



Sharbat Unnab – Practical Class Handout (Traditional Method)

1. Ingredients

Ingredient	Quantity
Unnab (dried berries)	100 g
Cold water for soaking	700–800 ml (<i>1:7–1:8 ratio</i>)
Additional water for boiling (if needed)	100–150 ml
Sugar	Equal to weight of strained clear liquid (<i>typically 200–300 g</i>)

Expected yield for a 100 g batch:
≈ 250–300 ml Sharbat Unnab

2. Step-by-Step Method

STEP 1 — Triple Wash (Cleaning)

Time: 10–15 minutes

1. Place Unnab in a pot.
2. Wash with **cold water** and drain.
3. Wash a **second time**.
4. Let stand **5 minutes** to allow insects/dust to loosen.
5. Wash a **third time** and remove debris or damaged berries.

Purpose

- Removes dust, insects, and fine particles.

STEP 2 — Soak Overnight

- Add **700–800 ml cold water** to the washed berries.
- Cover and leave for **24 hours**.
- *Do NOT mash yet.*

Purpose

- Softens berries gently.
- Hydrates mucilage without releasing excessive fibre.
- Prevents heaviness and muddiness later.

STEP 3 — Boil the Soaked Berries

Time: 30–40 minutes

- The next day, bring the soaked berries to a boil.
- Simmer on low flame for **20–30 minutes**.
- Add **100–150 ml water** if needed.

Purpose

- Heat begins the extraction of Unnab's medicinal juice.
- Softens the pulp for a **clean mash**.

STEP 4 — Mash Thoroughly

Time: 10–15 minutes

- After boiling, mash the softened berries using a wooden spoon or masher.

Purpose

- Releases pulp **after** proper softening → clearer decoction.
- Avoids premature turbidity that happens when berries are mashed before soaking.

STEP 5 — Filter → Rest Undisturbed for 10 Hours

Time: 10 hours

- Filter the mashed mixture through muslin.
- Leave the filtrate **undisturbed** for at least **10 hours**.

Purpose

- Allows sediment to settle at the bottom.
- Produces a **clean, elegant, non-cloudy** sharbat base.

STEP 6 — Decant the Clear Liquid

Time: 10 minutes

- Slowly pour the **clear upper layer** into another pot.
- Leave the bottom sediment behind.
- At this stage if needed or 1 teaspoon (5 ml) per 250 ml of final sharbat - or add small a pinch (0.1% to 0.2% of the total liquid) of acetic acid at (for 250ml 0.25 g – 0.5 g citric acid
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Purpose

- Demonstrates **tasfiya** (clarification).
- Ensures a lighter and superior-quality sharbat.

STEP 7 — Add Sugar & Cook to Qiwan (Sharbat Consistency)

Time: 20–30 minutes

1. Weigh the clear liquid (usually 200–300 g).
2. Add **equal weight of sugar** (1:1 w/w).
3. Cook on low flame until **First-Degree Qiwan (70%)** is achieved.

How to Test Qiwan

One-thread (ek tar) test:

- Cool a drop between thumb & finger → pull → 1 thread forms.

Drop test:

- A drop placed on a plate should **not spread**.

Purpose

- Sugar prevents fermentation and preserves the decoction.
- First-degree Qiwan gives the correct sharbat viscosity.

STEP 8 — Cool → Filter → Bottle

Time: 1–2 hours

Student Action

- Allow the sharbat to cool completely.
- Filter again.
- Bottle into sterilised glass bottles.

Purpose

- Final purification.
- Removal of froth and micro-sediment.
- Extends shelf life.