



FOOD OF THE GODS : MANGO ELIXIRS

The national fruit of India, Mangoes are known as the ‘food of the gods’ and symbolize spiritual attainment. For most of us, these sweet, tropical fruits ooze with juice and flavour, and can be used in many dishes including curries, desserts – and drinks! Wellness-wise, mangoes are a low-calorie high-fibre fruit full of antioxidants known to boost immunity as well as improve hair, eyes and skin health – what’s not to love about mangoes.

Mango Chilli Martini

The Nelson’s *Mango Chilli Martini* is created by Joshua Mendes, head bartender at Royal Haathi Mahal resort, and is inspired by his late uncle Nelson’s mango salsa recipe.

Says Mendes (as he shakes up and pours this deliciously refreshing Martini: “In the summers, my uncle would find the best mangoes in the yard, bring them home, chop them up, add some green chilli and fresh cilantro and make us a refreshing afternoon treat. We were very close and this is one of my favourite memories of him.”

Ingredients

60ml Chilli and Cilantro infused Gin
90ml Fresh Mango Pulp
Ice Cubes
Fresh Cilantro for Garnish

Method

- Fill a cocktail shaker with ice
- Add the Infused Gin and Mango Pulp
- Shake vigorously
- Pour into a Martini Glass
- Garnish with a sprig of Cilantro.



Aam Ka Panna - non-alcoholic mango summer cooler

This vegan summer cooler made from unripe green mangoes is traditionally celebrated when mangoes first make their appearance at the start of the hot Indian summers. Aam ka Panna has a tangy, sweet taste with hints of cardamom, cumin and black salt. The addition of these spice powders and black salt not only brings in more flavours but also helps in the digestion.

Ingredients

6 Mango (Raw) 800 gms
1 cup Jaery
1 teaspoon Cumin powder
Green chilly 2 nos
Salt , as per taste
1/4 teaspoon Black pepper powder
¼ teaspoon Cardamom powder
20 Mint Leaves
Water , chilled one liter
Ice cubes

Methods

- Rinse the mangoes and boil them in a pot.
- Once the mango is cooked well peel the skin of mango and transfer the mango pulp in a blender by adding jaggery, green chilly and mint and blend to a smooth paste without adding water
- Now add the cardamom powder, salt and black pepper powder
- Add chilled iced water and mix it well garnish with a sprig of mint leaves and serve cold