



SSM COLLEGE OF ENGINEERING

Activity under
Ek Bharat Shreshtha Bharat

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KEHWA Chai

Kashmiri KEHWA Recipe

KEHWA chai (Tea)

Kehwa is a traditional tea that originates from the Kashmir Valley. It is one of the famous Kashmiri recipe.

It is a popular breakfast beverage among Kashmiri's and an occasional treat of Kashmiri food when accompanied with Kashmiri baked Girda (local Bread).

The Kashmiri tea (Kehwa) is made by boiling almonds with saffron strands ,cinnamon bark and cardamom pods and Occasionally Kashmiri roses to add a great aroma .

Generally ,its served with sugar or honey and crushed nuts , usually almonds or walnuts . Kashmiri Kehwa tea , a classic and a soul-warming drink that resonates with the power of Indian spices. You will find that the drink from Kashmiri Cuisine will instantly perk you up with its amazing aroma and flavor.

The Kehwa tea has many therapeutic properties, health benefits and is the easiest, tastiest, fastest way to push away lethargy in winters. It also helps you relieve headache and maintain fluid levels too. It's a good drink in winters also. A hot comforting beverage that hails from the beautiful KASHMIR

RECIPE

Ingredients :

3 cups water,
A pinch of dalchini (cinnamon)
2 choti elaichi (green cardamom)
5 to 6 almonds (crushed),
4 saffron (as per kehwa quantity)
Sugar or honey to taste.

HOW to make Kashmiri KEHWA:---

Take water in a vessel or kettle.
Add crushed cardamom, cinnamon and almonds while its boiling.
Add the saffron strands now.
Add sugar to taste.
Keep on a low flame for some time.
The kehwa is now ready to drink.

Enjoy the aroma and divine taste of this special drink from KASHMIRI CUISINE.



Thank you