

# Sharbat Gulab

Also Known As

rose flavored cold drink

Course

Drink

Yield

4 servings

Type of Food

Beverage

Main Ingredient

## Comments

This recipe comes from my dear friend Philomena Ashdown. She has adapted it from Charmaine Solomon's Asian Cooking Book.

Prep Time 5 minutes

Cooking Time 20 minutes

Ethnic Origin Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes

Temperature

Grease Pan?  Yes

Measure

Ingredient

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Ingredient

3	cups	white sugar
2	cups	water
20	drops	rose essence
1	tsp.	liquid red food coloring
1	tsp.	tulsi seeds
		iced water and crushed ice for serving

## Instructions

Put sugar and water in a saucepan and cook over gentle heat until sugar dissolves.

Cool.

Add rose flavoring and red coloring. It should be a strong color, for it will be mixed with a large proportion of water.

Soak the tulsi seeds in a cup of cold water. After a few minutes they will develop a jelly-like coating. (The seeds can be kept soaking in the refrigerator for a week. They are supposed to have a very cooling effect, and are used in almost every type of sharbat drink.)

At serving time put 2 tablespoons of syrup in each glass and fill up with iced water and crushed ice.

Syrup can be increased or decreased according to taste.

Add a spoonful of soaked tulsi seeds.