Cool, Calm and Connected

Aam Panna

Traditional Indian Raw Mango Drink recipe by Tuskeen



"Aam Panna is a refreshing and tangy Indian summer drink made with raw green mangoes, fresh spices and herbs. It helps keep the body hydrated, refreshes you on hot days and brings a delicious balance of sweet, tangy and spicy flavours." – Tuskeen, Merri-bek community member

Ingredients for the concentrate

- 2–3 medium-sized raw green mangoes
- Sugar (adjust to taste)
- 1–2 green chillies
- A small piece of fresh ginger
- 1 teaspoon fennel seeds
- ½ teaspoon roasted cumin powder
- Black salt (to taste)
- Regular salt (to taste)
- A few fresh mint leaves

Method – Preparing the concentrate

1. Wash the raw mangoes and boil them until soft.
2. Allow them to cool, then peel and remove the seeds. Collect the mango pulp.
3. In a pan, add the mango pulp, sugar, green chillies, ginger and fennel seeds.
4. Cook on low heat, stirring until the sugar dissolves and the mixture becomes thick.
5. Add roasted cumin powder, black salt and regular salt.
6. Allow it to cool and blend everything into a smooth concentrate.
7. Store in a clean, airtight glass bottle in the refrigerator.

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Preparing and decorating the glass

For the glass rim:

- Red chilli powder
- Lemon juice
- Sugar
- Salt

Mix the red chilli powder, lemon juice, sugar and salt in a small bowl. Rub a little lemon juice around the rim of the serving glass, then gently dip and rotate the rim in the spice mixture until it is nicely coated.

To serve

1. Add a few ice cubes to the prepared glass.
2. Add 2–3 tablespoons of Aam Panna concentrate.
3. Add a pinch of roasted cumin powder.
4. Pour in chilled water and stir well.
5. Garnish with fresh mint leaves and serve chilled.

"The beautiful combination of tangy mango, ginger, green chilli, fennel and roasted cumin gives this drink its distinctive Indian flavour," Tuskeen tells us. "Aam Panna reminds me of summer days back home in India. It is more than just a refreshing drink it brings together traditional flavours and lovely memories."