

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.

“Be Vegetarian be Happy”

“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.
- witch 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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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.

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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.