



TAMARIND WATER

1. Peel the pods, removing as much of the hard shell as possible (the rest will come off when boiling).
2. Add 3 cups of water to a medium size pot and bring to boil.
3. Add the peeled tamarind and reduce heat to medium. Cook for 10 minutes.
4. Turn off the heat and allow water to cool completely. Remove the tamarinds and set the water aside.
5. Scrape the paste from within the tamarind pods and discard the beans.
6. Blend the paste in your blend combined with 1/4 cup brown sugar and the water used from earlier.
7. Strain the blended liquid into a pitcher and stir in an additional 3 cups fo water.
8. Serve with ice and a slice of lime (if desired).



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WHAT IS TAMARIND?

Tamarind is often called the "date of India" as it's juicy pulp is often paste-like and has a sweet-sour flavor.

The polyphenols in tamarind have antioxidant and anti-inflammatory properties. These can protect against diseases such as heart disease, cancer and diabetes.

The seed extract may also help lower blood sugar, while the pulp extract may help you lose body weight and reverse fatty liver disease.

WHAT TO DO WITH TAMARIND

Tamarind is great in a variety of dishes, especially Mexican, Indian, and Thai cuisine!

To make a paste from the tamarind, you'll want to pull off the stringy membranes and as much of the skin as possible (if some flakes remain, that's okay), soak the pulp in hot water for 15-20 minutes (a good starting ratio is 3 ounces of tamarind pulp to 1 cup hot water) until it's soft, then push it through a mesh sieve to filter out the seeds and any leftover bits of skin.

Add some of the warm soaking water back to the strained pulp and stir until incorporated; in most recipes, it's better to leave it on the thicker side, since you'll use less that way and won't add much extra liquid to the dish.