

RECIPE

Barley Tonic (Jawar Sharbat)



Ready in **25 minutes**

Serves **4 people**

Ingredients

- ¼ cup pearled barley
- 3 cups cold water
- 10 black or green peppercorns
- Lemon and lime zest
- 2 tablespoons fresh lemon or lime juice
- 1 cup fresh orange juice

Preparation

1. **Wash the barley in several changes of water . Drain and place in a saucepan with the cold water. Bring to a boil over moderate heat, reduce the temperature and simmer for 10 minutes . Remove the pan from the heat and add the peppercorns lemon zest and sweetener . Stir cover and cool to room temperature.**
2. Strain the juice and then cool e well. Before serving blend in the lemon or lime and orange juices . (I used all there cuz I love citrus) pour over ice and garnish with a twist of lemon.

Tips

Perfect for any festive occasion. So good and refreshing barley is also high magnesium which helps hydrate the body. This review adapted from Yamuna Devi 's The Art of Indian Vegetarian Cooking. 1987 Bala Books