

Recipe- Kesar Pista Kulfi

Melt in Mouth Kesar Pista Kulfi
(Eggless also Gelatin free)

Ingredients

Milk 1 liter

Sliced Pistachio 1 tbsp

Sliced Almond 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 1 tsp

Whip Cream 1 bowl

Sugar 4 tbsp

Method

- Take milk in a heavy bottom or non stick pan.
- Let it boil on high flame.
- Once milk starts boiling turn the flame to low.
- Partially cover the pan and keep stirring at regular intervals.
- sliced almond and pistachio.
- Soak saffron in a tbsp of cold milk and add to the milk mix well.
- Add sugar and let it cook for further 15 minutes on low flame.
- Keep stirring and scrapping the side at regular intervals.
- witch off the flame and let it cool down to room temperature.
- Refrigerate for around one hour.
- Add whipped cream and beat with hand mixer on high for 4-5 minutes.
- Refrigerate for another 1 hour.
- Beat again for 4-5 minutes on high with a hand mixer.
- Pour in to the ice cream molds or in any air tight container.
- Deep freeze for at least 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping with a creamy texture.
- Garnish with some sliced almond, pistachio and saffron.
- Serve chill.

Tips

Keep stirring and scrapping the side at regular intervals otherwise milk

might burn.

Refrigerate only when milk is at room temperature.

For the smooth creamy texture keep ice cream in refrigerator from deep freezer for 10-15 minutes before serving.

Adjust sugar as per your taste.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe - Creamy Mango Pistachio Ice cream

**Creamy Mango Pistachio Ice cream
(Eggless also Gelatin free)**

Ingredients

Milk 1 liter

Sliced Pistachio 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 1 tsp

Fresh Mango pulp 1 bowl

Fresh Mango chopped 2 tbsp

Whip Cream 1 bowl

Sugar 3 tbsp

Method

- Take milk in a heavy bottom or non stick pan.
- Let it boil on high flame.
- Once milk starts boiling turn the flame to low.
- Partially cover the pan and keep stirring at regular intervals.
- When milk is reduced to 3/4 add green cardamom powder

and sliced pistachio.

- Soak saffron in a tbsp of cold milk and add to the milk mix well.
- Add sugar and let it cook for further 15 minutes on low flame.
- Keep stirring and scrapping the side at regular intervals.
- Switch off the flame and let it cool down to room temperature.
- Refrigerate for around one hour.
- Add whipped cream and beat with hand mixer on high for 4-5 minutes.
- Now add mango pulp and again beat for another 4-5 minutes.
- Now mix gently chopped mangoes.
- Pour in to the ice cream molds or in any air tight container.
- Deep freeze for atleast 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping with a creamy texture.
- Serve chill.

Tips

Keep stirring and scrapping the side at regular intervals otherwise milk might burn.

Refrigerate only when milk is at room temperature.

Adjust sugar as per your taste.

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Recipe- Chilled Dry Fruit Milk

Chilled Dry Fruit Milk

Ingredients

Milk 1 liter

Sliced Almond 1 tbsp

Sliced Pistachio 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 1 tsp

Crushed Black Pepper 0.5 tsp

Sugar 3 tbsp

Method

- Take milk in a heavy bottom or non stick pan.
- Let it boil on high flame.
- Once milk starts boiling turn the flame to low.
- Partially cover the pan and keep stirring at regular intervals.
- When milk is reduced to 3/4 add cgsliced almond and pistachio.
- Soak saffron in a tbsp of cold milk and add to the milk mix well.
- Add sugar and let it cook for further 15 minutes on low flame.
- Keep stirring and scrapping the side at regular intervals.
- When milk is reduced to half, switch off the flame and pour the milk in an airtight container.
- Cap the container when milk is at room temperature
- Serve chill.

Tips

Keep stirring and scrapping the side at regular intervals

otherwise milk might burn.

Refrigerate only when milk is at room temperature.

Adjust sugar as per your taste.

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Recipe- Phirni

Phirni

Ingredients

Uncooked Rice 0.75 cup

Cooked Rice 2-3 tbsp

Milk 1 litre

Sugar 4-5 tbsp

Green Cardamom 2 nos

Saffron 1 pinch

Method

- Wash and soak uncooked rice for 2-3 hours.
- Drain and wipe rice with a clean cloth.
- Grind in to a coarse powder and keep aside.
- and mix sufficient cold milk to make the consistency thin. Keep aside.
- Heat a heavy bottom pan on high flame and bring milk to boil.
- When milk starts boiling add the rice powder and reduce the flame to low.

- Partially cover the pan and keep stirring at regular intervals.
- Crush the green cardamom and add to the milk.
- Soak saffron in a tbsp of cold milk and add to the boiling milk mix well.
- Add sugar and mix well.
- Keep stirring and add cooked rice paste.
- Check if rice is cooked and when phirni appears sufficient thick (keeping in mind that it will thicken more when you cool it) switch off the flame.
- Pour in serving bowls, garnish with saffron and cardamom.
- Cover and refrigerate for 1-2 hours.
- Serve Chill.

Tips

You can use ready made rice rava instead of soaking and grinding rice.

You can mix chopped or powdered dry fruits as well.

You can adjust sugar according to your taste.