

Recipe- Aamras

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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”