



SERVING 3-5 Glasses



TIME 15 Minutes



DIFFICULTY Easy

Tamarind Flavored Tamarita

INGREDIENTS

- 2 Oz Tequila
- ½ Lime
- 3 Sweet Tamarind Pods
- 1 Tbsp Sugar
- 1 Cup Water
- 1 oz Triple Sec
- ½ Lemon
- Salt
- Ice cubes

DIRECTIONS

- 1 In a pot boil the water and add the tamarind pods. Boil for 7 minutes and strain back in the pot,
- 2 Add the sugar and cook for another 3 minutes. Allow it to cool down.
- 3 In a shaker, put the ice cubes, tequila, lime juice, 2 oz of the tamarind syrup, triple sec and shake for 30 seconds.
- 3 Squeeze the lemon in a rim tray, and make a salt rim to a rocks glass.
- 4 Strain the Tamarita into the glass and garnish with a lime wedge



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SERVING 1 Jug



TIME 10 Minutes



DIFFICULTY Easy

INGREDIENTS

1/2 Lb Peeled Tamarind Pods
4 Cups Of Water (For Boiling)
4 Extra Cups
of Cold Water

Optional: 1/2 Cup of Sugar
or Piloncillo

DIRECTIONS

- 1 Crack the brittle brown shell with your fingers or the back of a spoon to break it open.
- 2 Carefully peel away the fibrous, hair-like veins that run along the length of the fruit.
- 3 Place the sticky chunks of in a pot and boil for 7 minutes. Add the Piloncillo or Sugar and cook for another 3 minutes.
- 4 With a wooden spoon, move the Tamarind in the water to help it mix with the water and sugar.
- 5 Strain into a bowl and add the remaining water, mix and reserve in the fridge.

OPTIONAL

Add some Fruits such as Mango, papaya, Lemon or Dragon fruit to enhance the flavor and the health benefits



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