

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.

“Be Vegetarian be Happy”

“Live and Let Live”

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”

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.