy complexation, this Singaporean beverage is an intoxicating glass of pure bliss. A drink of equal beauty and intelligence as the title translates into its method; the intertwining of two.

Ingredients

- 3 tbsp Condensed Milk
- 2 tbsp Rose Syrup
- 2 Cups Oat Milk
- Ice as needed

Method

Serves 2 / 3 minutes

1. Place all of the ingredients except the ice in a high speed blender and blitz until well combined
2. Serve immediately over ice

Jal Jeera

Contrived to "startle" the tastebuds, jal jeera is the ultimate Indian thirst quencher. Sip with caution as this eccentric beverage's allure will keep you coming back for more.

Ingredients

- ½ Cup Fresh Mint Leaves
- ½ Cup Fresh Coriander
- 1-2 Fresh Green Chillies
- 2 tbsp Chopped Fresh Ginger
- The juice of 1 lemon
- 2 tsp Black Salt
- 1 tbsp Ground Cumin
- 1 tbsp Chaat Masala
- 1 tbsp Tamarind Paste
- Salt to taste
- 3 tbsp Sugar
- 7 Cups Water
- 2 Cups Ice

Method

Serves 4 / 5 minutes

1. Place all of the ingredients except the water and ice in a high blender. Add 3 cups of the water and blitz until smooth
2. Pour the mixture into a jug, add remaining water and stir well until combined
3. Add ice, optional garnishes and serve immediately

Mango Lassi

Originating from Punjab now ubiquitous throughout the world, lassi has dominated the international culinary lexicon under many aliases. Velvety smooth Alphonso mangoes moulded into a potion that will leave you feeling invigorated and sprightly.

Ingredients

- 1 ½ Cups chopped Fresh Mango
- 1 ½ Cups Vegan Yogurt
- 1 Cup Water
- 2 tbsp Sugar
- Pinch of ground Cardamom
- Chopped Pistachios to garnish

Method

Serves 2 / 2 minutes

1. Place all of the ingredients into a blender, reserve 2 tbsp of yogurt to use as a garnish
2. Blitz until completely smooth
3. Serve over ice, top the mango lassi with the reserved yogurt and chopped pistachios

Hawaiian Punch

The collaboration of exotic fruits, creates a desirable composition of a rejuvenating punch, that holds the power to transcend you straight to the tropics. Fruity in the best way imaginable, hydration the way nature intended.

Ingredients

- 1 Cup Assorted Berries Fresh or Frozen
- 3 Cups Pineapple Chunks
- 1 Cup Ice
- ½ Cup Water

Method

Serves 2 / 3 minutes

1. Place all of the ingredients in a high speed blender, blitz until smooth
2. Serve immediately

Peanut Punch

This dynamic punch will leave you feeling exuberant. The creamy, full-bodied consistency is attributed to the pinguid peanut's emulsifying properties. Rich and luscious yet salubrious, divulge into this highly desirable Caribbean treat.

Ingredients

- 2 heaped tbsp Peanut Butter
- 1½ Cups Oat Milk
- ½ Cup Vegan Condensed Milk
- ½ Cup Water
- ½ tsp Vanilla Extract

Method

Serves 2 / 2 minutes

1. Place all of the ingredients into a high speed blender and blitz until smooth
2. Serve immediately

Elderflower Cordial

Quintessentially British, elderflower's heady fragrance and intricate floral notes are forever balanced with elegance. The aroma expelled at the stage of infusion, embodying summer it will diffuse across your home, restoring vigour.

Ingredients

- 1 Lemon Zest and Juice
- 15 Fresh Elderflower Heads
- 1 kg Sugar
- 30g Citric Acid
- 5 Cups Water

Serves 30 / 30 minutes plus 24 hour steeping

Method

1. Place the water and sugar in a heavy based, high sided pot, over low heat stirring at times until the sugar dissolves
2. Bring the mixture to a boil over medium heat and turn off.
3. Wash the flowers in a bowl of cold water.
4. Add the cleaned flowers, lemon juice, zest and citric acid to the sugar syrup. Stir well until combined.
5. Cover the pan with a lid and leave to steep for 18-24 hours.
6. After steeping, drain the syrup through a muslin into a jug
7. Pour into sterilised bottles with the help of a funnel and store in the fridge
8. Dilute the cordial 1:5 with your choice of drink

Kompot

Initially conceived as a method of preservation in Russia, kompot may be served hot or cold depending on the season or occasion. Traditionally, the assortment of fruits was selected by reason of symbolic value however taste supersedes in current times. A sweet dessert masquerading as a delightful drink, enjoyed all year round.

Ingredients

- 2 Cups Berries Frozen or Fresh
- 2 tbsp Lemon Juice
- 2 tbsp Lime Juice
- 15 Cups Water
- ½ Cup Sugar

Method

Serves 8 / 15 minutes

1. Place the water in a heavy based pot over medium heat and bring to a boil
2. Add the berries to the boiling water and continue to cook for a further 10 minutes, then turn off
3. Add the lemon juice, lime juice and sugar to the mixture stirring well until combined
4. Let the Kompot come to room temperature, transfer into containers and refrigerate until chilled
5. Serve over ice with various flavour amplifying garnishes



Sicilian Almond Milk

The endearing charm of this primordial Sicilian almond milk has attained a place in the heart of the gourmet culinary lexicon. Grown in volcanic soil, Sicilian almonds are a prestigious heirloom variety, their flavour subtly mimics their growing conditions by asserting an intense aroma when muddled. An exemplar way to combat Sicilian heat, the rich yet refreshing characteristics will leave you feeling revived.

Ingredients

- 1 Cup Blanched Almonds
- ¼ Cup Sugar
- 2 tbsp Agave Nectar
- 5 Cups Water

Serves 4 / 5 Minutes
+12 hours steeping

Method

1. Place all of the ingredients in a high speed blender and blitz until smooth
2. Refrigerate the mixture for atleast 12 hours
3. The following day, strain the mixture through a cheese cloth. Pressing on the solids collected to release all of the remaining liquid
4. Serve immediately or store in the refrigerator

Lemon & Barley Water

The most beloved cooler coming from a land known for berries, nectarines and citruses. This centuries old Australian tonic has a dark nutty flavour that's counteracted with tart refreshing lemon, the beautiful juxtaposition of the two leads to a nourishing and highly replenishing drink..

Ingredients

- ½ Cup Pearl Barley
- Zest and Juice of 2 Lemons
- 7 Cups Water
- ½ Cup Sugar

Method

Serves 1 / 3 hours

1. Wash barley through a sieve under cold water, wash until the water begins to run clear
2. Place the barley, lemon zest and 7 cups of water in a heavy based pan over medium to low heat
3. Bring to a boil then reduce the heat and simmer for a further 15 minutes
4. Strain mixture in a heatproof bowl, stir in the sugar and lemon juice. Mix until well combined
5. Once the mixture is room temperature, pour into bottles and refrigerate until chilled
6. Serve over ice just as it is, or dilute lightly as per your taste

Note: please don't throw the barley away, treat this barley as half cooked. Continue cooking and follow one of the many recipes starring pearl barley online.

Καλή όρεξη!

Hyvää ruokahalua

मज़े से खा

Smacznego

Guten appetit

QUE APROVECHE!

ਅਨੰਦ ਮਾਣੋ

กินให้อร่อย

BUEN PROVECHO

Jó étvágyat

Enjoy!

Dobrou chut'!

Smaklig måltid

慢慢吃

Verði þér að góðu

Bom apetite

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どうぞめしあがれ

Ith gu leòir

FRUI!

Приятного аппетита!

LABU APETĪTI

कृपया भोजन का आनंद लीजिये!

مزے کریں

BUON APPETITO

Ufurahie chakula chako