

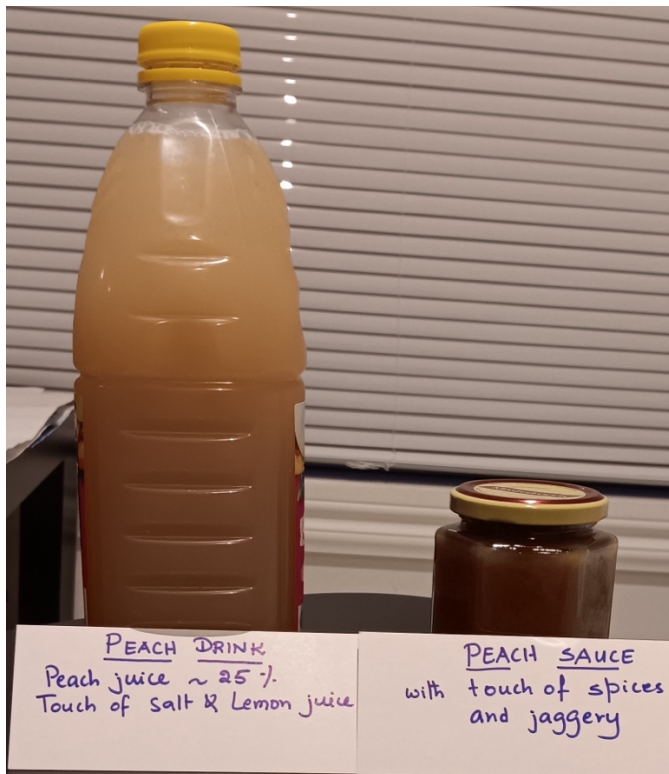
Peach Drink and Peach Sauce

Peach Drink

Peaches were very ripe and juicy.

- Rinse quickly with hot water.
- Peel and remove seeds.
- Add to blender with some water.
- Blend until smooth.
- Filter through fine cloth.
- Add a bit more water to the filtrated syrup.
- Add a couple of teaspoons of fresh lemon juice and a touch of salt.
- Retain pulp to make sauce.

It makes a good substitute to plain water.



Peach sauce

- Ladle pulp from above into a saucepan.
- Add Bay leaf, a couple of cloves, cinnamon and two small blocks of jaggery.
- Simmer for few minutes.
- Remove from heat and decant into sterilised jars (sterilised with boiling water).

It's on the healthy side, not too sweet.

Footnote: Since there is no heating involved and ripe peaches are used, this home recipe requires special attention.

- Use sterilised bottles and utensils.
- When making the drink, use water that is boiled prior to using.
- Store the drink in refrigerator, but not for more than few days.
- A slightly fermented taste is okay.
- Discard if you sense a spoiled smell or taste.

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