

Mango Lassi

Season: Summer

Serves: 24 tastes in the classroom
or 8 at home

Fresh from the garden: mangoes, mint

In India, the home of lassi, this popular drink is either salty or sweet, and is made with creamy yoghurt diluted with water and whisked until frothy. It is sold from street stalls throughout India. The sweet version, known as metha lassi, is sweetened with sugar and maybe a touch of rosewater. Savoury lassi include roasted cumin seeds or black pepper, and in southern India they might also include a paste made from green chilli, ginger, coriander and garlic. Try the savoury version on another day. This delicious drink is closer to what we often call a 'smoothie' and is one of Stephanie's favourite breakfasts.

Equipment:

measuring cups and spoon
clean tea towel
chopping board
small serrated knife
blender
spoon
spatula
small serving glasses

Ingredients:

2 ripe mangoes, peeled and chopped
1 tbsp honey
500 ml plain natural yoghurt
350 ml cold water
leaves from 4 short sprigs of mint, washed
2 or 3 ice cubes (optional)

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the mango in the blender.
3. Carefully cut off any more flesh that is still attached to the mango seed and add to the blender. You can scrape in any juice that is still on the chopping board, too.
4. Add the honey, yoghurt, water and ice cubes, and blend for a few seconds until smooth.
5. Pour into serving glasses and garnish with mint leaves.

