

Recipe- Sweet Dumplings (Meethe Pakode/ Gulgule/ Pua)

Recipe- Instant Mawa using Milk Powder

Recipe- Bengali Spongy Rasagulla

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 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.
- 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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“Live and Let Live”

Recipe- Kesar Pista Kulfi

Melt in Mouth Kesar Pista Kulfi
(Eggless also Gelatin free)

Ingredients

Milk 1 liter

Sliced Pistachio 1 tbsp

Sliced Almond 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 1 tsp

Whip Cream 1 bowl

Sugar 4 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.
- sliced 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.
- Switch off the flame and let it cool down to room temperature.
- Refrigerate for around one hour.
- Add whipped cream and beat with hand mixer on high for 4-5 minutes.

- Refrigerate for another 1 hour.
- Beat again for 4-5 minutes on high with a hand mixer.
- Pour in to the ice cream molds or in any air tight container.
- Deep freeze for at least 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping with a creamy texture.
- Garnish with some sliced almond, pistachio and saffron.
- 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 ice cream in refrigerator from deep freezer for 10-15 minutes before serving.

Adjust sugar as per your taste.

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