

Recipe- Malai Ghevar

Recipe- Ras Malai

Recipe- Mango Shrikhand

Mango Shrikhand



Ingredients

Mango Pulp 1 Bowl
Hung Curd 1 Bowl
Sugar 6 tsp
Saffron 2 Pinch
Green Cardamom 4 nos
Nutmeg/ Jaiphal Powder 1 pinch
Fresh Milk 1 tsp

Method

- Grind mango pulp and hung curd with sugar, keep aside.
- Crush and grind well saffron, green cardamom seeds, nutmeg powder and milk in a traditional grinding stone (Fig Below).
- And mix this with mango pulp and hung curd mix.
- Pour in a serving dish and garnish with some saffron and cardamom seed.

- Refrigerate for an hour.
- Serve chill.



Tips

Use sweet mango otherwise the taste would not be good.
Adjust sugar as per the sweetness of mango.

“Be Vegetarian”

“Live and Let Live”

Recipe- Aamras

Aamras



Ingredients

Mango Pulp 2 Bowl

Sugar 4 tsp

Saffron 2 Pinch

Green Cardamom 4 nos

Nutmeg/ Jaiphal Powder 0.5 pinch

Fresh Milk 1 tbsp

Method

- Grind mango pulp with sugar well and keep aside.
- Crush saffron and green cardamom seeds well in a traditional grinding stone (Fig 1).
- Add milk and grind well again (Fig 2).
- Mix this with mango pulp.
- Sprinkle a pinch of nutmeg powder and mix well.
- Pour in a serving dish and garnish with some saffron and cardamom seed.

- Serve with puri, rice or paratha.



Tips

Do not add nutmeg powder more than half a pinch otherwise it may dominate the taste of mango.

Use sweet mango otherwise the taste would not be good.

Vegan may substitute cow milk with any vegan/almond/ coconut milk.

Adjust sugar as per the sweetness of mango.

“Be Vegetarian Be Happy”

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Recipe - Blackberry Frozen Yogurt

Frozen Yogurt



Ingredients

Blackberries 7-8 nos

Ripe Banana 1 large

Sugar 3 tbsp

Thick Curd 2 cups

Milk 1 tbsp

Method

- Wash and cut the blackberries and deep freeze for an hour.
- deep freeze for an hour.
- to a smooth paste.
- Add thick curd and blend well.
- Pour in to an airtight jar and deep freeze for 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping.
- garnish with banana and berries.
- Serve chill.

Tips

You may choose your choice of fruits or berries, like strawberry, blueberry, mango, kiwi, banana etc. Adjust sugar as per your taste.

Recipe- Mango Surprise

Mango Surprise

(Eggless also Gelatin free)

Ingredients

Milk 0.5 liter

Sliced Pistachio 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 0.5 tsp

Fresh Mangoes 3 medium

Whip Cream 4 tbsp

Sugar 2 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 tbs 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.
- Meanwhile clean and wash mangoes properly.
- Cut the top and keep aside (you no need to discard that as we will use it later)
- Now squeeze each mango a bit to soften.
- seed (hard part in side the mango or Guthli).
- Keep aside and do the same with each mango.
- Now take a spoon and scoop out mango pulp leaving a thin layer inside the mango.
- Collect all the pulp from the seed as well in a bowl.
- Take small glasses and let mango shells stand on each glass.
- 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 pour this mango milk mix in to mango shells very carefully and cover with a top part of mango you cut before.
- Deep freeze for atleast 3-4 hours.
- Now before serving remove mangoes from freezer and keep in refrigerator for 15 minutes.
- Now cut the mango lengthwise and 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 mangoes in refrigerator for 10-15 minutes before serving from deep freezer.

Adjust sugar as per your taste.

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