

# Recipe- Malai Ghevar

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# Recipe- Ras Malai

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# 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”**

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# **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”**

**“Live and Let Live”**

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# 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.