



INDIAN DESSERT FALOODA: GLOBALLY SAVOROUS

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ABSTRACT

Falooda is a dessert, if you look at it technically, but practically it is an any-time snacks! This exciting combination of sweetened rose-flavoured milk with falooda sev, sabza seeds, vanilla ice-cream and all the works is a delicacy that appeals to all. It is quite sumptuous and satiating, and you will often find people stopping by at a roadside vendor to have a glassful of Falooda to keep them comfortably going till the next meal. Indeed, what a tasty way to chase hunger away! Desserts make our life sweeter and simpler. Just the thought of a delicious dessert makes our heart and tongue melt. Falooda is one such sumptuous dessert that is popular in many parts of the world, especially in India, Pakistan, and the Middle East.

KEYWORDS: Falooda sev, Sabza seeds, Vanilla ice-cream.

INTRODUCTION

Falooda, a cold drink/dessert is said to have originated from Shiraz in Persia (currently Iran). Falooda is known as Faloodeh/Faludeh in Persia and is a traditional Persian dessert. It is one of the oldest known desserts and is in existence since 400BC. The basic version of Falooda made in Persia included vermicelli noodles made of corn flour, rose water, and a dash of semi frozen sugar syrup. Falooda was introduced in the Indian subcontinent during the Moghul period. Falooda means 'shredded' in idiomatic Hindustani and the name refers to the thin vermicelli noodles that are integral part of falooda. In India, the vermicelli noodles are also known as falooda sev. Today there are a variety of Falooda versions available, such as faloodas made without the trademark vermicelli and blended with fruits, faloodas with kulfi, wheat starch noodles and different flavors of sugar syrups, and faloodas that are served as milkshakes. Falooda, is popular in many countries in different forms.

In the Indian subcontinent (India, Nepal, Pakistan, and Bangladesh), falooda is served in the form of an ice cream sundae float. It is prepared with basil seeds, boiled vermicelli noodles, rose syrup, and milk.



Figure-1: Global demand for Falooda.

Falooda (also Faluda, Faloodah), is a cold dessert popular in the Indian subcontinent. Traditionally it is made from mixing rose syrup, vermicelli, sweet basil (tulasi: *Ocimum basilicum*, sabza/takmaria) seeds, and pieces of jelly with milk, often topped off with a scoop of ice cream. The vermicelli used for preparing falooda is made from wheat, arrowroot, cornstarch, or sago.

The origins of falooda go back to Persia, where a similar dessert faloodeh was popular. The dessert came to India with the many Muslim merchants and dynasties that settled in India in the 16th to 18th century. The present form of falooda was developed by the Mughal empire and spread with its many conquests. Muslim rulers who succeeded from the Mughals patronized the dessert with their own adaptations, specifically in Hyderabad Deccan and the Carnatic areas of present day India. This dessert is now a major part of Pakistani culture, specially served on Islamic holidays and other occasions.^[1]

In idiomatic Hindustani, falooda is sometimes used as a reference to something that has been shredded, which is an allusion to the vermicelli noodles. For example, someone who falls into disrepute might say that his or her izzat (honour) has been turned to falooda (इज्जत का फ़लूदा, فالاوده كا عزت, izzat ka falooda), which is roughly equivalent to saying "my reputation is shot."

Today there are many versions of falooda. Some are made without noodles and blended with fruit. One of the Indian versions consists of kulfi, translucent wheat-starch noodles, and flavoured syrup.

In Bangladesh, a common variant of Falooda in the south coast of the country is made with Ketaki (pandan) extract, pistachios, sago pearls, creamed coconut and mango as well as milk and vermicelli, and may even include strong black tea to make quite a distinct flavour. Malaysia and Singapore have a similar drink called

bandung. Falooda is very similar to the Thai drink nam manglak, which is made from different ingredients, such as shredded jelly, tapioca pearls, and Job's Tears mixed with sugar, water, and rose water. The Iraqi Kurds also have their own version; but made with thicker vermicelli. A similar modern East Asian drink is bubble tea. A famous type of falooda, called "Andrea", involves mixing various rose syrups with creamy milk and premature tapioca pearls.^[2]

Rabri falooda: The Mauritian version is called alouda, which is a variation of the word falooda, and the beverage is almost identical in ingredients and flavour.

South Africa also has a variant known by the same name, and is often served as a milkshake to be consumed with or after a meal. There was a famous restaurant in Durban called Moola's who made it and called it Bombay Crush. Falooda is best described as a dessert beverage which is really corn vermicelli. This is a delicious combination of layered Falooda with milk, sweet basil and vanilla ice-cream. This can be an any-time snack! Falooda is popular with Mumbai road side vendors. This chilled beverage-dessert is the perfect way to cool off in the summer heat.^[3]

Course Dessert

Preparation Time: 5 minutes, Cooking Time: 20 minutes, Total Time: 25 minutes. Servings: 4 people.

Ingredients

2-1/2 Cup milk, 3 Table spoon sugar (divided), 1 Cup fresh mango pulp, 2 Table spoon sweet basil seed (tukmaria, sabza), 1 oz packet of falooda sev (falooda is a corn vermicelli), 6 scoops vanilla ice-cream, 1/2 cup finely chopped mangos (for garnishing).



Figure-2: Indian dessert falooda: globally savourous.

METHOD

Boil the milk with 2 tablespoons of sugar for about 15 minutes after milk comes to boil or until till it reduces to about 1-1/2 cup. After milk cool off refrigerate, milk should be chill. Cook the falooda in boiling water, till they are soft! Strain, and chopped them in few pieces and keep aside to cool. Then refrigerator till needed, and it is chilled. Add about 2 table spoons of sugar to mango pulp or as needed depends on sweetness of mango. Refrigerate the mango pulp and chopped mango, till you are ready to use. Soak the basil seeds/tukmaria in a bowl in about ¼ cup of water making sure seeds are completely submerge. They will soon start to swell and look transparent. Strain and keep aside in a small bowl. Milk and falooda should be refrigerated till you are ready to use, you can prepare them in advance as they can be refrigerated for 3-4 days. Time to assemble the falooda, it is layered beverage-desert, take a tall glass first put 2-3 tablespoons of mango pulp, few spoons of falooda, about 2 spoons of baisel seeds, pour about ¼ cup of milk, about 1or 2 scoops of ice-cream, again some falooda and garnish with chopped mango.^[4]

Falooda, also spelt as falooda, is one of the popular dishes in South Asia. The dish is primarily prepared with the mixture of rose syrup, vermicelli, tapioca pearls and water or milk, (it is a starch which is obtained from roots of cassava plant and is used in preparing puddings).

Sugar, ice cream, basil seeds and tutti frutti may be added to augment the flavor of falooda recipe.

Falooda sev recipe: how to make falooda sev at home with corn flour for desserts like falooda. Falooda is a rich Indian dessert that is apt for the summer days. Falooda, which has its origins in ancient Persia, is a cold beverage that consists of noodle like delicate strands, tukmaria or falooda seeds (sabja or basil seeds), milk and rose syrup. One of the prettiest layered dessert in a glass and a gem among Indian recipes. Falooda sev is also served with kesar kulfi and is a popular dessert called kulfi falooda. It makes sense to make falooda sev at home as it's a super easy recipe to prepare in few minutes. Basically store bought falooda noodles or sev is made of tapioca or sago. You can use arrowroot starch in place of corn flour. The falooda sev machine that is a bhujia press or sev maker aka jantikalugottam (in telugu) to make falooda noodles. Corn flour and water mixture is cooked to form a thick, glossy mixture which is then passed through a bhujia maker to form thin noodles or falooda sev. These thin transparent strands are stored in ice cold water so that they do not stick to each other and to prevent them from forming a lump. Homemade falooda sev can be stored in cold water in the fridge for two to three days. So why buy falooda sev when you can make freshly pressed falooda seviyan at the comfort of your home.^[5]



Figure-3: Falooda vermicelli makes the dessert sumptuous and satiating.

Falooda Sev Recipe: Preparation time: 10 min, Cook: 10 min, Serves: 6.

Main ingredients: Corn flour.

Ingredients: Corn flour - 1/2 cup, Water - 1 1/2 cups, Sugar - 1 1/2 table spoon.

Method for making falooda sev recipe

Grease the sev press and set aside. In a vessel, add a liter of ice cold water and ice cubes and set aside in the fridge. In a vessel, mix 1/2 cup water, corn flour and sugar such that there are no lumps. Heat 1 cup of water in a heavy bottomed vessel and bring to a boil. Reduce flame to low and slowly add the corn flour mixture and keep stirring constantly. The mixture will begin to thicken. Keep stirring constantly till the mixture turns transparent, glossy and thick.

Turn off flame and immediately spoon the hot mixture to a bhujia press or sev press. Ensure that you place the mold/plate with small holes that you use to make thin sev. Do wear gloves or hold a thick towel around the bhujia press as the mixture is very hot. Remove the ice cold water vessel from the fridge. Press the hot corn flour mixture through the bhujia maker into the cold water such that the thin strands of noodles are immersed completely in the cold water. Refrigerate the falooda sev immersed in cold water until use. It can be stored for 2-3 days in the refrigerator. There is no need to cook the falooda sev anymore. Strain the cold water and the freshly prepared falooda sev as required for desserts like falooda and kulfi falooda.^[6]

CONCLUSION

Origin of Falooda: Falooda is a version of Persian dessert, known by the name of flaoodeh. It was brought to India during the period of Mughals. However, the flaoodeh that is made in Afghanistan and Iran and is different from falooda made in India. In Afghanistan and Iran, the vermicelli that is used for preparing flaoodeh is made up from arrowroot as against that made from wheat in India.

Falooda Recipe – Preparation: Falooda is very easy to prepare. Cooked and chilled vermicelli, basil seeds soaked in water, and a chilled mix of blended pistachios, almonds, powdered sugar and milk, are taken to prepare falooda. In a glass half of chilled vermicelli and half of basil seeds are poured. Half of the milk mix is poured in the glass over basil seeds and vermicelli. Some rose syrup is added and mixed properly. One scoop of kulfi or ice cream is added. The falooda is garnished with chopped pistachios and almonds. Some rose syrup can also be added for garnishing. The falooda is served with spoon and straw.

Falooda Recipe – Variants: In India, Pakistan and Iran, falooda is a dish that is very popular in summers. It is available in almost all the eating places in summers. It is

often served as falooda kulfi, where falooda is placed on the top of kulfi and served with syrup. Instead of rose syrup, other flavors can be used to prepare falooda. Other variants include saffron (kesar) falooda, chocolate falooda, fig falooda and mango falooda. One of the types of falooda which is very famous is called by the name of Andrea. In this falooda recipe, various rose syrups are mixed with tapioca pearls and creamy milk.

Falooda Recipes - Similar Recipes: Falooda is quite similar to a famous Thai drink, known as “nam manglak”. This drink is made up of the mixture of basil seeds, rose water, water and sugar. In Iraq, falooda is made with thickened kind of vermicelli. Bubble tea is a similar kind of falooda drink in East Asia.

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