

# Recipe- Rava Kheer

## Rava Kheer

### Ingredients (2 nos)

Suji 4 tbsp

Ghee 2 tsp

Sugar 4 tsp cup

Milk 4 cups

Chopped Almond 2 tsp

Chopped Pistachio 2 tsp

Raisins 2 tsp

Saffron 1 pinch

### Method

- Heat ghee in a pan on medium flame.
- When ghee is hot enough add suji.
- Keep stirring Suji and fry untill golden brown.
- Remove from flame, add milk and sugar.
- Put the pan on medium flame and add saffron and nuts.
- When milk starts boiling switch the flame to low.
- Cover the pan and leave on low flame for 1-2 minutes.
- Switch off the flame and garnish with nuts.
- Serve hot.

### Tips

Make it just before you need to serve. as it may set if you leave it for long.

Add nuts of your choice.

**“Be Vegetarian Be Happy”**

**“Live and Let Live”**

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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.