



Double Your Dessert Fun With Hyderabadi Taste

How To Steep The Perfect Cup Of Tea?

Making tea may seem a simple and easy task but to brew the perfect cup, one needs to take care of some key details.

Kausshal Dugarr, founder and CEO - Teabox in New Delhi elaborates how:

* The quality and freshness of tea defines a good tea experience. Buying fresh whole leaf teas is key to savouring delicate tastes and aromas.

* When you've acquired the best loose leaves, then the quality of water plays a very important role in bringing out the best flavours.

* Temperature plays a crucial role in steeping tea. Use water just when it starts to boil (around 85 C - 95 C). This will effectively bring out all the right flavours and curb the unwanted bitterness.

* Avoid boiling water. It scalds the leaves and affects the flavours adversely.

* A tablespoon (2.5 gms) of leaves is recommended for every cup of water (180ml).

* Choose a clean tea-maker/pot, ideally porcelain, glazed ceramic, or glass to avoid unwanted peculiarities of taste.

* Pour hot water over the tea leaves and not the other way around. A lot of people overlook this simple step. Leave the infusion covered for 2-5 minutes according to the instructions provided. Your tea is ready to drink.



* For cold brews, you'll need 1.5 times more leaves than a regular hot brew for every cup of water. Add leaves into a flask/jar and pour cold fresh water over it. Depending on the type of tea let it steep for 4-10 hours. Steep white, Oolong, green teas for shorter durations and blacks, flavoured fruit/floral infusions for longer.

Rishav Kanoi, Tea Expert and Founder at Tea Trove also has some tips to share:

* Understand the four different types of tea: White, Green, Oolong and Black.

* Do not call it brewed; tea is steeped.

* Steep tea suggested steeping time is 5 minutes for Black and White teas, 2 minutes for Green tea and 4 minutes for Oolong Tea.

* Use filtered or bottled water to make tea.

* Never use a tea bag but only use loose teas. Steep loose tea leaves 2-3 times by adding hot water and increasing the steeping time with each infusion.



By Athul Domichen

India is famous for its diversity in cultures and cuisines. Each region has its own authentic tastes and traditions. One will be surprised by the sheer amount of varieties that can be experienced. Let me now introduce you to 'Double ka Meetha', an Indian dessert that has its origins in Hyderabad, one of India's favourite destinations for food lovers. Easy to prepare with minimal ingredients, surprise yourself and your guests with this delectable dish.

In simple terms, Double ka Meetha is a kind of bread pudding. Inspired from Mughlai cuisine, it is traditionally prepared during special occasions such as festivals, weddings, etc., among the Muslim community in Hyderabad. One can find the delicacy being sold all across the Old City region during the holy month of Ramadan. The dish is supposed to have got its name from the local term for milk bread, 'Double Roti', because bread doubles in size during the process of baking. The sweet or 'meetha' made from 'double roti' thus becomes Double ka Meetha.

Another dessert which originates from the Awadhi-Mughal

traditions, Shahi Tukda, is said to be similar to Double ka Meetha in terms of preparation, but when it comes to flavour, there is a distinct difference between the two.

The most authentic version of the dessert uses boiled and thickened milk along with sugar syrup for the preparation but in this easier recipe I have used sweetened, condensed milk. Also, I have substituted deep frying of the bread in ghee (clarified butter) with toasting on a pan. Milk or white bread is the traditional choice but you can also go for wheat and other grain breads too, if you're looking to avoid all-purpose flour and its derivatives.

Double ka Meetha

Ingredients

- White or Milk Bread (sandwich size) – 4 slices
 - Ghee – 2-3 tablespoons
 - Milk – 1 and ½ cup
 - Sweetened Condensed Milk – ½ cup
 - Saffron strands – 1 pinch
 - Cinnamon Powder – ½ teaspoon
 - Almonds – 10
 - Cashew Nuts – 10
- Preparation**
- Slice the bread diagonally twice to form triangles. You can

choose to remove the crust if you don't want it. Heat 2 spoonfuls of ghee on a pan and toast until the bottom half gets a golden brown shade. Flip the slices and toast the other side. After both sides become slightly crispy, remove and keep on a plate.

Add one spoon of ghee and fry the almonds and cashew nuts until they start changing colour. Remove when done and keep aside.

Mix the sweetened condensed milk and milk in a saucepan. Using a thick-bottomed pan is preferred to avoid milk getting burnt at the bottom. Add the saffron strands and cinnamon powder and heat the mix. You don't have to boil it, let it just become warm. Take it off the stove.

Arrange the bread slices in layers in the milk mixture. Sprinkle the fried almonds and cashew nuts on top. Set the pan on the stove and heat on a low flame, gently simmering it. Once the milk has been absorbed by the bread slices, turn off the stove – your Double ka Meetha is ready.

You can serve the dish hot or chill it and serve later. It will stay without being spoiled for a couple of days. Hot or cold, this Hyderabadi fare is bound to win some hearts.

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